



Befriending Service
Age UK Teesside
100C York Road
Hartlepool
TS26 9DE

Age UK Teesside are a registered charity based in Middlesbrough, Redcar, Stockton and Hartlepool areas who pride themselves on “Enabling older people to improve their lifestyle”. Service Users of Age UK Teesside are age 50+ as we recognise that early retirement is a feature of life today, which with an expectation of a longer lifespan on a reduced income and a smaller network can lead to difficulties.

We aim to improve lifestyles by:

- Helping people to claim rightful entitlements to a range of benefits, so promoting financial security and stability.
- Campaigning and lobbying on a range of issues of interest to older people.
- Providing the opportunity to broaden social networks, meet new people and try something different.
- Promoting healthy living.

Action 1

Raising awareness of dementia and encouraging people to become dementia friends.

All staff and volunteers will be encouraged to attend a dementia awareness session and be given the opportunity to become dementia friends. Age UK Teesside will also be represented on the working to build a Dementia Friendly Hartlepool Steering Group. Staff will actively promote the Dementia Advisory Service and leaflets and other publicity material will be displayed in the Age UK Teesside Hartlepool Office.

Action 2

Making literature and publicity materials of other information more accessible to people living with dementia.

Review literature and other information on a regular basis and adapt where possible to be dementia friendly. Use dementia friendly designs when creating new information.

Action 3

Providing a befriending service to people aged 65 who are lonely and socially isolated and over living and with dementia.

Recruiting volunteers who can offer a befriending service by visiting an older person in their home and offer them friendship and a listening ear and accompanying them on short walks or to local activity groups. Signposting carers to the Dementia Advisory Service at the Bridge.