

E.C. Fortnightly

Issue 53

26th August 2019

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What's the Elders Council doing?

Independent Age:

Following our very well attended group discussion with Independent Age this week we have received the following message:

"I just wanted to send you an email to say thank you so much for all your time. It was such a pleasure to meet everyone and to get your thoughts and ideas on the 9 areas of the strategy. It was such an insightful session and I really can't stress enough how valuable it is for the strategy and the work we are doing. If you have any feedback on how to make these sessions better please do let me know.

I hope we get a chance to meet again and work alongside in the future. I will be getting the write up of the whole project to you mid/late September.

Once again thank you so much for your support. Many thanks and best wishes, Sam"

Newcastle Parks and Allotments Trust formally took over maintenance and running in April 2019. Along with the assistance of groups, including the Elders Council, they are currently reviewing their branding to ensure they appeal to two primary audiences:

- The public – to encourage them to spend time in green spaces
- Corporate partners – to provide services to enhance the overall attraction

They are also seeking advice to identify the purpose of the organisation in order to appeal not only to those who work for them, but also to funders to encourage them to invest in what they are doing. A number of values were identified, such as being accessible and inclusive to all, the ability to find solutions and make things happen, being able to move quickly when needed, and working with others at every opportunity to deliver the best collective outcomes. A formal launch will take place in the Autumn of 2019. For further information about the Trust take a look at their [website](#).

Older Voices Radio Programme will next be Broadcast on **Friday 6th September** from 2:00 - 4:00 pm on 102.5fm. The theme is gardening, nutrition and cooking. Please listen in or catch it on podcast.

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Dates for your diary

Newcastle Gateshead CCG:

The next Patient Public Carer Engagement Forum will take place on **Monday 2nd September 2019** in the Bewicks B room at Gateshead Civic Centre between 2-5pm. The Lead Nurse for Integration, Care closer to Home and Frailty will provide information and an opportunity for you to have your say on existing and future services. There will also be stalls with information on local organisations and services relating to older people.

If you wish to attend please register by email to ngccg.involvement@ngh.net or telephone 0191 2172807.

SEARCH Newcastle are starting a course Making Music Together every Monday from **9th Sept to 11th November 2019**. You can also find out more about the regular activities on the following [link to Search](#).

Newcastle Disability Forum in conjunction with the local bus companies, are holding an Accessible Bus Day on **Saturday 14th September** at the Royal Victoria Infirmary, Newcastle upon Tyne, (taking place outside Peacock Hall) from 11am to 3pm.

Members of the public will be able to try the accessible buses for themselves and talk to representatives from local bus companies about any practicalities of bus use or availability of routes.

Limited free parking is available in the designated parking bay around the Queen Victoria Statue.

If you are interested, this event is open to everybody but please note that there will be no voluntary sector information stands on the day.

Health, Hygiene and Wellbeing: Newcastle Disability Forum would like to invite you to participate in a programme focusing on health, wellbeing and hygiene issues. This will include talks by outside speakers and facilitated discussions. Topics include Care, Benefits, Incontinence, Aids and Adaptations, The Care and Repair Service. All are welcome, everyone has something to contribute!

The programme runs every Thursday, in the Dene Centre (Disability North building) from **19th September to 17th October** from 10:30 – 3:30. It is free to anybody with an interest or who thinks it may be of use to their friends or relatives. For more detail or to register an interest please contact Alison or Janice by email, enquiries@ndf.org.uk or telephone 0191 284 0480. Tea and coffee will be provided but please take a packed lunch if you are joining in for the day.

North East Against Austerity Community Festival

On **Saturday 21st September 2019**: 12-6pm: Free entry at the Star and Shadow on Warwick Street Newcastle NE2 1BB.

Come along for a day of celebrating our community! Events will take place in Venue, Cinema, Gallery and Cafe. [Visit their website](#) for further information.

Heritage Open Days in Tyne and Wear will be held between **13th to 22nd September 2019** and you can find out where, when and further booking details on the following link:

<https://www.newcastlegateshead.com/whats-on/heritage-open-days-2019-p166931>

Jesmond Dementia Action Alliance:

If you are feeling lonely or isolated because of age, or restricted mobility or memory problems or dementia, or you are caring for someone in that situation, you may be interested to know about some gentle activity sessions being offered free of charge from **18 September - 13 November** (excluding 6 Nov). Rookie Sports involves gentle indoor golf type games, plus indoor bowling, curling, target games. Wheelchair users are welcome – games can all be played from a chair if necessary, and people living with dementia get a lot out of these activities too. Or you might like to just watch at first.

Sessions will be held between 10 am-12 noon in the church hall at St George's Church, Osborne Road, Jesmond, NE2 2TF. It's on the 33 bus route, but transport can be arranged for those who need it. Getting out of the house, doing something new but using old skills, meeting people – these things all help to reduce loneliness and isolation. Contact: 0191 281 8255. Jesmond Dementia Action Alliance.

SEARCH Charity are hosting an 'I Love the 80's Party' on **Saturday 21st September** from 7:30pm at the Nine Sports Bar and Lounge, St James Park, Newcastle. Tickets are £5 per person, more information is [available here](#).

The Discovery Museum have issued their late summer and autumn activities and you can find out more on the [following link](#):

Hate Crime: Walk of solidarity

Save the date: **14 October 2019** 1.00pm to 3.00pm from The Eagles Basketball Stadium, Scotswood Road

Following on from the region's first Walk of Solidarity in Gateshead last year, in support for those who have experienced hate crime and to launch National Hate Crime Awareness Week 2019, there will be a bigger and better event this October.

More information will follow nearer the time.

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Opportunities

Listening Books - Free Membership Offer

This is a national charity providing an audiobook library service for anyone who finds that an illness, disability, specific learning difficulty or mental health condition impacts on the ability to read or hold a book. They currently have free memberships available for people living in Newcastle who would find it difficult to cover the membership fees for any genuine reason (usually between £20 and £45 per year). They have over 8,000 fiction and non-fiction audiobooks in their library for adults and children, many from best-selling authors. Members can borrow titles in three easily accessible ways:

- Sent directly through the post on MP3 CD with no postage costs or late fees
- Downloaded to an app available for smartphones or tablets
- Streamed online through a desktop or laptop computer

A free membership covers all options, so members can choose what works best for them. **This is a charity and there are no hidden costs involved in free memberships.**

Anyone interested in applying for a free membership can do so [online here](#):

If you would like to find out more about Listening Books, please visit their website www.listening-books.org.uk.

Beamish - October Half Term Outreach offer

Beamish Museum are delivering an outreach project leading up to October Half Term this year, looking at transport, holidays and trips in the 1950s in the North East. This is linked to the upcoming opening of their Bus Depot in October. They will then focus on transport across different time periods on site over the half term itself.

They are looking for groups who would like to get involved with this and who might be interested in their officers coming out to deliver outreach along these themes.

Some ideas so far were object handling sessions, memory sharing and reminiscence sessions, crafty sessions e.g. creating posters/flyers for trips, creating cardboard models of buses, or creating personal transport maps – favourite places could be mapped to create your own transport routes. They would be led by whatever people wanted to do along that theme, but interested if people had other ideas!

It could lead to a site visit over the half term – arranging a free bus for this, and tickets would be charged at the community rate of £6/day or 25% off annual pass rates. There is no charge for any outreach sessions.

For more information visit: beamishtransportonline.co.uk/
www.beamish.org.uk

Privacy concerns and social media websites

Emma Tallet, a Masters student at Northumbria University is conducting research into the privacy concerns that older adults may have about social media websites. Research shows that current social media sites are not meeting the needs of older adults, and that privacy on social media is a key concern. Emma is exploring solutions which may help older adults to feel safer using social media sites. The research is in two stages, starting in September with an on-line survey. A solution will be developed in response to the survey and you will have an opportunity 3-4 months later to test this through an on-line exercise. Emma is also offering a workshop – provisional date Thursday 24th September – where she will give any technical advice or advise on any aspect of social media, such as how to set-up privacy settings or setting up a profile. All participants will be entered into a prize draw for a £30 Amazon voucher. If this sparks your interest, contact emma.tallet@northumbria.ac.uk for further information.

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Information

Information Now

InformationNOW is a website designed to support people, families and carers in Newcastle to access timely, relevant and accurate information. The website covers everything from sexual health to grandparenting, from health and care to culture and leisure. Our aim is to build a website that has something for everyone in Newcastle. Our most recent articles have centred around food poverty and can be accessed at [Free meals and cheap food in Newcastle](#) and [sexual health](#). Let us know if you have something you think should be included on InformationNOW. Become a member of InformationNOW and you will receive our free fortnightly newsletter.

The latest issue of Info NOW News is available [to view here](#).

Do you know where to get benefit and debt advice in Newcastle?

The latest online version can be found on the link below:
www.newcastle.gov.uk/benefitcontacts

NHS News and Updates

[In Touch Issue 96 - 12th August 2019](#)

[Primary Care Bulletin August 2019](#)

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