

E.C. Fortnightly

Issue 55

September 2019

Contents

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

What's the Elders Council doing?

Board of Trustees

The Board agreed their schedule for the year ahead and noted the priority areas mentioned at the AGM in July. The Treasurer gave his report; the organisation is in a sound position financially. Three trustees met with a group from Dunfermline who were interested in Age Friendly City development. Trustees are also meeting with a trustee from Leeds Older People Forum in November.

Communications

The next magazine will be published at the end of October, keep a look out for it. Our next Bulletin will be using (the long promised) new format we hope you will approve.

Older Voices

Tune in to the next broadcast 102.5fm on **4 October 2-4p.m.** The programme will be interviewing the Chair of the Elders Council. There will also be information about the Radio Festival in an interview with Arlind Reuter. You can also listen at www.novaradio.co.uk

Radio Festival

Older Voices collaborating with Arlind have been part of creating the Radio Festival that celebrates the launch of the older people's radio network. The launch takes place on two dates:

17 and 18 October. To find out more and to register for one or both days please go to: https://www.eventbrite.co.uk/e/radio-festival-tickets-72092609937?utm_term=eventurl_text

Milecastle Social Group

The next meeting is 10.30 Wednesday **16 October** where the speaker is from Newcastle Dementia Advice Centre who will be bringing us help in becoming more dementia friendly. In the Milecastle pub as usual why not bring a friend enjoy some company, perhaps even stay on for lunch after.

Ageing with Style

Don't forget to try something new during the month of October when organisations across the city will be offering a range of interesting opportunities which celebrate the different ways in which we 'age with style'

On **1 October** you can choose between the Golden Games at Eagles Community Arena in the morning or a Curator's talk on Dippy the Dinosaur at Great North Museum in the afternoon. If you like dance, be inspired at Dance City's 'Inspire Platform' event on the evening of **5 October** or if you prefer music, Royal Northern Sinfonia are offering a dementia-friendly performance of chamber music by Elgar and Mozart at lunch time on **16 October**. If you want to find out how well you are ageing, and what you can do to improve your chances of ageing well, come and listen to Professor Peter Gore talking about the LifeCurve App on the morning of **24 October** at the Campus for Ageing and Vitality. **AND**, don't miss the opportunity to **make a noise** for older people's day by joining the Active Voices group and John Grundy on the morning of **9 October** at the Grainger Market and Space 2 (Pilgrim Street) [free coffee and cake on offer!].

You can also listen in to the Radio festival **17 and 18 October** (see above in "What's the EC doing for details)

To find out more about these exciting activities, go

to <https://www.informationnow.org.uk/article/ageing-with-style/> and look for updates on the Elders Council's website and Facebook page.

Growing older ... and all that jazz!

Members of the Active Voices group have been beavering away in the Grainger Market creating banners and writing songs to **make a noise** for older people's day. Join our celebration by meeting us in the Grainger Market at 10.30 am on 9th October or catch up with us at 11.00 am in Space 2 (Pilgrim Street – opposite Tyneside Cinema) to hear from our patron, John Grundy; sing great songs and eat delicious cake! All welcome.

[Return to the top](#)

Dates for your diary

Writing on the Wall

This is an exhibition of calligraphy by Northumbrian Scribes from **11-30 October** in Newcastle City Library

West Fenham Ward

If you live in this ward the local councillors would like your help in setting the ward priorities. Meet them **3 October** at 3.15 p.m. at Stocksfield Avenue Primary School or at 4p.m. at Waterbeach Place.

Healthwatch

This organisation now have a radio show focussing on falls prevention and eye health on their next 'Health matters' radio show on Spice FM. **Tuesday 24 September** on 98.8FM or listen online at www.spicefm.co.uk You can call during the show if you have any questions or comments on 0191 273 9888 or via WhatsApp on 07881 988 988.

Involvement Forum and Patient, Public and Carer Forum

This meeting is chaired by Chris Piercy, Executive Director of Nursing Patient Safety and Quality. The theme of the meeting is 'Understanding and Responding to Domestic Abuse and Stalking (cyber stalking).' **Monday 7th October – 10.00 am – 1.00 pm at Bewicks B Gateshead Civic Centre.** Places are limited so booking is essential by emailing ngccg.involvement@nhs.net or calling 0191 217 2522.

[Return to the top](#)

Opportunities

Have Your Say - help shape digital services in primary care

NHS Newcastle Gateshead Clinical Commissioning Group (CCG) is exploring whether they can use technology to improve patient access to GP practices. They are currently running a survey would like to hear your views about:

Online consultations

Use of texts

Video consultations

Online services such as appointment booking; ordering prescriptions; or viewing your medical record.

You can find the survey at:

<https://surveymonkey.com/r/DigitalPrimaryCareServices> or by completing a

hard copy available in your GP practice. It should take only 10 minutes. The closing date for completing the survey is 31 October 2019.

Newcastle Carers Men's Group

Are you a male carer looking after a family member, friend or neighbour? Go along to Newcastle Carers Men's Group for an opportunity to meet other male carers and take part in social activities. The group meet on the second Friday of every month. To find out more contact Newcastle Carers on 0191 275 5060.

Complementary Therapy Group Sessions

If you are a carer these are aimed at you. Three relaxed and friendly information sessions to give you tips on looking after yourself whilst caring for someone using simple relaxation techniques, essential oils and massage.

Monday 7 October 10:30am - 12noon Relaxation and wellbeing: simple relaxation tips and techniques to use at home

Monday 14 October 10:30am - 12noon Essential oils and wellbeing: how to use essential oils safely at home

Monday 21 October, 10:30am - 12noon Massage and wellbeing: simple massage strokes that can be used on family and friends

Sessions are at Gosforth Library, (Regent Farm Road, Gosforth, NE3 3HD). Carers are welcome to come to all or some of the sessions— open to all carers. To find out more call Newcastle Carers on 0191 275 5060.

Eagles Community Foundation

There's a programme of activities for older people this is just a sample:

Monday Movers (Over 55s) Mondays 10.45am to 1pm – Free Walking group aiming to cover 3-4 miles in 80 minutes. Route will change regularly. On occasion we will have time for a drink stop. Limited space, please book via: phone 0191 245 3881 or email:

N.curry@eaglescommunityfoundation.com Their website is:
<https://www.newcastle-eagles.com/community/>

Fenham Health Walk

Meet outside Fenham Library each Tuesday at 10.30 for a 40-60 minute walk around Fenham. Stay for a cuppa after the walk at the Fenham Library café.

Contact david.luke@newcastle.gov.uk

Or phone 07971040669

YMCA

The YMCA are celebrating their 170th anniversary this year as Newcastle's oldest youth charity. They are holding an exhibition and celebration in the Assembly Rooms on 29th October. They are interested in hearing stories or memories of the YMCA whether at Blakett Street or at any of their projects in Byker, Walker, Cowgate, Blakelaw or Cruddas Park. Do you have a story to tell? Please contact caitlin.hunter@ymcanewcastle.com.

Alphetti Theatre

The theatre is based at St James Boulevard Newcastle upon Tyne NE1 4HP. There is a full Autumn programme available with a brief synopsis of the content and an age appropriate guide. The group use a "Pay-What-You-Feel" visit their website www.alphettitheatre.co.uk you can make enquires via email: community@alphettitheatre.co.uk

Feeling safe and secure online

Are you concerned about protecting your privacy online? If so, would you like to participate in a research project with Emma Tallet, a Master's student at Northumbria University? Emma is exploring solutions to protect people's privacy online to give people 50+ more confidence in using social media. Emma is holding a workshop at Northumbria University on the afternoon of Tuesday 15th October (details to be confirmed). If you would like to know more click this link <https://www.surveymonkey.co.uk/r/7R8DXZ2> or contact emma.tallet@northumbria.ac.uk All participants will be entered into a prize draw for a £30 Amazon gift voucher.

Traditional Tyneside Dialect

Researchers at Newcastle University want to create a lasting record of the traditional Tyneside dialect. To help them with this they are looking for Tynesiders aged 70+ from working-class backgrounds to participate in interviews during which they will share their experiences of growing up and growing old in Tyneside. To find out more contact Lauren Tonge-Ward – L.Tonge-Ward@newcastle.ac.uk.

[Return to the top](#)

Information

Help available for people in need of energy advice.

As winter is approaching, we thought we would re-advertise the energy advice that is available from Citizens Advice Newcastle.

Citizens Advice Newcastle has an energy project funded through Northern Powergrid to assist any residents in the North East area (from Berwick to Durham) with fuel related issues. This can include, switching tariff, applying for supplier or government grants (such as Warm Home Discount), and dealing with billing problems and erroneous transfers.

You can contact them for advice via their specialist helpline telephone number 0370 145 1450 or email powergrid@newcastlecab.org.uk. If required an appointment can then be made with one of their energy advisors at the Newcastle office for face-to-face advice.

Your Equipment Newcastle

Newcastle City Council are trialling monthly drop in sessions for carers to:

- Get information and advice on Occupational Therapy services in Newcastle
- Get an overview and help with navigating the website and online resource www.YourEquipmentNewcastle.org.uk
- Ask questions about Occupational Therapy support available to support you when caring for someone.

Drop-in to Newcastle Carers, 135-139 Shields Road, Byker on the **last Tuesday of every month, 2:00pm – 4:00pm** (beginning Tuesday 24 September). Sessions will be with a member of the Occupational Therapy Team and will be relaxed, friendly and welcoming— no need to book, just turn up.

Blood Pressure “Know Your Numbers”

The recent campaign to know and understand your blood pressure numbers has just finished. High blood pressure may mean you are at risk of serious problems such as heart attack and stroke. The only way to find out if your blood pressure is high is to have it checked. You can ‘Know your numbers’ by visiting your local pharmacy, practice nurse or by using a home blood pressure monitor.

Voice

There are many opportunities for you in research both at individual and group level using this site:

<https://www.voice-global.org/>

Dementia Friendly Reading Group for over 55’s with memory issues takes place in Gosforth Library. Each session focuses on reading a short story, with breaks to talk about the plot and character development and the story. It’s free to attend and includes an opportunity to chat, have a cuppa and socialise with others in the group at the end of the session. Tel 0300 300 7070 for more information and to book a place. Every other Wednesday from 1.30pm in Gosforth Library, Regent Farm Road, Gosforth, NE3 3HD.

Living streets

This group has backed a call by the Transport Select Committee to ban pavement parking it said: “Cars parked on pavements force people with wheelchairs, parents with buggies and those living with sight loss into the carriageway and oncoming traffic. The committee is right to draw attention to the impact of pavement parking on loneliness. Many older adults we speak to feel stuck in their homes because they’re not able to navigate their local pavements. People continue to be put at risk of injury and isolation with every day of inaction that passes.” More about the organisation at:

<https://www.livingstreets.org.uk>

Dementia Friendly Jesmond

If you live in or near Jesmond there are activities and much information for those living with dementia and those who care for them. There activities to help keep fit and active as well as going to shop on a "slow" shopping day. They publish an information leaflet and you can order one by emailing: dementiafriendlyjes@gmail.com

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

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@qualityoflife.org.uk

www.elderscouncil.org.uk