



# Teams & Bensham

COMMUNITY CARE

**Lunch clubs, men's groups,  
activities and transport for older  
people in Gateshead.**



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# Lunch Clubs

Teams and Bensham Community Care is a charity in Gateshead that has been providing popular well-being enhancing lunch clubs since 1990.

Each Tuesday, Wednesday and Friday we come together at our warm, welcoming and accessible centre on Bolam Street, Teams. You'll find a friendly, caring, fully trained and expert team, lots of new friends, and plenty of activities on offer.

Our catering team prepare and cook your two course meal each day in our on-site kitchen, and there's plenty of freshly baked goods to take home.

There are so many benefits to experience from attending our well-loved lunch clubs. If you are aged 65 and over and would like to know more, give us a call today.

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Getting out of the house for a few hours to meet my friends at the day centre to have a chat and a laugh, now I am elderly, means a lot to me.

Lunch Club Attendee

”



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# Men's Groups

Relax in Good Company

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 you have a great day out with other gentlemen from the local area.

Our freshly cooked, two course meals are the highlight of the day. There's lots of freshly baked goods to take home too.

If you are aged 65 and over, or your know someone who might benefit, give our expert team a call to find out more.

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

Lunch Club Attendee

”



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# Activities at our Lunch Clubs and Men's Groups

- ✦ Card & Board Games
- ✦ Card Making (Tuesday mornings)
- ✦ Daily Quiz
- ✦ Music Projects
- ✦ Memory Sharing
- ✦ Arts and Crafts
- ✦ Music Quiz
- ✦ Celebration Days
- ✦ Trips out to Restaurants
- ✦ Bingo and Raffles
- ✦ Newspapers to read
- ✦ Indoor Sports (golf, darts etc)
- ✦ Wii U Games Console
- ✦ Great Conversation
- ✦ Flower Arranging



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# Transport

Travel in style!

Everyone who lives in our local area can use our door to door minibus transport to attend our centre.

We have a driver and escort on each journey, making sure that everyone is supported on and off the minibus, and safely into our centre. It's wheelchair accessible too, and our experienced driving team are fully trained.







It's a comforting, reassuring and enjoyable way to start and end the day with us.

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## Areas our Minibus Operates

-  Teams
-  Dunston
-  Lobley Hill
-  Bensham
-  Saltwell
-  Central Gateshead



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# Hot Meals

Our hot meals are available each weekday at our centre, and they're always delicious!



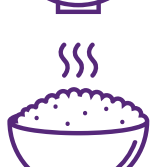
Home Made



Freshly Cooked



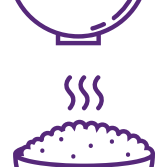
Nutritious



Main and Pudding and Refreshments



Traditional and Comforting



Hot Meal Delivery to your Home if Unable to Attend



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## Teams and Bensham Community Care

### *Menu Example*

#### MAINS

Mon - Sausage, Mash & Veg

Tues & Weds - Shepherds Pie & Veg

Thurs & Fri - Chicken, Mash, Yorkshires & Veg

#### PUDDINGS

Home Made Rice Pudding

Crumble & Custard

#### BAKED GOODS

Pies, Scones, Cakes, Quiches



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## The Benefits You Can Experience from Attending our Lunch Clubs and/or Men's Groups.

- ★ **Stay connected** - make friends, share stories, and become a valued member of a great group of people from your local area
- ★ **Reduced worry** - have peace of mind and feel safe and confident
- ★ **Better health and well-being** - improved mental and physical health
- ★ **Independence** - feel resilient, with the resources and support and social networks you need to live at home
- ★ **Happiness** - great experiences and a sense of fulfilment
- ★ **Nutrition** - enjoy hot, healthy meals shared with others
- ★ **Benefits to carers** - take a break with peace of mind knowing your loved one is in safe hands and having a great day
- ★ **Better access to services** - we have lots of contacts to great services and activities so that you have access to everything you want or need
- ★ **Benefits to volunteers** - be part of something special, learn new skills and meet new people

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# About Us

Teams and Bensham Community Care has provided day centre services for people aged from 65 years since 1990. We pride ourselves on providing quality services, nutritious and tasty meals and a great day out for everyone who visits our centre.

Our feedback and social value research highlights the life changing benefits that people can experience by attending our day centres just once per week. Those who attend love our services, meals and activities so much that once per day is rarely enough, and they want to join us two or more times per week.

As a charity, our ethos is to have a positive impact in our community, and we feel very privileged to have been serving the inner west and central Gateshead neighbourhoods for three decades. We could not do what we do without the support from Gateshead Council that enables us to make a difference. We are also grateful to all of the health and social care services that refer people to our charity and to each and every one of the generous grant making organisations and trusts who support our work.



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# Get in Touch

If you have any questions or would like to arrange a home visit from our lunch club or men's group coordinator, please get in touch with us...



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 <https://tbcommunitycare.wixsite.com/gateshead>

 [bernie@teamwork-dt.co.uk](mailto:bernie@teamwork-dt.co.uk)



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