

# E.C. Fortnightly

Issue 10

December 2017

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## What's the Elders Council doing?

### Health and Race Equality Forum

The bi annual network meeting for HAREF (Health and Race Equality Forum) took place on 5th December. Three members of the Elders Council were there to assist with the action plans for 2018.

### Patient, Public and Carer Engagement Forum

Members of the Elders Council continue to attend the Patient, Public and Carer Engagement Forum meetings with the Newcastle Gateshead Clinical Commissioning Group (CCG). All patients within the CCG area are eligible to attend and if you wish to do so [click here](#) to register, view previous minutes and find out the next scheduled dates and locations.

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## Dates for your diary

### Newcastle upon Tyne Bach Choir

Newcastle upon Tyne Bach Choir will be celebrating Christmas on Friday 15th December at 7.30pm at Jesmond United Reformed Church. Tickets are £8 or £6 for concessions on the door. Seasonal refreshments are included and all proceeds are in aid of the People's Kitchen.

### Free Birdwatching and Feeding Workshop

Elderberries will host a free birdwatching and feeding workshop at Scotswood Natural Community Garden, John Marley Centre Whickham View, on Friday 26th January 10.00am-12.30pm. Please [RVSP](#) or call 0191 200 4706 if you would like to attend.

### Discovery Museum Events

Discovery Museum Newcastle have provided their festive opening hours and events [click here](#) for more information

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## Opportunities

### Voice North has the following opportunities for volunteers:

- [Can we change our thoughts?](#) This is an opportunity to take part in a study about how age can influence the content of day dreams. For more information and to book a place click [here](#).
- [Newcastle upon Tyne Hospital Quality Account](#) - This is an opportunity to attend a public consultation on the Newcastle upon Tyne Hospitals NHS Foundation Trust's Quality Account on

10th January 11.00am-1.00pm. For more information and to book a place click [here](#).

- [Exploring the barriers to physical activity and associated falls risk in people with Parkinson's](#) - This study aims to find ways to support people with Parkinson's to become more active. For more information and to book a place click [here](#).
- [Quality assurance of undergraduate dental teaching programmes.](#) This is an opportunity to help with the development of a questionnaire about dental degree courses. If you have received treatment from a dental student or hygiene therapy student in the last 18 months you may wish to take part in this study. For more information and to book a place click [here](#).

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## Information

### 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](#).

### Care and Repair England

Older people are the most satisfied with their current home, are the age group least likely to want to move, and the most likely to have adapted their home, according to a recent survey. The survey, carried out by BMG Research [click here](#) in conjunction with national housing charity Care and Repair England found that 82% of those 55 years and over said that they were satisfied or very satisfied with their current home and 78% wanted to continue to live there as they got older.

Exploring where people would look for information when thinking about home adaptations, a fifth (20%) would go to the council first. Going to friends/family is the least likely route, with just 8% of respondents saying this would be their first step. The full results of the survey are available online with interactive graphics - [click here](#).

## **Mondays at St. Vincent's Centre**

Blackfriars @ The Ouseburn, Newbridge Street, NE1 2TQ

9.45-10.15am: Age UK Newcastle Tap Dancing, £1.50 per session.  
(For those who can already tap dance).

10.30-11.30am: Age UK Newcastle Line Dancing, £4 per session.

11.30am-1.30pm: Pay as You Please Cafe  
Hot food and snacks served by friendly volunteers. You decide how much the food is worth and pay accordingly.

1.30-2.30pm: Chair Aerobics, £3 per session, or £5 with lunch.  
(Suitable for anyone with low fitness or restricted mobility).

Visit [www.svp-blackfriars.org.uk](http://www.svp-blackfriars.org.uk) for a comprehensive list of activities/events and for more information.

## **Information NOW**

### **Keep warm and stay inside when the weather is bad**

When Winter is here it can be really handy to shop online and wait indoors for your groceries to be delivered. Read the Information NOW articles about [what you can do online](#), [getting connected](#) and [staying safe](#). If you do want to go out and about in the City though, did you know that you can get free Wi-Fi from the Haymarket all the way down to the Sage on the Quayside? To find out how to access the Go Digital Wi Fi, watch this [You Tube](#) film. For ideas about what to do search our [Christmas](#) category to keep you in the festive mood. We wish you a Merry Christmas and Happy New Year from [Information NOW](#). .

To keep up to date with events and activities over this season the following websites will be useful.

<https://www.informationnow.org.uk/news/>

<https://www.ageuk.org.uk/newcastle/>

## **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 someone 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 232 6488 or email [enquiries@ageuknewcastle.org.uk](mailto:enquiries@ageuknewcastle.org.uk) .

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***On behalf of the Elders Council of Newcastle may we wish you all a happy and healthy Christmas.***

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