

Welcome to Age UK Teesside's February Newsletter, read on for news and updates...

The World's Largest Waltz!

The year is underway and we have wasted no time promoting 2017's big event – the Full of Life Fair and World's Largest Waltz! Entry is by ticket only to conform with Guinness World Records and available via www.eventbrite.com. Specific steps need to be danced and tutorial is on YouTube (search AgeUK Teesside). We're grateful to BBC Tees, Zetland FM, local press for their great coverage. Please sign up to join us, with your friends to help us take this world record from Bosnia. Pat Chambers has been rubbing shoulders with 'Strictly-Star' Mark Benton who will be with us on the day and has been showing his support via radio interviews and introducing our video tutorial for the waltz steps. As an ex Strictly contestant he will certainly keep us on our toes!



Winter Warmers thanks to Newcastle Building Society!



Pictured here celebrating new funding received from Newcastle Building Society, Tina Bonner Phoenix Project Officer and Anne Sykes CEO at Age UK Teesside both show the winter warmer packs ready for distribution to those in need in our communities.

It's a stark reminder when we hit a cold spell that many older people still choose whether to 'heat the home' or to eat and are potentially putting themselves at risk from hypothermia. As Age UK Teesside works hard to ensure older people access and receive entitled benefits, being able to help those most in need with the provision of winter warmer packs can literally save lives.

The winter warmer packs contain everything an older person needs and really does 'save lives', with microfleece blanket, neck warmer, hat, scarf, gloves, socks, thermos flask, heat proof mug and vital thermostat - clients can stay warm whatever the weather as Age UK Teesside works hard to ensure clients use their heating and access the financial support they need to heat their homes.

Anne Sykes said 'We're very grateful to Newcastle Building Society for choosing to support us in our winter warmers campaign, we know in this day and age there shouldn't be a need to issue these packs but with every outreach appointment we continue to see so many older people frightened to use their heating and putting themselves at risk of hypothermia. These packs truly are life savers.'

Over 50's Benefit Advice!

With so many older people still failing to access their **entitled benefits**, Age UK Teesside's



Sue Danes will be available to provide help and support at Westfield Farm in Dormanstown on Mondays and Thursdays. Call for an appointment or pop into Westfield Farm before 3.00pm to see Sue. Tel: 01642 805500 / 07841150968.

We also want to welcome our new benefit advisor Graham Lindsey, based in our main office on Borough Road. Graham is available for appointments every Monday and Tuesday – call our office on 01642 805500 to book an appointment.

Happy Birthday to our Befriending Service!



Redcar & Cleveland Befriending Service celebrated its 1st birthday in January and has gone from strength to strength. The service wouldn't be possible without the time that is generously given by so many willing volunteers. We would like to extend our heartfelt thanks and appreciation to the Volunteer Team and Redcar and Cleveland Council, for all of their support and know that befriending has been and continues to be a real life saver for so many lonely and isolated people.

“The project continues to go from strength to strength” – Ross Newton, Befriending

Phoenix Project 2017!

The Phoenix Project offers great group activities and social interaction in the Middlesbrough area and is already off to a great start for 2017 with the Activity Schedule all ready to share.

Phoenix 2017

Mondays

Carpet Bowls

Fun, Social, Group (Bring a packed lunch)
10.30am – 2.00pm

Tuesdays

Lunch n Social

Make new friends in a stimulating and social environment where you can play, dominoes, scrabble, musical bingo, and chess or tackle a jigsaw! Or for the more competitive – Ten Pin Bowling, Golf or table tennis!
Light lunch plus refreshments provided.
£3.00 per session (catering)

11.30am – 2.30pm

Booking essential contact Tina for details.

Podiatry Service – Contact Tina for details and appointments.

Wednesday

Monthly Cinema Club – Want to see a movie but not on your own?

Contact Tina to register – Movie afternoon at Age UK

Thursdays

Craft sessions – Knitting embroidery card making crochet – or bring along your own craft/idea?

10am – 12noon

Contact Tina

Fridays

Community Allotment – Trinity Centre North Ormesby 9.30am – 11.30am

Interested in Gardening?

Love to grow your own Veg? Contact Tina for further details.

Friendship Friday

Fish & Chips £4.30 or bring a packed lunch.

Bingo books & Raffle tickets available to purchase (bring along a raffle prize)

Quiz

10.30am – 2.30pm

Booking essential contact Tina

Saturday

Zumba Gold – Shake it at your own pace – A class for all abilities!

1st 6 sessions free for 50 +

Contact Glyn for times and venue Tel. 07512 661895.



The project has already received publicity from BBC Tees and Newcastle Building Society this year – with coverage of Monday's 'Carpet Bowls' on separate meetings.

Amy Oakden of BBC Tees (seen above with Anne Sykes) spent the day with service users.

Energy Advice for older people in Middlesbrough project

Valerie Cadman- Khan joined us in mid-December to provide tailored one to one energy advice, in a home visit based capacity to local people in Middlesbrough suffering from, or at risk from the effects of fuel poverty.

This work has been funded by Middlesbrough Environment City and Val is working 10 hours per week until the end of May to deliver this vital service.



Health & Wellbeing!

A flyer titled 'Planning Your Future' with a red and white border. It includes a list of bullet points about a support group for people with complex health conditions and disabilities. The flyer also mentions meeting on the 9th March and provides contact information for Anne or Fiona at Age UK. There are illustrations of a cup of tea, a sandwich, and a notepad with a pen.

Planning Your Future

Would you like to join us if you live in Stockton Borough? We are a Friendly group of people with complex health conditions and disabilities, and family members caring for a loved one. We get together to:

- ✓ Connect with like-minded people and discover useful information to improve our lives
- ✓ Help develop a care and support plan that works better for us
- ✓ Have the opportunity to share our ideas and make a difference across health and social care.

We are meeting on the 9th March to explain more about the group. There will be two sessions 10.00 am - 12.00 and 1.30 - 3.30pm. You'd be so welcome! Come and join us at Billingham Forum, Town Centre, Billingham, TS23 2LJ.

If you'd like to come along or would just like to know a bit more please contact Anne or Fiona at Age UK on 01642 803324 or Colin from peoplehub at Colin@peoplehub.org.uk or on 07773034938 and leave a message.

BHBW

The BHBW and Dementia teams have been working together to launch a new social group for people living with dementia. The first group will be on Thursday 23rd February from 1.30-3.30pm at East Avenue community centre, Billingham. Please phone one of the team to find out more 01642 803324.

There will be a Music in

Hospitals concert at the live well dementia hub in Thornaby on 12th April from 2pm onwards.

Phone Fiona on 01642 803324 to find out more.

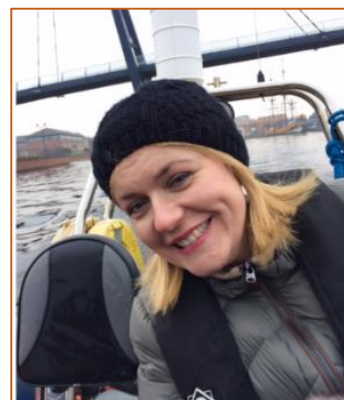
The team would also like to welcome their new addition, Benefit Advisor Rachel McCairns, who has already proved herself a valuable member of the BHBW gang.

My Choice My Voice!

Integrated Personal Care (IPC) is receiving a 'reboot' this year, with our Health & Wellbeing Manager Fiona Baker taking part in the 100-Day Challenge, alongside several other health professionals in the area. The team are trialling new procedures that will hopefully reduce hospital admissions and attendances by offering more services for those at risk within the community.

Sailing the Tees!

BBC Tees' own Amy Oakden (right) accompanied the Try-It-Tuesday group on a Speedboat adventure, with Louise from the Borough Road office tagging along. Service users Janet Campbell and Paul Vikkbo from the Try-It-Tuesday group joined them for the ride. Even though the weather was typically British on the day, everyone enjoyed the experience.



Age UK's Weekly Lottery!

Just imagine having £25,000 to do with as you wished! What would you do with it? Buy a new car or add an extension to your house? How about taking that holiday you've always dreamed of?

How does it work?

For just £1 per entry you will receive a unique draw number for each weekly entry and each week, a random number generator will select 500 numbers. The first number drawn will win the first prize of £2,000 then £250 for second prize, £150 for third, £100 for fourth and £50 for fifth, plus 995 runners up prizes of £10 each. Plus, you're automatically entered into our quarterly 'Super-Draw' where you could win a whopping £25,000! If you would like us to send you an application form, please contact Age UK Teesside on 01642 805500

The Big Knit!

After already submitting 1,000 knitted hats for our smoothie-bottle campaign with Innocent, we're still taking more! Are you a beginner or a pro? Everyone is welcome to get involved – Remember, every bottle sold raises 25p for Age UK to help keep older people 'Warm & Well' in winter. Head over to bigknit.co.uk and take a look at some of the wonderfully original hat designs or ask a member of staff for a copy of our knitting patterns to make your own.



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Thank you for supporting Age UK Teesside

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