

E.C. Fortnightly

Issue 12

January 2018

Contents

- **What's the Elders Council doing?**
- **Dates for your diary**
- **Opportunities**
- **Information**

What's the Elders Council doing?

- Board members have attended conferences at the International Longevity Centre in Bristol and at the Centre for Life in Newcastle.
- A small group of Board members met with City Council officers to consult on the next year's budget. A paper with our views is now ready to send to the City Council as part of the consultation process.
- A small group have been reviewing how well our website works and what, if any, changes need to be made. Generally it works well; however some changes need to be made to refresh and bring things up to date. There will be a questionnaire concerning the website sent to all who receive information via email. **PLEASE complete it and return it when it arrives.**
- Another group has looked at social media. The Board of Trustees has decided to launch an Elders Council Facebook Page. Get ready to "like"

- We are still promoting Active Voices and have worked with partners in the University and WEA to set up some further sessions. (See below for further information.)

Return to the top

Dates for your diary

Active Voices

There is a “Rant and Rave” session to be held on **25th January at St Martin’s Centre, Roman Avenue**. This is your chance to get your voice heard and enjoy a **free** lunch. Contact: anne.richardson@qualityoflife.org.uk or phone 0191 2082701 to book a place and transport if needed.

Dementia Friendly Cinema at Tyneside Cinema Thursday January 25th “Bye Bye Birdie”

This screening is part of Dementia Friendly Cinema, the popular screening programme for people with dementia and their families and carers.

Screenings are open to everyone and anyone. Click here to visit their website and for more information.

British Tinnitus Society

There is to be a Tinnitus Information Day on **February 3rd at the Marriott Hotel Gateshead**. The event is completely **free** but places need to be booked. Drinks and a light lunch are provided. To reserve a place phone: 0800 018 0527 or book online by clicking here.

Northumbria University

On **Tuesday 30th January 2018** at 6.30pm there is a free public lecture at Northumbria University to celebrate 10 years of work in investigating

the mental, physical, mood and health performance effects of foods and nutritional supplements. It will be a 1 hour lecture with the director talking about what has been learned about optimal nutrition during this last decade. There will be a free drinks reception in the foyer before the event and the lab team will be presenting some posters and the chance to take part in some mental performance tasks. [Click here to register.](#)

Newcastle Libraries

Monday January 29th, 10.30am at Newburn Library

Why not pop along to watch a series of short films about some of the people who lived in the West End, including pitmen and Vickers Armstrong workers as well as the rich and famous such as the builder and developer Richard Grainger? . No booking required. Information about library services can be found by [clicking here.](#)

Age UK Newcastle

Have you made your will yet? Age UK Newcastle is running a will day on **Thursday 5 April**. If you haven't made your will yet, please ring 0191 232 6488 to book an appointment with a solicitor. The cost is £60 (£90 for a couple).

[Return to the top](#)

Opportunities

Voice North

Voice North is an organisation that aims to capture the public's vast experience, ideas, opinions and expectations about research, innovation and policy developments which affect their lives. It has recently launched a website which features information on how you can get involved and make a difference. Anyone can join Voice North to get involved in research and to receive research opportunities. [Click here](#) for further information.

A new opportunity [Showcasing Research in Organ Donation & Transplantation: Public Event](#) has been created in Health & Science. This is an opportunity to learn more about research in organ donation &

transplantation. The event will take place on Wednesday 7th February, 12-5pm at the Freeman Hospital.

For further information and to register your place, please follow the link or call 0191 208 1288.

Volunteers Needed

This has been sent in an earlier Bulletin but the PhD student still needs more volunteers. Here's the information again:

A PhD researcher at Northumbria University is doing research on mind-wandering/daydreaming and how it changes across the life span.

This study consists of 2 sessions at Northumbria University separated by 28 days of training. During the sessions people have to complete attentional tasks and fill in some questionnaires. During the 28 days training participants have to listen to a recording (20 min) every day. The recordings are either book recordings or guided meditations, depending on the group. All together 50 volunteers above 60 years old (or at least above 55) are needed..” Contact:

lea.martinon@northumbria.ac.uk

Return to the top

Information

Workers Education Association

The spring sessions have started and this organisation offer a wide range of activities this term from, a Beginner's Guide to Egyptian Archaeology to Jewellery Making. Check out their website as activities take place in different venues. For further information click here.

Dance City

Spring Term sessions have also started at Dance City where many types of dancing are available to those 55+ from, Ballet for Beginners to

Street Dancing. They also have an offer of Hang Aerial which is dancing “in the air on trapeze, silks and hoop” sounds different! They also have a specific dance offer for those with Parkinson’s Disease called “Moving On”. There is a Theatre in Dance City where artistes perform to an audience, it’s a contemporary dance programme and you can view it on their website. There is a small café serving a limited menu alongside drinks. [Click here](#) for further information.

Great Exhibition of the North

Take part in the biggest cultural event of the year, right on your doorstep, in the Great Exhibition of the North. Plus, see creative exhibitions by leading artists at your local galleries. The Great Exhibition of the North 2018 is a summer of amazing exhibits, inspired technology, vibrant street performance, cutting edge culture and magical experiences. It all happens between 22 June and 9 September 2018.

For example: the exhibition at the Great North Museum: Hancock tells the story of Northern art, design and innovation through such star loans as John Lennon’s last piano and Helen Sharman’s space suit. We’ll try to keep you informed so that if you need to book for events you’ll hear in good time.

Check out their website by clicking [here](#).

Deaflink

They are there to offer support to Deaf, Deafblind, Hard-of-Hearing and Deafened people and their families across the North East. They provide some services and can signpost you to others. Their web site has a wealth of information. They do offer lip-reading classes; you need to use the website to see when the next set of classes start. [Click here](#) for further information.

Information NOW

Have you been using the Information NOW website (www.informationnow.org.uk) over the last few months. We would love to hear from you about our new website (branding, range of information, organisations and events) so that we can continually review how well it is meeting the needs of people of 50 years old in Newcastle.

You can send us a page comment at the bottom of any article or organisation or you can contact the Information NOW team by clicking [here](#). We'd love to hear from you.

Return to the top

Contact Details:

Elders Council of Newcastle, Room 236, 2nd 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