

E.C. Fortnightly

Issue 15

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What's the Elders Council doing?

Doorbells

We are working with Care and Repair England, Northumbria University and Skimstone Arts to try out a different way of having conversations with people about how and where they want to live in later life. We will be putting on a performance of Doorbells - a sensitive, humorous and moving piece which explores these issues. We are planning to develop a film and resource pack which can be used in different settings to spark conversations.

When: Thursday 22 March at 6.00pm (doors open at 5.30pm)

Where: B & D Gallery, 3rd Floor, Commercial Union House, 39 Pilgrim Street, Newcastle upon Tyne, NE1 6QE

Cost: Free

Bookings: Click [here](#) to book a place.

Elders Radio Communications

Everyone's tomorrow – today! is the monthly Elders Council radio programme. Our next broadcast is on air from 2 to 4pm on Friday 2 March; the theme is “Other older people’s forums”. Tune in to 102.5 fm or listen online by clicking [here](#). .

Active Voices

We are now on week 3 of the current sessions in Walker which are proceeding well. We will shortly be recruiting in the west of the city and are hoping to run further sessions in the east. We will keep you informed of dates, however if you are interested please contact the Elders Council Office, details at the end of this bulletin.

Conversation not Confrontation

On 13 February, over 90 people from voluntary and community organisations and public sector teams attended a major conference at the Discovery Museum to hear about Conversation not Confrontation. Barbara Douglas and Anita Davies attended on behalf of Elders Council and Kate Bowman from Information NOW. This conference was a milestone event to highlight concerns around hate crime and strategies, techniques and tools to tackle it. As a result, Information NOW has updated its [adult abuse](#) article to remind us all what to look out for and how to report it.

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Dates for your diary

The Dream Palace:-A people’s history of Tyneside Cinema

In 2017, Tyneside Cinema turned 80. In celebration of this landmark moment, Tyneside Cinema has been working with their audience to make a film that tells the history of Tyneside as well as the wider story of cinema-going around the world. Featuring personal anecdotes from audience members, staff, and leading figures in film The Dream

Palace captures a sense of what cinema-going is and what it means to people across the North East and beyond.

Tickets can be booked for various showings in March by clicking [here](#).

Let's Meet in the Middle

Newcastle City Council's Newcastle Art Team presents 'Let's Meet in the Middle...' which showcases the work of artists and communities from across Newcastle produced as part of Newcastle Art Team's 2017/18 artist-in-residence and arts connect programmes. As part of the programme, Skimstone Arts will present Waiting, a film screening and live music performance led by Artist in Residence Claire Webster Saaremets to celebrate work created in partnership with participants/performers in All Ages Walker Project. To find out more or for bookings please click [here](#).

Northumbria Scribes are holding an Exhibition at Jesmond United Reform Church, Burdon Terrace Jesmond from 3-10 March, 11am - 4pm daily (except Sunday 4th, open from noon - 4pm). The exhibition is Celebrating St Cuthbert. Contact: email office@jesmond-urc.org.uk or phone 0191 281 4676. This is a free event.

A Concert of Remembrance at St Basil and St James Church Fenham 17 March 17 at 7.30pm. This features the Bob Chilcott Requiem and other music including WW1 songs. Tickets available from the church cafe or by clicking [here](#).

The Free Thinking radio 3 Broadcasts take place from 9-11 March at the Sage Gateshead. A plethora of activities and events with many popular events sold out but worth trying for returns. Many events are free. For further information click [here](#).

Dementia Friendly Activities in Jesmond

Mobilise and Socialise is an integrated dance class which welcomes everyone, just come as you are. This free class takes place every Thursday morning between 10.15am - 11.45am at the Church of the Holy Name, North Jesmond Ave, NE2 3JX. Refreshments are served at the end of the session and transport is also available.

Sing and Socialise takes place every Friday morning between 11am - 12 noon at St George's Church Hall, Osborne Road, NE2 2TF. You can have fun singing popular songs in good company, no experience required. Family members and carers welcome and transport is available. Why not call into St George's Cafe first, also in the Church Hall. It is open from 10am - 12 noon with a special welcome for those affected by dementia in any way.

For further information about the singing and dance sessions or free transport, please call 0191 281 8255 or email dementiafriendlyjes@gmail.com. The sessions and travel are organised by Jesmond Dementia Action Alliance and funded through grants from Awards For All and Skipton Building Society.

Patient, Public and Carer Engagement Forum

The next Patient, Public & Carer meeting with the Clinical Commissioning Group is on Monday 12 March at Gateshead Civic Centre. To find out more about this group and how you can get involved click [here](#).

Food Partnership Newcastle

The annual gathering of the Food Partnership Newcastle on 15 March focuses on the delivery of key themes from the Newcastle Good Food Plan; such as Newcastle SUGAR SMART, food waste, food poverty and more. To book a place or find out more click [here](#).

Christian Vision for Men tour coming to Gateshead

Saturday 10 March at Christ Church, Carlisle Street, Felling, Gateshead NE10 0HQ. The theme of the event is 'Going Against the Grain', where there will be faith, life and adventure. For further information or to book a place click [here](#).

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Opportunities

Dance City is currently looking to develop dance workshops with local people/groups in Newcastle. They are keen for local community groups to use their facilities more and can support this via transport and staff support. If you have a group who would like to have a dance taster that may then lead on to a dance project/performance over time, they can support you. Contact helen.kumar@dancecity.co.uk for further information.

Tai-Chi for over 50s for beginners will be held at The Great North Museum on Mondays from 3.30 - 4.30pm. The course has already begun but you can still contact the Museum for more information. email: livewell@twmuseums.org.uk, tel. 191 277 2246 or to visit their website click [here](#).

Ping!Newcastle – Table tennis for Older Adults

Active Newcastle is looking to introduce informal table tennis playing opportunities across Newcastle targeting the city's older adult community. As part of Table Tennis England's national participation programme called Ping, they are looking for existing groups that might have the physical space and the desire to introduce, and in some cases reintroduce their members to table tennis!

So if you think Table Tennis would be a welcome addition to your group session and you would like to find out more, please contact Owen Jordan at owen.jordan@newcastle.gov.uk .

Research Recruitment

Researchers at Northumbria University are recruiting participants to take part in an interactive interview about where they obtain digital information and advice. The interview will last approximately 1½-2 hours, and participants will receive a £20 intu gift card for their time. Participants are required to be at least 60 years old and have some experience using the internet, but no technical knowledge is needed. They are specifically looking for participants who live alone and who do not have friends or family living nearby. They are also interested in interviewing participants with limited mobility.

The interviews will be held either at Northumbria University in the Newcastle city centre or in your own home in April and May 2018. For further information contact Dr. James Nicholson via email (james.nicholson@northumbria.ac.uk) or phone 0191 227 3716.

Action Foundation 15 for 7 Challenge: 5 to 12 March

Do you know how much you spend on your weekly food shop per person? Add in toiletries, travel, coffees out and a takeaway and it probably comes to a lot more than £15. £15 is the amount vulnerable destitute asylum seekers living in Tyne and Wear receive from local charities per week to survive on. Every penny counts and some find themselves choosing between eating breakfast or travelling to a doctor's appointment.

Action Housing and Action Hosting projects currently have the capacity to support and accommodate 27 destitute asylum seekers, but there are at least 140 in Newcastle alone that they do not have the finances to support with their accommodation services.

They are asking people to sign up for the challenge to live on £15 a week and raise funds through donating the money they would normally live on. If you are interested in getting involved get in touch with Harriet Urwin by clicking [here](#).

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Information

Asthma Inhaler Recall information

Is your inhaler one of the faulty ones made by Glaxo Wellcome UK limited? Click [here](#) to find out what you should do if it is.

The Cost of Care

The Financial Times has published a useful article by Rosie Carr, Deputy Editor of the Investors Chronicle, setting out what she has learned through experience to be the 10 most important things she

wished she had known when considering permanent residential care for an elderly parent. To read more click [here](#).

Newcastle University Institute for Ageing

For regular news updates click [here](#).

Ageing Better News update

The [monthly news update from the Centre for Ageing Better](#) includes its response to the recent report from the Communities and Local Government (CLG) Committee's report on [Housing for Older People](#).

Need Energy Advice?

Citizens Advice is working with Northern Powergrid to help clients who are having issues with their fuel and utilities. They can provide information on how to shop around to reduce energy costs such as switching tariffs, payment methods or suppliers; give advice on how to save money through energy efficiency and give general support on how to deal with problems with your current supply. To speak to a specialist energy adviser tel. 0370 145 1450.

Voting on Britain's Best Walking Neighbourhood Award

is now live until 14 March. There are many neighbourhoods across the country that are already great for walking and the first ever Britain's Best Walking Neighbourhood award has been set up to celebrate them. People are being asked to nominate their favourites out of a shortlist of ten of the best, which includes Newcastle Town Moor. Take a look at the shortlist and cast your [vote now](#) for your favourite using the voting form at the bottom of the page.

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