

# TEAMWORK

## DEVELOPMENT TRUST CIC

**A family of  
charities in  
Gateshead.**





# Welcome to Teamwork!

Teamwork was established in 1988 to alleviate and prevent the ill-effects of poverty, disadvantage, isolation and vulnerability. By creating community services in our neighbourhood, we create employment and training opportunities too. We are local people solving local problems and this approach has allowed us to help thousands of Gateshead residents each year.

This guidebook aims to share with you the 7 services we're delivering in Gateshead, and our prices where applicable.

(Prices correct for 2020/21)

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# Our Super 7

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# Community Home Help Support

Happy to Help Gateshead is an expert home help team, and we've been supporting people in their own homes for over 20 years.

We provide weekly cleaning, bill paying, shopping and prescription collection for older and disabled residents across the borough. We believe that every individual is different therefore we tailor our care packages to suit each households needs.

We're a charity too (No.1201215). This means that every penny we receive is used to support our community and vulnerable residents.

£18.50 per hour

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*I knew from the minute I rang you that Happy to Help was right for me.*

HOME HELP CUSTOMER



 0191 478 59 19  
 [liz@teamwork-dt.co.uk](mailto:liz@teamwork-dt.co.uk)  
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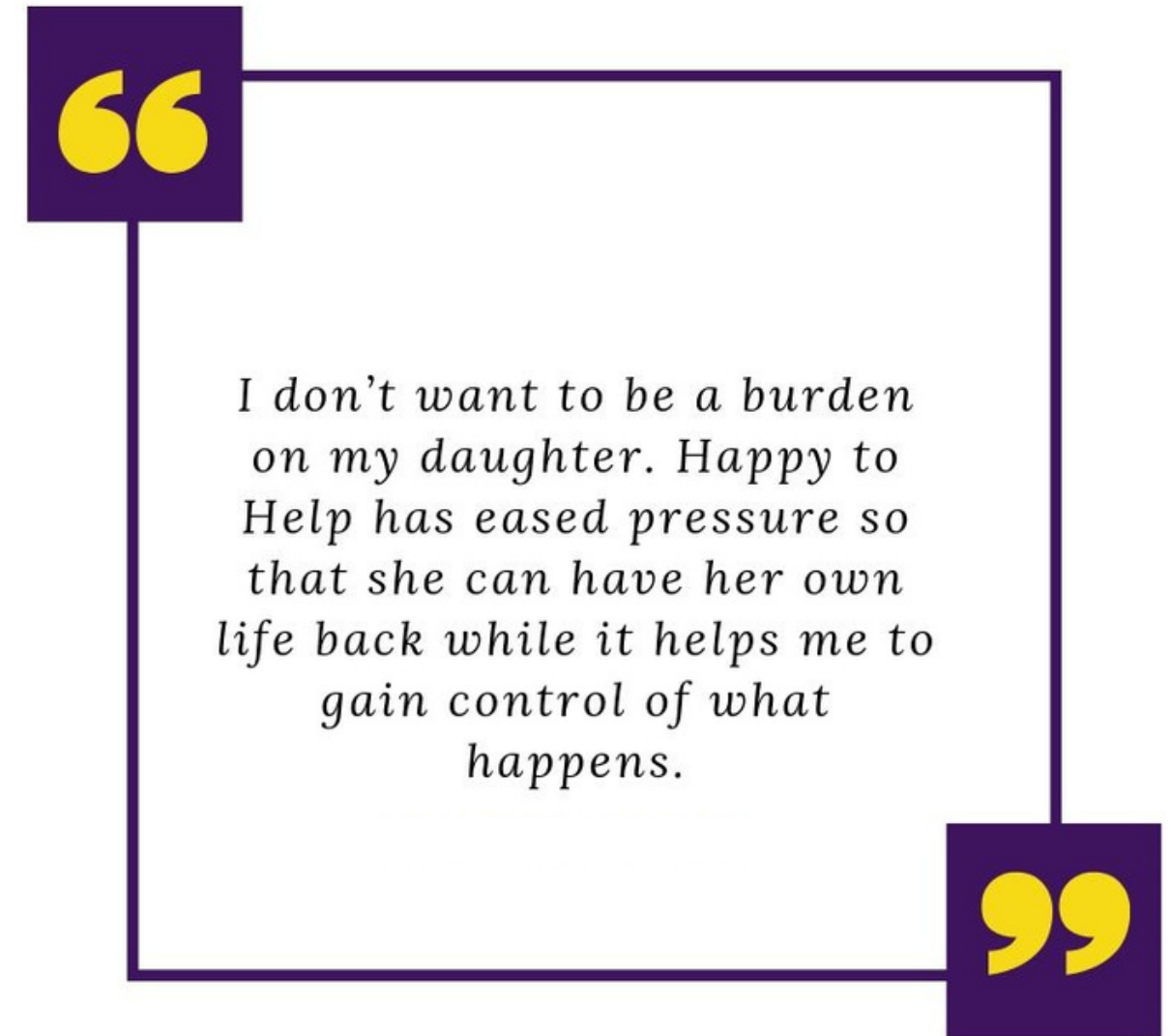
# 1-2-1 Assisted Outings

If you or your loved one want to go out and about but lack confidence to do so alone, we have trained, insured workers to offer an arm to lean on, some company and peace of mind.

The service is 1-2-1, flexible, and can be used for many different outings such as to go to an appointment, a trip to the shops, to take part in a leisure activity or attend a lunch club for instance.

It's a comforting way of helping our customers who want to retain their independence but need or want someone there to share the outing(s) with.

£19.50 per hour



 **0191 478 59 19**  
 **[liz@teamwork-dt.co.uk](mailto:liz@teamwork-dt.co.uk)**  
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# Low Cost Furniture for Households in Hardship

Our charity provides low cost, pre-loved furniture, electrical items and kitchen appliances to all Gateshead residents who are experiencing hardship for any reason.

Any Gateshead resident experiencing financial hardship, whatever their circumstances, is eligible to access support. Each household will receive 6 months access from their first visit too, which can be renewed as often as necessary.

We also supply a range of high quality, affordable beds and mattresses, in a range of styles and sizes. You do not have to be in hardship, or live in Gateshead to purchase our new items, and each item we sell raises vital funds to support our charity.

Delivery is available for all of our new and pre-loved goods.

We take payment via cash, card and secure telephone payment too.

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“



I'm feeling more settled and secure. This happened much more quickly than it would have without help from Foundations.

Foundations Beneficiary

”

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




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# Prices at Foundations

	Single bed bases	£20
	Single Mattresses	£20
	Double bed bases	£26
	Double mattresses	£26
	Wardrobes	£39
	Drawers	£32
	Bedside cabinets	£10
	Dining Tables & 4 chairs	£39
	Sofa	£39
	Bookcase	£25
	Coffee Table	£14

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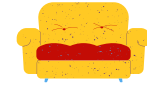


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# Free Collection of Your Unwanted Household Items.

Foundations helps local households to give their unwanted furniture, electricals and kitchen appliances a new home. We collect your unwanted items free of charge from most locations in and around Tyne and Wear and each item will help local households in hardship.

We gratefully accept many items including:-

-  Sofas/three piece suites
-  Bedroom furniture, beds and mattresses
-  Dining furniture
-  Living room furniture
-  Electrical items and kitchen appliances (excluding ovens & gas appliances)
-  Adult and children's bikes

We offer complete peace of mind that each item donated to Foundations helps us to support local households in financial hardship.

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# A Foundation 4 Work.

Foundation-4-Work offers free work experience opportunities in a welcoming warehouse and retail setting where people gain many of the employability skills and references that employers are looking for.

In addition, we have free one to one support and small workshops to give you everything you need to feel ready and confident to seek work or become self employed. You can choose any of the support you feel you need:-

-  **Interview Skills**
-  **CV Writing**
-  **Online Job Searches**
-  **Writing Application Forms**
-  **Writing a CV**

Placements last for up to 12 weeks, with just one day per week commitment required. Each participant leaves with their personal Foundation-4-Work toolkit along with a pair of work boots and high-vis vest, provided free of charge.

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<https://bit.ly/Foundation4Work>

 **0191 477 8337**



**European Union**

European  
Social Fund



# Lunch Clubs

Our popular lunch clubs are well loved due to our hot meals, warm and welcoming environment and our dedicated, caring team who make every guest feel included and valued.

Each lunch club has great food (£7.50 for two, freshly cooked courses and refreshments), wonderful company, and plenty of activities, arts and crafts, games and quizzes. If there is something to be celebrated, you can guarantee that we will do it in style.

Our accessible, door to door minibus transport is £4 (price includes the journey home too) and is available from addresses in Teams, Dunston, Lobley Hill, Bensham, Saltwell and Central Gateshead.

For our attendees who can't make it to the centre due to illness or injury, we provide a hot meals delivery service while they recover at home.

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**"I enjoy the lunch club as it gets me out of the house. I used to feel isolated at times but now I get to mix with others."**

Lunch Club Attendee



 **0191 460 02 97**

 **Website**

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# Men's Groups

Join us from mid morning to mid afternoon on Mondays or Thursdays (or both!) to relax, read the newspaper, join in with the banter, play games and share stories. There's always a warm welcome at our centre, on Bolam Street, Teams. We have all of the facilities available to ensure that our attendees have a great day out.

Our two course meals are £7.50 and they are prepared each day by our wonderful cooks. There's plenty of baked goods to take home too. Our regular attendees from the local area benefit from peace of mind when they are unable to come to the centre while recovering from illness or injury, as we will always deliver a hot meal to them at home if wanted.

If you live locally, why not use our accessible minibus. We can pick you up from your door, bring you to our centre and take you home again afterwards. Transport is £4 (price includes the journey home too). Transport is available in Teams, Bensham, Lobley Hill, Dunston, Saltwell and Central Gateshead.

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"Since my wife died, I've not spoken about it much. I can talk about it here with other men who know what I'm going through."

Men's Group Attendee



 0191 460 02 97

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# Volunteer With Teamwork

Volunteering with us is a great way to meet new people, learn new skills, update your CV and help your community. Email [vacancies@teamwork-dt.co.uk](mailto:vacancies@teamwork-dt.co.uk) to find out more.

## Furniture Charity Volunteer

Volunteer any weekday and help with furniture displays, keeping our showroom customer friendly and helping the driver with collections and deliveries.

## Lunch Club Volunteer

Our volunteers serve meals and refreshments and help with activities at our centre on Bolam Street, Teams. Simply spending some time chatting to the older people who visit our centre makes a big difference.

## Men's Group Volunteer

On Mondays and/or Thursdays, help our attendees to feel welcome and included at our centre on Bolam Street, Teams. Help serve meals and refreshments and spend some time chatting to make a big difference.

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# Thank you to our Funders, Partners and Supporters.

Gateshead Council

Henry Smith Charity

Greggs Foundation

The Community Foundation

The National Lottery Foundation

Masonic Charitable Foundation

Tracey Tait

Asda Metrocentre

The Co-op

Gateshead Parochial Charities

Thank you to all of our volunteer directors and trustees, and to every volunteer that dedicates their time to our communiti.

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***"For every £1 that  
Teamwork receives in  
income, they have a  
social return on  
investment of £4.56."***

**SOCIAL VALUE  
BUSINESS**

# Get in Touch

If you have any questions or would like to arrange a visit to our services to meet our teams, please get in touch with us...

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