

E.C. Fortnightly

Issue 43

April 2019

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What's the Elders Council doing?

Life Curve App

A group met with Professor Peter Gore who talked us through the **Life Curve** model. Briefly research shows that if you act early, you can have the greatest impact on your ageing journey. Only a small proportion of your ageing journey is genetic, how quickly things change is up to you!

An App has been designed to help all of us age better. It doesn't just say where you are on the journey but offers practical guidance, including things you can do now and it's all **FREE**.

All of us are on the ageing journey so it may be your children also need to get this app on their phone and perhaps you can help them age well too. Go to the website where you can find how to download the app <https://www.adlsmartcare.com/LifeCurveApp>

Active Voices

The group decided to focus on intergenerational conversations. The recent protests by young people about the state of our planet got them into working on a song and a banner. They intend to invite young people to join them in working out how they might to create a better world together. Launch date for the song and banner is planned for Older People's Day in October. Singers and stitchers get in touch if you want to take part. Basic sewing would be an

asset but really just wanting to help is the main requirement. If any of this appeals to you, please call 0191 208 2701 or email barbara.douglas@elderscouncil.org.uk

Meet us in the Grainger Market

Elders Council is holding mini-information days in the Grainger Market on the 2nd Wednesday of the month from 10am – 1pm. Call in and have a chat with us. Next session is on **Wednesday 10 April** when we will be focusing on falls prevention. (We might also mention the Life Curve App!) We look forward to seeing you.

Milecastle

If you missed the meeting in March you missed a treat, Sandy Irvine reminded us of how Newcastle used to be in the 60s comparing photographs with the 2010s. Luckily Sandy writes a blog so you can see the whole presentation there. Here's the link: <https://sandyirvineblog.wordpress.com> the title of the presentation is, "Changing Newcastle 1960s – 2010s".

Our next Milecastle meeting is **Wednesday 17 April**; Neil Curry is to come and talk about the new programme for older people being developed at the Eagles Scotswood arena.

Arts and Culture in Newcastle

There have been two or three meetings recently relating in some way to this and we try to be represented at them. There was a two day conference on how the Culture and Arts sector can help with health and wellbeing. More recently a session on looking at the vision Newcastle has for the next 5 or 10 years in Arts and Culture. We'll try to keep you informed.

Learning from others

Members of the Elders Council Board recently hosted visits from the Ageing Better team in Middlesbrough and from the National Development Team for Inclusion. We shared examples of our work and gathered new ideas and insights from our visitors.

Is Cancer an Ageing Issue?

One of our members has recently had treatment for cancer and delved into finding out more about the question and her own experience. Here's a snippet from her article that you can read in full in the next edition of the magazine.

"Here's what the statistics say: at the present time, 66% of people aged 65+ will experience cancer at some point in their lives. However, in just over 20 years, that figure will rise to 78% of older

people. The good news is that living more healthily can change the odds and that increasingly having cancer can mean living with it, surviving it, or being treated and cured."

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Dates for your diary

NHS Ambulance Service

Opportunities in this service both for jobs and trustees, the service are recruiting for both. There is a recruitment event on **Saturday 27 April** at the Royal Victoria Infirmary (RVI) They are taking positive action to be diverse and increase the number of Black, Asian and Minority Ethnic people in the work force and among trustees.

Dementia Research

The Alzheimer's Society and Newcastle University are giving free short talks on dementia, current treatments and latest research. Talks are free and are to be held at Newcastle Civic Centre on **14 May** at 2pm. You need to register to attend. Contact: sally.warburton@ncl.ac.uk or on 0191 208 1342

Fenham Association of Residents (FAR)

A celebration of art work created as part of an artist in residence programme. Takes place on **Saturday 13 April** at F.A.R. Contact farcentre@btconnect.com

Workers Education Association (WEA) History and Heritage

You can enjoy a full day on **Sunday 5 May** at the Star and Shadow Cinema, Warwick St. Newcastle finding out about popular politics and protest. The day includes a showing of the recent Mike Leigh film "Peterloo". For more information and to book tickets click [here](#)

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Opportunities

Ouseburn Valley Trust

There are still developments taking place, or will take place in this part of the city. The trust has their own website for you to see what's happening and also the things you can do. Starting in June

is a series of walks around the valley connected to the past.
www.ouseburntrust.org.uk

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Information

Broadmead Lunches (Royal Voluntary Services)

A new community lunch club – tasty food and great company. This friendly lunch club is run by dedicated volunteers, you'll find delicious homemade food and a chance to meet up with old friends – or even make some new ones.

It's held every **Monday at 12 noon** at Broadmead Community Church, Benwell and costs just £2.50 for lunch. Contact: Ray Tolley (Volunteer Co-ordinator) phone 07709 770945 or email office@bmwcc.org.uk

The State of Ageing 2019

We mentioned "Life Curve" at the top of this bulletin and here is more information in a recent report from the Centre for Ageing Better. Using publicly available data, the report gives a snapshot of what life is like for people aged 65+ today. It also investigates the prospects for people currently in their 50s and 60s.

<https://www.ageing-better.org.uk/publications/state-of-ageing-2019>

Benefit Claim Checks

Too many of us don't bother even looking to see if we could claim any additional benefit. Well remember what your mam said, "Shy bairns get nowt", so why not just have a quick check? Go to <https://www.informationnow.org.uk> to make sure that you're not missing out on what you're entitled to.

Cash versus Cards

It seems that for the first time more people use cards than cash in transactions and it's like this trend will continue. We may even see a completely cashless society. What do you think? Do you use on-line banking or contactless cards? You can contact us to let us know your views about this by phone 0191 208 2701 or email Pauline.rutherford@elderscouncil.org.uk

Walking Netball

A further choice in helping us to stay active, this may be the one for you. Contact: Leah Kennedy 07872 407220 or email leah.kennedy@englandnetball.co.uk The website for more information is www.northeastnetball.co.uk

When they Get Older

This is a useful website for people who may be helping care for a parent or older relative. It has useful tips and information. Web address is: www.whentheygetolder.co.uk

Contact Details:

Elders Council

Room 2.29, Second Floor,

Biomedical Research Building

Nuns Moor Road

Newcastle upon Tyne, NE4 5PL

Telephone: 0191 208 2701

email: pauline.rutherford@elderscouncil.org.uk

www.elderscouncil.org.uk