

E.C. Fortnightly

Issue 11

January 2018

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What's the Elders Council doing?

We're Moving

The Elders Council will relocate on **29 January 2018**. The new address and contact information will be:

Elders Council of Newcastle
2nd Floor, MEA House
Ellison Place
Newcastle upon Tyne
NE1 8XS

Tel. 0191 0191 235 9905, Fax. 0191 235 9933
Email. info@qualityoflife.org.uk

Please make sure you note the changes and write them down.

Looking for fresh start to the New Year?

Are you or someone you know looking to do something a bit different in the New Year?

Workers Educational Association (WEA), Elders Council, Newcastle University with Opening Doors are holding a lunch time 'rant and rave' at St Martin's Centre on 25th January – 12.30–2.00 pm. This will be an informal opportunity for people to get together to celebrate and moan about the things they love and hate about living in the East End of Newcastle. Free food and transport will be provided! We are hoping that this will spark ideas of things that people can do together to improve life in the area. To help to develop ideas, we are offering a short 'Active Voices' course in February. The course is very informal and is intended to build people's confidence through exploring new ideas, developing new skills and having fun. If you would like dip your toe in the water and try something a bit different, please join us on January 25th to find out more.

To book a place email anne.richardson@qualityoflife.org.uk or call Elders Council on 0191 208 2701.

Urgent Care Services

The Clinical Commissioning Groups are reviewing Urgent Care Services and are seeking the views of the public. The Elders Council think that it is important that we gather information about this from you, our members. We are holding a meeting on **Monday 8 January at 2pm** on 2nd floor of Commercial Union House, Pilgrim Street which will be led by Elders Council members Anita Davies and Julie Irvine. There are still 3 places available at this session - contact the Elders Council on 0191 208 2701 to book a place. Places will be booked on a first come, first served basis. Please note this is NOT about Accident and Emergency but Urgent Care such as GPs; chemists; walk-in centres etc.

There will be a further opportunity to have your voice heard at a meeting organised by the Clinical Commissioning Group which will take place on: **Tuesday 9 January, 2pm – 3.30pm**, at Brunswick Church on Brunswick Place, Newcastle NE1 7BJ. To register for this event email sheena.mcgeorge@nhs.net .

Newcastle Street Charter

The Street Charter is divided into sections that highlight the main issues disabled people face when negotiating the built environment in Newcastle. It aims to remove or reduce the barriers that disabled people and others with mobility issues face in our city and sets out actions and commitments that everyone involved will abide by. It was initiated and led by blind and partially sighted people organisations. It has been developed in consultation and with the support of disabled people and other groups and organisations in the city including the Elders Council. [Click here to read the full document.](#)

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Dates for your diary

Age UK Newcastle: Second Steps

Would you like to improve your strength, balance and co-ordination? Do you know someone that would? If you live in Kenton ward, join a FREE 12-week course to be held on Fridays at Kenton Park Sports Centre starting 12th January 2018 at 1.00pm. To book, and to find out more, please call Amie on (0191) 232 6488 or email amie.cooper@ageuknewcastle.org.uk .

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Opportunities

Museum Mondays

Get together with this friendly, informal group to discover our region's amazing heritage. Refreshments are provided. They meet the second Monday of each month; the next two meetings are:

- Monday 12th Feb 2018, 10:30-12, Discovery Museum – Conservation Talk
- Monday 12th March 2018, 10:30-12, Sunderland Museum & Winter Gardens

For more information contact Search on 0191 273 7443

Creative Age in collaboration with Equal Arts

This group have just started a new, free Creative Age session at Shipley Art Gallery on Tuesday mornings 10.30-12, more info can be found on by clicking [here](#). They are also looking at running a similar session at the Hatton Gallery in 2018, dates to be confirmed.

Dance City

Experience dance at Dance City at the launch of their Spring Season. This is a free event. The artistic Director will be present to introduce their spring season along with some live performance and complimentary drinks. Event takes place on: Tuesday 16th January at 6.15pm. Tickets are free but you MUST book [click here](#).

Seven Stories

An activity to share with younger children in the family; take part in an immersive interactive story time and go on an adventure with Otto the Book Bear at Seven Stories on Saturday 27 January, 2pm & Sunday 28 January, 2pm. 1 hour story session for 3-7 year olds and their adult, £3 per person, no Visitor Centre admission required.

Sage Gateshead

If you're looking for a New Year's resolution that will last then Sage Gateshead has just the thing for you. With over 100 different music classes each week, from absolute beginners to advanced, why not learn to play guitar, ukulele, steel pans or brass and wind instruments, or maybe you'd prefer to play in a band. There's also a huge range of singing groups, not to mention a dedicated folk programme. New term starts from Monday 8 January. For further information [click here](#).

Voice North - Capturing the public's experience

Voice North is an organisation that aims to capture the public's vast experience, ideas, opinions and expectations about research, innovation and policy developments which affect their lives. It has recently launched a website which features information on how you can get involved and make a difference. Anyone can join Voice North to get involved in research and to receive research opportunities. [Click here](#) for further information. Current opportunities are listed below.

[**A reliable way to assess internet use in older adults with aphasia**](#)

This is an opportunity to take part in a study investigating the difficulties people with aphasia experience when using the internet. Participants must be aged 50 or over. The study will take place in January, appointments will be arranged between the researcher and the participant.

[**The effects of high and low-nitrate foods on cognitive function in older adults**](#)

This is an opportunity to take part in a study testing the effects of foods on cognitive function and a range of health and well-being parameters. For further information or to register your interest in taking part, please follow the links above. If you have any questions, please call Voice North on 0191 2081288.

Older Women and Active Life

There is a city-wide consortium working to celebrate "The Representation of the People Act" (which began the process of women's suffrage) and International Women's Day. A 90 second film about older women's involvement in sports and active life is being made. Its purpose is to demonstrate the wonderfulness of older women; to encourage more older women to get involved in activities; to get healthy and to make new friends. It will be screened on International Women's Day (IWD) in various locations.

This is an invitation to take part in the following sessions which will be filmed. They will all take place in Newcastle University's Sports Centre.

Meet at Quilliam's Tea Room, Barras Bridge 10 minutes before the start of each session.

Come and have a try and have fun!

Monday 15th January:

10.00–10.25 Spinning
10.30–10.55 Circuits
11.00–11.25 Yoga

Tuesday 16th January:

1.00–1.25 Boxercise
1.30–1.55 Body Balance
2.00–2.30 Zumba

Refreshments will be provided afterwards.

For further information please contact: Karen.Ross@newcastle.ac.uk

Silverline Volunteers Wanted

Without amazing volunteers, Silverline work would not be possible. They rely on volunteers in a variety of roles and always need more to support their services and activities. Volunteering with Silverline is a great way to make new friends, gain new skills and make a real difference to people affected by Dementia in the North East of England. There are vacancies in a variety of tasks including, helping in cafes or lunch clubs or driving a mini bus or support in the office. To find out more and to receive an application pack email: hello@silverlinememories.com.

The Scout Association Need Volunteers

Volunteers are needed for the Scout Association. The volunteers requested fall into 2 categories:

Those that work with the children; usually for one evening a week for one and a half hours; the ages range from 6 – 14 years.

Those working without the children in jobs of administration, book keeping etc. The Scout Association quote; “There is no age limit for this. Everyone has skills they can offer - however experience is not necessary - we only need enthusiasm. “

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Information

Please help to share Information NOW

Do you know anyone who would benefit from using Information NOW?
Do you have friends or family who might find our information and advice useful?

Our site has over 300 articles, 1,300 events and activities including: computer classes and keep fit and over 1,000 organisations listed to support them.

Please give them our website details www.informationnow.org.uk or show them the InformationNOW website and our handy 'How to get the most out of [InformationNOW video](#)".

Restaurant Week

The incredibly popular NE1 Newcastle Restaurant Week returns again in January 2018, with over 100 restaurants involved! Enjoy fantastic food in Newcastle's finest restaurants for only £10 or £15pp! To find out more click [here](#) .

Centre for Ageing Better

Minor changes to housing for older people could bring massive benefits

A new report from the Centre for Ageing Better finds that making small changes to older people's homes, such as installing handrails, ramps and level-access showers, alongside carrying out simple home repairs, could play a significant role in relieving pressure on the NHS and social care and reduce costs by millions of pounds each year.

For more, visit the [Ageing Better website](#).

If you think you would benefit from an adaptation to your home, find out more about how to go about it by looking on Information NOW - click [here](#).

Age UK Newcastle: Information Session

"How can I save money on my Gas and Electricity bills?" If your group, coffee morning or other get together would like a visit to come and talk to you on; How to switch supplier; The Priorities Services Register; Warm

Home Discount Replacement Boilers and Insulation Scheme; Locking Cooker Valves
contact Julie or Linda on 0191 2326488 or
enquiries@ageuknewcastle.org.uk

EC Fortnightly

This Ebulletin requires a bit of work to put together. Would you be willing to join a small team of member to take responsibility for doing this? If you're interested, please ring 0191 208 2701. We would, of course, give you training in aspects of putting the Ebulletin together.

If you have any items for future editions of the Ebulletin please email or post them to the Elders Council. (Contact details below).

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Newcastle upon Tyne NE4 5PL

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