

E.C. Fortnightly

Issue 36

20 December 2018

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What's the Elders Council doing?

The Elders Council office will be closed from Friday 21 December 2018 and will re-open on Thursday 3 January 2019.

We wish you all a very peaceful Christmas and good health in 2019.

Older Voices Radio Programme

Members of this group recently interviewed Brian Burnie, founder of Daft as a Brush, and you can listen to the video recordings [part 1](#) and [part 2](#)

If you would like to know more about this charity please click the [this link](#).

Find out about **Life Laundry** in the Dates for your Diary below.

Age Friendly City Group

Care was the main topic at the December meeting of this group. The first presentation was from Dr Andrew Kingston and this illustrated how, based on current projections, many of us will spend our later years with 3 or more health conditions which will impact on our ability to live independently. Whilst Elders Council will continue to focus on encouraging older people to adopt lifestyles which increase our chances of living independently, there will always be those of us who need care in later life. Elders Council gave a presentation at the meeting on our recent work on innovative models of care - 'Getting by with a little help' - and set out the core principles which older people think should underpin good quality care services. The presentations generated a lively debate and exchange of ideas and the topic will be explored further at future Age Friendly Group meetings.

Milecastle Social

The last event of 2018 was held this week and Mary, Cath and Dorothy entertained us [with charades](#) (you can also see videos on our Facebook page). Our Christmas raffle raised £33 and all the winners were delighted with their prizes.

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Dates for your diary

Winter Festival in Newcastle

Early Evening free event at the Civic Centre on 31 December for [New Years Eve Fireworks](#)

Newcastle City Guides

Last chance to buy [Season Tickets](#) with a £5 discount if purchased before the end of December 2018.

Life Laundry

Do you say to yourself “I must understand my bills better” “I don’t like Paperwork!” “I need to get a grip on my money” “I have unopened letters” “Is this letter genuine or a scam”?

If financial paperwork makes you cringe, Life Laundry may be just the opportunity for you to get to grips with it.

Elders Council is working in partnership with the WEA Finance Branch to offer you a one-day course, to help you in a friendly, informal session. Make this the New Year Resolution that you keep!

The course will take place on **Tuesday 29 January** 10.30 am – 1.30 pm at a city centre venue in Newcastle, with a light lunch provided.

To sign up, please [email Pauline Rutherford](#) or call 0191 208 2701.

Great North Museum

[Seasonal opening times](#) and early 2019 events if you are looking for somewhere to take the children/grandchildren.

Dance City

Theatre Season Launching of [Events](#)

Stagecoach

Christmas and New Year information can be [found here](#), just type in your postcode or bus number to find services near you.

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Opportunities

BBC programme ‘CARE’

Did you have the opportunity to watch this last week? If you would like to add your name to the running request for reform of the current system please [use this link](#) and make your voice heard.

DRY JANUARY

This is the time of year that we are all enthusiastic about resolutions for the next 12 months. If you feel that this is the one for you to commit to then please [follow this link](#) for further advice.

VOICE Opportunities

You can find [dates here](#) for new research opportunities

Northumbria University Research

'Exploring problems in everyday functioning in older adults' here is the [Research Opportunity 2](#). This is still available to sign up for however if you require any further information please email the [research lead](#)

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Information

Information Now

The latest edition of the newsletter, packed with events and information, is [available here](#).

POWER CUTS

Do you know who to contact in the event of a power cut? [Here is a live map](#) of current outages and details of who to call if this happens to you. Please make a note of the relevant telephone numbers and share this information with family and friends.

NHS Bulletins

[6th December Update](#)

[19th December Update](#)

In Touch Bulletin [ISSUE 83](#)

New dementia quick guide from NICE

This [new guide](#) looks at discussing and planning support after a Dementia diagnosis.

Health and Race Equality Forum Information Bulletin

Key updates from HAREF are [available here](#)

OFCOM

Do you know what to do if you receive nuisance telephone calls and messages?

Ofcom have provided their latest [information guide](#) which will steer you through this service.

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