

E.C. Fortnightly

Issue 4

September 2017

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What's the Elders Council doing?

Older People's celebrations, 2nd to 6th October 2017

Elders Council, Quality of Life Partnership and Information NOW will be involved in events throughout the week to celebrate ageing in the City.

These are the events we know are happening:

- **Age Friendly Museums Sunday 1st October: Free** entrance to Segedunum Roman Fort and Museum, Wallsend one day only 10am – 4pm for over 55s when you mention Age Friendly Museums.
- **A Walk on the Wild Side (of 50+)! Meet outside Brunswick Church on Monday 2nd October at 1.15pm.** Let the city know older people can be active whatever shape they're in! There will be different levels of walk to suit all. Follow the "Walk of Art" walk with Active Newcastle ending back at Brunswick.
- Take part in a "Sooper-Dooper" Raffle as well as activities taking place in **Brunswick Church Hall 2nd October from 2– 4pm**, there may be entertainment!
- **Dance City** is holding an older people dancing open day on **1st October**. These will be taster sessions and held in the afternoon. Contact info@dancecity.co.uk or phone 0191 261 0505 web site: <http://www.dancecity.co.uk>.
- **The Community Physiotherapy Team** is holding a drop-in event for those concerned with their mobility or balance. Meet members of the community physiotherapy and 'Staying Steady' falls teams to get advice on how to prevent falls, stay active and also how to access our physiotherapy services. Date: **Tuesday 3rd October, 10am-1.30pm** at the Beacon Centre, Westgate Road, Newcastle upon Tyne.
- **5th October** at St. Martins Centre, Roman Ave, Newcastle upon Tyne, NE6 2RJ. Chain Reaction are organising an information and advice day for older people. There are a great range of stalls including: Carers Centre Newcastle, Alzheimer's Society, Nexus, Community Physiotherapy, Rookie Sports and the EAST Neighbourhood Police Team.

You can also participate in taster sessions including: Tai Chi 10.30 – 11.30; Dementia Friends 11.30 – 1pm; Chair based exercise 1pm – 2pm.

IT Classes Project – October-November 2017

The IT Classes Project is run by Northumbria Students Union volunteers in partnership with the Elders Council of Newcastle and is now into its 6th year. Sessions have recommenced for this semester and will take place 2.00-4.00pm in Room 107, Squires Building, Northumbria University on: **4th October; 18th October; 1st November; 15th November; 29th November.**

Sessions are very informal - you don't need to attend all sessions. There is no set structure; basically people turn up with a list of things they want to learn and are given one-to-one support from a student. Tuition is tailor made to suit the learner! To ensure there are sufficient students on hand to help you with your enquiry places will need to be booked in advance. For further details or to register your interest, please email anne.richardson@qualityoflife.org.uk or call Anne on 0191 208 2701.

Have your say on how to make Newcastle a great place live, work, enjoy and grow old in!

Join us on Monday 2nd October 10.30 am – 12.30 pm at Broadacre House to find out more about the policies which are used to make decisions on planning applications in the city. The types of policies which are covered include housing, transport, heritage, open space, retail and business developments. Elders Council is working with Newcastle City Council to hold a briefing session on the Development and Allocations Plan which is part of the Local Plan which was adopted in March 2015. Come along to this informal session to find out more about the Plan and how you can engage with in helping to shape the city. Following the briefing session, there will be a range of consultation sessions taking place across the city between 9th October – 20th November as well as an on-line survey. If you would like to come along to find out more, please contact anne.richardson@qualityoflife.org.uk or call 0191 208 2701. **Please reply by Wednesday 26th September.**

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Dates for your diary

Disability North

Disability North's Exhibition returns again this **September 27th and 28th at Newcastle Racecourse** to bring the latest in equipment, technology, activities and information around Independent Living for anyone with an interest in disability. Entrance is free and there are free shuttle buses. More information on DNEX can be found on their [website](#).

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Opportunities

Voice North

A new opportunity **Benefits, challenges and opportunities of an ageing society - Online Survey** has been created in Culture & Society. This is an opportunity to take part in an online survey to share your views about the benefits, challenges and opportunities of living in an ageing society. For further information and to take part, please follow the link. If you have any questions, please call them on 0191 2081288.

Positive People, Positive Places

Got an idea that would improve your area? Why not apply for Positive People, Positive Places (4P's) funding? They are looking for applications for the final round of the project during September! 4P's is a great project where Your Homes Newcastle and Newcastle City Council work together to support local communities to make improvements in their local area. Last year the project funded 94 projects such as community allotments and gardens. Local people can apply for money between £250 and £750 to fund ideas to improve their community. If you need further information contact Sue Wannop on tel. 0191 277 3536 or email positivepeople@newcastle.gov.uk .

Active Citizens

Information about this was in the last Bulletin (issue 3) however just a reminder of the contact details and if you are thinking of applying there is an application form and the closing date for this is: **Monday 2nd October 2017**. If you have any questions or queries, please contact: Hannah Morrow phone 0191 2267 300.

Victims First Northumbria

This is an independent charity offering support to victims of crime and domestic abuse. They work with people of all ages. In other police force areas, there has been a launch of trauma teddies, knitted by members of the local community. These teddies are kept in the back of police cars and can be given to children as a comforter, in incidents such as a road traffic accident, or if becoming victim/witness to a criminal or domestic matter. Would you be interested in participating in the appeal and donating some knitted teddies, which can be given to the 24/7 response and Neighbourhood Police teams? Email: becky.childs.5142@northumbria.pnn.police.uk or email: 2527@Northumbria.pnn.police.uk .

Carers Centre

The centre is based on Shields Road, Byker and offers free Information and Advice Sessions to support you in your caring role. In October they are running information and advice sessions for carers who are looking after someone with forms of dementia. The sessions are free to join and give carers a chance to; meet other carers who may be in similar caring situations; share information around key concerns about caring; feel better informed and connected. Sessions are hosted by a carer information and advice worker with expertise in the condition. Carers are welcome to come to all or some of the sessions. All sessions are friendly and welcoming! If you care for someone with dementia: 6 sessions are taking place on **Wednesdays from 4th October to 8th November**, 11:30am—1:00pm at the Carers Centre.

Folkworks at Sage Gateshead

Explore the world of folk music, song and dance in the weekly Folkworks evening classes. There's lots to choose from: Northumbrian pipes; clog dancing; flute and whistle or join a band or a choir. You can join at various levels from beginner upwards. Contact Sage Gateshead for more details: phone 0191 or <http://www.sagegateshead.com> .

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Information

Falls Prevention

Falls Prevention Awareness Week is **Friday 22nd September 2017 – Friday 29th September 2017**. Falls are NOT a normal part of ageing, or something that 'just happens' as you get older; and that they are preventable! Watch this short film by clicking on the link

<https://www.youtube.com/watch?v=UJh4x6G-A2w> . Data shows that as a whole, the region is estimated to spend £84,973,249 per year on falls. Apart from the money falls and fractures are a cause of pain, loss of confidence and potentially a loss of independence. Don't let it happen to you watch the film for advice on avoidance.

Tell Us Once

We have written about this in our Newsletters but here's a reminder. The Tell Us Once service lets people who've suffered bereavement tell lots of government departments and services, about the death, in one go. It saves people the time and stress involved in having to contact lots of different places, at a time when they least feel like doing this. You can find out more about the service at: www.gov.uk/tellusonce.

Polling Districts and Polling Places Review

The Boundary Commission have finished their review of Newcastle and some boundaries have been reviewed and some new wards have been created. View **final recommendations and citywide and new ward maps** by clicking the link. The next stage is to look at the polling district boundaries and polling places, including local polling stations. What will make voting in local and general elections easy and accessible? Have your say through 'Lets Talk Newcastle' or by attending one of the drop-in sessions:

- East - East End Library - Monday 18th September - 4.30pm to 6.00pm
- North - Gosforth Library - Tuesday 19th September - 4.30pm to 6.00pm
- West - Outer West Library - Thursday 21st September - 4.30pm to 6.00pm
- Central - City Library - Thursday 28th September - 5.00pm to 7.00pm

The central government have also put out a call for evidence and you may wish to offer your views directly by clicking the link:

<https://www.gov.uk/government/consultations/access-to-elections-call-for-evidence> .

Care & Repair England

This organisation, working with Silverlinks, has just updated its range of self-help guides for older people with long term conditions and their carers on making their home a better place to live. (The Elders Council helped with the up-dating.) There are six guides covering respiratory, macular and heart disease, dementia, stroke and arthritis; and a general online guide for people with long term conditions. Each guide advises on what people can do to their home to make living with long term conditions more manageable. The guides also describe the range of alternative housing options and offer suggestions about where to find more detailed information, advice and help. You can access the guides on Silverlink's [Information for Older People](#) page.

Information NOW

Information NOW is Newcastle's older people's website. They would like to thank all the organisations in Newcastle for inviting them to demonstrate their new and improved website. They've visited several Council social care teams, YHN, City and Jesmond Library and primary care reception and administrative staff in August and September. There are updated articles including: Parks and Gardens and Urgent Medical Help which explains when to use NHS 111 and when to dial 999.

St. James and St. Basil's Church, Fenham

The church has several musical activities including their Saturday Classic Series.

23 September; 14th October and 25th November are the next dates. There is an admission fee. Contact for more detail 0191 257 7401 or visit their website:

www.jamesbasilfenham.org.uk

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