

E.C. Fortnightly

Issue 39

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What's the Elders Council doing?

Active Voices

So, we know that you will never be old but, just in case, can we talk about it? We would like you to 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 life and community. It's an opportunity to explore new possibilities and use your skills and talents or discover new ones. The sessions will run from Thursday 7 March to Thursday 11 April from 10.30am to 2pm (free lunch included) at Good Space, 2nd floor, Commercial Union House, Pilgrim Street. For more information and to book your place [email pauline.rutherford@elderscouncil.org.uk](mailto:pauline.rutherford@elderscouncil.org.uk)

ICE Project

This is your chance to sort out the IT issues that are driving you scatty! Free private tuition from the techy students at Northumbria University. Available dates are 27 February; 13 March and 27 March. All sessions start at 2pm and are held in Room 107, the Squires Building. For more information and to book [email pauline.rutherford@elderscouncil.org.uk](mailto:pauline.rutherford@elderscouncil.org.uk)

How safe do you feel in the city?

Newcastle University student, Myles Davies, is researching older people's perceptions of safety in Newcastle's city centre. He defines the term 'safety' as anything from environmental risks such as traffic and lighting to fear of crime such as theft. The findings will be compared and analysed alongside safety statistics for Newcastle, to develop an understanding of the differences between safety and perceptions of safety. Myles will be holding a focus group at our offices in the Biomedical Research Building, Campus for Ageing and Vitality on Friday 1 March 10.30am – 12pm. If you would like to take part, please contact pauline.rutherford@elderscouncil.org.uk or ring 0191 208 2701.

The Housing, Health and Social Care Group

We extended the January meeting to include a discussion with representatives from Independent Age on Social Care. It was a lively discussion with ideas ranging from making social care free to improving the quality of care for the benefit not just of older people, but also their families and friends. We also discussed how free social care would save the NHS money. The representatives from Independent Age thanked us for our contributions to the discussion. *'It has given me loads of things to think about. It is exactly what I was looking for'.* We are still expecting the Government to publish a Green Paper on social care, so it's important that we make our views heard. Do you have a view on this issue? If so, please [email pauline.rutherford@elderscouncil.org.uk](mailto:pauline.rutherford@elderscouncil.org.uk) with your comments.

Housing, Health and Social Care working group are looking for a volunteer Minute Taker for their meetings. Meetings are held bi-monthly at a central location in Newcastle city centre and can be quite busy. For further information email the Elders Council [email pauline.rutherford@elderscouncil.org.uk](mailto:pauline.rutherford@elderscouncil.org.uk)

Older People Friendly City Group

Members of this group would love to see anyone who has an interest in ensuring that Newcastle remains city friendly to older people. The next meeting will be Monday 4 March at 10.30am in room 1, 2nd floor, Commercial Union House, Pilgrim Street. Dates for the rest of the year are: Monday 13 May, Monday 1 July, Monday 2 September and Monday 4 November. For more information please [email johnbtelfer@blueyonder.co.uk](mailto:johnbtelfer@blueyonder.co.uk)

Tea Party for Posties

EC held a party to say thank you to our hand-delivery people who over the years have helped us save a considerable amount of money by collecting and delivering our Magazine. Tea/coffee, cakes and fruit were available and our Chair, Steve thanked the post people before then asking them just to help us out a bit more. We spent some time thinking about where to leave bulk copies of the Magazine as well as any groups or organisations that would like someone from EC to go out and talk to them about what we do. If you have any thoughts on either of these issues, please do contact us either [by email pauline.rutherford@elderscouncil.org.uk](mailto:pauline.rutherford@elderscouncil.org.uk) or phone 0191 2082701

Newcastle Eagles Community Arena

Several Elders Council members enjoyed a guided visit to the newly completed Arena on Scotswood Road. Neil Curry from the Eagles Community Foundation gave us much information during the tour. There are many facilities and all are accessible; there will be a fully functioning gym and already you can play quite a few table top games including table cricket! A new walking tour has started on Monday mornings from 10am. It is also possible to hire rooms for events and parties and the view across the valley from some rooms is stunning even seeing the Angel of the North on the bright sunny day we visited. [Email N.Curry@eaglescommunityfoundation.com](mailto:N.Curry@eaglescommunityfoundation.com) for further information or phone 0191 245 3881.

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Dates for your diary

Wing - Pushing the Possibilities

Visit www.ourgateshead.org/whatson for what's coming soon

NUAGE Lectures (Newcastle University)

Join in with students (and other EC members) at Newcastle University to discuss issues around age during February and March. Register with [VOICE here](#)

Collaboration and Knowledge Event (CAKE)

Would you like to know more about ageing well possibilities? [Click here](#) for your invitation to CAKE 29

21st Birthday celebrations for The Angel of the North

In celebration, a special exhibition will take place from 21 January to 30 March 2019 at 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. 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 Dance City at info@dancecity.co.uk

Discovery Museum

Find [Half Term activities](#) (what to do with grandchildren)

Live Well Key Worker Training Sessions

Would you like to learn how to run a project in your community? For more information [check here](#)

What's On at the Biscuit Factory

Interested to find out more about seasonal events at the Biscuit Factory? Details can be [found here](#)

Public Lecture Series at Northumbria University

Professor John Vines will be talking about Co-creation, Design and Researching with Citizens on 26 February from 6.30pm – 7.30pm (refreshments available from 6pm). For more information about this and other public lectures [visit here](#)

Clinical Science Festival 2019

Wednesday 27 February 1.30pm – 5pm at Newcastle University. For more information [click here](#)

British Science Week (including Women in Science)

Free events in Newcastle upon Tyne, improve your knowledge and experience [contact here](#) for more information.

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Opportunities

City Walking and Cycling Plan

Can you 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?

Drop-in venues are listed below but please check times as they are NOT staffed all day - call City Council on 0191 278 7878.

- 11 & 19th February at Walker Activity Dome, Wharrier St
- 12 February – St Martins Centre, Roman Ave
- 21 February - East End Library, Hadrian Square, Byker

Closing date for the online 'have your say' survey is 8 March 2019. For more information and the link [click here](#)

Newcastle Eagles Fixtures

EC members have been offered reduced price group tickets for the Eagles British Basketball League fixtures in March 2019. (1 March, vs Bristol Flyers; 8 March vs Glasgow Rocks and 22 March vs Bristol Flyers). All games start at 7.30pm, finishing around 9.15pm.

The normal ticket prices can be reduced to the levels below:

Up to 15 people	£8.50 per ticket
16-49 people	£7 per ticket
50+ people	£6 per ticket

If interested contact the Eagles direct by emailing N.Curry@eaglescommunityfoundation.com

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Information

Save our TV Licence

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

Newcastle CVS Food Poverty Study

For up to date information about this study, included a link to the full report, please [click here](#)

Ageing Well without Children

[This link](#) will take you to a rebranded website regarding those of us who may not have family support in later life, for a number of reasons. The emphasis is on how to do this in a positive way. If you have ideas or suggestions that would be useful for other EC members and would like to share this, or require more information, please email pauline.rutherford@elderscouncil.org.uk.

Alcohol and Breast Cancer

Did you know that there is a link between alcohol and cancer? For more information and advice [click here](#)

NHS Updates

In Touch Bulletin [January 2019](#)

Future Health & Care [February 2019](#)

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