

# E.C. Fortnightly

Issue 40

22 February 2019

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## What's the Elders Council doing?

### **ICE Project**

This is your chance to sort out the IT issues driving you scatty! Free private tuition from the techy students at Northumbria University. The next available date is 27 March. All sessions start at 2pm and are held in Room 107, the Squires Building. For more information and to book [email Pauline](#)

### **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 possibilities and use your skills and talents or discover new ones. The sessions 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 (free lunch included). Places are filling up fast, so for more information and to book [email Pauline](#)

### **Talking about Housing!**

Elders Council members hosted meetings with Sue Adams from Care and Repair England during her visit to Newcastle this week. Sue's reflections

give us food for thought on some of the key issues Elders Council should be taking into account in its work on Housing, Health and Care. Sue also met the team who developed '*Doorbells - Dreaming for the Future*'. We are hoping to continue the partnership to bring more performances to a range of audiences in Newcastle which will help us to build our understanding about how we all, in our different ways, make decisions about where we would like to live in later life.

## **IT**

The Ebulletin team met with Arlind, our very helpful Ph.D. student to look at how we can improve the quality of the bulletins we send out. We were so engrossed this, and learning new skills ourselves, that we forgot to take photographs for our Facebook page.

## **Innovation in Ageing**

Last week one of our members went to the Third Ageing Innovation Accelerator specifically looking at Brain Health and generating ideas. Several groups with EC members among them are hoping to take ideas forward to the next round. Any success will be reported.

## **Newcastle Policy Cabinet Meeting**

The latest meeting was about creating a Dementia Friendly City. We heard about the good work that is happening across the city in small pockets, as well as some communities like Jesmond and Gosforth, so Newcastle is working to become accredited as Dementia Friendly. There is now a [Dementia Advice Centre](#) based in the Outer West Library which you can contact for more information.

## **Donating via online shopping**

Last year we asked if you would consider using [giveasyoulive.com](http://giveasyoulive.com) to raise funds for the Elders Council and thanks to your efforts we have received over **£100** to date. Please continue to do this in support of our organisation.

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## **Dates for your diary**

### **Jesmond Festival or Wellbeing for Life!**

The annual Fun and fitness afternoon is to be at the visitor centre in Jesmond Dene on Wednesday 22 May 2019 2pm to 4pm. Please put the date of this very enjoyable event in your diaries and if you would be able to help out please [email John](#) with your details.

## **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.

## **Drama Workshops for over 55s**

Starting Thursday 28 February at Broadmead Way Community Church NE15 6TS. See [Invitation here](#) or for more information [email Sarah](#) or contact Search on 01912737443

## **Clinical Science Festival 2019**

Wednesday 27 February 1.30pm – 5pm at Newcastle University. For more information and to book a place [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.

## **Patient Public and Carers Forum**

This is your opportunity to have your say to the Newcastle Gateshead CCG. The next forum is Monday 4 March 10am - 1pm and your views on online booking, consultations and accessing your health records will be discussed. For booking information [click here](#)

## **Disabled Access Day Saturday 16 March**

To find out more about this and locate events near you please [click here](#)

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## **Opportunities**

### **Save our TV Licence**

The NPC are interested in the possible changes to TV licensing and have a petition on their website. If you would like to add your name to over **78,000** people who have already signed it, click on the [petition](#) for more information and to sign up.

### **Freedom to Pay by Cash - Which? Campaign**

For 25 million people across the UK, cash is still a necessity. As we transition towards an increasingly digital society, we want to make sure no one is left behind. [Please Sign here](#) and share if you agree we must have freedom to pay for as long as people rely on access to cash.

## **Britons 'overwhelmingly negative' about old age?**

For ITV reports following a recent study [click here](#). Is this your view or are you more positive about older age? We would love to hear your comments either way and you can [email Pauline](#) with these.

## **Active Ageing at Newcastle Eagles Arena**

Starting from 26 February there will be a number of activities available and all abilities catered for. [Click here](#) for more information and please contact the Arena direct to book.

## **Research Studies - 2 separate options**

### **Silverfit Retirement Study**

Here is an opportunity to take part in a study on ageing actively [The Silverfit retirement study 2019](#). If you have any questions prior to completing this please [email Josie](#)

### **Experiences of Retirement Study**

Did you retire within the last twelve months or over 5 years ago? If you would like to find out more about this study please [click here](#) or email the [researcher here](#)

**Click here for [VOICE](#) Opportunities**

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## **Information**

### **Public Transport**

The Shields Ferry service is to be suspended for a whole week, 25 February – 3 March, to allow for essential maintenance on the South Shields landing. [Info here](#):

Catch up on the NHS Future Health and Care Bulletin by clicking [here](#)

### **Healthwatch News**

Catch up below with the latest survey and upcoming conference. [2019-20 Priorities in Newcastle 2019 Ask Listen Do conference 2019](#)

## **[Information Now](#)**

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**Contact Details:**

**Elders Council of Newcastle, Room 2.29, 2<sup>nd</sup> Floor**

**Biomedical Research Building, Nuns Moor Road**

**Newcastle upon Tyne NE4 5PL**

**Telephone: 0191 208 2701**

**Email: [pauline.rutherford@elderscouncil.org.uk](mailto:pauline.rutherford@elderscouncil.org.uk)**

**[www.elderscouncil.org.uk](http://www.elderscouncil.org.uk)**