

E.C. Fortnightly

Issue 27

August 2018

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What's the Elders Council doing?

Cultural Plan for Newcastle

On Friday 20th July, a consultation event was held by the City Council about the development of a new Cultural Plan for Newcastle. About 60 people attended and the Elders Council was represented. Many people who might have wanted to be there were unable to make it. The link below asks the same questions as were asked at the event and it would be helpful if you'd complete the survey and let the City Council have your thoughts.

<https://www.surveymonkey.co.uk/r/PYYJWL8>

In addition to the survey they would welcome any other observations you might have about what they should take account of while they're developing the plan – strengths, weaknesses, priorities...and anything else you'd like to say. Send those thoughts to andrew.rothwell@newcastle.gov.uk

Active Voices

Elders Council in partnership with WEA and Newcastle University have been offering a short course aimed at introducing people to different ways they can engage in their community. There have been three courses so far and another is planned. There are two opportunities for you to find out more about the course and meet tutors and participants.

1st September 2018 – 1.30 – 3.30 pm – Brunswick Methodist Church: This celebration event for people who have taken part in previous courses will give

you an opportunity to find out how other people have benefited from the course and to meet the tutors.

10th September 2018 – 10.00 – 12.00 pm – Brunswick Methodist Church Newcastle An opportunity to take part in a short taster to see whether this course is for you. This is a free event with light refreshments

To book at place at either of these events contact shughes@wea.org.uk or call 0191 212 600

Blackett Street Closures

Have you been travelling into the centre of Newcastle over the weekends this summer? Has the closure of Blackett Street affected your journey in any way? How does it feel to walk around the area? If you have any comments (good and bad), please contact alison.lamb@newcastle.gov.uk.

Urgent Care

The Elders Council took part in a questionnaire about Urgent Care in the city several weeks ago. There is a further set of meetings to hear your views on improving the service at the Lemington centre

To register your place, you can either call on 0191 217 2803 or use the links below.

Tuesday 4 September	5 to 6.30pm at Newcastle City Library	book your place here
Thursday 6 September	12 to 1.30pm at Lemington Resource Centre	book your place here
Wednesday 12 September	5 to 6.30pm at Newcastle City Library	book your place here

Give as You Live

Give as you live are offering a bonus £5 for every £5 we get from new people who use it. So, could you please get friends and family to help raise funds for the Elders Council? It's totally free to use and with top offers from retailers like John Lewis, Amazon and eBay, you could save money and get that feel-good factor by helping a charity you love for free. Join today by clicking:[here](#)

Dates for your diary

Flower Festival

St. Hilda's Church, Jesmond Friday, 7 September at 7p.m. where there will be cheese, wine and musical entertainment (suggested donation of £5) Saturday 8

September open from 10a.m.- 6p.m. donations welcome. The web page is [here](#)

Northumbrian Scribes

This is the 30 Anniversary, so the exhibition is “Pearls of Wisdom”. This is available at the Showcase Gallery Priestman Building University of Sunderland from 3 -21 September Monday to Friday 9a.m. – 5p.m. Find out more about the scribes and calligraphy click on their website [here](#)

Dementia Friendly Cinema

Tyneside Cinema’s monthly daytime film screenings for people with dementia and their carers and families offer classic movie screenings with the lights up a little, the sound down a touch and trained staff on hand to assist. There will be free tea and coffee before each screening and attendees are welcome to stick around after the screening to chat about the film.

The next screenings are:

Thursday 30 August, 1:30pm, Yellow Submarine

Thursday 27 September, 1:30pm, The 39 Steps

Thursday 25 October, 1:30pm, Young Frankenstein

Thursday 29 November, 1:30pm, West Side Story

Thursday 20 December, 1:30pm, White Christmas

Visit the website [cinema](#) for more information and call 0191 227 5500 to book tickets.

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Opportunities

Claremont Road Runners

This organisation are looking for new people to take up running – especially those over 55 .Sessions are on Monday and Wednesday evenings at 6pm. A running coach will be on hand to show you lots of different courses available. For details, please ring Ken on 0786 893 5652 or click on [runners](#).

Discovery Museum

Free Guided Tours of The Great Exhibition of the North – George Stephenson (Discovery)

A free tour for Deaf and people who have significant hearing loss will take place on Friday 7th September between 3:40pm and 4:40pm. The tour guide will have worked with communication support including BSL interpreters so will be fully aware of all related issues. Places must be booked by August 31.

Book early to avoid disappointment Contact email robert.latham@twmuseums.org.uk or telephone on 0191 277 2313.

There're also other things to do at the museum whether you have hearing difficulties or not. If you have grand-children the "Little Inventors" is available or why not try the "Azuma" experience from L.N.E.R find out more [here](#)

Voice

There are many opportunities to participate in Voice research. August 28 there is a discussion on seating in public areas and on the 30 August a discussion on Ageing and Innovation. Why not register and receive information directly? Go to <https://www.voice-global.org/>

Search

Friendship Hub

This is a new group. The next two meetings are as follows: 29 August a trip to the Sage Gateshead with a screening of "The Bridges Animation" followed by lunch. Meet at Eldon Square Bus Station at 11a.m.

On 12 September it's a visit to the Grainger market for lunch with a guided history of the market. Meet for lunch at Oliver's Bistro Café at 12 noon Contact by phone for more information 0300 300 7070 or 07908 103 724

Information

Flu Jabs

Please remember to get your annual flu injection this autumn. Some GP surgeries remind you to book an appointment; at other ones, you must ring in and ask. Or, of course, you can see whether your local chemists can do the job for you.

Deaflink

There is a group for people who suffer from Tinnitus held on the second last Thursday of each month. Contact 0191 281 2314 or louise@deaflink.org.uk

Independent Age

Older people do not always claim benefits. To find out what's available and if you're eligible to claim, please ring Independent Age's helpline number: 0800 319 6789; lines are open Monday to Friday from 8.30am to 6.30pm and Saturday from 9am to 1pm. Or visit their website [here](#)

NHS England

As the NHS treats more patients than ever before, a new nationwide survey shows most people are positive about their GP care – with eight out of ten patients rating their overall experience of their GP surgery as good. The survey also found that confidence and trust in GPs and healthcare professionals To read the full report click [here](#)

Keeping warm in winter

Keeping warm is important as you are more likely to catch cold or flu in winter. The cold weather can also cause other serious health problems such as heart attacks, stroke, hypothermia and pneumonia. It also increases the risk of accidents and falls. For more details visit [information](#)

The Golden Guide

The Golden Guide, a free advice guide for over 50s in Newcastle and North Tyneside, has been updated. Some 10,000 copies are going out, including a supply for all GP practices. The popular 110-page guide is packed with tips on finding help with health, care and money issues, and lists all kinds of leisure activities. Read it online at [golden](#) There is a free postal service for over 50s residents, ring the Golden Guide on 0191 386 5918

Dance City

Keep Dance City in mind when looking for either seeing Dance performances or joining a dance activity class many of which are aimed at older people. For more information see their website [dance](#)

Stephenson Museum

This hosts Killingworth Billy, one of Stephenson's train so worth a visit for that alone. However, there's a wealth of other things to see and do including riding on a train. Visit their website [railways](#) for further information.

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