

E.C. Fortnightly

Issue 47

May 2019

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What's the Elders Council doing?

Annual General Meeting

Most of you will have received the latest magazine and the invitation to the Annual General Meeting. Please make sure you reply to your invitation and if you are unable to be there complete the proxy form so your vote can be counted.

We also asked you to send us a birthday card telling us something about the Elders Council in the past 18 years as well as ideas for the future. We are really looking forward to reading the cards containing your thoughts about the organisation.

Fun and Fitness in the Park

This took place last week and for once the sun shone bright and clear. We were delighted to meet the new C.E.O. of the newly formed Newcastle Parks and Allotments Trust, James Cross. He explained Newcastle were the first Local Authority to take the step of creating a trust for this purpose. You can see how this will develop by going to their website

www.newcastleparksandallotments.org.uk/meet-the-trust

It was also great to see and hear from our Patron, John Grundy. John is always a willing to have a try and did so swinging a golf club to score at Rookie Golf. He also won a raffle prize. Thanks to all who came.

Future Homes

This is continuing to move through the stages all house building has to do. Discussion also featured the potential to bid for funds we were unable to do last year. A Business Plan was adopted at the meeting. A public meeting for planning has also very recently taken place.

Mile Castle

The next meeting takes place on **Wednesday 19 June at 10.30am**. Bill Ions is coming to tell us about his experience in the making of the TV programme "A House through Time". Bill featured in the final programme.

Grainger Market

We will be in the Grainger Market alongside other organisations the morning of **12 June** the subject is transport and there will be copies of the latest brochure "EC Rider" helping you travel further afield using your bus pass. Come and say hello.

Housing, Health and Social Care Group

At their May meeting, the group had an interesting discussion with a PhD student from Newcastle University about access to pharmacy services and what we can expect from our pharmacist. In the light of the delays in the Government publishing a Green Paper on social care and the Group is exploring ways in which we might support national campaigns on this issue. At our 26 July meeting we will be joined by one of Newcastle City Council's commissioners telling us about their work to improve people's experiences of social care. Come and join the conversation, contact the office for details.

Do you find this Bulletin useful? Would you like to be part of the team that puts it together?

If so, this could be the right moment to join us! With the help of PhD student, Arlind Reuter, we are making changes to how we manage and present the Bulletin. We plan to put these changes into practice on Monday 10 June 1pm – 3pm at the Elders Council office on the Campus for Ageing and Vitality. Come and find out how it works and help support the Elders Council with its important work to keep older people informed about services and opportunities. Skills required: an interest in the Elders Council and basic digital skills. To find out more, call us on 0191 208 2701 or email barbara.douglas@elderscouncil.org.uk.

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Dates for your diary

Community Minibus Annual General Meeting

This will take place on **Thursday 20 June at 6.30pm** at Regent Chapel, Regent Farm Road. Please try to go as the minibus takes groups of older people in both Gosforth and Jesmond so is a valuable asset to the community. They are also looking for new trustees contact Margaret Gillon, secretary 0191 284 0721 or 07748 798 616

Culture Health and Wellbeing Alliance

This alliance announces their Creativity and Wellbeing week **10 - 16 June**. The Culture, Health and Wellbeing Alliance is a new organisation that brings together arts, heritage, museums and galleries with health and wellbeing organisations, facilitators, workers and professionals. The programme is absolutely packed full of the myriad things you can do. To view the programme click on this [link](#).

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Opportunities

Create a quilted panel celebrating our rich mining history

Join designer and quilt-maker Amanda Jane Ogden to build a quilted panel to hand in Redhills Miners Hall. A fantastic opportunity for all skill levels. Sessions take place on **Thursdays 30 May – 13 June and 11 July – 25 July** at WEA Regional Office, 21 Portland Terrace, NE2 1QQ. Further details from Jude jmurphy@wea.org.uk.

Design a banner! Write a song!

Join us to celebrate Creativity and Wellbeing Week by designing a banner and writing a song for Older People's Day (1 October 2019). This session, which is part of our Active Voices programme, will take place on **Tuesday 11 June 2.30pm – 4.30pm** in the Great North Museum. Book your place with June jmurphy@wea.org.uk.

Master's Level Research Social Media

A researcher is looking at the privacy concerns older adults may have about social media. Volunteers are required to take part. There will be no direct personal benefit but your support will help develop solutions in social media for older people. Contact: emma.tallet@northumbria.ac.uk or phone 07880 890 235

Investigating Retirees Knowledge of Cyber-Security Threats and Protective Behaviours

We are interested in finding out what retirees from the “baby boomer” generation know about online threats, and the behaviours that they can implement to try and reduce these threats. Contact: Ben.morrison@northumbria.ac.uk or phone 07494 677 830

Voice

There are many research opportunities at Voice such as this one to join a research panel for dental research. For more information click [Research Panel for Dental Research](#) you can browse the whole of the Voice website at: www.voice-global.org

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Information

NHS and care homes tackle over-medication

NHS England has recruited an army of medical and clinical experts, including 200 new clinical pharmacists and pharmacy technicians, to help prevent care home residents being given too many medicines. The move, part of a package of measures to improve older people’s health and care, will enhance residents’ quality of life, cut hospital stays and help reduce the number of A&E visits caused by older patients’ medicine use. Find out more and learn how nursing is enhancing care home residents’ health in this new [blog](#).

National Pensioners Convention

Tackling Intergenerational Fairness is a briefing paper on the House of Lords Select Committee Report. This paper argues for the scrapping or means-testing universal pensioner benefits such as you bus pass or winter fuel allowance. This is on the grounds that older people no longer live in poverty and that these concessions are outdated. Read the full briefing paper by clicking the link: <http://www.nepaproject.co.uk/wp-content/uploads/Tackling-Intergenerational-Fairness-Briefing-Paper-April-2019-2.pdf> and tell us your thoughts our contact details are at the end of this Bulletin.

Advocacy Centre North

This organisation can help with a range of services for adults in the community in vulnerable circumstances. Their services are free and confidential. More information available on their website:

www.cvsnewcastle.org.uk/advocacy-centre-north

Eligibility for help with NHS costs

Patients are required to make a payment towards the cost of certain items, such as prescriptions, dental or eye care.

The NHS has an online checker so you can see what help you could get to pay for NHS costs at <https://tinyurl.com/paying-nhs-costs>

You can also ring 0300 330 1341 for information about medical exemptions.

The Newcastle Meditation Centre

The Newcastle Meditation Centre provides a safe space dedicated to the learning and practice of mindfulness and meditation. There are drop-in classes, courses and workshops, on a wide range of topics related to mindfulness and meditation. They also host a range of other activities, including research seminars, discussion groups and social events. [View upcoming courses and workshops](#)

Slow Museums Afternoons

This works along the same lines as "Slow Shopping". Drop in anytime between 2pm - 4pm Slow Museums provides a welcoming environment for anyone who needs more time to visit our museums and galleries. We support people with communication or literacy difficulties, people living with dementia, anxiety or stroke survivors etc... as well as their families and carers. Staff has received extra training and are delighted to offer a warm welcome.

For more info please contact: Joanne.charlton@twmuseums.org.uk
Katherine@slowshopping.org.uk

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