

E.C. Fortnightly

Issue 5

October 2017

Contents

What's the Elders Council doing?

Dates for your diary

Opportunities

Information

What's the Elders Council doing?

ebulletins

The Board of Trustees agreed to a pilot trial for 3 months for these bulletins. That time is almost up so we need to have some feedback from you. Please answer these questions to help us:

1. Do you find the bulletins useful? If yes can you say why?
2. As a result of reading the bulletins have you gone somewhere/ found out more/discovered something new? It would be great if you could give us examples.
3. Can we make it better; how can we do that?

email replies to: info@qualityoflife.org.uk

Thank you Bulletin Editor

Health, Housing and Social Care

The first meeting of the Health, Housing and Social Care Group was held on 22nd September. There was a wealth of information to share about work that the Elders Council is involved in ranging from looking to the future with the Future Homes project through to getting to grips with how people are faring in the 'here and now' with adaptations and home care. If you are interested in getting involved in this work and would like to know more contact barbara.douglas@qualityoflife.org.uk or call 0191 208 2706.

Development and Allocations Plan Consultation

An invitation to a briefing session on the Development and Allocations Plan may not sound like the most exciting offer you have ever had for a Monday morning, but members of the Elders Council joined Planning Officers from Newcastle City Council for a briefing session on this latest consultation on 2 October. For some, the language of planning is difficult to get to grips with, but it's really important that we are taking an interest in how the city is developing and how planning decisions are made. There are important policies in the plan relating to housing, transport and open spaces - all of which are of great interest to Elders Council members. There will be a range of local drop-ins and a survey on 'Let's Talk' so don't miss this opportunity to have your say!

Active Voices

Did you know there are more than 14,000 centenarians in this country and another half a million are 90+, staggering statistics! A group of E.C. (Elders Council) goggled at this on the recent Active Voices short course. It helped build people's confidence and gave them a chance to learn and practice some of the skills needed to be more active in the community. One member said, "I loved it, especially the "bouncing" of ideas around the group". E. C., with its partners WEA and Newcastle University are now planning to hold a course in Walker in Spring 2018. In preparation for this we are holding an introductory session in November to tell people a bit more about the course and how they can enrol. "I had no notion of what was involved but signed up anyway, it was really sociable and I learned". If you would like to find out more contact anne.richardson@qualityoflife.org.uk or call 0191 208 2701.

Return to the top

Dates for your diary

Silver Angels Sage Gateshead

Silver Angels are holding a fundraiser event on **Saturday 25th November**, at the Corner House, Heaton featuring two excellent live bands and food. Tickets are £8. (The Silver Angels directly benefits the Silver Programme for older people at the Sage). Tickets are on sale in the café at the Sage October 2 – 6.

Healthwatch

This organisation is planning the next round of events. Week beginning **16 October** they will be looking at, "How to stay well" exploring how service users, carers and organisations can come together to promote and enable wellbeing and/or recovery. Book at <https://howto-staywell.eventbrite.co.uk> .

Ouseburn Trust

Scares... Scream... Spectres... in the Victoria tunnel.

Tales from the Tunnel - over 12s only for this nightmarish experience on Saturday night **28 October**.

Tunnels, Tricks & Treats - scary fun for spirits and spectres aged five and upwards - one hour tours during the half term holiday week; or come on the Sunday afternoon and join the ghoulish Victoria Tunnel tour guides for a scary walk through with a party atmosphere. The Ouseburn Trust is also looking for volunteers, if you are interested in any of the above contact clive.goodwin@ouseburntrust.org.uk .

Royal Northern Symphonia

Sage One is about to get sinister. An evening of horror-themed music with Royal Northern Sinfonia, from Hitchcock's Psycho to creepy classics, Night on the Bare Mountain and The Flying Dutchman. Join us if you dare... Sage Gateshead. Tickets: £16.50 - £39.50.

Return to the top

Opportunities

Freedom City

Here are **two opportunities** to join in the Freedom City taking place to celebrate Martin Luther King's visit to Newcastle in 1967.

1. Participate in a unique and once-in-a-lifetime performance opportunity; 'Freedom on the Tyne', which will be held in Newcastle City Centre on Sunday the 29 October. It is part of Freedom City 2017 (for more information please see: www.freedomcity2017.com). It is a celebration marking the 50th anniversary of Martin Luther King being awarded an honorary doctorate by Newcastle University. The performance will be a re-enactment of a protest march. **You must register - you cannot just join in.**
2. **Departures** are inviting a group of participants to come together and respond to the content of Martin Luther King's 1967 honorary degree acceptance speech, through collaborative play. Sessions will take place

at the Ex-Libris Gallery (this is situated in the University of Newcastle) over six weeks, every Saturday from 2-6pm from the 30 September until the 4 November. The event is free, no prior experience of performance or art practice is required and participants can take part in as many, or few, sessions as they wish. For more information, or to register your interest, please contact Jamie Harper at jamie@hobothatre.co.uk.

Voice North

1. An opportunity in [Oral and Dental Health Priority Setting Partnership](#) has been created. This is a chance to take part in an online survey to help shape the future of oral and dental health research. For further information and to take part, please follow the link or call 0191 2081288.
2. A new opportunity [Festive Lecture 2017: The Science of Sport: Optimising performance across the life course](#) has been created in Health & Science. The Faculty of Medical Sciences annual Festive Lecture 2017 will be delivered by Emma Stevenson, Professor of Sport & Exercise Science at Newcastle University. For further information and to register your place, please follow the link. If you have any questions, please reply to this email or call 0191 2081288.

Jesmond Library

If you enjoy writing why not try your hand at the Writing Competition at Jesmond Library? One class is open to anyone of 18+; the theme is "Libraries". The closing date for the competition is mid-day **31 October**. There are prizes to be won". More information at www.jesmondlibrary.co.uk.

Return to the top

Information

Innovation in Dementia

Getting Along is a programme that supports couples to address changes in their relationship that might be brought about by a dementia. There is a very short video you may watch follow the link: www.innovationsindementia.org.uk/videos_gettingalong.htm . Other contact details email dementiafriendly@outlook.com or call 07927 405 854.

Blakelaw Ward Committee

Blakelaw Ward Committee is to hold their annual ward event on Thursday **19 October**, 6pm at the Blakelaw Centre and Library. This event will give an opportunity to talk about ward priorities and see how funding has been spent over the past year. The committee are now calling for grant applications to be heard at the meeting. If you would like your application to be considered at the meeting, please submit this to us **by 5pm on Friday 5 October**. Information about how to submit a grant application can be found on their [website](#).

Newcastle University

The University has launched their next programme of Insights Lectures which are free to the public. Topics included are:

1. The dismantling of our NHS and why we need an NHS bill to reinstate it following the changes brought about by the Health and Social Care Act 2012, privatisation and closures.
2. A Brief History of Everyone Who Ever Lived which discusses the contribution of DNA to what we know about our past and our future. Visit www.informationnow.org.uk for more opportunities to take part in events and activities in Newcastle.

National Health Service Choices (NHS Choices)

NHS Choices has included health tips and made information available on [their website](#) to support Stay Well This Winter. The campaign is aimed at keeping people informed of how they can stay well during winter to help them avoid having to be admitted to hospital

October is Free Wills Month 2017

[Free Wills Month](#) brings together a group of charities to offer members of the public aged 55 and over the opportunity to have their wills written or updated free of charge. It's easy to take part, just visit the Free Wills Month website to find out which solicitors are participating in your area, and make an appointment.

Tyne and Wear Archives and Museums

There are many activities and events at this group of museums across our region. These are just a few: jewellery making at South Shields Museum; a talk on Paul Nash and Landscapes from WW1 in literature at the Laing Art Gallery; a "Behind the Scenes Tour" at the Discovery Museum and a "Brass market" at the Stephenson Railway Museum. Go on their website and subscribe to "The Insider" and more activities and events will come directly to your inbox. Information at: <https://twmuseums.org.uk> .

Return to the top

Contact Details:

Elders Council of Newcastle, Room 236, 2nd Floor

Biomedical Research Building, Nuns Moor Road

Newcastle upon Tyne NE4 5PL

Telephone: 0191 208 2701

email: info@qualityoflife.org.uk

www.elderscouncil.org.uk