

E.C. Fortnightly

Issue 20

May 2018

Contents

- [What's the Elders Council doing?](#)
- [Dates for your diary](#)
- [Opportunities](#)
- [Information](#)

What's the Elders Council doing?

Outreach

The Jesmond Festival is in full swing and the Elders Council are contributing with two activities.

Put a Song in your Heart: an invitation from Newcastle High School for girls to an afternoon of fun and frivolity on Thursday 17 May at Chapman House, Sandyford.

Fun and Fitness for the Over 50's: Thursday 24 May, 2 - 4pm at the Visitors Centre, Jesmond Dene.

Both events are open to anyone, they are always good fun and with this gorgeous weather what could be better than getting into Jesmond Dene and expanding your lungs!

Milecastle

The next meeting is on 16 May and we are running an EC version of "Would I lie to You". Whether you know the TV programme or not, this Elders Council version will be fun, come along and bring a friend, we guarantee smiles all round!

Everyone's Tomorrow – today!

We gave you the wrong information – sorry. The last broadcast featured "The Arts".

Editorial Team Meeting

The next meeting takes place In the Biomedical Research Centre on 21 May at 2.00p.m. This edition will have all the information for our Annual general meeting.

Health and Social care

Two members of the Elders Council took part in the Ageing Studies Network seminar in April. This is a forum recently set up by Newcastle University to bring together all those involved in (non medical) research and ageing. This time we found out about creative arts and the use of photography with those with a range of illnesses, as well as using oral history with those who were 'red spot babies' and issues relating to poverty, social class, risk and life expectancy gains! We also found out about key research and policy Institutes such as the National Innovation Centre for Ageing which will work with industry and the NHS to develop and test products to do with ageing and the International Longevity Centre who undertake research and policy analysis. Hopefully the Elders Council can contribute the voice of older people in all the exciting developments that are taking place.

Anne Richardson

We gave Anne a good “send off” last week where current and some of her former colleagues came to wish her well. We were also able to give her a cheque from donations from many, many people who have, over the years benefitted from Anne’s support. We hope she spends it on something indulgent!

Barbara, spoke very touchingly about Anne and yes a few tears were shed, but then we will miss her.

Board of Trustees

A small planning group are currently viewing potential places to hold our AGM and working to provide for an interesting day.

Two members of the Board of Trustees are to attend a conference on 24 May “Ageing 2 Chapter”

Transport Group

The new edition of the “Out and about with your concessionary bus pass” is now completed after many hours of work from a small team who

have trawled bus timetables to bring you an up-to-date brochure with some new places to visit. You can read it and download it from our website www.elderscouncil.co.uk

Facebook

If you use social media, then please use the Elders Council of Newcastle Facebook page for up to date information.

[Return to the top](#)

Dates for your diary

Death Café and other Dying Matter

The next Death Cafe to be held in Newcastle is on Saturday 2 June at St Oswald's Hospice.

On a separate and related theme, Dying Matters Awareness week ([here](#)) is coming soon and a few of us have organised an event on Monday 14 May at Brunswick Church in the centre of town. Please register here.

Tyne and Wear Archaeology Day

Saturday 16 June 10.00 am – 4.30 pm at the Banqueting Suite, Newcastle Civic Centre

The first Tyne and Wear Archaeology Day will feature illustrated talks by archaeologists to celebrate the rich and diverse archaeology of Newcastle, Gateshead, North Tyneside, South Tyneside and Sunderland. Topics range from the prehistoric period through to the Second World War and the Cold War. Tickets cost £9. For further information visit [here](#). Click 'Conservation, heritage, archaeology and urban design.'

General Data Protection Regulation

A final reminder; this is effective from 25 May. If you do not respond to the email you have received from the Elders Council by 18 May, you will not receive any further information including the quarterly Newsletter and the Fortnightly Ebulletin.

Northern Chords Festival

This promises a weekend of beautiful music; here are the dates and venues:

18 May King's Hall, Armstrong Building Newcastle University 7.30p.m.

19 May The Mining Institute, Westgate Road 7.30p.m.

20 May St James' and St Basil's Church, Fenham 6.00p.m.

It's a mixed programme with different musicians featured For more information [here](#)

Arts and Crafts market

This is held in the visitors centre at Jesmond Dene every second Saturday. Opens at 10a.m until 3.30p.m; the next market is on 11 May

Dancing

A Tea Dance is held at the Robert Stewart Memorial Church, Wingrove Road, Fenham every last Tuesday of the month. The next dance is 29 May starting at 1.30. The cost is £1

[Return to the top](#)

Opportunities

Recently Retired, or about to retire?

A research team at Northumbria University are looking for people who have retired within the last 12 months or who are planning to retire within the next six months. If you take part, you will be contributing to improving our knowledge of the retirement process, which in turn can help more people to retire well in the future.

For further information, please ring Anastasiia Fadeeva on 0191 243 7018 or email her at anastasiia.fadeeva@northumbria.ac.uk.

Memoryscapes

We've alerted you to this before. It's a project led by Northumbria University with Tyne and Wear Museums and Faulkner Brown architects. If you want to create the city you want then please go to this Bringing together heritage, place-making and technology to re-design public areas into accessible and welcoming spaces. Some of this work will influence the on-going redesign of Northumberland Street. The next

exciting workshop will take place on 29 June 2018, 1.00 – 4.00 pm in the Squires Building, Northumbria University City Campus.

Book Group

They meet in a pub and read a lot of books what could be better? Why not join us in the Carriage Pub, Old Jesmond Station, Jesmond on the first Tuesday of every month from 12.30 – 1.30 pm. Our next session is on Tuesday 5 June and the book we are reading is 'The Black House' by Peter May. We are a small, informal group and we generally read fiction. New members very welcome.

Voice

Their Newsletter is now available to read on line. The articles where you may wish to help vary from "laundry – the future" and "alcohol and drinking". Click [here](#) for more information or call 0191 208 1288 or email voice@ncl.ac.uk.

[Return to the top](#) Information

Information NOW (www.informationnow.org.uk)

Information NOW was designed by older people for older people and we welcome your feedback on the content; we also welcome suggestions for new articles.

When medicines don't seem to work

There are alternatives to traditional medicines and for many years people have been trying complementary therapies ([here](#)) to alleviate their symptoms of stress, anxiety or pain. In recent years, there has been a greater push towards mindfulness ([here](#)) - taking control of your mind, thinking positive and accepting your emotions. Information NOW has several articles that may help you consider the best course to make you feel better. For those of you who are feeling down, feeling a sense of loss or bereavement then you may want to consider some form of psychotherapy or art therapy ([here](#)).

You can also search Information NOW for hobbies ([here](#)) and ideas to connect with old and new friends ([here](#)).

[Return to the top](#)

Contact Details:

Elders Council

Room 2.29 Second 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