

E.C. Fortnightly

Issue 17

March 2018

Contents

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

What's the Elders Council doing?

Elders Council on the move

Over the last month, the Elders Council Board has been busy re-negotiating arrangements between the Elders Council, Newcastle City Council and Newcastle University. We have been delighted with the very positive response we have received and how much the work of the Elders Council is valued in the city. The outcome of our discussions is that, after a very short stay at MEA House, the Elders Council has now returned to the Campus for Ageing and Vitality. You can find us in room 2.29, 2nd floor, Biomedical Research Building, Campus for Ageing and Vitality, Nuns Moor Road, Newcastle upon Tyne, NE4 5PL. Telephone: 0191 208 2701.

Email: barbara.douglas@qualityoflife.org.uk or anne.richardson@qualityoflife.org.uk .

Staff Changes

Anne is leaving as she has a new job. This is really hard news for the Elders Council as Anne has been such an important part of the organisation and we will miss her more than your editors can say.

However, we do wish Anne every success in her new job. We will still see her as, luckily, her new office and work is just across the corridor from the Elders Council. We are so very sorry to see you go Anne thank you for everything you have done for us in the last 19 years.

Doorbells Performance

On 22 March a packed audience enjoyed a performance of Doorbells – a thought-provoking play which challenged us to think about how and where we want to live in later life. Following the performance, our audience stayed behind for a post-show conversation which included lively debates on the issues raised by the performance. We will be publishing a short report on this project and identifying ways in which we can take it further. Doorbells was commissioned by Care and Repair England and delivered by a partnership of Elders Council with Skimstone Arts and Northumbria University.

Active Voices Short Course

Don't miss the opportunity to take part in Active Voices – a new short course which aims to develop the skills and knowledge of people who wish to play a part in their communities. If you attend this **free** course, you will have the chance to develop new skills, explore a range of interesting and topical issues, carry our practical experiences and have some fun! The course will take place on Tuesday mornings from 10.00am – 1.00pm (lunch included) starting on Tuesday 17 April and ending on 25 May at the Carnegie Library on Atkinson Road, Benwell, NE4 8XS. To book a place email shylands@wea.org.uk or call 0790 005 1720 or call the Elders Council on 0191 208 2701. The course is being delivered by a partnership between Elders Council, Workers Educational Association (WEA) and Newcastle University.

Age Friendly City

Several trustees attended the last meeting of this group when we heard Mike Catt, the Director of the National Innovation Centre for Ageing speak about the role of the centre, that it should be a regional centre for public engagement with opportunities to build wider collaborations. He spoke of helping people to age well at whatever point they are in life (we are all ageing every day as he reminded us); in later life we need to look at multi-morbidity solutions. Finally, he said to remember the financial value older people bring to society.

Return to the top

Dates for your diary

Alzheimer's Research

Public talk, 'Do you want to know more about dementia?' is to be held at the Civic Centre, Newcastle at 2pm on 10 May. This is a **free** event, but you must register. Contact phone 0191 208 1342 or email sally.warburton@ncl.ac.uk

Tinnitus Awareness Week

Deaflink are launching the date of their new tinnitus support group. The date for your diary is Thursday 24 May 2018. The group will run from 1.00pm at Deaflink premises – 11 Tankerville Place, Jesmond, NE2 3AT. To reserve a place or for further information email louise@deaflink.org.uk .

WinG (Wayout in Gateshead)

The next **free** 'Pushing the possibilities' outdoor course starts on Thursday 3 May and there will be an information open day on Friday 27 April. The course is for people aged 55+ living in Tyne and Wear who would benefit from improving their wellbeing by participating in outdoor activities. Activities can include hill walking and map reading, cycling, canoeing, rock climbing and forest school (fire lighting and cooking in the woods). All essential outdoor equipment is provided, and minibus transport and professional instruction are all included. Spaces are allocated on the first day of the course, involving fun team-building activities and an informal chat. The course lasts for four days spread over two weeks:

- Thursday 3 May from 1 to 5 pm;
- Friday 4 May from 9.30am to 5:30pm;
- Thursday 10 May from 9:30am to 5:30pm; and
- Friday 11 May from 9:30am to 5:30pm.

To find out more or to register your interest, please ring Nick Coates on 0191 267 1579 or email him at nickcoates.wing@gmail.com .

[Return to the top](#)

Opportunities

Crack IT with Chain reaction.....

who can help you crack IT whatever your needs, however basic - they can help. The sessions will be held at the Moving Forward offices in Ridley Place in Newcastle city centre. The IT sessions will run over 7 weeks and will consist of around 1 hour of teaching followed by an hour where they will help you with your own device. The help and support will be within small groups (no more than 10) and you will be supported by Chain reaction staff and volunteers from SAGE (the people who make computer software). You **must** bring your own item of IT equipment which you need some help with i.e. mobile phone, tablet, laptop etc. Please remember to make sure your device is fully charged - bring the charger too – just in case! Please call Jude on 0300 300 7070 to book a place for the next 6-week course which will start mid - April 2018.

Dementia Friendly Jesmond

Strum and Sing Sessions

Did you know that playing a musical instrument is good for the brain? And did you know that the ukulele is a very easy instrument to learn? It doesn't matter if you have no previous musical experience. If you fancy learning to play free taster sessions will be held, at various venues in Jesmond:

- Monday 9 April, 2.30-3.15, Fleming Court, Burdon Terrace
- Monday 16 April, 2.30-3.15, Fleming Court, Burdon Terrace
- Friday 20 April, 10-10.45, Woodland Mews, Reid Park Road

Following the taster sessions, further weekly sessions will take place from:

Friday 27 April - 6 July, 10-10.45am at St George's Church Hall, Osborne Road.

The sessions are organised by Jesmond Dementia Action Alliance and funded by a grant from North Jesmond Ward. Everyone is welcome to

attend at all venues (including carers) and ukuleles and refreshments will be available.

Mobilise & Socialise ...

at Holy Name Church Hall, Towers Avenue, Jesmond. Free session every Thursday from 10.15-11.45am. No experience or special clothes needed, just come as you are. Refreshments available.

Transport is available for Strum and Sing and Mobilise & Socialise sessions for those who need it. For further information tel. 0191 281 8255 or email dementiafriendlyjes@gmail.com.

Tyneside Cinema Dementia Friendly Cinema

Tyneside Cinema has announced their next **Dementia Friendly Cinema** screening:

- Thursday 29 March: Jailhouse Rock
- Thursday 26 April: Summer Holiday

Tickets are £4.50 with a carer going free. Call the box office on 0191 227 5500 or email boxoffice@tynesidecinema.co.uk . If you require wheelchair accessible or stair-free seating it is strongly recommended you book in advance of the screening.

Great Exhibition of the North

Volunteers are needed to meet and greet visitors to the Great Exhibition of the North later this year. This will be an interesting opportunity and you will be right at the centre. To find out more and to volunteer for the role of meeter/greeter please [click here](#).

Voice

Voice invite you to enter their **Art Competition** to create an inspiring and thought-provoking piece of artwork that illustrates what it means to live well with multiple conditions in later life. Closing date April 2018. Prizes are available. For further details tel. 0191 208 1288 or email voice@newcastle.ac.uk .

Public Lecture: an introduction into the science of epigenetics (science of switching genes on and off) and how it affects life, health and

characteristics of offspring. This free event takes place on 11 April at 2.00pm. To book a place [click here](#).

Men's Pie Club ...

... is a partnership project between the Newcastle based social enterprise Food Nation and national charity the Men's Health Forum, funded by the Movember Foundation. It is a club for men to chat, cook and eat. The club is a welcoming place for men to expand their social circle and to help address male social isolation. For further information tel. 0191 276 0595 or visit the Food Nation website – [click here](#).

Gosforth Civic Theatre

A monthly film screening at the theatre in Gosforth has started. The offer is to eat at the café (an affordable deal is offered) and then you can watch a **free film** in the theatre. Next dates are all Thursdays: 19 April; 24 May; 21 June and 19 July. The Civic Theatre is situated on Regent Farm Road in Gosforth. Contact 0191 284 3700 to find what film is being screened and for further information.

The Spitaler Memory Box Project

Spital Tongues has changed dramatically over the last two hundred years. With the help of Tyne and Wear Museum Service and Chain Reaction, the Spitaler Community Resource Centre are inviting you to meet at their premises on Morpeth Street NE2 4AS each Friday morning from 10-11am to help gather and record memories, search out fascinating stories, text, maps, photographs, audio, film, and objects. The project hopes to create a guided history walk as well as enjoy some escorted visits behind the scenes of Newcastle's museums and art galleries. The Spitaler Memory Box project began on Friday 16 March and will continue through until June. Tea and toast, coffee and biscuits available on arrival each Friday. Just turn up! For further information contact Annette or Jude at Chain Reaction on 0191 273 7443 or 0300 300 7070.

Noizechoir

This is an experimental group that works with extended voice – making sounds, noises and improvising with voice. You don't need to be a singer or a musician. The group is conducting research into the health benefits of being in their non-traditional choir as part of

the Creative Fuse programme across Newcastle, Sunderland and Northumbria Universities. They are looking for adventurers in sound and voice to work with them. This workshop is to introduce people to noizechoir process and will help plan the next steps in their research. This is a free event, but places must be booked by clicking [here](#).

Let's Talk - Your views on the Northumberland Street Area

An online consultation has been launched on the proposed transformation of the Northumberland Street Area into a world-class shopping and leisure destination, and your views are needed. To comment on what you think the priorities should be for improving the area click [here](#) and follow the links to complete the survey. The survey will be open until 6 April 2018. The website will be updated as plans progress – click [here](#).

Return to the top

Information

Things to do this Easter

Have you taken some time out with your children or are you on grandparent duty for the Easter holidays? Information NOW has some ideas on what to do:

- Events and activities at Jesmond Dene including Easter treasure hunt, meet the animals as well as birdwatching and walks.
- Chocolate workshops at the Life Science Centre
- Learn about the human heart at the Great North Museum. Tyne and Wear Museums manage a wide range of museums and galleries that you could also visit.
- Why not take part in the PROPS family and friends walk from the Linskill Centre to Whitley Bay and back. Contact teresa@propsnortheast.org.uk or phone to confirm your attendance.

For further ideas on what to do and where to go, visit our events and activities section or look at the following articles:

[Day trips and visits](#), [public transport](#), [Things to do in Newcastle](#) and [Children's activities](#).

Remember that some of your regular activities may not take place on Good Friday and Easter Monday.

Transport

Killingworth Road will re-open to traffic in June (although works around the Metro bridge will continue until December). To keep up to date with how it's going, please [click here](#).

Stronger Together

This about communities and neighbourhoods working to be stronger in helping to prevent crime and to be safe – [click here](#) for further information.

NHS Free eye tests at home

Did you know that only 1 in 3 people who are entitled to free eye tests at home make use of the service? Find out about NHS eye tests by [clicking here](#).

[Return to the top](#)

Contact Details:

Elders Council

Room 2.29, 2nd Floor, Biomedical Research Building

Campus for Ageing and Vitality

Nuns Moor Road

Newcastle upon Tyne NE4 5PL

Telephone: 0191 208 2701

email: info@qualityoflife.org.uk

www.elderscouncil.org.uk