

E.C. Fortnightly

Issue 45

May 2019

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Chair of the Elders Council of Newcastle

The Board is very sorry to announce that Steve Whitley stepped down as Chair and Trustee on 17th April 2019. On behalf of the Elders Council, the Board wishes to thank Steve for his great commitment to the organisation over many years and, in particular, his work on the Magazine and Radio Group.

The Board has nominated Anne Raffle as Acting Chair until the AGM on 2 July, after which the Board will undertake due process to nominate a new Chair.

AGM

Please note for your diary, the AGM on 2 July will be held at the Sutherland Building of Northumbria University.

Reply slips will be in the May edition of the Magazine.

What's the Elders Council doing?

Magazine

The next edition of the Magazine will be a Special Anniversary Edition and will be printed in colour to celebrate. Look out for it coming in to your inbox or letterbox within the next few weeks.

Housing Health & Social Care Group

The next meeting will be on May 24th at 10.30am in Good Space, Commercial Union House. Further information about the group can be found on the Elders Council website www.elderscouncil.org.uk

Television

Bill Ions, Transport co-ordinator, featured on the final episode of "A House through Time" on Monday last. Bill talked about the Salvation Army having occupied 5 Ravensworth Terrace Summerhill as a base with two officers living on the premises. Congratulations Bill, you presented to camera so well.

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Dates for your diary

WEA NE History & Heritage branch

Come along to the Star and Shadow cinema on Sunday 5 May between 10.30am – 5pm where speakers will be showing and talking about this film and present day relevance. Please see the [attached information](#) and link to book tickets.

Milecastle Social

The next event is Wednesday 15 May at 10.30am -12pm. Two of our regular members are going to entertain us with music from their collection so it will be "Music from the Shows" by Liz and Ken. Hope to see you there.

Doorbells: Dreaming for the Future

Wednesday, 15th May 2019 6pm on screen at Star and Shadow Cinema, Warwick Street, Newcastle upon Tyne, NE2 1BB

My home, my castle, my container, my prison?

How do we imagine the future of where and how we live? Who will we live with? What can we afford? What will our lives look like and how will we manage?

This sensitive, humorous and moving film, with original songs and soundscapes, explores: behind our doorbells and front doors, how are we dreaming of the future?

Ticket: £3 includes light buffet.

[Book your place here via Eventbrite](#)

Jesmond Festival 2019

The festival runs between 4 May and 2 June this year and you will find all dates and events on the [attached leaflet](#). Please join the Elders Council members on Wednesday 22nd May for Fun & Fitness for over 50s, in Jesmond Dene between 2pm - 4pm.

Making for the Light

In support of National Epilepsy Week Newcastle University and Operating Theatre present a number of local performances between 21 and 25 May. You can find out more [information here](#).

Join British Cycling's Ride Leaders for a series of Guided Rides from the Eagles Community Arena.

If you want to cycle more but could do without the hassle of route planning and punctures, HSBC UK Guided Rides is for you. All you have to do is bring your bike and pedal. Our Ride Leaders do the rest. It's easy. It's free. And it's a fantastic day out. You'll meet new people, improve your fitness, and get more confident on your bike. These rides are in collaboration with the Eagles Community Foundation's Active Ageing project working with the over 55 population. The rides will range between 5 and 10 miles and will be at a leisurely pace, also ensuring no one is left behind. There is a chance for refreshments and a chat at the Eagles Café.

Thursday 2 May - 1pm start

Thursday 9 May - 1pm start

Thursday 16 May - 1pm start

Thursday 23 May - 1pm start

Book your place at www.letsride.co.uk

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Opportunities

Visit www.informationnow.org.uk to find events and activities and create your own personal calendar of events. As an example, here are a list of sports and fitness activities for May 2019, saved in Favourites. Just register on the website and then create your own personal calendar. [Example shown here](#)

Did you move to Newcastle when you retired? If so, a Northumbria University student would like to hear from you.

Hannah Freeman is undertaking a study into the experiences of people who moved to Newcastle when they retired. If you would like to take part, please complete this questionnaire:

<https://northumbria.onlinesurveys.ac.uk/newcastle-retirement>. If you don't meet the criteria, but you know someone who does, please pass on the information about this study!

NEXUS

Would you like to shape decisions being made by NEXUS? You can join the online [Insight Panel here](#) to give your views and opinions.

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Information

Please be aware of a spate of fraudulent telephone calls from offenders claiming to be from the Metropolitan Police.

They are telephoning elderly people and informing them that there is a covert, high profile on-going fraud investigation involving employees of their bank. The offenders convince the victim that they need to move their money into a safe bank account – without informing the bank, otherwise it could be stolen. The fraudsters are quite convincing and pass a telephone number for a department within the Metropolitan Police, they then request victim to phone this number.

However, the fraudsters do not hang-up their end of the telephone therefore the victim passes their bank details to another member of the criminal gang! Obviously, this can result in the victims bank account being wiped clean.

PLEASE NOTE:

Police will never, ever request bank account details or highly sensitive personal information over the phone

Police strongly recommend that no one should ever pass on confidential information on to a cold caller

If you are aware of any such incidents, please contact Northumbria Police on Tel 101.

Dementia Advice Centre Newcastle

<https://www.dementiamatters.net/advice-centre>

NHS

IN TOUCH Issue 89

<https://intouch.cmail19.com/t/ViewEmail/d/15AF4A3ED8A288A72540EF23F30FEDED/97288E3BA7E80C58F7E8006BBCB98688>

Future Health & Care May 2019

<https://futurehealthandcare.cmail20.com/t/ViewEmail/d/2B395AC5F5D184652540EF23F30FEDED/DA24C37F15801EBE1A21C02EB51F5606>

Spotlight on health at home - Healthwatch Newcastle

[Healthwatch Newcastle](#) estimates that around 2,600 people in Newcastle are housebound. During autumn 2018 they investigated how easy it was for housebound people to use a GP practice, dentist, optician or pharmacy services in the city.

The recommendations in their [report](#) include:

- Ensuring that information about dentists and opticians that make home visits is accessible
- GP practice systems flag the patient that will always require a home visit so that it is easy to access
- GP practices work with their patient participation groups on how to improve services for this group of people

Newcastle City Guide Brochure

<https://www.newcastlegateshead.com/city-guides/brochure>

Health & race equality forum (HAREF)

<https://mailchi.mp/cvsnewcastle.org.uk/haref-e-bulletin-1584885?e=b601a8d450>

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