

# E.C. Fortnightly

Issue 33

November 2018

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## What's the Elders Council doing?

### Doorbells – Dreaming for the future – Film Premiere!

Don't forget - **Monday 19 November 2018 – 5.30pm**

B&D Studios, 3rd Floor, Commercial Union House, Pilgrim Street, Newcastle upon Tyne, NE1 6QE. Refreshments will be provided. To book a place, please contact [pauline.rutherford@elderscouncil.org.uk](mailto:pauline.rutherford@elderscouncil.org.uk) or call 0191 208 2701

### So what exactly is a 'Chatbot'?

Several Elders Council members attended a session with Newcastle City Council on 1 November to find out what a 'Chatbot' is and how to use it. The 'Chatbot' is an automated on-line tool on Newcastle City Council's website which provides another way of finding information about how to access help and support in adult social care. It is still in its infancy and is being developed based on how people use it. We used a variety of scenarios to test the new 'Chatbot' with varying degrees of success, but we did provide our colleagues at the Council with useful feedback on how to improve it. You may like to try it [here](#). Please send your feedback to [lauren.hoy@newcastle.gov.uk](mailto:lauren.hoy@newcastle.gov.uk).

## 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. **'It is absolutely excellent!'** says someone who went for the first time last week. 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](mailto:pauline.rutherford@elderscouncil.org.uk) or call 0191 208 2701. The sessions will take place at 2.00pm – 4.00pm in Room 107, Squires Building, Northumbria University, 2 Sandyford Road, Newcastle upon Tyne, NE1 8SB on the following dates:  
Wednesday 14 November 2018  
Wednesday 28 November 2018  
Wednesday 12 December 2018

## Newcastle Transport Forum

Elders Council members attended the Newcastle Transport Forum Open Meeting on Improving Tyneside's Air Quality in November. We know that poor air quality affects our health and is the cause of premature deaths, particularly in young children and in adults with respiratory illnesses. The Government is asking local authorities to come up with plans as to how they will reduce air pollution. Many interesting ideas were discussed including how the introduction of 'Charging Clean Air Zones' would help. What size should the zone be? Which vehicles should be charged? How can these measures be introduced without having a significant impact on those least able to afford it? We also discussed other ideas such as how to prevent people from idling or vehicle scrappage schemes to help people to upgrade to more environmentally-friendly vehicles. Newcastle City Council will be drawing up plans for implementation in 2020. Watch this space for further opportunities to contribute to the consultations.

## Listening Project with Independent Age

Members of the Elders Council and Search participated in a Listening Project facilitated by Independent Age on 5 November. Fireworks sparked as we shared our experiences of ageing; what we have learned and what we are concerned about. A number of suggestions were made about issues we may like to work on in the future including intergenerational relationships; being financially secure; care services AND how we encourage and enable people to take part in the wealth of activity available in the city to suit all interests.

## Don't miss the panto!

Older Voices – Elders Council's radio programme – will be performing their annual pantomime on Friday 7 December at 2.00pm. It's on ne1FM wavelength 102.5. If you can't listen on the day, watch out for details of the podcast.

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## Dates for your diary

### Silverline Memories Pantomime:

Silverline Memories are holding a pantomime in partnership with North East Producers. This fully inclusive, highly interactive pantomime will be held on **Saturday 22 December at Fawdon Community Centre**. Tickets are £7.50 for adults and £5 for children and over 65's. Please call 0191 603 0095 to book.

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## Opportunities

### Cultural Opportunities in Newcastle and Gateshead

Become a member of "Insider" and find out about events and activities coming straight to your email. This month reminders about the annual ice rink at Life Science Central that starts 9 November; Christmas crafts at, among others, Seven Stories and Shipley Art Gallery; watch "The three Bears at Christmas" at Northern Stage or "Deeds not Words" at Dance City "I love

being an 'insider' and love that I get to find out about things I wouldn't have known about otherwise." Insider Member 2018  
Join by going to <https://thisistheinsider.com>

### **Tyne and Wear Archive and Museums**

There are also many activities that happen within this group for instance "Living Wreaths" on 11 November at the Laing Art Gallery; or "Hearts at Peace" at Segedunum Roman Fort. You can have all the information sent to you by becoming a member of "Must-see Museums" go to <https://twmuseums.org.uk> and join now.

### **Bobby Baker's Great & Tiny War Opens the Door to Access**

You may have already heard about Great & Tiny War, an art installation occupying a residential house in Arthur's Hill, Newcastle. The work has been popular so more dates have been added - audio tours are now available until 28 November.

In Great & Tiny War, commissioned by 14-18 NOW, the female artist Bobby Baker re-imagines what it must have been like when war was declared in 1914. With a different theme to each room, it touches on topics including the undervalued role women played at home and transgenerational trauma caused by war.

Baker draws inspiration from her own family's story including her grandfather who was a ballistics engineer at Armstrong Whitworth in Newcastle.

The makers have thought carefully about access and resources include a portable hearing loop, a video of the upstairs rooms, audio descriptions for the blind and partially sighted and free tickets for carers.

**Tickets for Bobby Baker's Great & Tiny War are available online from Wunderbar at <https://www.wunderbar.org.uk/great-tiny-war> or by calling 07535 008875.**

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## Information

### Dementia Friendly Jesmond

'Enjoy Fun Games & Socialise' sessions offer a variety of light-hearted activities which include golf games (think crazy golf!), boccia (similar to indoor bowls but easier and doesn't require bending). All games are accessible to everyone, can be enjoyed regardless of mobility or memory levels and can be played whilst seated. All activities encourage people to socialise, have fun and make new friends. Sessions are **free** and transport can be available for those who need it.

Organised by Jesmond Dementia Action Alliance in conjunction with Rookie Sports, sessions run at the Parish Hall of Church of the Holy Name, Towers Ave, Jesmond 10.15am - 11.45am on Wednesdays **until 21 November**. For further information please email: [dementiafriendlyjes@gmail.com](mailto:dementiafriendlyjes@gmail.com) or contact Bobbie Harding phone: 0191 2816950.

### Patchy Café

Patchwork Project has opened Patchy Café, a community café on Armstrong Road, Newcastle, open 8.00am to 11.00am Monday to Thursday offering good quality affordable food, term-time. Click [Patchy Cafe](#) to find out more, or better still go and see for yourself.

### Versus Arthritis

Versus Arthritis is the new name for the new organisation formed by the merger of Arthritis Research UK and Arthritis Care. Gateshead Versus Arthritis has been run by volunteers for 30 years. Visit <https://www.arthritisresearchuk.org/>

### Contact the Elderly

Volunteers are holding a stall at the Tynemouth Station Market on **17 November** to raise funds for the organisation. The market's an interesting place to visit at any time. Bus pass or directly on the Metro to get there and why not find a place for lunch or tea as well as supporting local business and charity.

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