

YAH NEWS

Stockton | Billingham | Thornaby | Ingleby Barwick

Clothing Collection

Throughout **February** and **March** we will be collecting old clothes to weigh in to raise money for Young At Heart ULO. Last year our clothing collection raised almost £100 and we hope to beat that amount. If you have any unwanted clothes please bag them and bring them to the group.

Cycling Without Age

A fundraising coffee morning is taking place at **Grays Road Institute, Grangefield** on **Saturday 16th March** to raise money to purchase a trishaw. All Young At Heart ULO groups will benefit hugely as they will get to enjoy rides around the local area during our sessions. If you are able to attend we would love to see you there. More info to follow

Carers Talks

Our next Carers Talks will be delivered by a member of the Stockton Adult Carers' Support Service Team, who has information about the new carers card, additional support services and carers' assessments. The dates are still to be confirmed.

Billingham is 2!



On Monday 4th March, Billingham's Young At Heart ULO will be celebrating their 2nd Birthday. Join us at East Avenue Community Centre from 1pm while we celebrate in style, with live music from local swing singer, Simon Carter.

Everyone welcome!

New Group: Grangefield

STARTING MARCH: We are now offering a new weekly group at Grays Road Institute, Grangefield, every Wednesday 12:30pm until 2pm.

Attendees are welcome to stay for our 'Stepping Out Social' seated exercises class, followed by cake and drinks until 4pm for an additional cost of £2.



Session Details

Join Young At Heart ULO and In Our Shoes Carers Support Group at any or all of the sessions detailed below:

- St John’s Church, Durham Road, Stockton
Monday’s, 10am - 11:30am
- East Avenue Community Centre, Billingham
Monday’s, 1pm - 2:30pm
- The Institute, Grays Road, Grangefield
Wednesday’s, 12:30 - 2pm
- LiveWell Hub, Thorntree Road, Thornaby
Tuesday’s, 2pm - 3:30pm
- Ingleby Barwick Community Centre, Haresfield Way, Ingleby
Friday’s, 11am - 12:30pm

£2 per person

Join our monthly Musical



Memories Singing Circle at the sessions detailed below:

- LiveWell Hub, Thorntree Road, Thornaby,
Friday 29th March, 10:30am - 12 noon



New Singing Circle

Friday 29th March, 10:30am - 12noon £2 per person

Join us on the fourth Friday of every month at The LiveWell Dementia Hub, Thornaby, for our new activity: Musical Memories Singing Circle. The group will be led by Trish, an experienced music teacher with lots of experience leading singing circles. The group is for both people living with dementia and their carers and offers an opportunity to sing and socialise in a friendly, relaxed environment.

£2 per person, per session inc. refreshments.

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EasyFundraising turns your everyday online shopping into donations for Young At Heart ULO at no cost to you. Just visit retailers via the EF website and shop as normal. Once you’ve made a purchase the retailer makes a small donation to us to say “thank you”.

Sign up at <https://bit.ly/2USE4ry>