

Still to Come in 2017!

The waltz may be past but here at Age UK Teesside we still have lots of exciting events to sponsor, and take part in, before the year is done. From Sponsored Skydiving to abseiling dressed as Santa Claus, there's something for everyone to enjoy!

This month we celebrated Dorothy Rose's win at The Spirit of Age Awards and our Health & Wellbeing team have organised a Line-Dancing Class for those of you who love to stay active and have some fun. Read on for more information about our upcoming events.

Age UK Teesside's first ever Make a Will Month!

EXCLUSIVELY IN PARTNERSHIP WITH TILLY, BAILEY & IRVINE

Age UK Teesside are excited to announce the launch of their first 'Make a Will Month'. During August, we are working exclusively in partnership with Tilly, Bailey & Irvine who are freely giving their time and expertise to help you make or amend a Will. If you:

- Own a house
- Own a vehicle
- Have many possessions
- Have life insurance
- Have a partner, spouse, children, parents, siblings or other family members



Then you should have an up to date Will. Writing a Will and keeping it up to date gives your

peace of mind in the knowledge that your loved ones are provided for. Dying intestate (without a Will) means your wishes may not be carried out by those who have to deal with your affairs during a very distressing time. For example, who would look after your children if both parents weren't alive? Do you wish your grandchildren to receive a gift? What about your siblings?

All we ask is that you make a donation to Age UK Teesside of £80 for a single Will or £100 for a pair of matching Wills.

100% of your donation comes to the charity to enable us to provide our services to the communities of Stockton, Middlesbrough, Hartlepool and Redcar and Cleveland.

To book your appointment with Tilly Bailey & Irvine please call:

Stockton: 01642 356407

Hartlepool: 01429 405081



The Spirit of Age Awards 2017!

CEO Anne Sykes and Hannah Bows (both right), Chair of the Board of Trustees, travelled to London for the glamorous Spirit of Age Awards and accepted the Lifetime Achievement Award for Dorothy Rose (left). Anne



delivered Dorothy's award while the 92-year-old was setting up one of her activity groups at St Andrew's Church in Stockton.

Health & Wellbeing! ***BETTER HEALTH BETTER WEALTH***

Groups:

IPC! – My Voice My Choice!

A Stockton group for people with complex health conditions and disabilities.

Next meeting is **July 28th** (1-4pm) at Stockton Information & Advice Service, Bath Lane.



Planning Your Future - My Voice My Choice Group




Do you live in the Stockton Borough? We would like to invite you to join us. We are a warm and friendly group of people with complex health conditions and disabilities, and family members caring for someone with either a Personal Health Budget, Continuing Health Care or a Personal Budget from the local Authority (direct payment). We get together to:

- ✓ Learn about what the 'My Voice My Choice' programme is.
- ✓ Help to improve our experience of health and social care.
- ✓ Have the opportunity to connect with like-minded people, share ideas and make a difference across health and social care.

We are meeting on the 28th July from 1pm until 4pm. **A light lunch and refreshments are included for everyone.** Come and join us at the Stockton Advice and Information Service, Bath Lane, Stockton-on-Tees, TS18 2DS.

You would be so welcome!!

If you'd like to come along or would just like to know a bit more please contact Anne or Fiona at Age UK at anne.hollifield@ageukteesside.org.uk or on 01642 803324 or Colin from peoplehub at Colin@peoplehub.org.uk or Zoe on 07928036944 or at zoeread@hotmail.com.




- Puffin Group!

Are you living with a long-term respiratory condition? Come and learn how to improve your wellbeing with others experiencing the same health concerns. Formerly the 'Breathe-Ease' group, the Puffin' group meets the first Thursday of every month.

Next meeting is **August 3rd** (1.30-3.30pm) at Cultures CIC, Dovecot Street, Stockton.



For information on any of the IPC groups (or to book transport to/from a meeting), call 01642805500 and speak to Anne Hollifield or Fiona Baker.

-Lunch 'N' Social

Last Friday of Every Month

11am-1pm

Are you aged 65 and over? Come along to make new friends and enjoy a light lunch.

Newtown Community Resource Centre

Stockton-On-Tees

TS19 0DE

£1 including light lunch

Phone Age UK Teesside on 01642 805500 to book your place



Billingham Buddies is still held every **Thursday 1.30 – 3.30pm**

At East Avenue Community Centre

Sessions are £2 per week with no charge for carers.

Thornaby Sociable Club is also running every **Wednesday from 10.30 till 12.00pm**

At the Live Well Hub, Thorntree Road, Thornaby.

Sessions are free.

Both are social groups for people aged 65+, include light refreshments, social interaction, lively activities and a chat with new friends.

NEW GROUP →

- Beginners' Absolute Line Dancing!

Starting **Monday 31st July**, Age UK Teesside and East Avenue Community Centre are launching a line-dancing class for beginners (spurs not included, but please feel free to don your stetson's).

Qualified instructor Joan will teach you the moves step-by-step, from **10.00am until 12.00pm**, every Monday for only £3.00 per session.

All are welcome and refreshments will be provided.



**East Avenue
Community Centre
Billingham.**

Every Monday from 10am to 12pm

ABSOLUTE BEGINNERS'

Line-Dancing Class

Are you looking for a new challenge?

Come and dance with Age UK Teesside!

Monday's are for line-dancing, but don't panic, this is a 100% beginner's class—no experience necessary!

Our qualified instructor will teach you step-by-step.



Line Dancing

Call Lynda or Gill for more information:

01642 80 55 00

Classes are £3 per person!

Refreshments Included!

Novices Welcome!



Starts Monday 31st July 2017

Phoenix 2017



Mondays

Carpet Bowls

Fun, Social, Group (Bring a packed lunch)

10.30am – 2.00pm

Tuesdays

Lunch n Social

Come along and make new friends, enjoy Dominoes, Scrabble, Chess or tackle a jigsaw!

Light lunch plus refreshments provided.

£3.00 per session (catering) Or bring a packed lunch.

11.30am – 2.30pm

Booking essential contact Tina for details.

Podiatry Service Contact Tina for details and appointments.

Wednesday

Chair Exercise & Reminiscence Activities 12 noon – 1pm

Chair exercise is a fun seated workout for people living with dementia, including a vast range of gentle exercises without leaving your chair. Join in and reap the physical benefits all whilst having fun with friends and reminiscing about past times.

Thursdays

Craft sessions – Knitting Embroidery Card making Crochet – or bring along your own craft/idea?

10am – 12noon

Contact Tina

Fridays

Friendship Friday

Enjoy a Quiz, Raffle and a game of Bingo!

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

Fish n Chip lunch (£4.30p) or bring a packed lunch.

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.

***Contact Tina 01642 803328 or reception on 01642 805500 for
further details***

Fundraising & Events!

Come Fly with Us!

Our new fundraising coordinator has been with us less than a month and already we have a calendar-full of exciting events to look forward to. October will see a team of Age UK Teesside daredevils – captained by none-other than, CEO Anne – skydiving to raise money for our ongoing services; an annual cost of £400,719!

Staff and volunteers are signed up to take part in the event, all of whom are aiming to raise hundreds of pounds for Age UK Teesside before embarking on the thrilling tandem parachute jump on the 29th.

To sign up for this thrilling experience you can contact Laura via our website, email her at laura.wedgwood@ageukteesside.org.uk or call her on 01642 803326.

“The team at Age UK Teesside are planning some amazing events this year, many of which are new to our charity, I wanted to be a part of it and to support the charity but also our kind-hearted fundraisers as they take on this huge and exhilarating challenge.” –

Anne Sykes



Please Sponsor Us 😊

The Age UK Teesside team are signed up to take part in upcoming challenges to raise money so that we can continue to offer our first-class services across Teesside.

- But we can't do it without your help!

As willing as we are to jump out of aeroplanes, crawl around in the mud and hang from the Transporter Bridge in a Santa costume, we need your support.

Fundraising events are a great way of getting the public involved with our charity's goals and spreading the word about our work in the community. You can even create your own event to raise funds and nominate us as your chosen charity – or get in touch with Laura and choose a fundraising event from her endless list of challenges. We recommend using the Virgin Money Giving website to organise your events and make secure donations.

The Age UK Teesside page is:

uk.virginmoneygiving.com/AgeUKTServices

From here you can choose which fundraiser and which event you want to sponsor – it's that easy!





Age UK Teesside's first ever Make a Will Month

EXCLUSIVELY IN PARTNERSHIP WITH TILLY, BAILEY & IRVINE

This extra special offer is available only during August, the solicitors are giving their time and expertise freely, all they ask is that you donate a minimum of £80 to Age UK Teesside in return for a single will or a minimum of £100 for a pair of matching Wills. In addition to benefiting from this fantastic launch offer and supporting Age UK Teesside you gain peace of mind, knowing that your loved ones will be provided for after your death and that your wishes will be carried out. Places are limited, so don't delay, act today! Contact your local branch of Tilly Bailey & Irvine directly using the numbers below and quoting Age UK Teesside Wills Month. Thank you, on behalf of your community, for enabling Age UK Teesside to provide expert advice, support and companionship to those in need.

TILLY, BAILEY & IRVINE
STOCKTON
T: 01642 356407

TILLY, BAILEY & IRVINE
HARTLEPOOL
T: 01429 405081

Tilly Bailey & Irvine
law firm



PLEASE REMEMBER THAT YOU WILL NEED TO TAKE YOUR ID TO YOUR WILLS APPOINTMENT ALONG WITH CASH OR A CHEQUE TO MAKE YOUR DONATION

Registered Charity No 702714

Age UK's Weekly Lottery!

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



Please Donate!

Do you have any unwanted gifts lying around? Some toiletries you can spare? How about some chocolate, biscuits, sweets or wine?

If you would like to donate, please contact us on 01642 805500 or pop in to our office on Borough Road.

Good to know! Useful Contacts in Teesside!

Age UK Teesside 01642 805500

Age UK Factsheets (All services) 0800 009966 -Freephone

Age UK Legal Services (Will Making) 0845 6851078

Adult social services (Middlesbrough) 01642 726004

Staying Put Agency (Middlesbrough) 0800 5875184

Community Warden (Middlesbrough) 01642 228500

Welfare Benefits – Financial Inclusion Group & Age UK In Partnership:

Grove Hill community hub – Tel 01642 278444

Thorntree community hub – Tel 01642 246827

North-Ormesby community hub – Tel 01642 726190

Hemlington Library – Tel 01642 591918

Newport Settlement community hub – Tel 01642 802892

Health watch (Need a new GP or Dentist?) 0808 172 9559 -Freephone

Talking Matters (Mental Health services) 0300 3305470 -Freephone

EVA (Women's aid and Rape Crisis) 01642 490677

Cleveland Fire Brigade (Free Home Fire-Safety Visit) 01429 874063



Thank you for supporting Age UK Teesside

Dorothy Rose House, 190 Borough road, Middlesbrough, TS1 2EH

www.ageukteesside.org.uk

01642 80 55 00



Street Eats— Garden for Food

A series of monthly outdoor sessions where you can learn all you need to grow your own fruit and vegetables at home.

Accompanied children welcome & free light lunch provided.

Location: Street Eats site, Moorcock Row
Allotments, Lingdale.

Date: Wednesday 19th July

Time: 1pm till 3pm.

Location: Westfield farm, the Green, Dormanstown

Date: Monday 24th July

Time: 10am till 12 noon

Location: Loftus Youth and Community Centre, Duncan Place.

Date: Wednesday 26th July

Time: 1pm till 3pm

For further information:

Sarah Marrison (Senior Project Officer)

Telephone number: 01642 815663

Email: sarah.marrison@groundwork.org.uk



Website: www.groundwork.org.uk

Facebook: www.facebook.com/GWKstreeteats

Twitter: @GWKstreeteats

Better Health Better Wealth

**Are you 65+ and live in the
Stockton Borough area?**

Are you interested in FREE:

- Welfare and benefit checks?
- Support to access health & wellbeing services?
- Social activity groups in your area?
- Practical help (befriending services)?
- Social Care referrals for homecare, aids and adaptations?
- Referrals to other agencies to meet your needs and much more!

**Are you over 65
& living in Stockton?
Would you be interested in a free
Health Assessment from the
comfort of your own home?
Call today
for more information
01642 805500**

Want more information?

Contact Health and Wellbeing department on

Tel: 01642 803324