

# E.C. Fortnightly

Issue 51

July 2019

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## What's the Elders Council doing?

### **Obituary Vera Bolter M.B.E.**

We sadly learned of the death of Vera Bolter on 18 July 2019

Vera played a vital role in the history of the Elders Council she was one of the founder Board members and led working groups on Health and Social Care; Housing and Older Person Friendly City, finding many different ways of delivering her commitment to influencing policy and services to better meet older people's needs; informing older people about how they could live well into old age and encouraging people to participate in activities which would promote health.

Not satisfied with traditional ways of getting your voice heard the 'Old Spice' drama group was formed. They used drama to highlight health issues through entertainment. Vera was their main 'playwright' producing witty scripts which hit the mark in raising issues and were always based in real experiences of older people.

Vera was assiduous in making sure that the Elders Council responded to key consultations however difficult.

She also worked tirelessly with national networks and was the first Chair of the national Older People's Housing Champions network.

***'She was such an inspiration and role model generally in health and social care.'***

She will be greatly missed and mourned by all who knew her.

### **Meeting with Newcastle City Council and Tolent**

Members of the Elders Council, VOICE and some of our partner organisations welcomed the opportunity to meet with representatives from Newcastle City Council and Tolent to learn about new housing developments for older people in the city. It was interesting to hear about Newcastle City Council's ambition to create lifetime neighbourhoods with a range of housing choices becoming available across the city. The mix of new housing being developed by Tolent in the West End includes assisted living (extra care), bungalows and new Tyneside flats. We may have a chance to visit a development at a later date keep your eyes open as you may wish to join us for that.

### **British Society of Gerontologists**

Two members were invited to this conference held this year in Liverpool. The new president is Professor Tom Scharf who has worked with the Elders Council on many occasions we hope he succeeds in the goals he sets. The conference theme was "Resilience and Living Well in Local Communities". The programme across the three days was densely packed and our heads full by the time we left. A fuller report will be available in the Autumn.

### **Transport**

From Wednesday **31 July** there will be two-way traffic allowed on Killingworth Road. Please check with your Bus Operator for changes of route.

### **Board of Trustees**

At their first meeting after the A.G.M. the Board elected a chair: Anne Raffle, who has been Acting-Chair since April was unanimously voted to be the Chair. Anne agreed to take the role and as new chair looked forward to working with members and partners to keep the Elders Council financially sound and able to continue to work for older people in the city.

### **Pauline Rutherford**

Pauline, our part-time administrator is leaving us next week. She is moving to a full-time permanent post (she currently has two part time jobs). She has been with us just short of a year and she says she has learnt a lot about older people in that time. We wish her success and hope she will take some of her new knowledge into the next job. Good luck Pauline!

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## Dates for your diary

### **Cobweb Orchestra**

Enjoy a lovely summer evening having a picnic and listening to some beautiful music. **28 July 2019** Gates open: 4pm, Concert: 5pm - 6.30pm Summerhill Pavilion, Newcastle upon Tyne, NE4 6EH. Bring along some food, a picnic blanket and sit on the lawn listening to wonderful music.

The event is FREE but ticketed. Please reserve tickets at <http://buytickets.at/friendsofsummerhill/274688> or email [hello@summerhilltrust.org.uk](mailto:hello@summerhilltrust.org.uk).

### **Newcastle United Foundation**

Newcastle United Foundation and The Road to Recovery Trust are hosting a special event exploring the power of friendship in mental health and wellbeing. Enjoy readings and talks from inspirational author Jonny Benjamin MBE, Newcastle United Foundation Wellbeing Manager, Ashley Lowe, Road to Recovery Trust Chief Executive, Peter Mitchell and founder of If You Care Share, Matthew Smith an award-winning mental health campaigner. On **1 August 2019** tickets cost £2.

For further information contact:

<https://www.eventbrite.co.uk/e/the-stranger-on-the-bridge-and-other-stories-of-friendship-and-support-tickets-65248634422>

### **Dementia Friendly Cinema**

The monthly screenings of a classic film take place at Tyneside Cinema for people living with dementia and their carers (though anyone can go but expect the cinema to be slightly different and know that the audience may decide to participate). **25 July** "Calamity Jane" and **29 August** "Notorious".

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## Opportunities

### **Newcastle Eagles Foundation**

Reminder that there is a Free Zumba class on Tuesday **30 July** at the Eagles Community Arena. Session runs from 6pm to 7pm. Contact <mailto:n.curry@eaglescommunityfoundation.com> to book your place.

### **Newcastle and Madrid Universities offer a unique opportunity**

UNI HEALTH is a Knowledge Exchange and Innovation Training Program delivered in partnership by the Universidad Politécnica de Madrid (UPM) and Newcastle University. It seeks to engage students, researchers, citizens and professionals around the theme of urban health. UPM have led the first half of the project which has focussed on age-friendly cities. Newcastle's programme will centre on innovating with nature for health, with a focus on green infrastructure.

The Newcastle programme will take place on the week commencing **30 September 2019** and will consist of presentations, field trips and group work on green infrastructure. Programme participants will include Newcastle and UPM students, but the course will also be open for citizens and professionals to attend

If you would like to find out more about the programme and how to sign up go to <https://www.voice-global.org/groups/uni-health/>. On the "Newcastle Programme" tab at the bottom there is a link to click that takes you to the form to apply for a place.

### **Northumbria University Volunteers Required**

Are you a healthy adult aged 46-65 and work, study, volunteer or care for a child/relative (or a combination) for a minimum of 10 hours per week? We are looking for participants to take part in a 29-day intervention study of the cognitive, mood and stress-reducing effects of a wild green oat extract.

The study will require you to come to the Brain Performance and Nutrition Research Centre (BPNRC) at Northumbria University on x3 occasions and then to follow through with taking the wild green oat extract at home over a period of time.

To compensate for your time and travel you will receive £130 for taking part in this study. This study has received ethical approval from the Psychology Staff Ethics Committee (Project Ref. 10084). Please email [jo.forster@northumbria.ac.uk](mailto:jo.forster@northumbria.ac.uk) if interested

### **Gateshead Public Health Team**

Thanks to Gateshead Public Health Team there is an opportunity to offer more **FREE** Outdoor Health and Well Being activity days.

If interested please contact Nick Coates [nickcoates.wing@gmail.com](mailto:nickcoates.wing@gmail.com) or phone 0191 267 1579. (Please note this may be for Gateshead citizens only)

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## Information

### **Contact your GP surgery online**

Did you know you can consult with your doctor's surgery online at a time that suits you? There's lots of information available online including a symptoms checker. This is available at your practice or coming soon. Visit your practice website for further details or ask at your practice reception.

### **The Herbert Protocol**

This is a national scheme introduced by the police in partnership with other agencies which encourages carers to record useful information which could be used in the event of a vulnerable person going missing. Carers, family members and friends can complete in advance, The Herbert Protocol form recording all vital details, such as medication required, mobile numbers, places previously located, a photograph etc.

This form could make a real difference. It could help reduce the amount of time a vulnerable person is missing, bringing them to safety even quicker. For further information:

<https://beta.northumbria.police.uk/advice-and-info/personal-safety/missing-persons/>

### **New ways of working to free up doctors**

Around 7,000 practices across England – more than 99% – have come together to form over 1,200 Primary Care Networks in which general practices will work together to deliver a wider range of specialist care services than ever before. Practice GPs will recruit multi-disciplinary teams including pharmacists, physiotherapists, paramedics, physician associates and social prescribing support workers, freeing up family doctors to focus on the sickest patients. The move, a key feature of the NHS Long Term Plan, represents the greatest transformation to primary medical and community healthcare in a generation. Find out more [here](#)

### **Lesbian, Gay and Bisexual women**

These women are urged by the NHS to book a cervical screening appointment. The NHS has warned [the belief that LGB women are not at risk of cervical cancer is not true](#), which has created a dangerous screening gap. If this applies to you or someone you know please encourage them to read the information.

## **Voice**

A reminder that you can become a member of this organisation and find out about many opportunities: for example click this web address to see what's happening at the moment. <http://www.voice-global.org/opportunities/>

## **Byker Community Centre Free Legal Advice Surgery**

Once a fortnight we will be holding a free legal advice session here at the Byker Community Centre. These will start on Thursday 11 July at 2pm and will be held as a 'drop in' service. The sessions will be with Singleton Winn Connell Solicitors.

Please contact Aly on 0191 2655777 or [admin@bykerca.org](mailto:admin@bykerca.org) for further info. If any women would prefer to see a female solicitor please email/phone and we can advise when one will be available.

## **YMCA Newcastle**

If you enjoy coffee or lunch in the city here's one working to support young people, you might like to give it a try. YMCA have opened a new lunchtime cafe in the city centre right next to the STACK on Pilgrim Street. Open between 10am and 2pm daily.

All profits will be used to keep our city centre youth facility, SPACE2 open. Annually SPACE2 helps around 2,000 young people overcome barriers and challenges they face.

## **Spectacle use after cataract operation**

Bradford University are seeking people who have had a cataract operation in the last 6 months to complete a brief questionnaire. The questionnaire can be accessed by the web:

<http://tiny.cc/cataract-survey>

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### **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: [info@elderscouncil.org.uk](mailto:info@elderscouncil.org.uk)**

**[www.elderscouncil.org.uk](http://www.elderscouncil.org.uk)**

