

Welcome to Age UK Teesside's March Newsletter, read on for news and updates, case studies and information on our latest group-launches...



Everyone at Age UK Teesside would like to wish a heartfelt goodbye to a much-loved member of the Age UK family - William Smith.

"Age UK Teesside is sad to be losing a long serving member of staff this month. William Smith, our Accounts Assistant is retiring after 14 years and he will be sadly missed by everyone in the organisation. We wish him a happy and healthy retirement."

- Anne Sykes CEO

Hands Across the Sea!

In February 1990, when Dorothy Rose chaired the panel which appointed Dave Punshon as Chief Officer of Age Concern Teesside, little did they know that they would form a bond which would span nearly 30 years and 1,600 miles!

Dorothy first became involved with Age UK Teesside's predecessor

organisation at the age of 19 when her father Alderman Wiseman from Stockton recruited her as minuting secretary. Now, aged 92, she is still involved in activities centred at Hardwick Methodist Church.

Dave was Chief Executive of Age Concern Teesside from 1990 until forced into retirement due to a brain haemorrhage in 2008. He then went to live in Spain where he is voluntary coordinator of a Royal British Legion community support programme.

Meeting up at the Headquarters of Age UK Teesside in Borough Road in February, Dave and Dorothy met with staff members old and new, they were delighted that the organisation continued to change with the times, growing from strength to strength.



Hartlepool Befriending Network!

The Hartlepool Befriending Network is funded by Hartlepool Council and provides a range of support to individuals aged 65 and over who are socially isolated and who struggle to access social groups on their own.



Ivy Dobby & Befriending Volunteer, Adele Taylor

Under the scheme, which is free and provided by Age UK Teesside, a volunteer member from the befriending network can visit an older person in their home, have a friendly chat over a cup of tea, help with daily tasks and even accompany clients on short walks, outings or to local social groups.

“Adele Taylor has been visiting Ivy Dobby as her befriender since January 2017, and I called into to see them both recently to ask how things were going.

Ivy commented on what a difference Adele’s visits had made to her. She said that ‘It was the best thing had had happened to her for a long time’ and she “could not have wished for a better person” to visit her. She said that she enjoys Adele’s company and greatly appreciates her weekly visits.

Adele, who began volunteering as a befriender in December 2016, said “I feel privileged to be part of such a worthy scheme. Being a befriending volunteer has proved very valuable and rewarding both to myself and the elderly people I visit. One of the ladies that I befriend said to me ‘I feel as though I am back in the community again’.

– Lee Russell, Volunteer Coordinator; Hartlepool.

Visiting an older person at home and spending time with them makes such a difference and the Befriending Network is keen to recruit new volunteers. If you can spare a few who can spare a few hours each week to join our team of volunteers, please get in touch, we currently have volunteer facilities across Stockton-On-Tees, Redcar & Cleveland and Hartlepool.

Health & Wellbeing!

Dementia Services

Jane Dean and Phil Smith work tirelessly for our Dementia Services Team!

So, what is a day like in Dementia Services for Jane and Phil? It typically starts with a catch-up phone call to share information and confirm plans for the day ahead. Then it's straight into one-to-one Cognitive Stimulation Therapy Sessions which take place at the person's home. These sessions usually take around an hour or so to complete. "We cover a variety of subjects which are designed to stimulate the mind and leave the person looking forward to our next visit. After these sessions, we then meet up in the afternoon to deliver one of our group sessions at either the Salvation Army Citadel in Stockton, the Live-Well Dementia Hub in Thornaby or East Avenue Community Centre, Billingham. These sessions are delivered with a good dose of humour with the Cognitive Stimulation threaded in. Our day usually ends with a scramble to get paperwork done and deal with any answer-phone messages or emails that need a response. One of the many strengths of our team is our passion and belief in the services that we offer and the positive benefits that they can bring to someone living with dementia. Another strength is our differences. Both Jane and I are totally different in both character and style and we often sit down to work out which one of us would be better suited to work with a person and cater to their specific needs. Lastly, we would like to say that it is a huge honour and privilege to help such a varied and diverse group of people who are living with dementia and are taking such positive steps to deal with the issues that life throws them.

Oh, and Jane, I haven't forgotten to get you back for hiding my glasses!" -☺

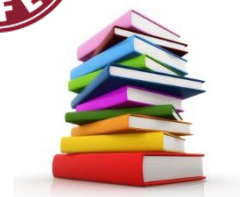


- Phil Smith, Dementia Services Coordinator, Age UK Teesside.

Better Health Better Wealth, 2017 Group Launches!

BOOK CLUB – Working with Costa Coffee, the Book Club is being held in the Middlesbrough Branch (Cleveland Centre), where anyone can come along and read in our designated area while enjoying discounted refreshments.

The group meets every Wednesday from 10.30am at Costa Coffee in Middlesbrough.



BREATHE-EASE GROUP – Our IPC team invites those living with a respiratory condition to join the Breathe-Ease group where you can learn how to improve your overall wellbeing alongside others with similar problems.

*This group meets the first Thursday of every month at Cultures CIC, Dovecot Street, Stockton. Call Anne on **01642 805500** to book your place.*

BILLINGHAM BUDDIES – A new social group for Billingham residents living with Dementia, aged 65+. Light refreshments and good fun; games and social activities with new friends. Enjoy the first 4 weeks free of charge with no obligations* and no extra charge for 'Carers'.

*Billingham Buddies is held every Thursday at East Avenue Community Centre from 1.30pm. Call Gill or Lynda for more information on **01642 805500***

**cost is £5 per week after 4-week trial*

Upcoming Events -

*A free **Afternoon Tea** event will be held in Aspen Gardens Sheltered accommodation, Hardwick on Monday 10th April 2.00-3.30pm. Free prize bingo. Non- residents also welcome.*



Music in Hospitals are providing a free concert with a variety of music and songs at the Live-Well Dementia Hub in Thornaby on Wednesday 12th April 2017 at 2.00pm. Light refreshments will be available. Booking is essential as there are limited places.

*If you are interested in attending any of our groups/events,
please call us on 01642805500*

The World's Largest Waltz Record-Breaker 2017!

Will you be Waltzing across Saltburn Pier this Summer?

Meet Eddie!

Could Eddie Straight, aged 96-years-old, be our oldest competitor for the World's Largest Waltz on 19 May in Saltburn? Sharon Lewis head of activities at Four Seasons Residential Care in Saltburn invited Age UK Teesside to visit one of their practice sessions to compete in the World's Largest Waltz and what an afternoon of discovery was in store. This was a time when the older residents could



teach the young carers a thing or two about waltzing including 96-year-old Eddie Straight.

Eddie is a war hero, with service in London during the

blitz, time in the Burmese jungle and being part of the liberation team at Belsen where he received the colours from the surrendering Nazi commander. Eddie was shot several times but soldiered on, indeed the famous film 'To Hell and Back' was based on his life story.



Eddie also suffers with dementia but brought a tear to everyone's eye as after the music was turned on, he said to 27-year-old Laney 'Don't look at the floor, look at me and follow my lead' - she did just that and with his guidance perfected the steps to compete in the World's Largest Waltz.

Is Eddie our oldest competitor? What about our youngest competitor? Please share with your network and help us to bring the Guinness World's Largest Waltz title from Bosnia to Teesside!



Have you signed up?



How many chances will you get to become a World-Record holder? Don't let this experience pass you by, book *your* place now and help us make history!

Go to **Eventbrite.co.uk** to buy your tickets today -
or call our office and we will do it for you!

01642 805500

Meet the Trading Team!

The trading team helps provide a range of products designed for people 50+. These products are not just limited to the insurance product we can arrange (Home, Car and Travel) but also funeral plans and independent living aids (personal alarms, mobility aids etc.).

The trading team also provide sign posting for people needing help, sometimes this will be directing the person to an Age UK Teesside service or another agency that can help.

We have two insurance arrangers and a supervisor, as well as two trading offices.

Louise Wheatley is the Trading/I &A Manager of Age UK Teesside; Louise has worked for Age UK for 20 years and covers the entire Teesside area.



Margaret is the insurance arranger for our Hartlepool office on York road.

Margaret started as a volunteer with Age UK Teesside 5 years ago, and the opportunity came up for Margaret to become an insurance arranger 4 years ago. Margaret is based at Hartlepool office, which is on York Road, Hartlepool is open Monday-Thursday 9am-4pm and lunch is 12:30-1pm.

The Hartlepool office is having a refurb and we are planning on having an opening day once completed.



Marc is our insurance arranger in our Newport Road office, Middlesbrough.

Marc has worked for Age UK Teesside for 10 years. Newport office in Middlesbrough is based in the Age UK shop and is open Monday – Thursday 9am-4pm.

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 80550

Phoenix!

The Big Knit!

We need Big Knitters!



We're looking to knit 2 million hats for the biggest Big Knit ever, and we'd love your help.

We receive 25p from each bottle sold, to help keep older people warm and well



**Will you be taking part in this year's
Easter Bonnet Competition?**

April 7th 2017

1st, 2nd & 3rd Prizes

Contact Tina for more information



Zumba Gold Class – Saturday 11.30am-12.30pm

Swerve Table Tennis Club, Kirkham Row, TS4 3EE

Pre-Booked/Members: £3.00

Non-Members: £3.50

Children: £2.50

Age UK Teesside 50+ Middlesbrough Residents: Claim

6 FREE classes plus discounts

For more details contact Glyn 07512661895

or Tina 01642803328

Phoenix Activity Schedule 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

Podiatry Service (fortnightly) 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

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

10am – 12noon

FRIDAY: 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

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