

E.C. Fortnightly

Issue No. 9

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What's the Elders Council doing?

Newcastle City Council's Budget Consultation 2018-19

Members of the Elders Council Board are meeting officers from Newcastle City Council early in the New Year to discuss the implications of the budget proposals for 2018-19. Following this meeting, the Board will prepare a response to the budget proposals on behalf of the Elders Council. If you have any comments that you would like to put forward to the Board to include in our response, please email info@qualityoflife.org.uk or write to Elders Council of Newcastle (address at end of ebulletin). The budget proposals are available [here](#).

UK Network of Age Friendly Communities

The Elders Council was represented by Board member Esther Salamon at the recent conference of the UK Network of Age Friendly

Communities. A key theme of the conference was the role of older people in helping to create age-friendly communities, and Esther helped to facilitate a workshop on the involvement of older people.

The Older Person Friendly City Group submitted a response to the consultation on Newcastle City Council's Development and Allocations Plan. This Plan contains a number of important policies which underpin planning decisions, so it is important that we continue to comment on how we think they will affect the quality of life of people in the city. If you would like to see a copy of the response, please contact info@qualityoflife.org.uk or call 0191 208 2701.

Radio Group

The next monthly broadcast will be on Friday 1st December, between 2 and 4pm, on 102.5fm when the annual Panto will be performed among other interesting features.

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Dates for your diary

Newcastle Gateshead Clinical Commissioning Group (NGCCG) is planning a reform of urgent care services in Newcastle over the next two years, to develop an integrated system. Engagement will be between now and 20th January and you can have your say either by attending one of the following events:

- Tuesday 5th December 6-7.30pm at Civic Centre Newcastle, or
- Monday 11th December 6-7.30pm at Civic Centre Newcastle

or click [here](#) to complete an online survey.

Newcastle City Guides are offering their 2018 season tickets at a special discounted rate of £5 off until 31st December 2017. Click [here](#) for more details.

Dementia Friendly Cinema

Meet me in St Louis' is the last Dementia Friendly Cinema screening of 2017. The screening will take place on Thursday 7th December at Tyneside Cinema, starting at 1.30pm. The film focuses on four sisters (one of whom is the nonpareil Judy Garland) on the cusp of the 1904 St. Louis World's Fair. Ticket cost is £4.50 each and carers go free. For further information email boxoffice@tynesidecinema.co.uk or call 0191 227 5500.

The Faculty of Medical Sciences Annual Festive Lecture 2017

This will be delivered by [Emma Stevenson](#), Professor of Sport and Exercise Science at Newcastle University on Thursday 7th December at 12.30pm at the Centre for Life.

- Find out what Sport Science is and the history of the discipline.
- Learn how Sport Science is used to support athletes to optimise performance. There will be some interactive demos and Emma will be joined by Dr Paul Catterson, Club Doctor at Newcastle United.
- Recover from injury

This event is free, but registration is essential due to limited places. Click [here](#) to register.

A Silverline Christmas Tea Dance has been arranged for Thursday 21st December from 1.30 - 3pm at Fawdon Community Centre, Newcastle. Tickets are £6.50 including refreshments and booking is essential. Call 0191 603 0095 to book.

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Opportunities

Future Learn

If you are interested in online studying then Future Learn can provide lots of opportunities for this. Click [here](#) to register online and find out more. The majority of learning is free unless you require a certificate, be careful not to click the wrong button when you register an interest in these subjects.

Voice North

A new opportunity 'Understanding Newcastle's urban history: exploring Geordie identity and consumption of Newcastle Brown Ale in the city' has been created in Culture and Society. This is an opportunity to take part in a project about social and economic changes in Newcastle. To take part you must be from Newcastle and have drunk Newcastle Brown Ale at some point. Appointments will be arranged between the researcher and participants. For further information and to register your interest in taking part, please click [here](#).

Creative Age

In collaboration with Equal Arts, Tyne and wear Archive and Museums have just started a new, free Creative Age session at Shipley Art Gallery on Tuesday mornings 10.30am-12 noon. Further information can be found by clicking [here](#): They are also looking at running a similar session at the Hatton Gallery in 2018. Further information to follow.

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Information

Information NOW

Take advantage of [Information NOW](#) this Winter to keep up to date about events and activities that will keep you mentally and physically active. We have a wide range of categories including: opportunities to make music or attend concerts, sports and fitness such as football, bowls and tai chi as well as computer classes to build your confidence to go online. Keep an eye on our [hobbies](#) article, [leisure centres](#) article and visit our [leisure and lifestyle](#) category.

Make sure you're prepared for winter

Age UK is urging older people to ensure they're doing everything possible to protect themselves against the cold weather.

Anyone who is concerned about staying warm and healthy this winter should call the Charity's advice line free of charge on 0800 169 6565 or visit ageuk.org.uk/winter for a free copy of its annually updated guide Winter wrapped up and to browse advice on staying warm and healthy in winter.

Age UK Newcastle

Age UK Newcastle are asking for donations towards a celebration lunch for 40 of their most vulnerable customers who would otherwise be alone on Christmas day. It costs around £30 per customer to provide transport, food and drinks, a small gift card and entertainment on the day. All donations will be gratefully received. Click [here](#) to make a donation.

£10 notes

Exchange your paper tenners. Last year, it was the old pound coin that was withdrawn from circulation. This year, it's the old paper tenner. Please remember to spend or exchange your old paper ten-pound notes for the new plastic ones by 1 March, after which they are no longer going to be accepted.

The Met Office Cold Weather Alerts

Throughout the winter months the Met Office issues cold weather alerts for North East England, North West England and Yorkshire and the Humber.

Exposure to the cold can have a devastating impact on older people, who are particularly vulnerable to the impact of low temperatures. As people get older it takes longer to warm up which can be bad for health. Breathing in cold air lowers the body temperature, and raises the risk of chest infections, heart attacks and strokes. The ideal temperature for a bedroom is 18°C (64°F) and 21°C (70°F) for a living room. Ask older people to check their thermostat or use a room thermometer to monitor temperature, and keep their bedroom windows shut on a winter's night.

If you would like to receive alerts by text, please email your mobile number to HealthInfluencing@ageuk.org.uk and they will add you to their text alert service.

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