

E.C. Fortnightly

Issue 24

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What's the Elders Council doing?

Annual General Meeting:

The planning group have been working hard to confirm many of the details needed to hold this event. We are pleased at the number of responses received so far and hope if you intend to come you do let us know as this helps with catering and movement. Reminder of date, time and venue:

Monday 16 July in the Pandon Room at the Civic Centre registration starts at 10.30

Active Voices:

The collaboration between Newcastle Elders, Newcastle University and Workers Education Association is to continue. We have news that a successful bid has been made to carry this on for a further two years in a number of local areas. Comic Relief has been instrumental in providing

this financial support. New dates will be coming up soon and it would be great to welcome you to one of the courses.

Housing, Health and Social Care Group

Getting By With A Little Help: exploring alternative models of care and support at home

As older people, we know that social care is in urgent need of reform with fewer people getting the help they might need to remain independent at home. Members of the Housing, Health and Social Care Group wanted to be better informed about new approaches to home care and undertook to look at examples of care and support that we, as older people, might want to choose when we need some help in order to remain independent in our own homes. The findings from their work are now available on the [Elders Council website](#)

Mental Health:

Representative members of the Housing Health and Social Care Group recently attended a very timely seminar arranged by the Health & Race Equality Forum. There were some memorable stories from people who have lived through the refugee and asylum process as well as those who work with them. The final presentation was around how volunteers, and others at ground level, need to also be considered and also how to recognise and look after your own mental health and wellbeing.

Future Homes at Great North Exhibition:

This group had their monthly meeting last Friday. The Elders Council is represented on the group which also has people from a wide range of other organisations. The group are working to build homes on the site called the Helix (part of the old Newcastle brewery site) and as part of the Great North events there is a visual exhibition at The Core, Newcastle Helix, Newcastle upon Tyne NE4 5TF from Saturday July 7th to September 9th - daily 1000-1700. This is your opportunity to '*visualise how technologies of today could transform the lifestyles of tomorrow*'. For those with mobility issues car parking is available on site and there is easy access to and within the building.

The Milecastle Social Group:

Our next meet is on Wednesday 18 July at 10.30 at the Milecastle pub. This month we have a speaker from DeafLink who is going to speak about hearing loss and ways to help. We're always happy to see you, there will be someone at the door to say hello if you are worried about coming in on your own.

Facebook:

If you or a family member has a registered account you can now view information on our facebook page. Join in to see what is available, at the touch of a button. Once on facebook search for **Elders Council of Newcastle** and simply 'like' our page.

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Dates for your diary

Your Homes Newcastle Community Investment Fund is Launched on Tuesday July 3rd at Newcastle City Library between 11-1300hrs. Register your interest [here](#) and drop in for more information.

WinG 'Pushing the Possibilities' is a free outward education course starting on July 10th. There are limited spaces available so for further information and eligibility check out the details [here](#) then look forward to an adventure.

Stay Safe online: join a session on Monday July 9th at West End Library or Friday August 17th at Outer West Library or Wednesday September 12th at Fenham Residents Association. Contact **Search** on 01912737443 for more information or [check this link](#) for what's on next week

Elders Programme of Local Events for July 2018

The 'what's on near you' is now available [here](#)

<http://www.sagegateshead.com/tour-dates/getnorth2018-well-tuned>

<https://getnorth2018.com/inspired-by-great-exhibition-of-the-north/>

https://www.dancecity.co.uk/?dm_i=2EFQ%2C19GNW%2C7JQW55%2C41NQZ%2C1

<https://twmuseums.org.uk/member/register>

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Opportunities

Digital North: Do you know an older and/or disabled person who is unable to access the Internet or computers? Do they want to be able to improve their computer skills, to use the Internet to shop, socialise, pay bills, apply for jobs, make benefit claims, etc? More information and contact details are available [here](#) to assist.

Ukelele lessons: Jesmond Dementia Action Alliance hope to continue this free course of lessons, available through Newcastle City Learning, from September so if you are interested please email dementiafriendlyjes@gmail.com for more information

Deaflink: Would you like to know more about lip-reading? There are some taster sessions available on July 26th, more information [here](#)

Great North Exhibition: A number of Newcastle Elders are volunteering at this event, if you are out and about see if you can spot anyone you know! Many of the buildings are easily accessible if you have limited mobility issues however it would be in your interest to check this out before you go. All contact details are available on the [brochure](#)

Transport:

The closure of Blakett Street to traffic was in the last Bulletin. For your opportunity to to participate in the Travelling on Blakett Street 2018 consultation view the survey at [Let's Talk Newcastle](#).

Voice: Are you interested in Research opportunities? Find out what is happening in the community but don't forget to check out the available dates and register first. The following item is an example of the many choices you will have.

<https://www.voice-global.org/opportunities/age-is-just-a-bingo-number/>

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Information

NHS Future Health and Care News: June-July 2018:

Check out the links below which also cover some of the NHS 70th birthday celebrations.

[New Care Models](#)

[In Touch](#)

[Red Bags](#)

Pension: It's time to find out how much you actually know!

If you are between 40-70 Northumbria University would like to have your views in the [attached survey](#)

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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 NE4 5PL

Telephone: 0191 208 2701

email: info@qualityoflife.org.uk

www.elderscouncil.org.uk

