



2016



All aboard !





Cleveland  
connected



## Upgrade Fraud

This is a message sent via Cleveland Connected. This information has been sent on behalf of Action Fraud (National Fraud Intelligence Bureau)

(Please do not reply or forward this email directly; please use the Reply, Share buttons at the bottom of this message)

### Message sent by

Action Fraud (Action Fraud, Administrator, National)

Fraudsters are impersonating telephone service providers and contacting their clients offering a phone upgrade on a low monthly payment contract. The fraudsters will glean all your personal and financial details which will then be used to contact the genuine phone provider and order a new mobile phone handset. The fraudsters will either intercept the delivery before it reaches the victim's address or order the handset to a different address.

### Protect yourself

- Never provide your personal information to a third party from an unsolicited communication.
- Obtain the genuine number of the organisation being represented and verify the legitimacy of the communication.
- If the offer is too good to be true it probably is.
- If you have provided personal information and you are concerned that your identity may be compromised consider Cifas Protection Registration.

If you have been a victim of fraud report it to Action Fraud on 0300 123 2040 or <http://www.actionfraud.police.uk/>

### INNER STRENGTH.

If you can start the day without caffeine, If you can get going without pep pills.  
If you can always be cheerful, ignoring aches and pains.  
If you can resist complaining and boring people with your troubles.  
If you can eat the same food everyday and be grateful for it.  
If you can understand when your loved ones are too busy to give you any time.  
If you can take criticism and blame without resentment.  
If you can ignore a friend's limited education and never correct him  
If you can resist treating a rich friend better than a poor friend.  
If you can conquer tension without medical help.  
If you can relax without liquor.  
If you can sleep without the aid of drugs,  
***Then you are probably the family dog !***



## **Councillor David Walsh writes**

Adult social care, as the name suggests deals with all aspects of care for persons above 18 who have special needs. However, the majority are the frail and aged. This takes many forms, residential care, aids and adaptations to enable persons to remain at home, but with daily life made easier by the services provided. These services do not come cheaply with rising costs each year, and with the advent of the National Living Wage, this has raised costs considerably. Sadly our council will need to make further cuts in future years in keeping with government policy, and we have no control over those cuts.

Despite government curbs, our partnership with Coast & Country Housing and 13 Group have allowed us to develop "intermediate housing" in Ormesby, Eston and Redcar, and we are hopeful for Brotton and Skelton in the future.

Some 400,000 fewer people are receiving publicly funded social care than received it in 2010, even though our population is ageing. It is estimated that over 1 million persons who have difficulties with basic living, washing, dressing, toileting etc still receive no formal help at all. Last year the Care Quality Commission stated that one in five nursing homes do not have enough staff to ensure good-quality care. The latest survey showed that more older people's care beds closed than opened. However, tribute must go to care home providers and staff for their work and commitment. These problems are not going away.

Our council must somehow find £26million in cuts in the next financial year. But facts are facts. Our population is ageing and demand for care will increase, so the question we face is not whether the money will be spent, but where the costs will fall. The vast majority of older people have worked hard all their lives in paid employment and bring up their families. They need and deserve support, and they do not want to end up having to sell the family home to pay for care if they need it. But I know that people also worry about their children and grandchildren, and how on earth will they be able to afford to pay the bills or go to college or university, let alone have the chance to own their own homes.

The onus I believe has to be on politicians from all major parties to do some deep thinking on how we can pay for and deliver social care, and it needs to be done post-haste.

# Warm & Well

is a Redcar & Cleveland Council initiative providing a single point of contact for free advice and support to our residents.

**Cold homes can make health conditions worse and are unpleasant to live in.**

**Our Warm & Well Service provides the following:**

- Advice and information to keep you and your home warm
- Access to grants, loans and other types of support: You may be eligible for free insulation measures or an improved heating system, depending on your circumstances
- Warmth support in an emergency: We work with Cleveland Fire Service's 'Stay Safe & Warm' team to provide emergency advice and short-term support, including portable heaters, electric blankets, thermal blankets, torches, wind-up lanterns, thermometers and flasks

**For help and support with  
keeping warm, contact  
Warm & Well on 01642 771289**

or email [warmandwell@redcar-cleveland.gov.uk](mailto:warmandwell@redcar-cleveland.gov.uk)

**Don't be caught out when Autumn turns to winter.  
Remember the Scout and Guide motto, "BE PREPARED"**



## We all need to smile

Your husband is suffering from a very severe stress disorder. If you don't do the following he will surely die. Each morning fix him a healthy breakfast. Be pleasant at all times. For lunch make him a nutritious meal. For dinner prepare an especially nice meal. No chores. No nagging. Oh yes, and make love several times a week. Do this for the next year and he'll regain his health completely!

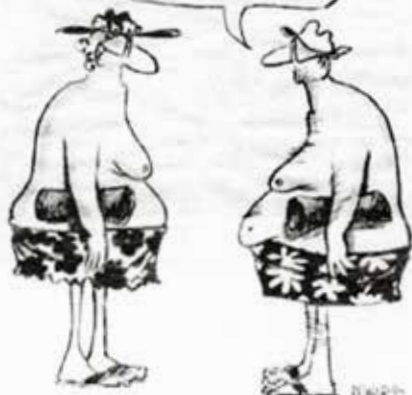


What did the doctor say?



"Didn't you get my e-mail?"

GOOD LORD, ETHEL...  
YOU CAN'T APPEAR  
IN PUBLIC  
LIKE THAT!



"This is what happens when you buy gas from a water company!"



"So, Humpty Dumpty, have you thought about making a claim against the owner of the wall?"

**KNOCK KNOCK:** A conscientious minister decided to get acquainted with a new family in his congregation and visited them one Spring evening. Following his knock on the door, a lilting voice from within called out, "Is that you Angel?" "No," replied the minister, "But I'm from the same department."

From the Chair.

Hello, I hope you are well and have enjoyed the Summer so far. My name is Brenda Forster and I'm proud to be the new Chairman of the OPP. I would like to thank Jim Whingham our retiring chairman, and all of the committee for their support over recent times. We are always looking for people to come and be involved in our organisation. It is not an onerous task and can be quite enjoyable, so you would be most welcome.

Yours sincerely, Brenda.

90 years young.

REDCAR nonagenarian Joyce Cairns was proud to share her 90th birthday at the same time as HM The Queen, and what a good time she had too.

Joyce, a member of OPP regularly attends our events and really enjoys the events that include the Wilton Male Voice Choir, so she intends to "be there" this Christmas, ( see advanced notice below. )

Joyce celebrated with about 70 friends at the Cleveland Golf Club, dancing the night away. Her family had also arranged a number of treats for her too.

Joyce was a guest at the Queens celebration event organised by the TVRCC in Saltburn and was proud to receive a gift to mark her 90th birthday. Joyce had a lovely time and proudly showed off the commemorative coin she had received. She had her photograph taken with the Mayor and will proudly display the photo of her wearing the Union Jack trilby in future years.

Joyce enjoys going out to lunch around the borough with family and friends, and she attends the monthly group of the Redcar Visually Impaired at the United Reformed Church on Station Road. Joyce hasn't let her age or her visual impairment deter her from living as full a life as possible and looks forward to many more trips and lunches out.

CONGRATULATIONS JOYCE, WE'LL SEE YOU AT OUR FUTURE EVENTS.

## advanced notice

**A Festival of Christmas Music Featuring  
The**

**Wilton Male Choir on Friday 2nd December  
1-00 till 4-00pm at the TUNED IN CENTRE  
REDCAR**

**Tickets £3.00 including light refreshments**

**Contact Colin 01642-453868**



# bedtime routine



You are more at risk from fire when asleep. A bedtime routine will help keep you and your family safe.

Protecting local communities

Our top safety tips are:

- ✓ Switch off and unplug electrical equipment, including hair straighteners and laptops – only leave on appliances designed to be left on, like your fridge
  - ✓ Check your cooker – make sure the grill, hob and oven are all turned off
  - ✓ Turn heaters off and put a guard in front of an open fire
  - ✓ Check candles are out – they can go on smouldering and start a fire. Never leave one burning when you go to sleep
  - ✓ Put cigarettes right out – make sure cigarettes and pipes are out, wetting them to be sure. Never smoke in bed
  - ✓ Check your escape route – it should be clear of obstacles. Make sure your keys are where they are meant to be
  - ✓ Close all doors – this can slow down the spread of a fire
  - ✓ Turn off your electric blanket – unless you are absolutely sure it can be left on safely, eg if it has a thermostat
- ✗ Don't leave your washing machine, tumble dryer or dishwasher on if you go out or go to bed. Their high speed of operation, friction and motors mean they are a fire risk

**IF YOU THINK IT MIGHT HELP,  
CUT THIS PAGE OUT AND PLACE IT  
IN AN OBVIOUS PLACE.  
YOU NEVER KNOW!**





# Victim care and Advice Service — Cleveland, Durham and Darlington.

If you are a victim of crime, or are concerned about someone who has been, call us now for help and advice on :

Freephone:

**0303 040 1099**

Email:

**info@vcas.uk**

This is a free, independent and confidential service supported by the Cleveland and Durham Police and Crime Commissioners.

Visit our website: [www.victimcareandadvice.service.uk](http://www.victimcareandadvice.service.uk)



find the strength

**Karen Storey**

Service Delivery Manager

Direct line: 01287 630009

Mobile: 07891 582034

Email: [karen.storey@victimsupport.org.uk](mailto:karen.storey@victimsupport.org.uk)



Victim Support, Sunnyfield House, 36 Westgate,

Guisborough TS14 6BA

T: 01287 630 009 Text relay: 18001 01287 630 009

F: 01287 280 444

[www.victimsupport.org.uk](http://www.victimsupport.org.uk)

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