

E.C. Fortnightly

Issue 14

February 2018

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What's the Elders Council doing?

Improving Air Quality in Newcastle

An EC Trustee recently attended a Policy Cabinet meeting which discussed how the Plan is progressing and whether the Government timescales are being met.

Blackett Street Proposed Transport changes

On 7 February the Elders Council held a consultation meeting with Graham Grant, Head of Transport Investment at Newcastle City Council about the proposed changes to Blackett Street. It was a very informative

and fruitful meeting. Elders Council members emphasised the need for full information about new bus stop locations. They also raised issues such as access and mobility support.

Home Care

Elders Council members are committed to finding out more about alternative forms of home care as we all know that many of us want to stay in our own homes, but may need some form of support. We have already done lots of work in this area (click [here](#) to see our 'case study') but it is time to explore different models that are being promoted elsewhere. For example, Buurtzorg is a Dutch model of neighbourhood care, while Circles of Support and even live in care are becoming more popular. If you know about a different form of home care, do let us know! We shall be reporting back at some stage in our newsletter.

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Dates for your diary

‘Yes We Can’ Older Women Active Age

An engaging short film about older women and active life.

When: 8 March 2018 at 3.00 pm

Where: City Library, Bewick Hall and 5-6 pm in Wylam Brewery, Exhibition Park.

This is part of **The Women’s 100** celebrations.

For more information click [here](#).

Company of Others Ensemble invite you to dance!

Commencing Monday 19 February 1-3pm and held monthly at West Denton community Centre, Hillhead Road, West Denton, NE5 1DN. No dance experience is needed but registration is essential. To find out more click [here](#).

To register, email pippa@companyofothers.org.uk or call Pippa on 0784 102 0338.

Celebrating 100 years of Women’s Vote

The Woman's 100 event on 21 February is Local Politics - Local Women. Click [here](#) to register.

Tyneside Cinema Dementia Friendly Cinema

Tyneside Cinema has announced their next **Dementia Friendly Cinema** screening:

- Thursday 22 February: The Producers – a hilarious satire of the business side of Hollywood featuring standout performances by Gene Wilder and Zero Moste.

Tickets are £4.50 with a carer going free. Call the box office on 0191 227 5500 or email boxoffice@tynesidecinema.co.uk .

Heaton History Group has a talk on 'The Lost Industries of Tyneside' 24 February.

All talks will be free to members and cost £2.00 for non-members. Once booking has opened, reserve your place by contacting Maria on maria@heatonhistorygroup.org . For further information or for dates of future events click [here](#).

Wellbeing for Life

The next Wellbeing for Life session will take place on Wednesday 7 March, 10.30am-12.00 noon at Jesmond Community Library. The theme for the session is 'Mouth Matters'. This has been organised jointly by the Elders Council and Friends of Jesmond Library. There is no age limit, but the target audience is older people aged 50+, and in particular older people who would like an opportunity to meet socially in the library to hear about fitness-related, creative or simply sociable activities and events happening in the area.

For further information call Jesmond Library on 0191 281 2385 or email enquiries@jesmondlibrary.co.uk .

The BBC Radio 3 Free Thinking Festival 2018 at the Sage Gateshead is back from Friday 9–Sunday 11 March. The festival brings together leading thinkers for a free weekend of provocative debate, new ideas, music and performance.

Phase 2: tickets are available from 12noon on Monday 19 February. Click [here](#) for further information.

Elderberries

Free Workshops at Scotswood Natural Community Garden, based in the grounds of the John Marley Centre, Whickham View. Workshops are all Fridays, 10.00am-12.30pm with free refreshments. They include:

- 23 March: Baking and Board Games
- 6 April: Hapa-zome! (make your own canvas shopping bag)
- 18 May: Short, local walk
- 8 June: Natural Crafts

To book a place contact leanne@sncg.org.uk or call Leanne on 0191 200 4706.

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Opportunities

The Café in Exhibition Park are keen to display a timeline of the history of the Park

Do you have photographs, drawings paintings or memorabilia of Exhibition and Brandling Parks you would like to share from the days of the Bull Park before the 'The Royal Mining Engineering Jubilee Exhibition 1887' (where Exhibition Park got its name); through to the North East Coast Exhibition of 1929; to the Tyneside Summer Exhibition between 1963 and 1987; to 2018 (year of the Great Exhibition of the North)? If you have items which you would like to share, please get in touch with graham.park@newcastle.gov.uk. Graham will scan any original photos or documents so that you can keep the originals! For further information click [here](#).

Arts Exhibition

Matthew Pickering, Project Co-ordinator from ISIS Arts is holding a series of short exhibitions at the NewBridge Project: Newcastle next month to present his current work in relation to his key research interests which is Alzheimer's disease. The first show will open on the 15 February and you can find more details by clicking [here](#).

[Let's meet in the Middle ...](#)

... showcases the work of artists, students and communities from across Newcastle produced as part of Newcastle Arts Team's 2017/18 artist in residence and arts connect programmes. This engagement has encouraged local people of all ages to investigate and reflect on a range of subjects – including waste, wildlife, relationships, disability, dementia, mental health and poverty – and to work with local artists to represent their reflections in a variety of unexpected and creative ways.

From photos to films, song to sculpture each project has explored a vast array of art forms to create the artwork in exhibition.

The exhibition will run on 8-10 March from 11.00am-11.00pm at Alphabetti Theatre, St. James' Boulevard. For further information click [here](#) or contact alison.flanaganwood@newcastle.gov.uk .

Alberta's Dream: 'Building Foundations of Love (not walls)'

tells the story of the life of one of the worlds most important mothers, who quietly raised Dr. Martin Luther King with his brother and sister on a foundation of belief and love.

“Isn't it every parents' dream, like Alberta, that their children might live in a world free from racism, poverty and war? That all children grow up on a foundation of love? That all children learn the skills to effect positive change?”

It takes place on Saturday, 3 March, 5:00–7:00pm at St. Mary's Heritage Centre, Gateshead. Tickets are free, although donations would be welcome. Proceeds to Amnesty International. For further information or to register click [here](#).

Pushing the Possibilities ... Learning through Adventure!

Outdoor activities for over 55s as recommended by some Elders Council members. The aim of the project is to give people the chance to have fun, learn new skills, develop more self-confidence, meet new people and to have a healthier more inclusive life-style. For further information email nick@wing.org.uk .

Dissertation recruitment

An undergraduate psychology student at Northumbria University is looking for around 29 participants to help with her dissertation. The study involves older participants (people over the age of retirement) playing

video games or ordinary cognitive games (such as crosswords, sudoku and similar) while in a social environment. The aim is to show that it is the combined effort of cognitive exercise and social activity that has the best impact upon reducing cognitive decline in later stages of life. The study will be a 1½ hour session once a week for four weeks, and participants will have to fill in questionnaires as well as do a small cognitive test at the beginning and end of the study. If you are willing to do this, or would like to arrange a group talk, please contact nicola.fullam@northumbria.ac.uk .

NHS Care Heroes

Local 'health and care heroes' sought for awards marking 70 years of the NHS. Celebrating 70 years of the NHS this year a search is on for individuals or teams who have made a significant difference over the years. For further information click [here](#).

Blue Badge Parking - Consultation on Eligibility

The Blue Badge scheme enables 2.4 million disabled people in England to maintain their independence through special national parking concessions. The government believes that the Blue Badge scheme should not discriminate in principle between physical and non-physical disabilities, and the Department for Transport has therefore launched a consultation about clarifying the eligibility rules for people with hidden disabilities. The current rules embrace all conditions, physical or otherwise, but the regulations and guidance are not clearly understood by local authorities. People with hidden disabilities may be finding it difficult to access badges, even though their condition causes them very significant difficulties when undertaking a journey.

The department has accordingly committed to look again at how the scheme works for people with hidden disabilities, to ensure that the rules and guidance are clear and that those with the greatest needs have access to a Blue Badge.

For further details about the consultation click [here](#).

VOICE are looking for volunteers and offer opportunities whether active or housebound. For further information click [here](#).

Exposing scams and fraud

[Plimsoll Productions](#) are making a new prime time TV series which turns the tables on rogue traders who commit [scams and fraud](#). They are interested in everything from dodgy bathroom fitters, unscrupulous builders, terrible plumbers, to pressure-selling, rip-off aerial engineers and locksmiths who let you down.

If you, or someone you know has been the target of a bad tradesman or scammer who has overcharged, done bad work, caused damage or ripped people off, particularly the elderly or vulnerable, they'd like to hear from you. To discuss your story contact the production company by [email](#) or on 07739990539.

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Information

Information NOW - Donating blood or an organ

Information NOW is continually updating its articles to ensure they are correct and relevant to you. We have just reviewed our donating blood or an organ article.

[Giving blood or registering as an organ donor](#) is simple to do and could save lives. The blood you give is a lifeline in an emergency and for people who need long-term treatments. Organ donation means taking healthy organs and tissues from one person for transplantation into another.

The rules on blood donation changed on 28 November last year with a view to giving more people the opportunity to [donate blood](#) without affecting the safety of the blood supply.

Every donor must complete a donor check where everyone must answer questions on their health and lifestyle before they donate. Answering these questions correctly is crucial, in order to keep blood safe.

There is currently a [consultation on organ donation](#) running until 6 March so that the Government can decide whether to legislate for an opt out system.

Deaflink: SHHH! Self-Help for Hard-of-Hearing

This is a free support group which runs on the first Tuesday of every month at Newcastle Central Library. The aim is to provide members with a range of interesting topics that link to hearing loss or opportunities that are accessible to people with a hearing loss.

Doors open at 1.00pm and the talk or presentation begins at 1.30pm. If you are interested in attending a future session contact louise@deaflink.org.uk or tel. 0191 281 2314.

Geordie Deaf Rambling Group

All walks are on a Saturday at 10.00am and are classed as 'moderate'. As well as being a great way to exercise, the walks are an excellent way of meeting other people. If you are interested in joining a walk contact Robin Herdman on mobile text 0779 2588 739 (text only).

Bill Ions, Co-ordinator of the Transport Working Group, has reminded us of the recommendation last year in their Outings in 2017 with a Concessionary Bus Pass leaflet that "For spring I would recommend you go to Warkworth to see the daffodils around the castle and the beautiful cherry blossom in Alnwick Gardens."

Spring Clean or Decluttering?

Recently, a little book has come out called 'The Gentle Art of Swedish Death Cleaning', by Margareta Magnusson, a Swedish woman who describes herself as 'somewhere between 80 -100 years old'. It is a different angle on what used to be called 'spring cleaning', and now is more usually known as decluttering, sorting out, or - plain and simple - getting rid of stuff. Because that is what it is - letting go of the stuff that has accumulated in your lifetime. The death cleaning bit comes in because it is something the Swedes have a term for (Dostadning), simply meaning decluttering during the years when one is approaching the end of one's life. There is an interview on BBC Radio Scotland which you can listen to over on the blog, (just a few minutes) and also find out 5 tips for Easy Swedish Death Cleaning and Decluttering.

If you are concerned that this has become an issue in your life please click here to view the article on decluttering on Information NOW.

Give as you live

Every time that you go online to shop, book a holiday or a train ticket or a hotel, please help the Elders Council by logging on to www.giveasyoulive.com and nominating the Elders Council as your chosen charity.

It costs you nothing.

But, provided that you're using a participating organisation (and there are lots of them), the Elders Council gets a small percentage of the sale.

Every little helps!

New email address ONLY for Bulletin submissions

elderscouncil100@outlook.com

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