

E.C. Fortnightly

Issue 38

January 2019

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What's the Elders Council doing?

Communications Working Group

Here are some snippets of the items you can catch in full, read all about it in the EC Magazine which will be out soon.

ReSPECT

This information came to us as a result of a Radio 4 programme. Much more information in the next edition of our Magazine and on their web-site [here](#)

Mobility Scooters – are they a danger?

Read our article on increasing number of accidents in the next edition of our Magazine.

Pension Credit Policy Announcement- be aware

If one of you is of working age and one over state pension age this could affect you. Read the full article out shortly in the next edition of our Magazine. Click [here](#) to read Age UK's blog.

Older People Friendly City

Watch this space! We have submitted a proposal to Newcastle University Digital Civics to do a project with second-year students at the school of Architecture, Landscape and Planning on how parks can be convivial spaces for older people. If this interests you, contact us to find out more.

****Last Chance to come to the 'Life Laundry'****

Elders Council is working in partnership with the WEA Finance Branch to offer you a friendly, informal session to help you to make sense of your finances.

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.

The session will take place on **Tuesday 29 January** 10.30am – 1.30pm at Good Space, Commercial Union House, Pilgrim Street, Newcastle upon Tyne. A light lunch will be provided. To sign up, please [email Pauline Rutherford](mailto:Pauline.Rutherford@elderscouncil.org.uk) or call 0191 208 2701.

Active Voices

Join us for Active Voices, a free six-session course looking at how you might use your time to start something creative to get a zing into your community. It's an opportunity to explore new possibilities and use your skills and talents. The sessions will run from Thursday 7 March to Thursday 11 April from 10.30am to 2pm in a city centre venue (**free lunch included**) Contact: pauline.rutherford@elderscouncil.org.uk

ICE Project

This is your chance to sort out that email; phone; social media and the rest that was driving you scatty! Have a bit of **free** private tuition from the techy students at Northumbria University. Next dates available are **13 February; 27 February; 13 March and 27 March**. All sessions start at 2pm and are held in Room 107, the Squires Building. Contact Pauline.rutherford@elderscouncil.org.uk

Innovation in Ageing

A couple of EC members recently went along to "Innovation in Ageing" events in Newcastle. There were people of all ages involved. The purpose was to put innovators and funders together. The first task was to discover what people may need to help them adjust to changing abilities over time. Secondly each group had to come up with suggestions to solve issues identified earlier. Next time we will find out which suggestions have been chosen as possibilities to develop.

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Transport Working Group

Various surveys carried out from the City Council re the Blckett Street closure in Summer showed a mixture of advantage and disadvantage as you would expect. The greatest disadvantage as far as we are concerned was that people often had further to walk to bus stops. However, balancing that was pedestrians enjoyed better air quality. The group have started work on the next Summer Outings Brochure. Full report is in the next edition of our Magazine.

The Eagles Community Foundation

The Eagles Community Foundation is now operating their new community Arena based on Scotswood Road, Elswick, Newcastle upon Tyne. The Eagles have offered the Elders Council the opportunity to tour the arena on **Wednesday 30 January at 11.30** am to find out more about what's on offer.

If you would like to go, please call Pauline Rutherford on 0191 208 2701 or email:

pauline.rutherford@elderscouncil.org.uk. If you can't attend this session, why not try New Age Friday, 10.30am – 12pm from 22 February – 15 March 2019? A mix of New Age Bowls, Kurling and Boccia. Cost £3 per session.

Newcastle Gateshead Clinical Commissioning Group

A good chance to find out what happens with the Clinical Commissioning Group (CCG, they look after your care with GPs, dentist etc.) The next Governing Body meeting is to be held in public on **Tuesday 29 January** from 2pm - 4pm at Riverside House, NE15 8NY. For further info including parking, contact Louise McAndrew on 0191 217 2672. More information [here](#). Click [here](#) if you want to find out just how the CCGs work

National Pensioners Convention (NPC)

A Dignity Day is being held in Hartlepool where you will have a chance to hear from four speakers on health issues. Transport and meal are provided details as follows: the bus will pick up at Bewick Street, Newcastle (where the tour buses stop) at 9.30am on

Saturday 2 February. Return from Hartlepool will be at 2pm approx. dropping off at the same point. There will be soup and coffee on arrival, a light lunch and finishing about 3pm. For more information click [dignity](#). To participate please contact Frank Harrison 07747 295 777

21st Birthday celebrations for The Angel of the North

2019 sees the 21st birthday of the iconic Angel of the North. In celebration, a special exhibition will take place from **21 January to 30 March 2019** at The Gallery, Gateshead Central Library. The exhibition will feature work by regional artists including photography, painting, textiles, craft and design.

Dance City Spring/Summer Launch Event

Join Artistic Director Anthony Baker introducing what's on in their spring/summer season with some special guests. Hear more about the exciting shows coming up in the Dance City Theatre. Tickets are just £2.50 (and free to members) which include nibbles & drinks in the social space from 5.30pm on the 26 February so make sure you get here early! For more information email info@dancecity.co.uk

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Opportunities

Creative Age at the Hatton Gallery

Creative Age is a dementia-friendly creative programme offering older people living with dementia, their families and carers, and those with long-term health conditions the opportunity to take part in lively and supportive creative sessions led by artists and gallery staff. The next session is **6 February**. Contact: zoe.allan@twmuseums.org.uk or phone 0191 277 8895

Voice

There are always opportunities to become involved with research in a variety of ways. Have a look at the web site and choose. Click [voice](#)

Volunteers needed

An organisation supporting two neurodegenerative diseases Progressive Supranuclear Palsy (PSD) and Corticobasal Degeneration (CBD) is looking to recruit local volunteers to support people receiving diagnoses and act as advocates/befrienders. They also want people to help raise awareness of these conditions with care homes, hospices and health and social care professionals.

Contact North East Engagement Officer Gem O'Connor at gemma.oconnor@pspassociation.org.uk or 07918 789678 for an informal chat about volunteering with PSPA. Web address: <https://www.pspassociation.org.uk> and helpline 0300 0110 122

City Walking and Cycling Plan

Help the city develop a walking and cycling network to guide and inform future decisions about investment in new routes and improvements in existing ones. They'd like to know more about the places that residents and visitors go to in the city, on foot or on bikes, and what could be done to improve the journey. You can drop in and speak to them at a drop in near you. Closing date for this is 8 March 2019.

These are the Drop-in venues please check times as they are NOT staffed all day by calling City Council on 0191 278 7878

- 4 February - Hedley's Café, Newburn Riverside Country Park
- 5 February - Lemington Centre, Tyne View Lemington,
- 7 February - Sainsbury's Throckley Newburn Rd
- 11 February- Walker Activity Dome, Wharrier St
- 12 February - St Martins Centre, Roman Ave
- 19 February - Walker Activity Dome, Wharrier St
- 21 February- East End Library, Hadrian Square
- It is easier to just click [walk and cycle](#)

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Information

Integrated care

For an overview of what integrated care means in practice for patients, health and care organisations and staff, [watch this short animation](#), also [available in British Sign Language](#).

Information Now

Are you looking for home adaptations, equipment or aids? InformationNOW has an article that can help to make your day to day tasks easier ([home adaptations](#)).

The Council has launched a new website, Your Equipment Newcastle, ([your equipment](#)) to help you look at local products to help you around the home, with medication management or to get out and about.

If you are reviewing your housing options, then Information NOW has an article on Housing for older people ([housing options](#)) and you

could take part in a HOOP survey and get a personal report on your housing choices ([personal housing report](#))

Eye Health

Many people think that a sight test is just about checking whether a person's vision needs correcting with glasses or contact lenses. But checking a patient's sight could transform their health. Click this [blog](#) to find out more.

Reduce your sugar intake - Swop when you shop!

Change4Life (Public Health England-PHE) has launched a new campaign that encourages families to cut back on sugar by making a few simple swaps to their everyday food and drinks. Find out more [here](#)

Dementia Advice Centre

Based at the Outer West Community Service Centre, Dementia Advice Centre Newcastle is open Monday to Friday for people to access a range of dementia-specific services, from information about day care and respite services, to specialist clinical assistance from the dedicated on-site Admiral Nurse. To find out more about the Dementia Advice Centre, please ring 0191 323 3342.

Save our TV Licence

The National Pensioners Convention are also interested in the possible changes to TV licensing and have a petition on their website. Click [petition](#) for more information.

Contact Details:

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