

E.C. Fortnightly

Issue 13

January 2018

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What's the Elders Council doing?

North of Tyne Devolution

Our Chair, Maureen Tinsley, sent this:

The plan for the North of Tyne Devolution is currently being discussed at a series of consultations. Described as a “once in a lifetime opportunity” it will involve an amalgamation of three local authorities; Newcastle, North Tyneside and Northumberland. This will enable a new combined authority to access funding of £600m from central government. An election for a new Mayor for this combined authority will take place in May 2019. You can attend one of the consultations, access information documents at your local library or by clicking [here](#). You need to act quickly as the closing date for making your views known is 5th February. Click [here](#) for dates of consultation events. :

Innovation Workshop

A Board Member represented the Elders Council at a workshop, “Business Model Innovation for Healthy Ageing”. There were around 80

attendees from a wide range of professions as well as self-employed people. The workshop was hosted by Innovate UK to give people the opportunity to develop their ideas and find new partners in preparation for a funding call linked to the Industrial Strategy. The discussion was intense and there was time for people to meet and exchange ideas and perhaps work together.

Active Voices

We will be offering an Active Voices course at the St Martin's Centre on Wednesday afternoons, starting on the 14th February 2018. If you are interested in being more active in your community and would like to meet up with like minded people to share your ideas, join us for this course. It's free! To book a place contact anne.richardson@qualityoflife.org.uk or call 0191 235 9905.

Elders Council Move

The move has now taken place so you can now find us back in MEA House. See contact details at the foot of this bulletin.

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Dates for your diary

Consultation on pedestrianisation and improvements to Blakett Street

The Elders Council are holding a session with Newcastle City Council officers to discuss the proposed consultation on pedestrianisation and improvements to Blakett Street. This session will take place on Wednesday 7 February 2018, 2.00-4.00pm. To book a place email anne.richardson@qualityoflife.org.uk or call 0191 235 9905. Places will be allocated on a first come, first served basis.

This Girl Can Campaign

This Girl Can is a celebration of active women who are doing their thing no matter how well they do it, how they look or even how red their face gets. Active Newcastle wants to help women overcome the fear that is

stopping too many women and girls from joining in and leading active lives. An event will be held at Exhibition Park on 8 March in celebration of International Women's Day and the This Girl Can Campaign. This will include a 5k walk, run, and cycle. The event is only open to females of any age, but men are more than welcome to pop along to offer their support. [Click here](#) for further information or to book a place.

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Opportunities

NHS 70 Years Old

To celebrate this institution (and aren't we glad of it) the NHS are inviting everyone to join the NHS 1000 miles challenge.

The challenge encourages you to log your miles – walking, running, swimming, horse riding, buggy pushing (anything counts!) – over the next year as our collective birthday gift to the NHS. The more active we are the healthier we get. And that's great news for the NHS. It's a great idea and how many miles could we log up. Walk to the bus stop, to the shops to the coffee shop to meet friends will all count. There are lots of groups to and social media will have groups to join as well. The editor thinks we should make 2018 the NHS year! For further information [click here](#).

Active Citizens

This is about making a real difference for people in your local community. There is training, tools and support to develop or get involved in a social action project to tackle a social issue within your community. If you are aged 18 or above and want to make a difference in your community, learn new skills and meet new people, join the FREE Active Citizens programme. To book your place or for more information, contact Hannah Morrow, Active Citizens Coordinator on 0191 226 7300 or email Active.Citizens@rhwe.org .

Lunch Links

Are you over 55, seeking regular company and want to eat out? Why not join Lunch Links Breakfast Club. Meeting every Wednesday at The High Main, Wetherspoons, Shields Road, Byker from 9.45am.

You could also join Lunch Links Monthly Outings Group. Outings will take place on:

- Wednesday, 28 February: North Shields Fish Quay
- Wednesday, 28 March: Dobbies Garden Centre
- Wednesday, 25 April: The Salt House, Cullercoats

For further information on either of the above opportunities, please call Joanna or Trisha on 0300 300 7070 (charged at local rate).

Great North Museum (Hancock)

Join expert instructor Dave Robinson at the Great North Museum: Hancock to learn the basics of Tai Chi Chuan, the holistic martial.

There are 6 sessions in the programme. The first session on Monday 19 February starting earlier than the others at 3pm and includes an introductory talk from the museum's Keeper of Biology Dan Gordon.

Book your place by contacting the Outreach Team on 0191 277 2246 or email livewell@twmuseums.org.uk.

Activities in Newburn

if you love to knit and natter, why not become a Newburn Knitter and meet other like-minded people in your area. Newburn Knitters meet in Newburn Library every Monday, 10.30am-12.30pm. No booking is required, just turn up. Over 50s only.

IT Drop-in Club - do you have a phone, tablet or laptop that you cannot quite grasp? Would you like to learn how to email, browse the web and get more from your device? Why not pop along to the IT drop in session, every Tuesday, 1.30pm-3.30pm. Newburn Library

For further information on either of the above opportunities contact Frances Child phone: 0191 273 7443.

Jesmond Wellbeing for Life

Sessions run at Jesmond Library, a joint venture with the Elders Council and Friends of Jesmond Library on the first Wednesday of each month, 10.30am-12.30pm. The next session is 'Independent Living' on Wednesday 7 February 10.30am - 12.00 noon and will be followed by light refreshments. Go along, take a friend and enjoy something new.

Voice

Voice North has now become Voice as it is spreading its wings and is now a resource open to anyone from Newcastle to Beijing! Its aim and principles remain the same, namely to capture the public's vast experience, ideas, opinions and expectations about research, innovation and policy developments which affect their lives. Anyone can join Voice to get involved in research and to receive research opportunities. Click [here](#) for further information. Here is a flavour of some of the opportunities on offer when you join Voice:

NUAGE Lecture Series 2018

This is an opportunity to attend the lectures for the Newcastle University NUAGE course which will run from 1st February- 6th March and are all 5:30-7pm. For further information and to register your place please click [here](#) or call 0191 208 1288.

VOICE Art Competition

This is an opportunity to submit a piece of artwork illustrating what it means to live well with multiple conditions in later life. The deadline for submissions is Friday 6th April 2018. For further information click [here](#) or call 0191 208 1288.

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Information

Vote for your Local Heroes

It's that time of year again when local people are given the chance to nominate their suggestions for whom they believe should be added to

NewcastleGateshead's 'Walk of Fame'. The nominees are recognised for their significant contribution to the region over the past sixty-years. It could be for a variety of subjects including business, community, entertainment, medicine, politics, science, sport, and the arts. The person doesn't have to originate from the region but needs to have played a major role in Newcastle and Gateshead. [Click here](#) to cast your nomination online. Voting is open until 16 February 2018.

Newcastle Parks Trust

The City Council would like to let residents and stakeholders know the latest position regarding its plans to create a Newcastle Parks Trust. Last year, the people of Newcastle came out in force and responded to the City Council's consultation on the future management and delivery of its parks and allotments, making it one of the Council's most engaging consultations in recent years! The Council's Cabinet approved the proposal for Newcastle's parks and allotments to be managed by a new charitable company (with ownership staying with the City) supported by the National Trust and Heritage Lottery Fund. The next stage of this pioneering project is the recruitment of the inaugural Chair and a Board of Trustees (all voluntary roles). The posts can be found listed with Guardian Jobs Online – [click here](#).

Cycling Without Age – Newcastle Upon Tyne

Cycling Without Age is a group who are trying to raise money to buy a Trishaw. Their aim is to have volunteer pilots to take local older people and care homes residents out on 'trishaw' cycle rides and by doing so hope to bring generations closer together. They have set up a Crowdfunder page and are asking for donations towards this cause. For further information [click here](#).

Information NOW

Have you been wondering where you can take your dog when you want a drink or a cup of coffee? Information NOW has updated the [pets and animals](#) article to include pubs and cafes in Tyne and Wear and Northumberland. If this is one of your favourite articles then why not [register](#) on the site and save this article to your shortlist. You can then find the article quickly every time.

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