

E.C. Fortnightly

Issue 35

8 December 2018

Contents

- [What's the Elders Council doing?](#)
- [Dates for your diary](#)
- [Opportunities](#)
- [Information](#)

What's the Elders Council doing?

Balancing the Books

Members of the Elders Council and the Youth Council recently took part in Newcastle City Council's Budget Simulation. It was only by making cuts to services, which we really did not want to make, that we were able to come to a balanced budget. We were not all in agreement – some of us felt strongly that we should abort the exercise on the grounds that the cuts were far too severe and would affect the most vulnerable in the city. It's an interesting way of getting to grips with the decisions which the Council has to make to balance the books.

Representatives of the Elders Council Board then met Council officers in early December to find out more about the budget proposals. The Board will be preparing a formal response to the budget consultation. If you have any comments on the budget proposals which you would like to share with us, please email pauline.rutherford@elderscouncil.org.uk .

The LifeCurve App

This is a simple app which enables you to find out how you are ageing and suggests ideas and activities which can help you to age well. Try it and let us know how you get on! The app is available to download to your mobile or tablet device [information available here](#). Elders Council is planning to arrange a session to demonstrate the app, so look out for dates in EC Fortnightly and on Facebook.

HOUSING OPTIONS FOR OLDER PEOPLE (HOOP)

Craig Wilkinson, of Care and Repair Newcastle, recently came to the Housing, Health and Social Care meeting to present to the working group what he called a signposting tool. He would like EC members to comment on this tool and see how it works in practice. You are therefore invited to a meeting in the Biomedical Research Building from **10.30am to 12pm on Monday 17 December** to go through the questionnaire and tell Craig what we think of it. There will be no copy of the questionnaire in advance because he needs an immediate response to a document that you haven't seen before. If you would like to attend, please email [Pauline](#) or call 0191 2082701 by 14 December.

Technology and Older People

Members of the Elders Council, along with about 20 others, took part recently in a focus group organised by the technology company Fujitsu. The company wanted the views of older people on the role of technology in society, its use by Government, and the ways technological innovation could influence how Government services may be delivered in 12 years' time. For further information and perspective from attendees please read the [attached report](#)

Why is it so hard to talk about care?

You will be aware from previous bulletins that the EC Housing, Health & Social Care group produced a report on available Care choices. The [attached article on care](#) in the Which magazine, addresses some of the issues around making such choices. If you read this it may help you to have such a conversation with the important people in your life.

[Return to the top](#)

Dates for your diary

Newcastle City Guides

[Season Tickets](#) are available now with a £5 discount if purchased before the end of December 2018.

Silverline Memories Christmas Tea Dance

Thursday 20 December, 1.30pm -3.30pm, at Fawdon Community centre. Ticket information is [available here](#)

Silverline Memories 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.

Christmas Party at SEARCH

Newcastle on Thursday 20 December 2018 6pm - 9pm at Carnegie Building, Atkinson Road, Benwell Tickets are £2. There will be live music, party food and a raffle. Call 0191 2737443 for more information.

Tyne and Wear Museums

Find out what's on in local museums over the Festive season [here](#)

Dementia Friendly Cinema

The final event at Tyneside Cinema of 2018 will be on Thursday 20 December, at 1:30pm, with a showing of White Christmas. Visit [Tyneside Cinema](#) for more information or call 0191 227 5500 to book tickets.

[Return to the top](#)

Opportunities

For the Love of Singing

Elders Council member Tony Huzzard loves to sing. He is a soloist with a wide-ranging repertoire and is also a member of several choirs. Are you looking for a soloist or a choir to sing at an event? If so, please contact Tony on 223 3481 or 07936316257. Tony enjoys singing so much that he doesn't even charge a fee.

Northumbria University

Are you interested in online research? If so please open the attached questionnaires and respond directly.

Living with Parkinson's Disease [Research Opportunity](#)

Exploring problems in everyday functioning in older adults [Research Opportunity 2](#)

It is a valuable way of contributing to ongoing research.

[Return to the top](#)

Information

NHS Future Health and Care

Redefining the role of the public in public services see [attached report](#)

Research Institute for Disabled Consumers (RiDC)

This is a new website that offers disabled and older people a space to share their [views and reviews](#) of products (both specialist and mainstream) that can help to make life easier.

NHS England

In Touch [Issue 82](#)

Staying well this winter

Read the latest [Information Now](#) advice for protecting your health over this winter period. Stay safe and enjoy the festive season.

[Return to the top](#)

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: pauline.rutherford@elderscouncil.org.uk

www.elderscouncil.org.uk