

E.C. Fortnightly

Issue No. 8

November 2017

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What's the Elders Council doing?

Lived Experiences of Adaptations

Members of the Elders Council worked with researchers from Northumbria University to review the findings of a short research project on people's experiences of housing adaptations. Several of the findings resonated with the key issues which Elders Council has identified through its own work on housing. The research project will conclude in December and we anticipate that the report will be published early next year.

Active Voices

Workers' Educational Association (WEA) and Elders Council hosted an introductory session to the Active Voices course at St. Martin's Centre on 9th November. Although the turnout was small, we had a very useful discussion on how to promote the course and, in particular, how to

encourage people in their 50s/60s to take part. We are planning to run a course at the St Martin's Centre in January 2018. If you live in the Walker area and are interested in participating, please email info@qualityoflife.org.uk .

Great North Care Record

Members of the Elders Council recently participated in a consultation session hosted by Healthwatch on the Great North Care Record.

Elders Council Communications

EC Fortnightly requires a bit of work to put together. Would you be willing to join a small team of members to take responsibility for doing this? If you're interested, please ring Steve on 0191 273 4727 (leave a voice message if he's not in). We would, of course, give you training in the technical aspects of putting the bulletin together.

Facebook

We also need volunteers to enable us to progress our decision to open a Facebook service for members. If you would like to join a small group to do this, please ring Steve on 0191 273 4727. Previous experience of Facebook is not a requirement but it would help.

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Dates for your diary

Laggin' Behind

A free event called LAGGIN' BEHIND will take place at the Tyne Theatre and Opera House on Friday 17th November at 7.30pm including music by Heaton Voices choir. For tickets please click [here](#).

Cruddas Park Winter Market

Winter markets will be held at Cruddas Park Shopping Centre on Saturday 25th November 11-3pm and The Beacon, Westgate Road on Sunday 26th November 11-3pm. If you wish to book a stall please email hannah.morrow@rhwe.org .

St. Oswald's Christmas Market

St. Oswald's Christmas Market will be held on Saturday 25th November 11-3pm at Gosforth. Tickets on the day cost £2 for adults and £1 per child over 5. Car parking available at Gosforth Junior High School for a donation to the Hospice.

Alice in Wonderland

Don't forget Alice in Wonderland at the Northern Stage on Sunday 10th December at 11am or 3pm where Elders Council members have been given the opportunity to buy available tickets at £10 each, quote WHITERABBIT10 to hhiett@northernstage.co.uk .

Guildhall Tour

Newcastle City Guides have arranged a winter tour of the Guildhall on the Quayside, on Sunday 3rd December at 2pm. Tickets are £5 per person and booking is essential. This building is a real jewel in Newcastle's crown and was once the centre of Administration and Justice. Click [here](#) to book.

Free talks at the Laing Art Gallery

Free 45 minute talks at the Laing Art Gallery each Saturday at 11am until 16th December. A different painting discussion each week. For more information click [here](#).

Moneywise Credit Union Christmas Quiz Night

Moneywise Credit Union is hosting a Christmas Quiz night, to raise money for the Food Bank, on Tuesday 5th December 7.00pm at the Tyneside Irish Centre. Places are limited so book a team place in advance by emailing annie.murphy@moneywise.org.uk. Entrance fees will be collected on the night. The Food Bank estimate that there will be up to 2000 food parcels created for Christmas so all donations will be gratefully received on the night.

You do not have to spend more than £5 on any food or gift donations brought along.

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Opportunities

The Streets for People consultation

The Streets for People consultation is now live and awaiting your comments. Cycle City Ambition Fund have provided £1m each for Jesmond, Heaton and Ouseburn, Arthurs Hill and Fenham to improve the local streets and are asking for the views of local residents. Click [here](#) for more information.

Diabetes care for people with Type 2

Involve North East are consulting patients about changes to diabetes care for people with Type 2. These changes involve care, for those whose condition is stable, being provided closer to home with reviews taking place at your local GP surgery. If you have or are caring for someone who will be affected please click [here](#) to be redirected to the survey.

Free Christmas craft workshop

Free Christmas craft workshop available at the John Marley Centre, Whickham View on Friday 1st December from 10am-12.30pm. Materials from the garden will be used to create wreaths and ornaments. Click [here](#) to book a place.

Creative Age Session at Shipley Art Gallery

Shipley Art Gallery, Gateshead has started a new, free, Creative Age Session on Tuesday mornings from 10.30am-12pm. Click [here](#) for more information.

North East Friendship Dogs

Would you and your dog like to volunteer to visit older people in the community? North East Friendship Dogs are looking for willing (and wagging) participants to help those who are unable to have pets of their own at home. Click [here](#) for more information about volunteering with Wag & Co.

The Samaritans need volunteers

The Samaritans in Newcastle are in urgent need of volunteers to provide assistance in a number of ways. Callers to the service can be aided by phone, emails, face to face and by written correspondence. There are also a number of roles such as marketing, fundraising, outreach and a variety of administrative duties. There will be evening information sessions on Wednesday 22nd November and at 2pm on Saturday 2nd December click [here](#) for enquiry details.

Research volunteers needed

Can we change our thoughts? Lea Martinon from Northumbria University is doing research on wandering/daydreaming and how it changes across the life span. Volunteers over the age of 60 are needed for this study and will need to be able to attend the university on 2 separate days, 28 days apart. Please contact Lea on email lea.martinon@northumbria.ac.uk for more information.

Voice North

Voice North have a new opportunity in Health & Science called Everyday Food Choices. If you would like to take part please click [here](#) to register your interest.

Tyne and Wear Archives and Museums

Adult Learning opportunities at Tyne and Wear Archives and Museums. Click [here](#) for dates and more information.

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Information

Information NOW

This week is self awareness week and the theme is engaging and empowering people to look after their own health. Information NOW has several articles on looking after yourself including: [10 tips for good health](#), [healthy eating and drinking](#) and [benefits of keeping physically active](#). We would like to introduce a new article to you on [self care and disability](#) which we hope you will find useful as it covers reablement, rehabilitation, sports and fitness including wheelchair sports as well as personal budgets and education.

Information NOW also has a seasonal category "[Christmas](#)" which we will keep updating with activities open to the public for the next two weeks.

Hidden Disabilities Passport

Newcastle Airport staff have been looking at ways to improve the travelling experiences of less able passengers and have prepared a 'passport' for those with hidden disabilities. Click [here](#) for more information and to print off a document which you can take to the airport when you travel.

Northumbria Police Reminder

Northumbria Police are reminding residents to be vigilant in and around their homes during the dark months. If you notice any anti-social behaviour or become aware of people knocking on doors stating that they are collecting for charities then report these issues to 101.

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