

E.C. Fortnightly

Issue 49

28th June 2019

Contents

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

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 either be or 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; 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?

Are you interested in new housing?

Join us on Friday 19th July at 10.30 am – 12.30 pm when we will hear from Tolent about their Newcastle Annuity Scheme through which they are building 148 new homes in the city. <http://www.tolent.co.uk/single-post/2018/12/14/Newcastle-City-Council-chooses-building-firm-for-%C2%A320m-new-homes-contract>. The meeting will take place at our office on the Campus for Ageing and Vitality (Old General Hospital site). Contact us if you would like to come. Let us know if you need help with transport: pauline.rutherford@elderscouncil.org.uk or 0191 208 2701.

Housing, Health and Social Care Group (HH&SC)

At the May meeting, the group had a very interesting discussion with a PhD student from Newcastle University about access to pharmacy services and what we can expect from our pharmacist. We also had our say about maintaining these local services for our communities.

Free Personal Care? In light of the delays in the Government publishing a Green Paper on social care, the HH&SC group is also exploring ways in which we might support national campaigns on this issue. Members of the Housing, Health and Social Care Group have met recently with representatives from Independent Age about their 'Free Personal Care' Campaign. There was a lively discussion about the quality and the cost of personal care and we would like to add our weight to calls to the government to address the crisis in care which is causing distress to so many.

Do you have a view on this issue or a story to tell from experience? What should the Elders Council do to highlight the need for a good quality care system?

Please get in touch by emailing barbara.douglas@elderscouncil.org.uk or writing to us at the address shown at the end of the bulletin

Thinking about social care, please join us at our next meeting on **26th July 10.30 am -12.30 pm** to hear from Ange Jamson (Newcastle City Council commissioning team) about the work they are doing to improve care services for older people. We will also be sharing more from our meetings with Independent Age about their campaign.

<https://www.independentage.org/its-time-for-free-personal-care>.

Let us know if you are joining us, by email to pauline.rutherford@elderscouncil.org.uk or call 0191 208 2701.

Milecastle Social:

Thanks to all who joined us last week and apologies to those of you who expected to hear from the Dementia Advice Centre. They are booked to come but it will now be in the Autumn. There is always some potential for things to change at the last minute and although we do try to give advance notice we don't always manage this. What we can say is that we always do the best we can; there will always be a speaker or an activity and someone to make you feel welcome. We hope you enjoyed listening to one of our members, Bill Ions.

The next social on July 17th is to be a Book Swap (for example, bring one/take one - with a maximum of two books per person please) and a literary quiz with a £10 voucher for the winner.

[Return to the top](#)

Dates for your diary

Monday 1st July from 10.30 am -1.00 pm Patient Public Care Engagement Forum is at the County Hotel, Newcastle upon Tyne NE1 5DF. [Registration and speaker details available here.](#)

Older Voices Radio Friday 5th July 2.00 pm – 4.00 pm

You can listen to Elders Council members talking about 'places to go with your grandchildren during the school holidays'

Guests include: Bill Harbottle (author of *EC Rider*, the leaflet on trips using your bus-pass); Rob Delap (Parks Trust); Donna Charlton-O'Malley (Active Newcastle); and some grandparents.

Radio frequency is 102.5fm or listen online at www.novaradio.net

[Various July events](#) at the Eagles Community Arena, Newcastle upon Tyne NE4 7NA. Stroke on the Tyne also offer a drop-in on the first Tuesday of the month (10.00 am – 12.00 pm) at the Arena. Contact Danielle Cottrell, Stroke Association, 0191 487 9988.

[From 22nd June onwards](#) Beamish have a new feature of a 50s Welfare Hall. An ideal visit with the grandchildren during the school holidays or just to recreate a childhood memory.

[Opening 29th June](#) until October, More than a Game exhibition at South Shields Museum and Art Gallery. An excellent outing with your concessionary bus pass.

[Newcastle Road Closure](#) Plan - **Sunday 7th July** for Let's Ride event between 6.00 pm -10.00 pm.

[Wednesday 10th July](#), join Rookie Sports at the PTE Social Club in Byker for a social evening. Tickets £6 each.

[Live Well at Tyne and Wear Museums](#) on **Wednesday 17th July** 10.30 am -12.30 pm at Segedunum Fort, Wallsend

[Car Boot Sale](#) (an opportunity to declutter perhaps?) **Saturday 20th July** at The Wicker Chair, Benwell

[Return to the top](#)

Opportunities

NEXUS Research

Would you like to contribute to NEXUS decision making? If so you can join their [Insight Panel online here](#).

Northumbria University Research Study.

What is the study about? They 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. They are not looking to interview experts, instead would like to hear what the general population of retirees know about different threats and protective behaviours. If you are interested you can find out how to [apply here](#).

Do you know your flaky from your filo?

Are you a great home cook who would love to work with older people and enjoy creating hot and cold lunches? Following the generous support of sponsors Broadmead Lunches (RVS) are providing a free lunch and inviting older residents living in the local community to join them. They would really appreciate your help and RVS can support you every step of the way. The lunch club runs every **Monday 12.00 pm – 2.00 pm** at Broadmead Way Community Church in Benwell in partnership with Search who say 'Volunteers are our lifeblood, and with helping hands and a willingness to bring people together we can reduce loneliness and give older people the opportunity to get involved and connected to their community'.

If you are interested, contact Julie Crocker, Community Engagement & Development Worker (Newcastle/Gateshead & Northumberland) RVS
Mobile: 07769 369250 Email: julie.crocker@royalvoluntaryservice.org.uk
Web: www.royalvoluntaryservice.org.uk

[Other RVS local events](#)

[Return to the top](#)

Information

TV Licence Demo outside BBC Newcastle

Following a call to arms of local pensioners, public and student groups as well as trade unions, MPs and local councillors, the National Pensioners Convention (NPC) made a stand on Friday 21 June 2019 outside the BBC Newcastle HQ in order to show opposition for the proposed removal of free licences for the over 75's, subject to a means test. North East MPs Emma Lewell-Buck and Chi Onwurah addressed the group and the National Secretary of the NPC, Jan Shortt, spoke passionately about the work that now has to be done by all of us. Union representatives attended and gave their full support. [See Newcastle protest here](#)

The NPC would really like to hear the views of members and the wider community on this topic, so please email your comments to pauline.rutherford@elderscouncil.org.uk.

Max and Keira's organ donation bill

UK Government are introducing **opt out** Organ donation with effect from 2020 following the adoption of a new law. [You can read about it here](#).

Contact your GP Online

Did you know that you can now have an [online consultation with your GP](#) as well as a number of other online services now available to patients? Ask at your surgery for more information or alternatively join your practice Patient Participation Group to find out more.

Healthwatch Newcastle

You can view the Annual Report 2018-2019 for [Healthwatch here](#).

NHS NEWS

[Integrated Care Systems and Partnerships](#)

[In Touch Issue 92 June 14th 2019](#)

[Future Health and Care 26th June 2019](#)

Other Local Information

[When they get Older - Caregiver news](#)

[HAREF \(Health & Race Equality Forum\) Information Bulletin and updates](#)
[Information Now - Top Holiday Tips](#)

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

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