

E.C. Fortnightly

Issue 32

October

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What's the Elders Council doing?

Harnessing the Voice of Older People

An important forthcoming event where your voice will count. Elders Council is working with Independent Age to offer you this fantastic opportunity to have a say! Independent Age wants to hear from older people (55+) like yourselves about your experience of growing old and what you want from your communities as you get older. Independent Age have employed JuST Works, Jeanette Thompson and Sharon Pickering to talk to you about this. They want to hear what you want from your life as you get older and what you want and need from your local community. Jeanette and Sharon will share the findings from the Newcastle conversation with us to help to inform the Elders Council's work.

When: **Monday 5 November 2018 - 10.30am - 2pm**

Where: – **MEA House**, Ellison Place, Newcastle upon Tyne, NE1 8XS - **Free lunch provided.** Transport can be provided if you are unable to get there by public transport.

Contact pauline.rutherford@elderscouncil.org.uk or call 0191 208 2701 to book your place.

Development and Allocation Plan (DAP)

In order to have our say on future development in Newcastle until 2030 members of the Elders Council have been invited to a meeting with city

council officers on **Tuesday 6 November 2018 at 10.30am in Newcastle Civic Centre.**

The plan is about providing the right development in the right place at the right time. The DAP includes policies on:
Economic Prosperity – 14,000 jobs by 2030
Homes – 21,000 new homes by 2030
Transport – improved Accessibility for walking and cycling; use of public transport promoted; safe, secure, and
Useable vehicle and cycle parking; impact of development on the highway network to be managed
People & Place – preservation, protection, and enhancement of the city's natural, cultural, and historic
Environment; as well as the city's green infrastructure

The Elders Council were consulted on the draft version of the DAP in 2017 and in response amendments have been made. This is our last opportunity to make comments on the DAP before it goes to a planning inspector. If you are keen to make Newcastle a great place to live, work, and visit join us at this vital meeting. Please contact: johnbtelfer@blueyonder.co.uk for further information. We will meet at 10.20am in the main reception area.

Other opportunities to have a say about this are as follows:

Development & Allocations Plan drop-in 10 November, City Library [View details](#)

Development & Allocations Plan drop- in 30 October, City Library [View details](#)

Doorbells – Dreaming for the future – Film Premiere!

Monday 19 November 2018 – 5.30pm

B&D Studios, 3rd Floor, Commercial Union House, Pilgrim Street, Newcastle upon Tyne, NE1 6QE

The Elders Council worked in partnership developing the work on “Doorbells”. This is the film version - not to be missed!

My home, my castle, my container, my prison? How do we imagine the future of where and how we will live? How do we take the important decisions about moving or staying put or adapting our homes? This sensitive, humorous and moving performance, explores this difficult issue which many of us find hard to think about. Join us for the first public screening of the film of Doorbells – Dreaming for the Future. After the screening there will be a short post-film discussion. Refreshments

will be provided. To book a place, please contact pauline.rutherford@elderscouncil.org.uk or call 0191 208 2701.

Keep up your IT skills with Northumbria University Students

Don't miss this golden opportunity to keep up your IT skills. Students from Northumbria University are offering a regular IT drop-in for older people on Wednesday afternoons between October and December. You can bring your own phone, laptop or tablet or use the University computers to get help and support to find out how to use a new app, download your photos or make a skype call. Please book your place in advance by contacting pauline.rutherford@elderscouncil.org.uk or call 0191 208 2701. The sessions will take place at 2pm – 4pm in Room 107, Squires Building, Northumbria University, 2 Sandyford Road, Newcastle upon Tyne, NE1 8SB on the following dates:

Wednesday 31 October 2018

Wednesday 14 November 2018

Wednesday 28 November 2018

Wednesday 12 December 2018

The People's Budget

How will you balance the city's budget? This online simulator allows you to take on the role of a councillor and decide where to make reductions to budgets or generate income to set a balanced budget. It allows you to see how every decision has a potential impact on the delivery of services, reinforced with breaking news headlines. We're keen for everyone to have a go at using the simulator, you can do this at: www.letstalkbudget.org.uk. The Elders Council will prepare a response to Newcastle City Council's budget proposals. If you have particular issues you would like us to raise, please email barbara.douglas@elderscouncil.org.uk.

Elders Council on the airwaves in Italy

'Older Voices' – the Elders Council Radio Group has been working with Newcastle University PhD student, Arlind Reuter, to improve the ways in which people can listen to the radio programme. Arlind has helped members of the group to develop podcasts of the fascinating interviews which are now available on the Older Voices Facebook page. Last week, Arlind gave a presentation at a conference in Italy about her work with the Elders Council. Don't forget to listen in to the programme on the

first Friday of month – 2pm – 4pm on ne1FM or catch up on the Older Voices Facebook page.

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Dates for your diary

Deaf Awareness N.E.

Join us for our Signed Singing Fundraiser on Sunday 4 November at the Exchange in North Shields from 3pm. Contact 07734176196 or email:

info@deafawarenessne.org.uk

Virtual Advisor Testing

Newcastle City Council has offered us an opportunity to test their new Virtual Advisor which will help to signpost their website visitors to information and help with equipment and aids. The session organised for **1 November at 11am – 12 noon** will now be taking place in: Room 8 at the City Library, Charles Avison Building, 33 New Bridge Street West, Newcastle Upon Tyne NE1 8AX. For further information contact lauren.hoy@newcastle.gov.uk.

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 29 November, 1:30pm, West Side Story

Thursday 20 December, 1:30pm, White Christmas

Visit Tyneside Cinema's website for more information and call 0191 227 5500 to book tickets.

Newcastle Transport Forum

Improving Tyneside's Air Quality

A special meeting of Newcastle's Transport Forum that is open to anyone to attend. At this meeting, the Forum and guests will be finding out about the challenges facing the area to improve our Air Quality and looking at the approaches that other cities have taken. It will take place on: **Thursday 1 November 2018, 6pm to 8pm in the Pandon Room, Civic Centre.** Please let us know if you intend to attend this event by emailing transport@newcastle.gov.uk

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Opportunities

Newcastle University Institute for Ageing

The Newcastle University Institute for Ageing will be hosting a three day Film Festival in November, each evening will feature a film screening followed by a post-film discussion with a panel of researchers/guests, taking place from 6pm – 8.30pm at the Tyneside Cinema (Electra Screen). Screenings are:

[Monday 5th November - The Age of Adaline](#)

[Tuesday 6th November - The Lady in the Van](#)

[Wednesday 7th November - The Intern](#)

All film screenings are free and refreshments will be provided, but booking is essential and each film has its own booking link (see above links) [Full details of the three day event can be found here](#)

Newcastle University with Operating Theatre present:

“Making for the Light” a play about living with epilepsy. This will be performed at the Live Theatre Studio on Broad Chare on Thursday 22 November 2018 starting at 8pm. This is a free event but is ticketed. For tickets please book [here](#).

Newcastle City Council Ward Committees

This is a message from Amy Stillwell, Communities Officer and is with reference to ward committees and their funding. “As many of you will be aware, each ward committee has a small amount of funding available for community based projects each year. The deadline for this funding is **1 December 2018** and we are now accepting applications. If you would like to find out more information on priorities for your area, or would like to apply, [please visit our website](#) for more details”.

Waste Strategy for Newcastle

Members, residents and businesses are being asked their opinions on a draft waste strategy for Newcastle. The City Council wants to hear what people think about a strategy that will shape how the city deals with waste over the next 15 years. There is an online questionnaire at Let’s Talk Newcastle. This second stage of consultation runs until 31 October 2018. This next stage is to provide some further information on what is already being done or planned and to consult in more detail so that the

Waste Strategy and the supporting Action Plan deliver the outcomes. To do this we are seeking views on some key areas under the different themes. To take part in the consultation the background information and the online questionnaire can be found [here](#).

Skimstone Arts

This theatre company are working on a production for “Holocaust memorial Day” in January 2019. The title of the production is “Torn from Home” and they are looking for people, particularly older people, who have a story fitting this theme. They recognise the sensitivity of sharing these stories and so would like to offer a calm, safe place, with refreshments, to share them, or, where appropriate to visit a home, centre, or meeting place where the stories can be shared, using an artistic exchange. For further information please contact: email: Claire Webster Saaremets – Artistic Director of Skimstone Arts 0780367065 or claire@skimstone.org.uk

Tyne and Wear Archives and Museums

For the past two years the Outreach team at Tyne and Wear Archives and Museums have been working in partnership with National Museums Northern Ireland on the Big Lottery funded project 'Live Well', engaging disadvantaged older adults with museums and cultural services. The aim of this project is to increase quality of life and encourage friendship, independence and learning. Tyne and Wear Museums are offering a half day training session to learn about Live Well and how you can run the project in your venue. The training is open to key workers and/or volunteers who organise community activities. There will be fun and informal activities to take part in, information sessions and presentations, information packs to take away and a chance to sign up to our new Outreach box scheme and an opportunity to borrow one box free of charge in this introductory offer.

Refreshments will also be provided, please inform us in advance of any dietary requirements. To find out more and book a place go to:

<https://www.ticketsource.co.uk/event/273758> or contact

Ruth.Sheldon@twmuseums.org.uk

South Shields Art Gallery

They have three new exhibitions that you may like to visit. Remember you can get there by using your bus pass and the Elders Council leaflet on getting out and about will help with other ventures further afield. For information go to <https://southshieldsmuseum.org.uk/>

Natural History Society

For those interested in natural history the society hold regular talks and lectures. The winter schedule is well under way. It's free to members but a donation is expected from non-members. The meetings are held in Newcastle University's Ridley Hall in the Ridley Building. The next two meetings are "Spiders - a natural history" on 2 November and the following week it's "The reintroduction of the Lynx". For further information contact Claire Freeman Tel – 0191 208 2792
www.nhsn.ncl.ac.uk/

GeNErosity Festival 2018

From 7 to 27 November, the North East will host GeNErosity: A Festival of Philanthropy and Giving. This unique Festival, the first of its kind in the UK, has 50 different events, from Berwick to Teesside, most of which are completely free! Come to the Festival Launch (7 November), where, for the first time, Prof. Charles Harvey will share the story of North East philanthropy and there'll be the premiere a specially commissioned film. 'What has philanthropy ever done for us?', in which November Club, in collaboration with young people from the region, will present their playful and inspiring take on philanthropy. You'll also meet our thirty #poweredbyphilanthropy groups, who will be leading fantastic activities across the north-east throughout the festival. For a details of all 50 events, which range from a walking tour of Jesmond Old Cemetery to bread-making classes to music events, go to:
www.generosityfestival.co.uk

You can also get involved in the pledge card campaign and nominate your Unsung **GeNErosity** Hero with a chance for them to win £1,000 for the charitable organisation of their choice.

Research

Cultural-led Regeneration: What difference has cultural-led regeneration had on the regional identity in Newcastle and Gateshead? Would you like to participate in a research project with a student from Northumbria University on cultural-led regeneration? You will be invited to photograph what Newcastle and/ or Gateshead means to you and to keep a diary about the photos you have taken. You will then have the opportunity to discuss the images you have produced with the researcher. If you would like to know more about this exciting project, make a start by completing this [questionnaire](#) and/or contact isaac.newham@northumbria.ac.uk.

SA Performing Arts Centre Newcastle

This is a great opportunity for any community group looking for a free performance. The following is a request from the centre. “I am contacting you from SA Performing Arts Centre in Newcastle, we are a full-time training college for musical theatre students. This November our third year students are performing a piece of community theatre based around ‘The role of women in the 20th century’. We have a few performances booked but would like to fill our final spaces and wondered if you would be interested in a free performance for your members and friends? Ideally we would be looking at Tuesday the 20th of November (daytime) but could possibly fit something in on the Wednesday or Thursday. The piece lasts under an hour and can be played in most spaces.

The idea behind this programme is to take our students out of a traditional theatre space and into the community, exposing them to wide variety of audiences and performance styles before they graduate next May. If you would like to discuss this further please do not hesitate to contact me”. Lucy Sage <Lucy@sage-academy.co.uk>

Voice North

There are always opportunities on this website including this one looking for feedback on [patient experiences](#). Register as a Voice member and receive all of the opportunities for yourself.

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Information

Information Commissioner’s Office

Information Commissioner’s Office is the UK’s independent authority set up to uphold information rights in the public interest, promoting openness by public bodies and data privacy for individuals. It deals with nuisance calls and electronic telephone marketing.

<https://ico.org.uk/your-data-matters>

YourNorthumbria

This is a free community messaging system for Northumbria, Newcastle, Gateshead, Sunderland North and South Tyneside that allows you to register and receive the latest crime notifications and community news happening in your local neighbourhood. Visit:

<https://www.yournorthumbria.org>

Free Online Course

Dementia and the Arts: Sharing Practice, developing understanding and enhancing lives

Explore, challenge and shape your perceptions of dementias through science and the creative arts. Creating a society that supports and includes those living with a dementia is a major challenge – and opportunity. In this online course you will discover how the arts can create common ground between people, and in doing so, learn what we can all do to improve the quality of life and care for people living with different dementias.

Course start date: 19 November 2018. The course [sign-up page](#) is now live.

A new musculoskeletal service across Gateshead and Newcastle
A 'single point of access' musculoskeletal service launched on 1 October. Tyneside Integrated Musculoskeletal Services (TIMS) offers self-care and fast access to information, resources and expert opinion about a variety of back, neck, joint or general muscle conditions. Patients will have greater control of their own care and find it easier to self-manage muscular conditions through a dedicated website — www.tims.nhs.uk.

If additional advice or support is needed, patients can use the website to refer themselves for local NHS physiotherapy and other musculoskeletal and pain services without having to visit their own GP first. This will mean that people with more complex conditions can be seen more quickly by specialist teams who will, where appropriate, refer them to a hospital consultant for further assessment.

Carers Cafés in Newcastle There are several Carer Cafés around Newcastle for carers to meet other people in similar caring situations. The cafés are also an opportunity to get a break from your caring role and get information and support. They take place at the following venues and dates:

* Newcastle Carers Centre, Shields Road, Byker, NE6 1DN — on the first Wednesday of every month, 10.30am to 12 noon

* Grundy Room, Gosforth Library, Regent Farm Road, NE3 3HD — on the third Friday of every month, 10.30am to 12 noon

* Education Therapy Room, The Lemington Centre, Tyne View, Lemington, NE15 8RZ — on the second Thursday of every month, 1pm to 2.30pm

* The Angelou Centre, 17 Brighton Grove, NE4 5NS — (for female carers from Black and Minority Ethnic communities) on the last Tuesday of every month, 12.30pm to 2.30pm. For more information visit [Newcastle Carers](#)

Health and wellbeing guides for older people and carers Guides on 'healthy ageing' and 'healthy caring' provide information to older people and carers about staying healthy, fit and independent during the winter months. They identify the support that is available to help maintain people's health and wellbeing and can help ease some of the winter pressures on the NHS systems.

The guides have been co-produced with Age UK, Fire Rescue Service, Carers UK, Carers Trust, Public Health England, carers networks and older people.

Both free guides are A4 magazine-style publications that can be ordered in any quantity and delivered for free by calling 0300 123 1002, quoting reference HC2 for the healthy caring, or HA2 for the healthy living guide or online [here](#)

Information Now

Information NOW is a website containing information, organisations and events for older people working or resident in Newcastle. Did you know you can now create your own personal calendar of events from the Information NOW website and help someone else by saving a calendar and emailing it to them or printing it out. Just register on the Information NOW website and then create your own Favourites list. Whenever you 'save' an event, it will automatically be shared into a table of events by date/day order. When you are ready, you can email or print the events table separately. There are a wide range of categories for you to view including sports and fitness and gardening and you can search for an activity by day/date/postcode go to the website www.informationnow.org.uk to find out more.

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