

# ELDERS COUNCIL OF NEWCASTLE

presents



*A Celebration  
of Ageing*

# What is imAGE 2022?



imAGE is a celebration of the International Day of Older Persons and it aims to

- increase inclusion of older people in community activities, in the arts and in improving their health and wellbeing.
- challenge stereotypes of older people and change perceptions about what older people can do.
- raise the profile of the work of the Age Proud Network and Older People's day in the media and via social media.

*Many thanks to Chain Reaction Community Support Services for the small community grant that has funded this brochure.*

The Elders Council of Newcastle is led by older people for older people and we want to make Newcastle a great city to live and age in. We encourage the active contribution of older adults as changemakers by providing support, creative and learning opportunities and a platform from which to take action.

imAGE October 2022 is coordinated by the Elders Council and is a collaboration by the Age Proud Network made up of 90 workers and volunteers from 45 organisations across Newcastle who work with people aged 50+



# Inspire Festival

## Dance City, Newcastle

**When:** Saturday, Oct 1.

**Ticket Information:**

Standard ticket for Performance and Northern Soul Night: £10  
Pay what you decide Option  
Additional evening food price: £5

Booking Link:

<https://www.dancecity.co.uk/performance/201099/inspire-festival/>



**What:**

*Celebrating dance for all ages - for everyone from 0-100+!*

*5-6pm- Inspire performance.*

*6-7pm- Food & drink (additional ticket price)*

*7-9pm- After show celebration: Northern Soul Night.*

*The Performance showcases exciting and diverse new work from 55+ community companies across the region. Join us after the show for food and drinks before getting down and dancing the night away at a night of classic Northern Soul sounds featuring a dance demonstration from special guests.*



## Heritage Train rides at Stephenson Steam Railway

### Tyne and Wear Archives and Museums

**What:**

*Free heritage train rides at Stephenson Steam Railway. Take a four mile return trip following the route of the coal trains from the collieries to the River Tyne behind a vintage diesel locomotive in our 1950s passenger carriages.*

**Ticket Information:**

To book email [joanne.charlton@twmuseums.org.uk](mailto:joanne.charlton@twmuseums.org.uk) stating how many places and what time you would like to take the trip. Max 4 places per booking.

Free onsite parking or take the 310 bus from Haymarket bus station. Donations welcome. For more info: <https://stephensonsteamrailway.org.uk>.

**When:**

Sunday, Oct 2.

11:30, 12:30,

14:00 and 15:00

**Where:**

Stephenson Steam Railway  
Middle Engine Lane  
North Shields, Tyne & Wear  
NE29 8DX





# Older Voices

## The Elders Council of Newcastle

### What:

*Older Voices is the Radio show of the Elders Council - our twice monthly magazine programme that takes a different theme each month plus items such as a gardening slot, 'what's on' and notices, stories, poems and music. Our radio programme is completely run by volunteer active members of the Elders Council.*

### Where:

There are a number of ways to listen to the show:

1. Live on 102.5FM Nova Radio North East
  2. [www.novaradio.co.uk/novalive](http://www.novaradio.co.uk/novalive)
  3. <http://radio.garden/listen/nova-radio-north-east-102-5fm/JrogkWRK>
- Or you can catch up here: <https://www.mixcloud.com/LLARC/stream/>

### When:

1st and 3rd Sundays of the month, 2-4pm.

Tune in to our special broadcasts for imAGE on Oct 2 and Oct 16.



## Wellbeing for life meeting

### Friends of Jesmond Library and The Elders Council of Newcastle

### What:

*The October "Wellbeing for Life" meeting is going to be on the theme of "Feeling Safe in Your Community" and the guest speaker will be Kim McGuinness, the Northumbria Police and Crime Commissioner.*

### Where:

Jesmond Library, St Georges Terrace Jesmond, NE2 2DL

### When:

Wednesday, Oct 5:  
10:30 am- 12 pm



### Ticket Information:

Free to attend. For further info email: [events@jesmondlibrary.org](mailto:events@jesmondlibrary.org). Community minibus available if you need help getting to the venue.



## General Ticket Information:

Booking essential for all activities, limited places.  
To book ring: 0191 273 7443

## imAGE Activities:

### What:

## Vintage Fair

### When:

Monday, Oct 3:  
12.30pm-3.00pm

### Where:

Bishops Court,  
Denton Burn

### What:

## imAGE 2022 Evening Social

### When:

Tuesday, Oct 18:  
6pm-9pm

### Where:

Carnegie Building,  
Atkinson Road, NE4 8XS



## Regular Activities:

**Tea Dance:** Last Wed of month at Denton Burn Methodists Church, 1pm - 3 pm. Suggested donation £2.

**Ballroom/Sequence Dancing lessons-** starting 9th September. 1.00pm for 12 weeks. Lemington Centre.

## Dementia Service

We have developed a number of activities for people living with dementia and their carers to enjoy in a safe and welcoming environment. These include music, crafts, history, memory boxes, games and much more. You can also access information and advice.

## Group details:

- **Weekly Memory Tea** at Holy Nativity Church, Chapel House. Mondays 1.30pm-3.30pm
- **Monthly Memory Cafe** at Cornerstone, Benwell. First Thursday of the month 1.30pm-3.30pm.
- **Monthly Memory Tea** at St James Church, Benwell. Third Wednesday of the month 1.30pm-3.30pm.



Carers, friends and family very welcome.  
For more information, contact Kathleen at [kathleen.dickinson@searchnewcastle.org.uk](mailto:kathleen.dickinson@searchnewcastle.org.uk).



## General Information:

Our services are for people with dementia and their carers. You can join by completing a simple form which gives you access to all the groups and services we offer. For further information call 0191 603 0095.

**Where:** 177B Kirkwood Drive, Kenton Retail, Newcastle Upon Tyne, NE3 3BE

## Early Onset Dementia Peer Support Group

### What:

*This activity is delivered in partnership with ATime2Talk, facilitated by a qualified counsellor. We are a supportive and caring group that shares knowledge and experience. A confidential and safe place to talk, share and be listened to.*

### When:

First Wednesday of the Month- Oct 5

## Dementia Carer Support Group

### What:

*This activity is delivered in partnership with ATime2Talk, facilitated by a qualified counsellor. This is an opportunity to talk, share and learn together. Time and space for carers to come together.*

### When:

Second & Last Wednesday of the Month- Oct 12, Oct 26

## Dementia Café

### What:

*This activity has something different on every week, variety, e.g., music, crafts, celebrations, exercise etc.*

### When:

Mondays.  
Oct 3, Oct 10, Oct 17, Oct 24

### Ticket Information:

£4 per family.  
Refreshments included.

## Jubilee Choir

### What:

*The choir is for people living with dementia and their carers. It brings the benefits of music and singing to people with memory issues in a fun and relaxed environment.*

### When:

Tuesdays.  
Oct 4, Oct 11, Oct 18, Oct 25

### Ticket Information:

Free to join. Refreshments are included, no experience needed.

**Where:** These sessions are held online.

## Friday Quiz

### What:

*Always lots of laughter, make new friends, join in a quiz, have fun!*

### When:

Fridays  
Oct 7, Oct 14, Oct 21, Oct 28

## Doodle Art

### What:

*Art sessions for people with a diagnosis of dementia and their family/carers.*

### When:

Wednesdays  
Oct 5, Oct 12, Oct 19, Oct 26

# Creative Age at Hatton Gallery

## Equal Arts



### What:

Join Equal Arts and explore different artforms at the Hatton Gallery. The friendly and informal workshops are dementia-friendly with people attending face-to-face and also online for those unable to get to the venue.



### Ticket Information:

These artist-led, inclusive workshops are for people aged 55+. Free but donations of £3 per session are welcome. Refreshments included. To book in-person or online, phone 0191 261 1619 or email [information@equalarts.org.uk](mailto:information@equalarts.org.uk).

### When:

Tuesdays- Oct 4, Oct 11, Oct 18, Oct 25. 10:30 am-12:30pm.

### Where:

Hatton Gallery, King's Rd, Newcastle upon Tyne, NE1 7RH



## Newcastle Craftivism Group open day

### Workers Educational Association (WEA)

### What:

Our free, volunteer-led group meets monthly to do crafts that raise awareness about a range of community campaigns. A friendly and welcoming group who are helping to make a real difference!

Drop in to see how you can make your voice heard about changing the world with gentle activism through making lovely things.

### Ticket Information:

FREE drop-in activity. Tea, coffee and cake provided. Free parking onsite. For further info, contact Jude: 07500 103 903, [jmurphy@wea.org.uk](mailto:jmurphy@wea.org.uk).

### When:

Tuesday- Oct 4, 1:30-4:00pm

### Where:

Tesco Community Room, Tesco Extra, Kingston Park, NE3 2FP





# Unfolding Theatre in association with LittleMighty present "Hold On Let Go" Gosforth Civic Theatre

## What:

*Alex is 56. Luca is half his age.*

*Alex has an encyclopaedia in his head. Luca has one on her phone.*

*Alex can't recall his mother's voice or most of the 1980s. But he can instantly bring to mind his mother's cooking and his family's stories of the Spanish Civil War.*

*Luca worries that she can't remember the important stuff – things that might make the world a better place.*

*A poignant, personal meditation on the gaps in our memories. It's a show that bakes bread, dances on the kitchen table and wonders what is left when words are gone.*

## When:

Thursday, Oct 6.

7.30pm, Duration:

60 mins, no interval.

## Ticket Information:

Eight discounted tickets available (£8 each).

Contact Elders Council to book: 0191 208 2701, [info@elderscouncil.org.uk](mailto:info@elderscouncil.org.uk)

# Chain Reaction's Chopwell Woods fun days

## Chain Reaction North

## What:

*Chain Reaction North are offering 3 x events in partnership with Chopwell woods.*

*There will be various activities that may include archery, walking, outdoor chair exercise, crafts, and axe throwing. These will be confirmed nearer the time of the events.*

*Transport will be available for a small fee. Please bring a packed lunch and be mindful of the weather conditions on the day of the event. Wear appropriate clothing and footwear.*

## When:

Oct 6, Oct 13, Oct 20 (Thursdays)- 10.30am to 2.30pm



## Ticket Information:

For more information, contact Chain Reaction Newcastle at: 0300 300 7070, [info@chainreaction-newcastle.co.uk](mailto:info@chainreaction-newcastle.co.uk).





# Senior Backyard Cricket (BYC)

## Cricketqube



### What:

Senior BYC is our version of cricket for older people open to anyone over the age of 50. Senior BYC is all about keeping active while having fun hitting some cricket balls out of the park!

### When:

Fridays- Oct 7, 14, 21, 28. 6-7 pm.

### Where:

Sports Hall at the Newcastle College.



### Ticket Information:

£5 per head for one hour cricket and coaching. Prior booking is preferred – drop-ins are also accepted.



To book call: 07880861879 or via the booking website: <https://www.cricketqube.com/pages/find-your-event>

# Sugar Baby by Alan Harris

## Alphabetti Theatre

### What:

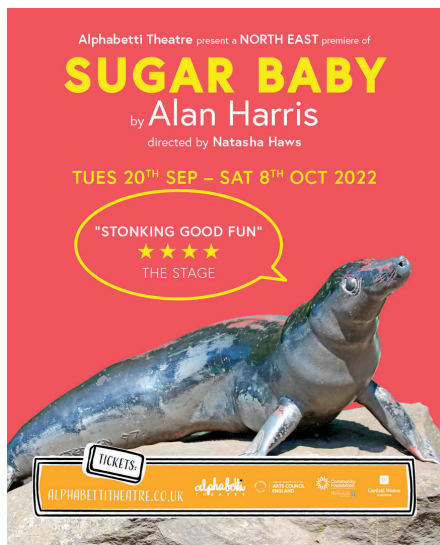
*Sugar Baby is a charming comedy caper from critically acclaimed writer Alan Harris. Plus a post-show relaxed creative workshop themed around the play!*

*Meet at Alphabetti at 12:30 to watch the show at 13:00. The show will last 70 minutes, and participants are welcome to stay afterwards for a relaxed creative workshop.*

**When:** Saturday- Oct 8, 1-4pm

### Ticket Information:

Those attending imAGE are entitled to a 'pay what you feel' ticket if they use the code 'IMAGE22' when they book either online or over the phone at 0191 261 9125.



Booking link:

<https://www.ticketsource.co.uk/alphabetti-theatre/sugar-baby/e-amdolo>



# Longevity Newcastle Exhibition

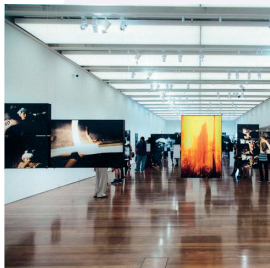
VOICE

## When:

Oct 9-12

## Where:

The Catalyst



## What:

*Longevity photo studios narrates older communities across different cities through a series of photos. This will be the second exhibition, following the first which took place in Milan. We are looking for people aged 55 and over who have a connection with Newcastle City to be involved.*

*Once your place is confirmed you will be offered a date and time to attend. During your meeting you will have your photograph taken and be involved in a short interview about your connection to Newcastle City.*

## Ticket Information:

Please register to be involved in the Exhibition via the following link or by emailing VOICE at [hello@voice-global.org](mailto:hello@voice-global.org), along with your date availability.

<https://www.voice-global.org/public/opportunities/longevity-newcastle-exhibition/>

You will receive a £10 Love2shop voucher as a thank you for your time, and travel expenses to the building will be reimbursed.

## Newcastle – An Age Friendly City The Elders Council of Newcastle

### What:

*As a part of imAGE 2022, Elders Council have invited the new leader and deputy leader of Newcastle City Council to share their ideas and aspirations for Age Friendly Newcastle. People aged 50 plus are invited to attend, ask questions and share ideas. Booking essential.*

### Ticket Information:

The event is FREE but booking is essential.

To book: email [info@elderscouncil.org.uk](mailto:info@elderscouncil.org.uk), phone 0191 208 2701 or on eventbrite:

<https://www.eventbrite.co.uk/e/age-friendly-newcastle-cllr-nick-kemp-and-cllr-karen-kilgour-tickets-404689395877>

### When:

Monday, Oct 10  
10.30 am – 12 noon

### Where:

Bewick Hall, City Library,  
33 New Bridge St W, NE1 8AX



# Just Us

## Unfolding Theatre in partnership with The Elders Council of Newcastle

### When:

Friday- Oct 14, Saturday- Oct 15.

### Where:

Oct 14- Holy Cross Church,  
Fenham: 4pm-6pm,  
Oct 15- St Martins Centre,  
Byker: 10.30am-12.30pm

### Ticket Information:

Free. Refreshments available.



PC: Mark Savage  
Photography

### What:

*"Everyone thinks we want tea dances, and Vera Lynn. They forget we were the Rock'n'Roll generation."*

*Unfolding Theatre spent a week with communities in Fenham and Walker, chatting to those 55 and over about age, identity and community. We'd like to invite you to come and hear the results, in an informal performance for audiences of all ages. There'll be stories, music and a few surprises along the way. For further information, visit [www.unfoldingtheatre.co.uk](http://www.unfoldingtheatre.co.uk).*

*To book phone Elders Council on 0191 2082701 or email [info@elderscouncil.org.uk](mailto:info@elderscouncil.org.uk).*

PC: Mark Savage  
Photography



## Elderberries Celebration

### Scotswood Natural Community Garden

### What:

*Explore the beautiful gardens then join us for refreshments and a chat. Music and movement activities will be running in the woodland, and there will be an opportunity to make a botanical print to take away.*

*This event is accessible to those with mobility needs including wheelchair users, and is suitable for people living with dementia.*

### Ticket Information:

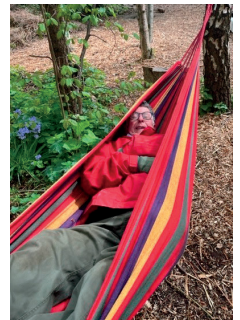
*This event is free and open to all over 55 and their family/carers. Please book by email: [jenny@sncg.org.uk](mailto:jenny@sncg.org.uk) or call 0191 275 0000. Teas, coffees & cakes will be available.*

### When:

Friday, Oct 14: 1-4pm

### Where:

Scotswood Natural Community Garden, enter via the John Marley Centre, Muscott Grove, NE15 6TT



# Star and Shadow Cinema

## General Ticket Information:

All events with the exception of 'Tyne Valley Big Band' are pay as you feel. Booking via Star & Shadow Website: <https://starandshadow.org.uk/>. Bar will be open during the Tyne Valley Big Band event and café will be open for refreshments during the other events.

## Advanced Style

### What:

A Documentary about fashionable and stylish older people. For more information check:

<https://www.advanced.style/about>

### When:

Sunday, Oct 23: 2pm.  
1 hour 15 minutes.

## Tyne Valley Big band

### What:

This community-based band from Hexham shows mixed ages and generations making music together. Their repertoire includes swing, latin, soul and funk.

**When:** Thursday, Oct 20: 7.30pm

### Ticket Information:

£5.00.

## Still Alice (2014)

### What:

A linguistics professor is diagnosed with familial Alzheimer's disease shortly after her 50th birthday.

### When:

Sunday, Oct 16: 1pm.  
1 hour 41 minutes.



## Gannin' Along the Wall

### What:

A new local film, written and directed by St James' Heritage & Environment Group. It follows the route of the Hadrian's Wall through Newcastle, starting at the fort of Segedunum just east of the city boundary and travelling west as far as Heddon.

### When:

Sunday, Oct 23: 1pm. 40 minutes.



# Company of Others Ensemble

## Company of Others



### What:

*If you are 65 or over join us for a creative afternoon of dancing, meeting new people and refreshments. The group has run for 7 years now, they're a lovely bunch and super welcoming to new people!*

### When:

Every Monday: 1-2:30pm.  
Oct 3, Oct 10, Oct 17, Oct 24, Oct 31

### Where:

The Bricks, St. Anthony of Egypt Church, Belmont Street, Walker, NE6 3SN

### Ticket Information:

Pay as you feel.  
To register, call: 0191 276 1542 or  
email: [community@companyofothers.org.uk](mailto:community@companyofothers.org.uk)



# Physical Theatre Drama Workshop

## with Sarah Kemp

### What:

*Develop your theatre-making skills through drama games, gentle movement exercises and improvisations. Have fun and meet new people. No previous experience required. Contact [sarah@tsf.org.uk](mailto:sarah@tsf.org.uk) for more information.*

*We will also talk about developing a new drama group for older people in Newcastle, in conjunction with The Elders Council and Northumbria University.*

**Where:** Bewick Hall, City Library

### Ticket Information:

Free, taster drama workshop.

**When:** Thursday, Oct 20. 2-5pm



# Outdoor Therapy Activities

## WinG Outdoor Activities



### When and Where:

Oct 14, Oct 28 (Fridays).  
Start Wallsend Metro 10am,  
return from Northumberland  
approximately 17:30.

### Ticket Information:

Free. For more information and  
to book: call 07 506 176 888,  
info@wingoutdooractivities.org.  
website: www.wingoutdooractivities.org  
Facebook: WinG Outdoor Activities

### What:

*Provides a range of outdoor well being activities such as canoeing, hill walks, cycling, bushcraft and rock climbing in various locations throughout Northumberland. Delivered in small groups, transportation included.*



## Routes of Social Change – Human Rights Walk

### WEA

### What:

*WEA North East are building an innovative History Walks project called the Routes of Social Change, <https://wea-historywalks.org.uk>. Our website and downloadable pdfs guide you along a set of walking trails through the rich social history of the North East. Join us for a group walk along celebrating Newcastle's contribution to human rights and social justice.*

### Ticket Information:

Free. Please bring a  
smartphone/tablet (we  
have spares). For further  
information, contact Jude  
Murphy: 07500 103 903,  
jmurphy@wea.org.uk.

### When and Where:

Friday, Oct 28.  
Circular history walk  
(with access to online  
audio-visual material)  
from Westgate Road to  
Haymarket and back.  
Meet outside Tyne  
Theatre, Westgate  
Road, 10:30am





# imAGE- October 2022:

## At a Glance

**1** Inspire Festival **Saturday**

**2** Heritage Train rides **Sunday**  
Older Voices Radio Show

**3** Vintage Fair **Monday**  
Dementia Café  
Weekly Memory Tea  
Company of Others Ensemble

**4** Jubilee Choir **Tuesday**  
Newcastle Craftivism Group  
Creative Age at Hatton Gallery

**5** Doodle Art **Wednesday**  
Wellbeing for Life meeting  
Dementia Peer Support Group

**6** Hold On Let's Go **Thursday**  
Monthly Memory Cafe  
Chopwell Woods fun days

**7** Friday Quiz **Friday**  
Senior Backyard Cricket

**8** Sugar Baby performance+  
creative workshop **Saturday**

**9** Longevity Photo Exhibition **Sunday**

**10** Dementia Café **Monday**  
Weekly Memory Tea  
Longevity Photo Exhibition  
Company of Others Ensemble  
Newcastle- An age friendly city

**11** Jubilee Choir **Tuesday**  
Longevity Photo Exhibition  
Creative Age at Hatton Gallery

**12** Doodle Art **Wednesday**  
Longevity Photo Exhibition  
Dementia Carer Support Group

**13** Chopwell Woods fun days **Thursday**

**14** Just Us **Friday**  
Friday Quiz  
Senior Backyard Cricket  
Elderberries Celebration  
Outdoor Therapy Activities

**15** Just Us **Saturday**

**16** Still Alice **Sunday**  
Older Voices Radio Show

**17** Dementia Café **Monday**  
Weekly Memory Tea  
Company of Others Ensemble

**18** Jubilee Choir **Tuesday**  
imAGE 2022- Evening Social  
Creative Age at Hatton Gallery

**19** Doodle Art **Wednesday**  
Monthly Memory Tea

**20** Tyne Valley Big Band **Thursday**  
Chopwell Woods fun days  
Physical Drama Workshop

**21** Friday Quiz **Friday**  
Senior Backyard Cricket

**23** Advanced Style **Sunday**  
Gannin' Along the Wall

**24** Dementia Café **Monday**  
Weekly Memory Tea  
Company of Others Ensemble

**25** Jubilee Choir **Tuesday**  
Creative Age at Hatton Gallery

**26** Tea Dance **Wednesday**  
Doodle Art  
Dementia Carer Support Group

**28** Friday Quiz **Friday**  
Senior Backyard Cricket  
Outdoor Therapy Activities  
Routes of Social Change Walk

**31** Dementia Cafe **Monday**  
Weekly Memory Tea  
Company of Others Ensemble



[www.InformationNOW.org.uk](http://www.InformationNOW.org.uk)



Information for people in Newcastle upon Tyne

For up-to-date information including events not listed in the brochure, check Information Now:

<https://www.informationnow.org.uk/article/age-proud-newcastle/>

To get in touch with The Elders Council of Newcastle:

Registered Charity No. 1122424

Phone: 0191 208 2701

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

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

Facebook: <https://www.facebook.com/AgeProudNewcastle>

