



May is here and the sun has started to peek through the clouds in anticipation for Summer. But the big news this month is our long-anticipated event in Saltburn on the 19th! That's right, the World's Largest Waltz is here so I hope you're all well-rehearsed and ready for a fun-filled day with Age UK Teesside. Come rain or shine we hope to see you waltzing on Friday!

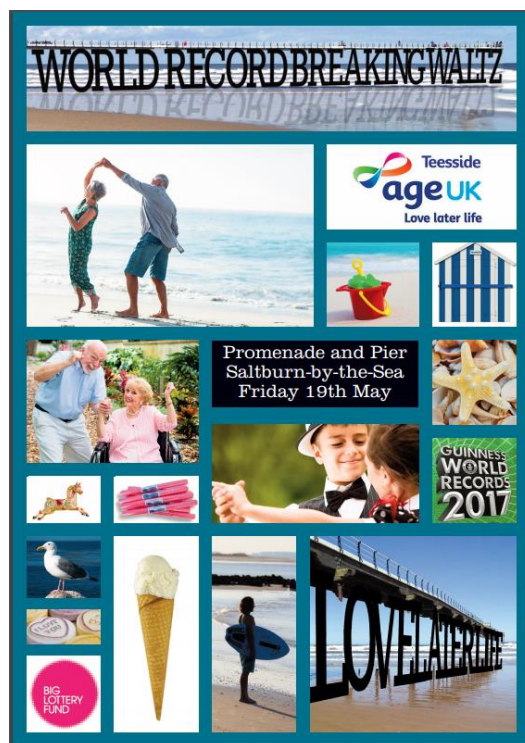
The World's Largest Waltz Record-Breaker!

Have you signed up to take part in the Largest Waltz? If not, you're cutting it close – the Waltz is only days away!

Are you signed up?
Do you want to take part?
It's not too late!

Call 01642 805500 or email us with your contact information and we'll call you:
front.office@ageukteesside.org.uk

Purchasing your tickets couldn't be easier – if you need help navigating the online process, just let us know and we can do it for you! You can pay by secure bank transfer or send us a cheque. There will even be a pop-up ticket service in Saltburn Library on Thursday 18th May to help anyone who wants to sign-up with the online process. Tickets can be sent to an email/home address, whichever you prefer. You can receive updates via email and we can send out any information you need in the post as well.




To buy your tickets, go to:
<https://www.eventbrite.co.uk/e/worlds-largest-waltz-record-breaker-tickets-29568559357>



Only £5.90 per person – entry, admin, medal and mac!

A Special-Edition Waltz Newsletter will be issued to commemorate the day!



Read on to catch up with all our groups and projects, get to know our team, our latest events and some of our service users (will your picture be among them?), plus, enjoy a brainteaser or two.



Health & Wellbeing!

Dementia Services!

Phil Smith of the Livewell Dementia Team:

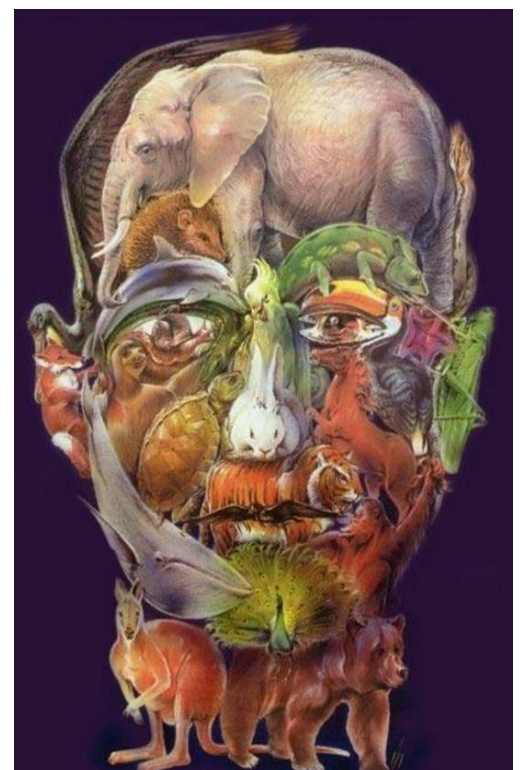
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Well it's been a busy old time for Jane and I as one 22-week course finishes and a new one is about to start at the Salvation Army Citadel in Stockton. When I say busy, that's partly true, as Jane was holding the fort whilst I was sunning myself on a beach in Pathos. I must say I felt quite guilty at times, however, another bottle of KEO always seemed to make me feel better. Jane's done a cracking job in my absence (as members of the three groups we run were keen to tell me on my return) - Thanks Jane. On return from my "all too short holiday", I've spent my time co-facilitating the 3 Maintenance Cognitive Stimulation Therapy groups (MCST), as well as my one to one sessions, signing people up for courses and visiting those who have just completed the last Salvation Army group.

Though its tinged with sadness when a group finishes, it's rewarding for Jane and I to know we've had a significant impact in the quality of life and cognitive ability in most of the people we have had the privilege to help. The only slight concern I have at the moment is the number of people commenting on how good a singer Jane is. It's about time I dusted my tuxedo down and did my rendition of Dean Martins 'Lil old wine drinker me!'

Above; a recent session and a quiz question for you (above right). Name the animals on the man's face. Then when you think you've got the answer, look again and again and again!

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BHBW!

A new Lunch 'N' Social group will be meeting the last Friday of every month at Newtown Community Centre

→ → → → → → →

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 cognition 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.



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

Phoenix!

| Day | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|--------------|---------------------------|---------------------------|---|----------------------------|---------------------------|------------------------------|
| Activity | Carpet Bowls | Lunch 'N' Social | Dancer-cise & Reminiscence Activities | Craft & Textile | Friendship Friday | Zumba Gold |
| Time & Venue | 10.30-2.00 Borough Rd. | 11.30-2.30 Borough Rd. | 11.00-12.00 & 12.00-1.00 Borough Rd. | 10.00-12.00 Borough Rd. | 10.30-2.30 Borough Rd. | Contact Glyn 07512 661895 |

NOUVEAU WELLBEING

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!

Wednesday's
11.00am -12.00pm

Age UK Teesside
Borough Road
Middlesbrough
TS1 2EH

T 0191 587 8154
E info@nouveauwellbeing.com
W www.nouveauwellbeing.com

/NouveauDanceAndFitness
/NouveauWellbeing
@NouWellbeing

START TODAY




NOUVEAU WELLBEING

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.

Wednesday's
12.00pm -1.00pm

Age UK Teesside
Borough Road
Middlesbrough
TS1 2EH

T 0191 587 8154
E info@nouveauwellbeing.com
W www.nouveauwellbeing.com

/NouveauDanceAndFitness
/NouveauWellbeing
@NouWellbeing

START TODAY

congratulations

WINNER!



Jim Sullivan (above) was the happy winner of the ASDA Easter Raffle and took home the hamper that was donated, with all its treats.

BNI!

Age UK Teesside is the nominated charity of BNI Steel Chapter that meets every Tuesday at Middlesbrough Football Ground between 6.30 am – 8.30 am. All local businesses who use referral marketing to build their business, including helping our charity too.

Ian Elcoate of TAD Web Solutions generously committed to make a £2 donation on every client renewal for business to Age UK Teesside – that's a great initiative and made us think even more about every £ counting when you're raising funds.

If you have a novel way you can fundraise for us please do get in touch, or register any fundraising events on www.virginmoneygiving.co.uk quoting our charity number 702714

Information & Advice!

50+ Information & Advice Drop-In Service, Loftus

No Appointments - Drop-In Only
Every Tuesday 9am - 4pm

Co-Op Building, Loftus
Come and speak to one of our advisors
about your welfare concerns.

Providing advice & support with:

BENEFIT CHECKS
ADVICE ON ALL BENEFITS
FORM FILLING
CHALLENGE BENEFIT DECISIONS



Age UK Teesside is a registered charity. Charity No:702714
Age UK Teesside Ltd.
Dorothy Rose House, 190 Borough Road
Middlesbrough, TS1 2EH
www.ageuk.org.uk/teesside
01642 80 55 00

50+ Information & Advice Drop-In Service, Hartlepool

No Appointments - Drop-In Only
Every Wednesday 9am - 4pm
Starting May 10th 2017

100 York Road, Hartlepool, TS26 9DE
Come and speak to one of our advisors
about your welfare concerns.

Providing advice & support with:

BENEFIT CHECKS
ADVICE ON ALL BENEFITS
FORM FILLING
CHALLENGE BENEFIT DECISIONS



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May saw the launch of two new I&A Services, one in Loftus and the other in Hartlepool. We are excited to be offering benefit advice in Hartlepool once again and expanding our services in the Redcar area. If you have any problems with filling in forms or need to challenge a benefit decision etc. use one of our services across Teesside:

1. Borough Road, Middlesbrough – appointments available Monday and Tuesday
2. York Road, Hartlepool – drop-in service available every Wednesday
3. Co-Op Building, Loftus – drop-in service available every Tuesday
4. Westfield Farm, Dormanstown – appointments available every Monday and Thursday

Hartlepool Befriending Network!

Meet Sylvia & Mary

Sylvia has been visiting Mary as her befriender since November 2016 and Mary has benefited from regular visits and companionship from Sylvia during this period including shopping trips to Asda and Marks and Spencer.

Mary said she has greatly benefited from Sylvia's friendship saying that she was overjoyed when she first heard about the Hartlepool Befriending Network and matched up with a volunteer.

"I look forward to Sylvia visiting me each week and we really make the most of our time together and enjoy each other's company. It is great to have good chat over a cup of coffee and I really appreciate the



chance get out and about again and do some shopping and socialising".

As Mary's befriender Sylvia commented that "Mary is such a joy to be around. She has a very good sense of humour and we always have a good giggle".

Sylvia enjoys her role as a volunteer and welcomes the opportunity to be able to contribute to the Befriending Network and the wider community:

"The reason why we have the world we have today is because there were people before us, people who went through wars, people full of history, people who made the world we know. We should be thankful, respect them and take good care of them".

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

Lee Russell (Befriending Coordinator, Hartlepool)

Are you interested in befriending an older person who lives in the Hartlepool area?

Call Lee on 01429 265 392

For befriending in Redcar and Cleveland please call Ross on 07921 464 114

For befriending in Stockton-on-Tees please call Janet on 01642 450 109

Alternatively, you can call our head office on 01642 805 500 or head over to our website www.ageukteeside.org.uk and download the Volunteer Application Form

Good to know!

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

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



To Subscribe to our Newsletter please go to www.ageukteesside.org.uk/news--campaigns

Thank you for supporting Age UK Teesside

Age UK Teesside Limited

www.ageukteesside.org.uk Tel: 01642 805500

190 Borough Road

Middlesbrough

TS1 2EH

