

E.C. Fortnightly

Issue 16

March 2018

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What's the Elders Council doing?

Doorbells

The performance of "Doorbells" will take place on 22 March at Commercial Union House hosted by the Elders Council. This is a FREE event but we do need you to book. Places are limited – to book a place [click here](#).

The Board of Trustees met to discuss some urgent matters and will be reporting to you shortly.

Future Homes Project

We completed a conversation to aid a report on community engagement for the Future Homes Project

Monthly Mile Castle Drop-In

The next Mile Castle event is on 21 March. There is to be a “Super Quiz” and perhaps a speaker (not yet confirmed.)

Wellbeing for Life

We continue to work jointly with the Friends of Jesmond Library to organise sessions on the first Wednesday of the month offering information about the Five Ways to Wellbeing, as well as tips on what to do. The next session is an Art Workshop and will be held in Jesmond Community Library on 4 April at 10.30am. Transport is available. For further information contact: 0191 235 9905.

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Dates for your diary

Death Cafe

The next Death Cafe in Newcastle will be on Wednesday 14 March, between 7-9pm at the Gosforth Civic Theatre. Light refreshments. Booking is essential. Contact: email: eileenridley57@gmail.com or phone: 07791 095783.

North East Ambulance Service

Every year North East Ambulance Service produces a Quality Report, which includes selecting priorities to improve patient safety, clinical effectiveness and patient experience. In order to help us develop this year's priorities, we would like to hear what you think. You can see the progress that has been made by clicking [here](#). There is also a short online survey which is open to all and needs to be completed by Monday 19 March. All responses are anonymous. To fill in the survey, please click [here](#).

Silver Sunday

Silver Sunday, is not taking place until 7 October which is several months away. However the Elders Council hope it gives a chance for you to consider and plan. We would like to know if you, or any other organisation you are in, are planning any event as we can certainly give space to advertise it, so please let us know. We will send out reminders every so often about this. Here are the details about this:

Silver Sunday is a national day for older people where local communities and organisations host free events for people aged 65 and over. The aim of this day is to celebrate older people and tackle loneliness and isolation amongst older people.

If you are interested in taking part or have any questions at all please feel free to email info@silversunday.org.uk or call 020 7641 3609.

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Opportunities

Dementia Friendly Jesmond

There are regular activities for people living with dementia in Jesmond. For further information about the singing and dance sessions or free transport, please call 0191 281 8255 or email dementiafriendlyjes@gmail.com .

Tyne and Wear Museums Must-see-museums

7 things to do in March at the must – see museums:

1. visit Arbeia Roman Fort, Wallsend re-opening after refurbishment;
2. try the “Easter Egg Hunt” at Shipley Art Gallery; or
3. “Build a Fun Fair” at the Discovery Museum
4. you could try “Fish and Chips with a difference” at the Stephenson Railway Museum; whilst

5. the Great North are offering to combine art and science in the “Heart of the Matter”;
6. you can view the work of Sean Scully at the Hatton Gallery or the Laing Art gallery or;
7. be creative at” Pottery Classes” at the Laing.

Further information click [here](#).

Voice

Opportunities in Voice this next week or two are in [British Science Week - Engineering](#); a public lecture in [Culture & Society](#) opportunity in research in [Health & Science](#) . You can become a member of Voice and receive email opportunities to your own email address. Their contact details for further information are: voice@newcastle.ac.uk or phone 0191 208 1288

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Information

Our Chair spotted this and has already applied for her refund. The government is offering a partial refund to anyone who applied and paid for Lasting Power of Attorney between 1 April 2013 and 31 March 2017. The information for applying is on the website of Martin Lewis – click [here](#).

Five home hazards you should never ignore – and what you should do to stay safe

Every year more than 2.7 million people seek hospital treatment in the UK because of accidents in the home – and 6,000 of them die. Which consumer magazine offer advice on preventing accidents. Click [here](#) for further information.

Spice FM Radio Station

Our Elders Council Communications Co-ordinator has sent a reminder about Spice FM Radio Station it's a Tyneside radio station for anyone who is interested in views and issues that matter to the community. They are hosting a fortnightly show with HealthwatchNewcastleGateshead on Spice FM on Tuesdays from 12 noon to 2pm. Join them fortnightly from Tuesday 13 March on 98.8fm or listen online at www.spice.co/uk

Information NOW

This week is brain awareness week. Many organisations will be raising their profiles to demonstrate the practical work that they do to support people who have experienced medical complications such as stroke, Parkinson's disease and migraine to name a few. Information NOW has lots of useful articles, such as support groups and self-care and disability and each of these is linked to useful organisations that you may want to contact for support if you or someone you know has been affected. Another great resource is www.nhschoices.org.uk which will give you up to date information about symptoms and what to do if you are worried or need help. Why not read our article on 10 tips for good health and browse our events and activities to keep connected and keep fit. Visit www.informationnow.org.uk .

Town Moor

Just a reminder! If you if you are part of a walking group this will interest you - Town Moor has been shortlisted for Britain's Best Walking Neighbourhood Award. MP Chi Onwurah is championing the area. Vote now! #RamblersUrbanAward
#VoteTownMoor<http://www.ramblers.org.uk/voteurban> If you haven't walked there perhaps your walking group should give it a try and definitely start voting!

Search Project

The Spring Programme is now active and details are available from Search visit: www.searchnewcastle.org.uk .

All activities are either free or under £2.50. Please call a member of the Search team on 0191 2737443 to find out more information regarding any of the activities inside or call in to 74 Adelaide Terrace, Benwell, Monday to Friday 10am-1pm

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Contact Details:

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www.elderscouncil.org.uk