

E.C. Fortnightly

Issue 1

August 2017

Welcome to our first edition of the e-bulletin. This aims to keep you **briefly** informed of news, issues, events and opportunities that occur between editions of the Newsletter. Please pass it to any others you think may have an interest or print it and pass to a friend who doesn't use a computer – yet!

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What's the Elders Council doing?

Active Voices

We are working with our partners the W.E.A. and Newcastle University on planning a second "Active Voices" course. We hope this will help older people become more able to manage any local issues or help in organisations or generally learn something new. We're currently working with Treetops Village in Walker.

Lived experiences of home adaptations

The Elders Council is a partner in a research project on the lived experiences of home adaptations with colleagues from Northumbria University. We are recruiting people who have had an adaptation to their home (this could be

grab rails or a stairlift through to major work such as adapting a bathroom) during the last two years. This is only a short study so will not take up a lot of time of participants, and the researchers will visit people in their own homes so there is no need for travel. If you would like to know more please contact Barbara Douglas on 0191 208 2701 or email barbara.douglas@qualityoflife.org.uk

Thinking about Innovation

Some members of the Elders Council were fortunate to join post graduate students from Northumbria and Newcastle Universities for a very stimulating day to hear about new technologies they are developing to make life easier for older people. Happi Cares - <https://www.happicare.co.uk/> is an app designed to create a supportive network around an older person. Ticket-to-Talk – www.ticket-to-talk.com – is an app to aid conversation between young people and older relatives with dementia. Ticket to Talk are looking for families who are willing to take part in the research. Contact d.welsh@ncl.ac.uk if you are interested.

Old People's Home for 4 year-olds Channel 4

Did you see the series on Channel 4 in which 10 four-year-olds were unleashed on a sedate Bristol retirement village? Experts were on hand to monitor how the rowdy new intake affects the wellbeing of 11 elderly residents, but stats about the geriatric depression index are not really required to gauge the results. From chaotic balloon tennis to 92 year-old Lorna being introduced to a high-five, it's a great moppet caper. There is clearly a lot for us to learn about different ways of living that bring the generations together. If you watched it, let us know what you thought. If you haven't seen it, take a look on catch up. <http://www.channel4.com/programmes/catchup>.

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Dates for your diary

Newcastle and Gateshead Air Force Association

Commemoration of the Battle of Britain will take place on Sunday, 24th September at 2.p.m. in St Andrew's Church Newgate Street. All veterans are welcome and standard bearers are invited. Enquiries: S. Graham 01670 731196 or sydneygraham804@gmail.com

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Opportunities

Voice North

A new opportunity has been created. It takes place on **August 16th** at the Campus for Ageing and Vitality starting at 10a.m. If you are interested please follow the link or phone 0191 2081288 Follow the link to find out more. [Who should provide first line medical care for elderly care home residents to optimise health outcomes?](#)

A new opportunity [Describing 'Geriatric Medicine' and 'Geriatric Assessment' in new ways](#) has been created in Health & Science. This is an opportunity to influence the language used in a project report to replace the term 'Geriatric'. The meeting will be on Thursday **31st August**, 11am-12pm at the Campus for Ageing and Vitality, Newcastle University. For further information and to register your interest in taking part, please follow the link.

Courses, Classes, Workshops at The Sage Gateshead

The Sage Gateshead run a large programme of musical activities for older people. To qualify you need to be 50+ to join their Silver Programme which mostly run through the day. Why not go along and try one of the "taster" sessions on Saturday, **September 2nd**. The term starts week beginning Monday September 18th and you can book now - so what's stopping you? Follow the link to find out more. <https://www.thesagegateshead>

Pushing the Possibilities

This is FREE outdoor course (map reading, cycling, canoeing etc.) for those aged 55+ living in Tyne and Wear. There will be an information open day on **September 8th** from 10a.m. – 3p.m. at Walker Terrace Gateshead: all

equipment is provided. For more information contact: Nick Coates 0191 267 1579 or nickcoates.wing@gmail.com

The Ouseburn Trust

The Ouseburn Trust has a secured future for the next year and beyond and they have many exciting and interesting things to do like a visit to walk through the Victoria Tunnel; or Cyclocross (not sure what this is!) in the Ouseburn Valley and there are still walks in the Valley in August. To find out more visit: <https://www.ouseburntrust>

Contact the Elderly

A charity offering monthly tea parties to groups of older people who are lonely or isolated. They are looking for more volunteers to help either with driving guests or hosting a tea party. If you are interested contact Valerie Walker North East Development Officer Telephone 0191 2420186 or valerie.walker@contact-the-elderly.org.uk

Transport Study

A student from Newcastle University is requesting help. She would like people to fill in a questionnaire. Her study relates to our Concessionary Bus Pass. We have confirmed she is a genuine student and the questionnaire is reached by following the link:

https://newcastlebusiness.eu.qualtrics.com/jfe/form/SV_0Ikf3K8iCsFCOWF

Workshop: What Does Going To The Movies Mean To You

As part of Tyneside Cinema's 80th Anniversary project to tell a people's history of cinema, we invite you to join us for a free workshop to discover 'What going to the movies means to you? This takes place on Monday, **August 21st** starting at 1.30p.m.

Led by an experienced facilitator, this informal afternoon workshop is open to people living with dementia, their families and carers and will explore sensory connections to cinema-going such as the smell and taste of popcorn or the feel of velvet cinema seats. As well as playing songs from classic musicals and dressing up as characters from your favourite films. The workshop will be a relaxed and creative environment, and will be filmed as part of the project. Free refreshments will be provided. To find out more about Tyneside Cinema at 80: A People's History, please click [here](#).

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Information

North East Ambulance Service

New Ambulance Standards are coming into force, there are four categories:

Category 1 for life threatening injuries and illness – average response time 7 minutes

Category 2 for emergency calls – average response time 18 minutes

Category 3 for urgent calls - average response time 120 minutes

Category 4 less urgent calls – average response time 180 minutes

For further information follow the link:<https://www.england.nhs.uk/urgent-emergency-care/arp/>

Get the best out of Information NOW

Information NOW is an interactive website which enables you to find information and advice easily and efficiently. With over 300 articles and 1500 organisations as well as a regular e-bulletin you can find everything in one place on the site. If you can't find what you are looking for, send a message to:<http://www.informatinnow.org.uk>

Security for your home

Home security is essential to make us feel safe and secure. Many of us will also be thinking about how to arrange home visits to someone who is vulnerable in their home. One way of managing is to install a key safe on the wall outside someone's home.

You can buy products online; you can also browse products online and then find a local supplier, or you can visit one of your local DIY superstores. What to look for: some items have been tested and approved by Which. They will look at the durability of the product, ease of installation and ease of use; some items have been approved by the Police. These items will have a "secured by design" and "police preferred specification"

[s://www.informationnow.org.uk/organisation/secured-by-design/](https://www.informationnow.org.uk/organisation/secured-by-design/)

The Newcastle Passport

Did you know there is a Newcastle in Japan? Or a Newcastle in Germany? And they want YOU to visit thanks to the Newcastle's Passport scheme just launched, to encourage tourists to visit different places that share the same name as our city. The [Newcastle's Passport](#) scheme aims to promote tourism and friendship between various places that share the same name as our Geordie city. You can also read their latest newsletter by clicking on the link. <https://newcastlesoftheworld.files.wordpress.com/2017/08/newcastles-newsletter-august-september-2017.pdf>

Click on the link to discover more.

The British Heart Foundation (BHF)

BHF is calling on the people of Newcastle to help accelerate the fight against heart disease by starting a new fundraising group in the local area.

Around 29,000 people across Newcastle are fighting a daily battle with heart and circulatory disease. Each year these devastating conditions claim the lives of more than 605 people in Newcastle alone.

Nikki Bell BHF Fundraising Manager for Northumberland, Tyne and Wear said: " Together we can save more lives, and it's a fantastic way to meet new people and make a real difference in your community!"

For more information, please visit <http://www.bhf.org.uk/localfundraising> and to join the fight by setting up a new Fundraising Group contact Fundraising Manager Nikki Bell on 07702 726 450or belln@bhf.org.uk

Puzzled Bus Passenger

Can anyone explain to me why I get a ticket when I use my concessionary bus pass? I can't see the need for it. I just end up with a bag full of old bus tickets to add to my rubbish. If an inspector needed to check my ticket, I could just show my bus pass. Surely in this day and age, the technology is capable of registering my journey without needing to give me a ticket?

This is a pet irritation of mine!!!! Does anyone have an answer? If you do email it to the contact below.

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Contact Details:

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