



Elders Council of Newcastle

Older People working for Older People

June-September 2018 Issue 82

DO YOU WANT THIS TO BE YOUR LAST NEWSLETTER?

We asked you in the last edition whether you wanted to stay as a member of the Elders Council and so keep on receiving your quarterly copy of the Newsletter.

At the time of going to print, only 500 of our 1900 members have responded. This means that our General Data Protection Regulation (GDPR) exercise is in danger of losing us nearly three quarters of our membership.

If you have not yet responded to our earlier request but still want to continue to get your regular newsletters, **please complete the form on page 16 and return it to us as soon as possible.**

If you want to discontinue your membership of the Elders Council, please let us know in writing. This will mean that this is your last newsletter.



**THE ELDERS COUNCIL
NEEDS YOU**
TO HELP PROMOTE ITS WORK.
PLEASE PASS THIS NEWSLETTER
ON TO OTHERS WHO MIGHT BE
INTERESTED

Contents	
EC at Work	2
Volunteering	5
Information	6
Things to Do	8
In Praise of Anne	10
Letters to the Editor	12
Poetry	17
Metro Gold Card	19
Newsletter Information	20

The Elders Council at Work

Housing Health and Social Care Working Group

We recently had a presentation from Mark Ellis (senior policy practitioner Newcastle City Council). He talked about the availability of a range of different forms of housing that were or would be available across the city for older people. Details can be found on the City Council website.

On behalf of the Elders Council, Julie Irvine and Anita Davies arranged a workshop on the government's Urgent Care Consultation. This was attended by 18 people; a written response was submitted, for which we received a fee.

The recent research project Lived Experience of Home Adaptations is due for presentation later in May. This project is the result of a collaboration between the University of Northumbria, the Elders Council, North Tyneside Council and members of the public. We look forward to hearing outcomes and recommendations from this project.

In March, Housing Voices incorporated theatre performance and a café conversation. This event was a partnership between Skimstone Arts, the University of Northumbria, the Elders Council and was supported by Care and Repair England. About 35 people attended and took part in the discussion about their hopes and experiences in relation to housing.

The next meeting of this working group takes place in Commercial Union House at 10.30am on Friday 15 June.

Older Person Friendly City

The future of parks and open spaces remains a matter of great importance. Unrestricted access to parks and open spaces helps maintain health and wellbeing.

As was previously reported, the charitable trust that is to take over the running of the parks is in the process of being set up, with the intention being to transfer responsibility for the parks in early 2019. We understand that there will be a Board of Management and also a Communities Group to represent the views of park users. It is hoped that, as a community of interest, the Elders Council will be involved in this.

As a demonstration of the involvement of older people, the working group again organised a Fun and Fitness afternoon in Jesmond Dene Visitor Centre.

The redevelopment of Northumberland Street is being overseen by Newcastle Council. In order to ensure that it becomes a vibrant shopping and leisure area that is welcoming to all people, an online 'Let's Talk' was organised by Newcastle Council at the beginning of June. We will report on the outcome in the next edition of this newsletter.

If you are interested in either of the above issues or anything else that would make Newcastle a more older-person-friendly city, please come along to our next meeting on Monday 9 July from 10.30am to 12.30pm in Room 1, 2nd floor Commercial Union House, Pilgrim Street (next to the old Odeon cinema site).

Transport and Highways

Blackett Street

We are fortunate to have one of the City Council Planners to attend our recent meetings and, from the last meeting, it seems as though that it is now intended that Blackett Street will be closed to traffic at weekends only during the summer with access to Brunswick Church and Fenwick's permitted. The dates and venues of workshops on this issue will be announced shortly.

Issues raised with the planner include:

- cyclists on pavements (especially delivery cyclists)
- enforcement of cycling rules
- Newgate Street pinch point outside The Gate
- the siting of bus-stops

Northumberland Street

There are some major improvements to Northumberland Street to be announced in the near future. We are closely monitoring these together with the Older Person Friendly City Working Group and will keep you informed via the e-bulletin and future newsletters.

Nexus

Nexus held a consultation regarding the Metro timetables and the response back was good and positive. The new look timetables will look more like a bus timetable - easier to read and the font size has been changed to 14 point.

Nexus are now asking for support towards the Metro Future scheme, which is where they are looking at potential extensions etc.

More info from www.nexus.org.uk/metrofutures

Outings in 2018 with a Concessionary Bus Pass

We have now published our 2018 version of this very popular leaflet.



There are a few new venues listed such as Great Ayton, Beamish Museum, Staindrop and Raby Castle and, for the more active, some short walks you may like to do using the local bus network. To obtain your FREE copy of this leaflet Please send a large SAE to our office, the address is on the back page of this Newsletter or download and print your own by clicking on this link:

<http://www.elderscouncil.org.uk/upload/1516/BECT%20436I%20Summer%20Outings%202018%20Final%20%20%20v15.pdf>

Communication Group

We continue to broadcast once a month from a little studio in West Gate Community College. Our host station is the community radio station for Newcastle and Gateshead called NE1fm.

So:

please tune in to 102.5fm at 2pm on the First Friday of the Month

1 st June	The Great Exhibition of the North
6 th July	Local gardens to visit with your bus-pass
3 rd August	When students from Newcastle University, join us to plan the show.

Or you can listen online at www.ne1fm.net .

Get in touch with us 0191 273 4727 to tell us what you thought of the show or to request a favourite piece of music.

Volunteer to join the team 0191 273 4727

Milecastle drop-in

Here are the dates and planned activities for the next set of meetings at the Mile Castle public-house. We meet every third Wednesday in the month at 10.30; the pub is at the corner of Grainger Street and Westgate Road. The meeting takes place on the third floor, but for those who need it, there is a lift. We have members at the front door to greet you, and they will offer to help with the lift too as it can be a bit intimidating! Everyone is very welcome, and we look forward to seeing you.

20 th June	Sushma Kotecha, an optician, to talk about "Floaters and Flashes – caring for your eyes."
18 th July	Louise Borrell from Deaflink to talk about hearing difficulties.
15 th August	There is nothing planned for this session, but if you want to come along for a chat with friends, there will be some members there. We start again in September, and we have a lot planned but some need confirming before we reveal them to you.

Volunteering



**Recently retired?
or Just 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. You will be invited to complete a questionnaire pack, which should take around 45-60 minutes. The data will be collected every three months during the first year of the study and then annually for a period of five years. 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 .

Information

Crowdfund arts at the Grange Day Centre?

Many of the older people who attend the Grange experience multiple disadvantages relating to health, deprivation and isolation. These disadvantages are debilitating and act as barriers to participating in social and creative activities that protect good health and wellbeing. So, the centre intends to run weekly ceramic sessions with artist Annette Poulson, in collaboration with colleagues from Curiosity Creative; older people will create their own artwork using clay, helping them to use new skills in a social and caring setting. The aim is that person-centred day-care support and creative activities will help those attending to keep their independence and remain in their own homes for as long as possible.

But the centre needs money to carry out this project. If you would like to contribute to their £4000 target, please ring 0191 267 3728 or go to <https://www.crowdfunder.co.uk/ceramics-for-elders-at-the-grange> .

CAN Can

Given AgeUK Newcastle's sudden recent collapse, we thought that it might be useful for you to know that Citizens Advice Newcastle (**CAN**) can help with specialist legal advice in such areas as wills, probate and power of attorney. Specialist solicitors from several local law firms do free advice appointments in the City Library every week.

They also have specialist Independent Financial Advisers (IFA) from a local finance firm who do the same for financial advice, particularly on pensions, trust funds, equity release, etc. Again, all free.

To access these specialists, you need to contact **CAN** for initial advice, so that they can assess how best to help you, and to provide some background information to the solicitor/IFA in advance of the appointment.



For further information or to book an appointment, please ring 0191 229 2750, email citycab@newcastlecab.org.uk or go to their website: www.citizensadvice-newcastle.org.uk

CAN can also help you with specialist energy advice 0370 145 1450.



Do you drink? Can you cut down?

We might not want to think about it, but there are proven links between alcohol and seven types of cancer:

- The risk of cancers of the mouth, throat and breast increases the more you drink on a regular basis.
- Reducing how much you drink can help lower the risk.
- Taking more days off the booze is a good way to cut down.

Do you know how many alcohol units are in a glass of wine or a beer? Or that to stay low-risk men and women are advised to drink no more than 14 units per week (see chart below)? Many of us underestimate how much we're drinking without the full facts.

It's too easy for drinking every day to become a regular habit, but the units can mount up – as can empties in your recycling bin. Ever thought about trying to cut back on the amount you drink? Having at least two or three alcohol-free days every week will not only help keep your risks low but is also good for your waistline and your bank balance. Find out more at www.reducemyrisk.tv .



Things to Do



Great Exhibition of the North

...is a free, summer-long celebration of the North of England's pioneering spirit. The country's biggest event in 2018, it will pack a programme of amazing exhibits, live performances, displays of innovation, new artworks and unforgettable experiences into 80 days, starting on 22 June and closing on 9 September. It is a celebration of the North of England's pioneering spirit and the impact of our inventors, artists and designers.

For more information about the programme and events, please go to your local library or visit www.getnorth2018.com

The editors apologise for giving you in our May edition a telephone number that is inoperative. If you want to volunteer to be a meeter/greeter for visitors to the exhibition, please ring 0191 440 5720.

Rookie Sports

What	Social Evening, come along and join the fun!
When	Wednesday 27 June from 7 to 10pm
Where	PTE Social Club, Byker, Millers Road, NE6 2XP (at the very end of Chillingham Road).

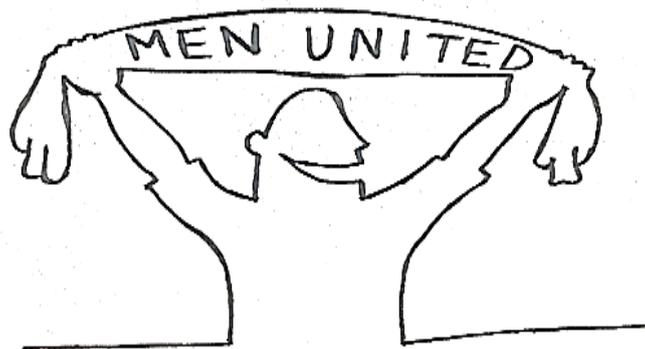
Attractions:

Entertainment provided by Jeff Wright; Bingo; raffle, with cash prizes

Cost: £6

Get your tickets (which must be booked in advance) from

Tom Lyons at Rookie Sports by ringing 0785 252 7785 or 0191 226 7356, or by emailing info@rookiesports.co.uk



What	Drop-in sessions for Men over 50
When	Every Tuesday. 11:30am – 1:30pm
Where	Oasis Café, Cruddas Park Shopping Centre, Westmorland Road, Newcastle NE4

If you're a man aged 50 or over, why not go along to the Tuesday drop-in sessions at Cruddas Park? You'd be very welcome.

You can find out what's going on locally, try your hand at something new and get information, support and sign-posting.

For more information, please ring Annette or Darin on 0191 273 7443, email annette.mcglade@searchnewcastle.org.uk or go to the website <https://www.searchnewcastle.org.uk> .

In Praise of Anne Richardson



We said a sad thankyou and goodbye to Anne on her last day at work for us – Thursday 26 April. Past chairs of the Elders Council said a few words and an appreciation from our current chair, who could not be there, was read out by her deputy. Barbara Douglas then said the final goodbye:

“I was telling a friend of mine that Anne was leaving, and he said to me ‘Come on Barbara, it’s not really a surprise is it? Anne doesn’t age, whilst the rest of her colleagues (including you) seem to be ageing at an exponential rate. Someone with eternal youth cannot possibly go on working in an age-related organisation.’

“So that got me thinking about things that don’t change in a constantly changing world. Since Anne started working with us back in 1999, we have changed from being ‘a better life in later life’ to Quality of Life Partnership and beyond; we’ve seen the Older People’s Network grow into the Elders Council; the team has expanded and contracted as different programmes of work have come and gone. We’ve seen Information NOW go from a glimmer

in Fran O’Brien’s eye to the great resource it is today. We’ve had an

Older People’s Strategic Board and an Age Friendly City Group. But the real constant in all this has been Anne, providing consistent, high-quality and thoughtful service which has been the absolute backbone of the organisation and has allowed others – both staff and volunteers – to flourish in what they do. Anne would often introduce herself as ‘the administrator’ or ‘the minute-taker’ but she is of course so much more than that.

“I can remember Anne’s interview. One of the questions we asked was something along the lines of ‘How do you feel about working with older people?’. Anne’s reply was that she treats older people the same as she treats everyone else: that they are no different. And this is absolutely

true: Anne behaves with absolute integrity and fairness towards everyone she has dealings with, no matter who you are. It takes courage to do that.

"My daughter once said to me, 'You and Anne rub along like an old married couple.' Well she wasn't far wrong when it comes to the 'for better or worse' bit as we have had some adventures along the way.

"We'd be here all night if I tried to recount the half of it, but I did just want to mention a couple of things, and

"I hope you will write up your own anecdotes in the notebook we have for Anne.

"It's a pity Vera isn't here to remember the Falls event at Gosforth Civic Hall. when we were rather too successful in recruiting people to come and were squashed in like sardines. When it came to the scramble for food, Anne and I hid in the corridor marking the quizzes, fearing that the falls prevention event might suddenly turn into a Chronicle headline: 'Elders Council event causes record number of falls' but fortunately we escaped unscathed. Then there was ImAGE: we took over the whole of the St James' Park conference suite for several days for an exhibition and demonstrations of older people being active and, not being content with that, we added in a conference on lifelong learning into the mix. And of course, the highlight of the Senior Games, where we invited groups of older people from European cities to join us for a week of activities; no

matter how hard I tried I could not dissuade the Turkish Sword and Shield Dance Troupe from coming with their swords and shields despite a major bomb scare on the airlines! Of course, many people have helped to make these events happen, but enabling all that takes co-ordination, meticulous planning and careful management of relationships. Anne is an absolute master at all of these and over the years she has been at the hub of making these and many similar events happen, Elders Council AGMs included.

"Telepathy is another very handy skill which Anne has. There are many occasions on which her ability to predict what I (and others no doubt) have needed has been invaluable. All too often, I may have thought about something, forgotten to say it, but somehow, it's all done and sorted.

"I could go on, but she did ask for 'no fuss', so before I end I think I do have to say, that for all her many great qualities, Anne Richardson is possibly quite the most stubborn person I know!

"So, what started out as an 18-month post has run for over 18 years and I can only say that, for me, and for many of you here and others who could not make it tonight, it has been a partnership of real quality. We will miss you enormously, Anne.

"Please raise your glasses, clap your hands and stamp your feet to show our thanks to Anne for being on this great journey with us and wish her all the very best for the future!"

Letters to the Editor

Dear Editors,

THANK YOU

I would like to use the Newsletter as an opportunity to express my sincere thanks to the Elders Council and former work colleagues for my amazing send-off; for all the good wishes; cards and very generous gifts. Two things that did touch my heart and brought tears to my eyes were the book I was given with lovely quotes from some Elders Council members and colleagues, and the last edition of the Newsletter, which too included some lovely quotes. These will be things that I will always treasure and, when times get tough, will be something I will always refer to, to lift my spirits.

I was also given a very generous cheque from many donations, which I plan to put into my holiday fund pot to visit family members in Australia in the next couple of years. Thank you so much; I really didn't expect anything at all.

Although I have loved working for the Elders Council; with team members including Barbara Douglas (my guiding light!) and partner organisations, an opportunity arose that I could not easily turn down. It was a very difficult decision to make, but it was a secure post and in these challenging times 'you have to act whilst the iron is hot', so they say!

I am truly grateful for having had the chance to work with such an incredible group of inspiring and supportive people and thank you for allowing me to share the journey over the last 18+ years.

I genuinely believe the Elders Council has made a difference to the lives of older people in Newcastle. This is due to the hard work and dedication of members and staff that have made it a success. Long may it continue, and I wish you many more years of continued success. I feel immensely privileged to have been part of it. Thank you.

Yours truly,
Anne Richardson



*Meet new people,
stay social and enjoy great outings
with Lunch Links*

Are you over 55 and seek regular company?
Why not join the Lunch Links
Monthly Outings Group?

Once a month on a Wednesday,

at

The High Main PH, 63 Shields Road, Byker NE6 1DL

Board the bus at 10.30am and join the fun!

25 th July	Newbiggin by the Sea
5 th September	Heighley Gate Garden Centre, Morpeth
17 th October	Killingworth Shopping Centre

Enjoy a bite to eat, then hit the shops,
take a walk or just enjoy the views.

Please note:

There is a £5.00 non-refundable deposit to reserve a place on the transport.

**For more information please ring: 0300 300 7070
(charged at local rate)
and ask for Joanne or Trisha.**

Donations and Gift Aid

Your generosity can help us make a difference

Some of you make individual donations to the Elders Council, and even small amounts add up and help us continue to provide the full range of activities which you can read about in the Newsletter.

If you would like to donate on a regular basis, how about setting up a standing order? We can help you arrange this through your bank or building society, and where possible can ensure that the benefits of Gift Aid can be taken. Please get in touch by calling 0191 208 2701.

Give as you live

Please help the Elders Council by logging on to www.giveasyoulive.com every time you shop online and nominate the Elders Council as your chosen charity.

It costs you nothing

But whenever you shop at one of the many participating stores or websites (for, e.g., hotels or rail tickets), the store or website gives a small percentage of the sale to the Elders Council.

Could you please help by making a Gift Aid donation to help cover the costs of the production of the Newsletter?

PLEASE HELP THE ELDERS COUNCIL TO CONTINUE ITS WORK

I wish to donate

£7.50 [] £15 [] £30 [] Other [£]

to the Elders Council of Newcastle
and enclose a cheque for that amount.

Please send to Elders Council office (address details is on page 20).

Name:
Address:
Postcode:

Please tick if you require a receipt	<input type="checkbox"/>
--------------------------------------	--------------------------

If you would like us to claim Gift Aid relief
(so we can clam back money from the treasury),
Please complete the relevant boxes below

Charity: **The Elders Council of Newcastle Ltd.**

I confirm I have paid or will pay an amount of Income Tax at least
equal to the Amount of tax that the charity will claim on my gifts.

I confirm that this donation and all previous and future gifts of
money to the Elders Council should be treated as Gift Aid donations

Please notify us if you wish to cancel this declaration

Thank you.

Please keep sending me newsletters

Name (forename and surname):

.....

Signed:

Please send to FREEPOST RTBG-SLSE-SGAJ, The Elders Council,
Biomedical Research Building, Nuns Moor Road, Newcastle upon Tyne,
NE4 5PL.



Poetry

Poetry

NORTHUMBRIA ICE PROJECT

Computers and I don't get along.
I key in what's right and find it's wrong.

Facebook, Twitter, Skype, E-Bay;
They don't really make my day.

Create a folder? Save a file?
Me? I'd rather run a mile!

Resigned to my stumbling computer fate,
I read about ICE and couldn't wait.

This was for me ... when could I start?
Off to Northumbria, hope in my heart.

There I met young people who did make my day,
Sharing their skills, in their own special way.

I'll never be an expert but can now get along
Now, it often goes right where once it went wrong.

Cut and paste? I can get the job done.
Click and drag? It can actually be fun.

For the students I've met, the highest praise;
They've certainly brightened my digital days.

Patricia Rigg



The Angel or the North

Twenty years since it came to town
Some said, "It's great!"; others, "Knock it down."
It stands regal, tall and majestic
With its own unique characteristic.

You can keep Blackpool tower and the London Eye,
We have the Angel reaching for the sky.
Most tynesiders are glad it's here
We're not just flat caps and Newcastle beer.

So let us all give our thanks
As it towers there on Eighton Banks.
I'm sure it has achieved its goal
Standing proud
On the hill that once gave coal.

Eileen De-Voy

Metro Gold Card



Don't forget: if you have the **METRO GOLD CARD** element on your bus-pass, you can use the **METRO** all day and every day during the months of July and August. This means that you don't have to wait until 9:30 am before you can use it.

A METRO GOLD CARD costs only £12 per year. A single journey on the METRO costs £1.80, so if you make more than seven separate journeys on the Metro, the Gold Card will have paid for itself.

Where can I buy a Metro Gold Card?

Your Metro Gold Card will be loaded on to your CT Pass. This means that you can now buy one at any Metro station ticket machine.

Here's how:

1.	Touch your CT Pass on the orange card reader. Your ticket details will appear on the screen.
2.	To buy your new Gold Card, press the 'Metro tickets' button and you will see the option to buy a Gold Card at the bottom of the list of tickets displayed. Simply choose the 'Gold Card' button. If the Gold Card option is not displayed, please go to a Nexus TravelShop.
3.	Press 'Buy'. You will then need to pay for your ticket using either cash, card or contactless payment.
4.	Update your CT Pass. Just touch your pass on the orange card reader again and a message will appear to say it's been updated. Please note, if you don't put your pass back on the orange card reader, your new Gold Card will not be loaded.

Newsletter information

Newsletter articles

If you would like to submit an article to be considered for the October-January edition of the Newsletter, please ensure that you forward it before Friday 14 September to steve.whitley@phonecoop.coop .

Newsletter in other formats

We can make our Newsletter available in alternative formats (e.g., in larger print or on audio tape or on an audio CD). Please just let the office know what format you would like.

Electronic Version of the Newsletter

It costs about £1.35 per member to send out this newsletter through the post, so would you be willing to have the newsletter sent to you electronically? If you would, it would save a lot of money every year. So please sign up for this service now by emailing info@qualityoflife.org.uk ; please put "E-mail newsletter" in the subject box.

Advantages to signing up for this service include receiving the Newsletter at least 14 days sooner than you would normally receive it via the post; getting earlier notice of events happening throughout the city; and seeing the various images in colour.

What are you waiting for?

Contact Details

Elders Council of Newcastle
Room 2.29, 2nd Floor
Biomedical Research Building
Campus for Ageing and Vitality
Nuns Moor Road
Newcastle upon Tyne
NE45PL

Phone: 0191 208 2701
Email: info@qualityoflife.org.uk
Website: www.elderscouncil.org.uk

Registered Charity No. 1122424

Office Opening Hours

Our office hours are
Tuesday to Thursday
9:00 am to 4.30 pm.
We will do our best to respond
to your phone messages and
e-mails as soon as we can.