

Good Luck!

The Saltburn Waltz 2017 was a complete success and a fantastic day was had by all involved. All the planning and practising that went into the day was well worth it; rest-assured that plans for 2018 have already begun.

Goodbye Pat!

We start this month's newsletter by saying goodbye to a much-loved member of our team.

'It is with great sadness that we say goodbye to Pat Chambers, our Grants and Fundraising Co-ordinator this month as she moves to an exciting new venture. In the short time that Pat has been with Age UK Teesside she has made a big difference in raising our profile in the Community and raising funds to continue running much-needed services for older people across Teesside. She has made many friends here amongst staff, volunteers and customers and will be sadly missed by everyone but we wish her all the very best as she starts a new journey and we have made her promise to keep in touch!' -Anne Sykes, CEO



WINNER!

Catalyst Awards 2017 Outstanding Achievement Winner: Dorothy Rose



Congratulations!



We are overjoyed to report that our beloved Dorothy Rose was presented with the Outstanding Achievement Award 2017 at the Catalyst Awards held at Wynyard Hall recently.

Dorothy Rose has been involved with Age UK Teesside for the past 73 years, and is still running activity groups at St Andrew's Church, Stockton-On-Tees. Now aged 92, Dorothy first became involved with Age UK Teesside's predecessor, Stockton Old People's Welfare, aged 19, as their secretary. When it evolved into Age Concern and Tees-wide, she was Chair of Trustees for many years.

Every week Dorothy and her daughter Margaret host a chair-based exercise class and continue to organise social events such as Fish Friday at the church. This monthly event aims to help tackle

social isolation in older people.

Dorothy continues to be guest of honour at Age UK Teesside's Annual General Meeting. In recognition of her lifelong commitment and dedication to Age UK Teesside, and older people in the Borough. The charity named their Middlesbrough Headquarters, "Dorothy Rose House" in her honour. She still attends all major events for the charity and never misses an opportunity to promote their work. Dorothy has and always will be an inspiration to older people and is a total asset to us here at Age UK Teesside.

Anne Sykes CEO Age UK Teesside said

'I am absolutely delighted that Dorothy has been recognised for a life time of voluntary work and support for older people in our communities. Dorothy is such a wonderful person and we are so grateful to her for all the work she continues to do in support of Age UK Teesside.'

BHBW!

BETTER HEALTH BETTER WEALTH

The BHBW Team hosted an activities day at Aspen Gardens on 22nd May which was well attended by residents and the general-public; the team are planning another events day in July with a wide range activities, all welcome.



Billingham Buddies continues to run at East Avenue Community centre from 1.30 -3.30 pm every Thursday. The social group is for those aged 65+ and living in Billingham, there are Light Refreshments, Social Interaction, Lively Activities and a Good Chat with New Friends!

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

Phoenix Project!

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

Dancercise 11am – 12 noon

Somewhere between some aerobics work out and a jazz dance class, Dancercise combines dancing and fitness to give you both cardio & toning benefits, all with the enjoyment of dancing to a great song!

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

Chair Exercise & Reminiscence Activities

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.

Enjoy yourself, all while having fun with friends and reminiscing about past times.

Dancercise

Somewhere between an Aerobics workout and a jazz dance class, Dancercise combines dancing and fitness to give you both cardio and toning benefits, all with the enjoyment of dancing to a great song!

This is a great class for 50 + year olds to get fit without even feeling like you're exercising!

One month to go, can **you** help us make this the biggest ever Big Knit for Age UK?



Age UK Teesside has been knitting up a storm for the past few months and thanks to your incredible handiwork we're just a few stitches away from hitting our tremendous two million target for this year's Big Knit.

Age UK and Innocent need you to click your needles one last time and get your creations handed into your local Age UK by 31st July. The miniature

hats will then make their way to stores across the country and be paired with innocent smoothie bottles, which will go on sale in October and carry a 25p donation towards Age UK's vital work to help support older people across the country.

Anne Sykes Chief Officer of Age UK Age UK Teesside said: **"We're overwhelmed with how much support this year's Big Knit has received – the hats are getting more and more impressive and they are coming in thick and fast which is great."**

"We need to hit our huge two million hat target though so we're asking all those out there who want to help make a difference to the lives of older people in Teesside to pick up your needles for one final knit. It doesn't matter whether you're a dab hand and can knock a miniature hat up in ten minutes or whether you've never knitted a row in your life, we want everybody to get behind the Big Knit and help us smash this incredible target. Come on Teesside we're counting on you!"

Each winter, one older person dies needlessly every seven minutes because of the cold¹. Every hat donated to Age UK Teesside will help keep older people warm and well by funding local services such as Winter Warmth projects.

Sim Viney, Innocent drinks, said: **"We have had such great support for the Big Knit over the years, we are positive knitters across the country will take the challenge to make this year's event the biggest ever. Even if you've never knitted a stitch, creating a little hat is a great way to start and won't take long. We're massively grateful to everyone who joins in and helps make this year's campaign a huge success."**

For more information on the Big Knit contact Age UK Teesside on 01642 805500. Please send completed hats to

[Age UK Teesside at Dorothy Rose House, 190 Borough Rd, Middlesbrough. TS1 2EH.](#)

The hat knitting pattern is available to download, to find out more visit: www.ageuk.org.uk/bigknit or pop into our centre on Borough Road to pick up a leaflet.

MCST! – new!

We will be launching our new **Maintenance Cognitive Stimulation Therapy** (MCST) sessions in our Middlesbrough office on Thursday 1st June, 2pm-4pm.

MCST is an evidence-based activity programme to help maintain cognitive function and improve wellbeing for people living with mild to moderate dementia. It is also a great opportunity to make new friends and have fun along the way - members always leave laughing!

If you or your loved one are interested in coming along, speak to Fiona or Tina on 01642 805500.

CLUB 55!



Wins Top Prize in National Awards!

Last week, Tees Active came out on top in the 'Successful Partnerships' category for a large leisure trust at the prestigious 2017 **National Sporta Awards**.

Hosted by BBC sports commentator Andrew Cotter at the Civic Hall in Sheffield, the event recognises achievements of organisations that operate leisure and cultural services in local communities.

Tees Active claimed the prolific award for their partnership work in Stockton-On-Tees to deliver the hugely successful Club 55 project. Tees Active began operating on May 1st 2004, employs around 370 staff and is a non-profit-distributing organisation. Billingham Forum, Splash, Thornaby Pavilion, Thornaby Pool and Teesside International White Water Course are supported by Stockton-on-Tees Borough Council and managed by Tees Active. The venues welcome in excess of 1.7 million visits per annum.

Based in Thornaby Pavilion leisure centre, Club 55 provides structured activity sessions in a variety of sports including Indoor Bowls, Archery and Tai Chi. The project encourages inactive over 55's towards regular exercise and the free weekly sessions have been a huge success with participant numbers growing week on week.

Managing Director of Tees Active, Steve Chaytor, explains "It is a huge achievement and we are delighted to share this award with our partner organisations. We are dedicated to tackling inactivity levels and encouraging our local communities to become more active. It is fantastic to be recognised for the success of the Club 55 scheme at a national level and we now look forward to growing the scheme further and increasing engagement within the community."

Tees Active Sports Academy Manager Allan McDermott, who organised the scheme, was delighted to receive the award, "The success of Club 55 is due to the work of our partners and the strong relationships that Tees Active have formed with Thirteen Group, Middlesbrough and Stockton Mind, Stockton Public Health, Age UK, Thornaby Indoor Bowls Club and Catalyst. We have created a friendly and welcoming environment for participants to socialise and become more active."

Participants of the project have also enjoyed a high-speed powerboat trip along the River Tees from Tees Barrage International White Water Centre to the iconic Transporter Bridge as well as exploring the new £1 million Air Trail high ropes attraction, proving that *'age is just a number'*.

Paul Christon of Middlesbrough and Stockton Mind said, "The Club 55 project has helped to create a safe and supportive environment for our service users as well as raising awareness towards mental health and the positive impact that sport can have on."

Anne Sykes, Chief Executive of Age UK, offered a shared sentiment, "We have been working in partnership with Tees Active linking in with our Better Health Better Wealth project and without them we would have struggled to deliver some beneficial activities for our client group. We are always discussing new ideas to work together for the benefit of older people in the Borough of Stockton-on-Tees."



For more information on the Club 55 project please contact Allan McDermott of Tees Active, allan.mcdermott@teesactive.co.uk - 01642 528772

Mercedes Raffle Results!

During our Full of Life Event in Saltburn we were joined by representatives of Mercedes-Benz of Teesside, who generously donated a fabulous raffle prize that raised £354 towards our services.

The winning numbers were **Orange 371-375**, won by **Brian Bindoff!**
We congratulate his win of the fabulous experience of a weekend using the **Mercedes Cabriolet plus a break at Rockliffe Hall Hotel & Spa.**





Saturday 17 June



Middlesbrough Town Centre • 10am - 4pm

Join us in Middlesbrough Town Centre in support and celebration of our armed forces. Featuring the DooWop Dolls, an outdoor tea dance (from 2pm - 4pm), vintage games, climbing wall, paintball, vintage vehicles and bikes and exhibitions from our local armed forces!

Event! →

Armed Forces Day!

Join us this Saturday for Armed Forces Day in Middlesbrough Town Centre!

Activities include vintage games, a climbing wall and exhibitions from our local armed forces. There will also be an outdoor tea-dance from 2pm-4pm!

Come and celebrate our armed forces!

**Saturday 17th June
2017**

**10.00am – 4.00pm
Middlesbrough Town Centre**



Fundraiser! →

Sponsored Walk!

BNI Steel is made up of a group of local businesses that meet in Middlesbrough with the aim of generating more business, helping people, creating prosperity and showing pride in our area. This Saturday, BNI will be hosting a sponsored walk along the Tees to raise funds for Age UK Teesside and you can support them via their Virgin Money Giving Page.

Go to <http://uk.virginmoneygiving.com/team/BNISteel> to donate



IPC!

INTEGRATED PERSONAL COMMISSIONING

Puffin' Group!

Formerly the Breathe-Ease group, votes took place during May's session to rename the group and the favourite was chosen – the Puffin' Group!

This month's gathering will take place on July 6th at Cultures Café, with Silver Activities at Arc featuring Alison Watson.

The Puffin' Group meet the first Thursday of every month. For more information or to book your place, **call Anne Hollifield on 01642 805500**



Cultures café is in Dovecot Street just past the Arc. The post code is TS18 1LL and the nearest parking is in Bright Street round the back.



Come along, make new friends who are experiencing the same problems as you and learn how to manage and improve your wellbeing. Transport can be arranged if needed.

My Voice, My Choice!

A group for anyone living with a complex health condition or disability, or family members who care for a loved one. We come together to connect with like-minded people and share our ideas to make a difference across health and social care. Please, **call Anne Hollifield on 01642 805500 for details of our next meeting.** Everybody is welcome to join us; a light lunch is provided.

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 80550



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.



Cleveland Police - Crime Prevention
Insecure Properties – Shut It, Lock It
You wouldn't leave these belongings
outside for someone to steal, so why
leave your doors and windows unlocked?



1 in 3 burglaries in Cleveland
are through an unlocked door or window



**CLEVELAND
POLICE**



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



Lunch 'N' Social
Last Friday of Every Month
11-1

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

Thank you for supporting Age UK Teesside

Age UK Teesside Limited

www.ageukteesside.org.uk

Tel: 01642 805500

190 Borough Road

Middlesbrough

TS1 2EH

