

E.C. Fortnightly

Issue 19

April 2018

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What's the Elders Council doing?

Board of Trustees Meeting

The EC held its regular Board meeting on the 17 April. Among the items discussed were fundraising, future plans, Anne Richardson's leaving and changing offices.

Everyone's tomorrow – today! is the monthly Elders Council radio programme. The next broadcast is on air from 2 to 4pm on Friday 4 May; the theme is “Gardening and gardens”. Tune in to 102.5 fm or listen online at www.ne1fm.net .

Housing, Health & Social Care Working Group

The EC held its quarterly working group meeting on the 13 April. Mark Ellis from Newcastle City Council spoke about the LA's specialist housing plan and updates were given on the EC work with Future Homes, Housing Voices and Home Care. Updates were provided on recent health and social care consultations and forums.

Facebook

If you use social media, then please use the ‘Elders Council of Newcastle’ Facebook page for up to date information. Click [here](#).

Urgent Care Services Focus Group

Some of our members may remember attending this review in January held by the Elders Council, in response to the Newcastle Gateshead Clinical Commissioning Group proposals. All of the information received is now shown in the attached document which will be considered by the Elders Council. If you would like to view the document it is a lengthy one, but from Section 11 onwards you will find the conclusions of the report and ‘what happens next’ [available here](#) .

Anne Richardson is leaving as you may already know. We all thank her for the invaluable contributions she had made to the Elders Council over the years and wish her well in her new post.

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Dates for your diary

General Data Protection regulation

... comes into effect from 25 May. You will have received an email from the Elders Council to ask if you would like to continue to receive emails from the Elders Council. If you do not respond by 25 May 2018, you will not receive any further information including the quarterly Newsletter and the Fortnightly Ebulletin.

North East Young People are holding a free event at St Nicholas Cathedral on Friday 27 April. If you are involved in your community this will be of interest. Register using the following [link](#).

Jesmond Community Festival preview is on 2 May 10.30am-12pm, for further details. [_](#) For the full programme starting on 5 May is [available here](#).

Ceilidh

On Saturday 5 May from 7-10.30pm a Ceilidh will be held at Jesmond United Reformed Church, Burdon Terrace Jesmond. Bring your own food however tea and coffee will be available.

'Tour de Jesmond' is calling all keen cyclists. This event will be held on Sunday 6 May. For time and location [click here](#) .

A Spring Fete will be held at St George's Osborne Road, Jesmond on Saturday 12 May, 12.00-4.00pm.

Do you want to know more about Dementia?

Alzheimer's Research is holding a free public event with short talks on 10 May. You must pre-[register here](#) .

A Dementia Friendly Community

Exploring Jesmond's Approach in a Citywide Context (Talks, Workshops and Information Stalls) on Mon 21 May 10.30am-2.00pm, at UR Church,

Tankerville Terrace, Jesmond. For the Dementia newsletter and full programme of events [click here](#).

Deaflink Shhh future group events are [posted here](#) for your information with the first being held on 1 May.

Tinnitus Awareness Week: Thursday 24 May 2018

Deaflink are launching the date of their new tinnitus support group to celebrate Tinnitus Awareness Week. The group will run from 1.00pm at Deaflink premises – 11 Tankerville Place, Jesmond, NE2 3AT. To reserve a place, or if you would like to speak to Louise before the group starts email louise@deaflink.org.uk .

An Art Exhibition is being held in a Newcastle gallery until 12 May for more information [click here](#)

Play reading for Over 60s!

Read Through is held at Northern Stage in the Haymarket, summer term starts Thursday 10 May (every 2nd Thursday for 4 sessions) £6 including tea/coffee & cream scones. To book contact the box office on 0191 230 5151 for more information [click here](#) .

Newcastle Parks Events 2018

The brochure is now available with some interesting options for everyone [click here](#)

North East Humanists May diary is available to view [here](#) .

There will be a '**Working Together for Safer Healthcare**' event on Thursday 24 May 12.30-4.30pm at the Beacon Centre Westgate Road Newcastle. This free event is open to patients, public and healthcare professionals. For more information and to register please [click here](#) .

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Opportunities

Food Nation

The 2018-19 community grants are now available to bid for with the closing date set at **May 15th**. For more information and to apply [click here](#).

Northern Cancer Voices Survey

Your help is required for the Patient and Care survey. To complete click the [survey](#) and view the new here [bulletin](#).

Memoryscapes is a project led by Northumbria University with Tyne and Wear Museums and Faulkner Brown architects. Bringing together heritage, place-making and technology to re-design public areas into accessible and welcoming spaces. Some of this work will influence the on-going redesign of Northumberland Street. The next exciting workshop will take place on 29 June 2018, 1.00 – 4.00 pm in the Squires Building, Northumbria University City Campus. Please [register here](#).

Positive People Positive Places

This is a grant scheme, of between £250 - £750, that will give local people the power to spend money on a project to benefit their community. You can help improve your neighbourhood and make some real changes to where you live.

Do you have a good idea that will benefit your community? The closing date is 29 May so [click this link](#) to find out more.

Digital tools for community engagement in town planning

A PHD researcher at Northumbria University has been in touch to see if Elders Council members would be interested in participating in research about the use of digital tools for community engagement in town planning. One of his case studies is 'Commonplace', a map-based survey tool which was used in Fenham and Arthur's Hill in 2016 to

support pedestrian and cycling-friendly planning. It was part of the 'Streets for People' series of community engagement activities. To participate please click [here](#) to complete an online survey.

Researchers at the University of Bath are working on a project called Cyber Security Across the Lifespan and want to find out how people define and remember information about cyber security. There are two short online questionnaires.

The first asks people to look at some cyber security related words and complete a brief memory test which takes approximately 8 minutes. You don't need to know anything about cyber security and anyone over the age of 60 can take part. Just [follow this link](#) .

The second takes approximately 3-5 minutes, asking you to read six different scenarios and rate them. Anyone over the age of 60 can take part. Just [follow this link](#) .

For either study, feel free to contact Dr Emily Collins (e.i.m.collins@bath.ac.uk) for more information.

Newcastle Local Heroes Exhibition

You are invited to do some '**thinking**' with the Hero Project as part of the Newcastle Local Heroes exhibition. The first session is on Wednesday 2 May so [click here](#) for more information and to register.

Great Exhibition of the North sign up for regular updates and volunteer applications still available [here](#) .

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Information

Information NOW

Find information and local services for older people in Newcastle upon Tyne. Helping you to stay informed, make choices and plan ahead. Visit www.informationnow.org.uk .

Are you or anyone you know looking for work, part time, full time, flexible? If so, have a look at the work and retirement section on [Information NOW](#) .

We also want to draw your attention to a new service for women across the age range, [Smart Works](#) . This organisation has moved into Newcastle having been successful in a number of cities across the UK. They incorporate a dressing service alongside interview coaching.

The Shingles Vaccine

Public Health England have issued information to remind people how important it is to take advantage of this. Anyone reaching the age of 70 or 79 this year should be informed by their GP but if you are not sure then ask at your surgery. [Click here](#) for the updated information.

NHS England Bulletin monthly updates [available here](#).

Facing Depression Together

A local support network is available in the North East, if you need help do not hesitate to make [contact here](#) .

Family Explorers North East

A newsletter and Facebook page are available with useful information for things to do with your family or grandchildren. For more information [click here](#) .

Citizens Advice Newcastle (CAN)

This valuable service is open between 10-3pm Monday to Friday at Newcastle City Library to help with specialist legal advice on wills / probate / power of attorney. Specialist solicitors from several local law firms do pro-bono advice appointments every week, all absolutely free. There are also specialist Independent Financial Advisors from a local finance firm who do the same for financial advice, particularly on pensions / trust funds/ equity release, again, all free.

To access these specialists, clients need to contact **CAN** for initial advice, so that they can assess how best to help, and to provide some background information to the solicitor / IFA in advance of the appointment.

There is also a specialist energy advice project available. For more information and appointment details please [click here](#) .

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