

E.C. Fortnightly

Issue 48

14 June 2019

Contents

- [What's the Elders Council doing?](#)
- [Dates for your diary](#)
- [Opportunities](#)
- [Information](#)

Annual General Meeting: Final Reminder **2 July 2019: Registration between 1:30-2:00pm** **Meeting 2:00-4:00pm**

Please make sure you reply to your invitation for seating and catering purposes. If you are unable to join us on the day complete, and return, the proxy form so your vote can be counted.

We have also asked you to send us a birthday card saying what the Elders Council has done or you have been involved in over the past 18 years. We are really looking forward to reading the cards containing your thoughts about the organisation and also how you would like to see us develop in the future.

Trustee Vacancies

The Elders Council is seeking new members to join the Board of Trustees, to help us to build on our achievements and bring fresh ideas and energy to lead our organisation through its next phase of development. We are seeking people who are passionate about improving the quality of life of older people in the city and

addressing inequalities. All Trustees must be 50+ and become members of the organisation. Previous experience of being a trustee of a voluntary organisation is not essential as training and support will be given. We are particularly looking for people with experience in community development, fundraising, project management and communications and/or with knowledge of key topics which are current priorities for the Elders Council e.g. housing; transport; active ageing and social care.

If you would like more information please contact barbara.douglas@elderscouncil.org.uk or call 0191 208 2701.

What's the Elders Council doing?

Planning for the AGM

This work has continued to progress, and we do have an 'ask' for all you gardeners and flower arrangers out there.

Would anyone like to bring along a small table decoration (eg: flower in a vase or plant pot) on the day for the display tables and, with your approval, other members can purchase for a donation to the Elders Council at the end of the event?

It would be really good to display your skills on the tables, thank you.

[Return to the top](#)

Dates for your diary

Road Closures - Blakett Street, Newcastle

Friday 21st to Saturday 22nd June inclusive.

For the Cricket World Cup 2019. [See the bus route changes here](#)

What does economic justice mean for the North East?

On **19 June 2019 from 5:30 to 8:00pm** the newly elected Mayor of the North of Tyne Combined Authority, along with other community leaders and Trade Union representatives, will be speaking at this event. [To book your free place click here](#)

Broadmead Lunch Club with the Royal Voluntary Service

This is a new community lunch club in Benwell. Come along and meet old friends or make new ones on Mondays from 12:00-2:00pm (except bank holidays). [Find further information here](#).

Refugee Week Events

On **Wednesday 19 June from 12:00 to 3:00pm** there will be a celebration event at the Comfrey Project, Gateshead. [Find more information here](#)

Then on **Friday 21 June between 2:00 and 5:00pm** there will be an afternoon of Celebration at the City Library Newcastle. [Book your free ticket here](#)

Flower festival and Exhibition

St Hilda's Parish Church, Jesmond will host this event on **5 July from 7:00 pm, Saturday 6th 10:00-6:00pm, Sunday 7th 12:00 to 3:00pm**. For tickets and more information [see event details here](#)

From Sofa to Saddle!

For anyone keen to get back into cycling or take it up for the first time here is your opportunity. To book your free place click on the following link <https://www.eventbrite.co.uk/e/sofa-to-saddle-10-weeks-to-10k-tickets-62970622828>

[Return to the top](#)

Opportunities

Research Study with Northumbria University

A PhD student is carrying out research into relationships, emotion and well-being in older adults. If you would like to take part and have 15 minutes to spare [please complete this survey](#).

What's on at our local museums?

From the story of Football, to Dippy on Tour, Hadrian's Wall cartoons and Lego, there is something for everyone over the next couple of months. [See here for more details](#) and don't forget to check out your nearest museum website.

[Return to the top](#)

Information

Newcastle Vision Support

This organisation benefits people living in Newcastle upon Tyne whose lives are adversely affected by blindness, partial sight or dual sensory loss. There is advice, information and support available to people who have sight loss, including age-related sight loss. You can also obtain low vision aids at cost price by contacting them to place an order. Contact **0191 232 7292** or email: info@nsbp.co.uk

Benefits and "Mixed Age Couples"

Benefit rules are changing, so where one partner is over 'pension age' and the other is under that age, you may not be able to claim Pension Credit or Housing Benefit. Instead you may only be able to claim Universal Credit. After 15 May, you may still be able to claim, because Pension Credit and Housing Benefit can be backdated three months, you only have until 13 August to get your claim in and ask for it to be backdated – so long as the rules for those benefits applied before 15 May. Find out what you should do and where to get help on [Newcastle City Council's special mixed age couples webpage](#)

Move Assist

If you have a disability or just getting older, Move Assist can help you choose a new home that better suits your needs. Care and Repair Newcastle are working with The Senior Move Partnership to offer older and disabled people a range of practical support services. Costs vary depending on the help you would like. To find out more contact The Senior Move Partnership on 0800 044 3904 or email info@moveseniors.co.uk.

For more information about housing support services in Newcastle go to www.careandrepairnewcastle.co.uk.

NHS News and Updates

[Future Health and Care Report May 2019](#)

[Future Health and Care Report June 2019](#)

[In Touch Issue 91 May 2019](#)

[Northumberland Tyne & Wear NHS - Deciding Together April 2019](#)

Northumbria Police Fraud Advice

If you have concerns about protecting your home and possessions from fraud, please use this link for information and contact details.

<https://beta.northumbria.police.uk/advice-and-info/protecting-your-home-and-your-posessions/fraud/>

For bank and card fraud please use the following direct link

<https://beta.northumbria.police.uk/advice-and-info/personal-safety/banking-and-card-fraud/>.

Always contact a trusted source for advice and stay safe.

[**Return to the top**](#)

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