

E.C. Fortnightly

Issue 21

May

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What's the Elders Council Doing?

Older Person Friendly City (OPFC)

Don't forget the "Fun and Fitness" afternoon on **Thursday 24 May** between 2 and 4 in Jesmond Dene Visitor Centre. This year Rookie Sports and some exciting new events for us to try out! There are also other activities, refreshments, and a raffle.

There will be a meeting to discuss Northumberland Street developments on 5 June at 10.30a.m. in Good Space, Commercial Union House. If you want to attend contact johnbtelfer@blueyonder.co.uk or phone 0775 156 7434

The next meeting of the OPFC group on Monday 9 July from 10.30am to 12.30pm in Room 1, 2nd floor Commercial Union House, Pilgrim Street

Transport Group

Possible Closure of Blakett Street

The Transport Group have been working with Newcastle City Council regarding the possible closure of Blakett Street to public transport and the alternative proposals. This will possibly be introduced for a trial period during the summer. We have convened a meeting to discuss the proposals. This meeting will take place on **Thursday 7 June at 2.00pm** in Good Space, Commercial Union House. There are a few places available for this meeting and, if you are interested, please contact Bill Ions on 0191 213 0330 or email billionsncl@yahoo.co.uk as soon as possible.

We need You

We have need of a few volunteers to do very specific jobs on a regular basis. 1.) A small group is needed to keep our Facebook page up-to-date. This means uploading material and working to enlarge the following on Facebook. 2.) A second small group is needed to keep the website up-to-date. This would mean uploading Bulletins, Newsletters etc. and generally reviewing to keep it in line with our principles. These are not arduous jobs but you do need a bit of skill and a commitment to an hour or so regularly. We suggest a small group so all the work doesn't devolve to one person. There are lots of you out there so come on contact us, that means **YOU** not the "someone else will do that!"

Housing Health and Social Care

Mark Ellis (senior policy practitioner Newcastle City Council) talked about the availability of a range of different forms of housing that were or would be available across the city for older people. Details can be found in the full report [here](#).

A workshop on the government's Urgent Care Consultation was organised. This was attended by 18 people; a written response was submitted.

The recent research project Lived Experience of Home Adaptations is due for presentation later in May as part of the meeting of the regional Housing LIN.

The next meeting of the Health, Housing and Care group takes place in Commercial Union House at 10.30am on Friday 15 June.

Milecastle Social Meeting

We had an entertaining morning in May with "Would I Lie to You?" Among the truths were: a cuddle with a three day old lion cub; a meeting with Prince Philip; a hand-written letter from Mick Jagger and tea at the House of Lords. We have remarkably diverse activities from our members. Next meeting is 20 June and is about caring for your eyes.

Active Voices

A few members of the Walker Active Voices group recently took up an invitation to visit the local Stagecoach depot. They were shown around the working area and had the opportunity to speak to some of the staff who tracked and controlled vehicle movement.

Specific points raised by the group were addressed and it was a very useful and interesting visit. A list of 'did you know' points is being compiled and will be shared with you in future issues of the e-bulletin as

well as the Newsletter. There is currently an Active Voices group working in the west of the city.

EC on the Radio

EC broadcasts each month at a studio in West Gate Community College. Our host station is the community radio station for Newcastle and Gateshead called NE1fm. Please tune in to **102.5fm at 2pm** the first Friday of each month. Our programme on 1 June features the Great Exhibition of the North.. Or you can listen online at [here](#) Get in touch to tell us what you thought of the show or to request a favourite piece of music. You can also volunteer to join the team. Contact us at 0191 273 4727

Video clip on healthcare

One of our members sent this 5 minute video clip that shows how other areas work at joining different disciplines together in looking at people's need. By joining up GPs and other healthcare professionals around the patients in a "team without walls", Dudley vanguard has made great strides in supporting people to self-care. [Watch](#) their story.

Events Calendar

The June events calendar will be on the EC website shortly www.elderscouncil.org.uk

Our office opening hours

Our office hours are Tuesday to Thursday 9 am to 4.30 pm. We will do our best to respond to your phone messages (0191 208 2701) and emails info@qualityoflife.org.uk as soon as we can

Remember the office will be closed from 28 May to 12 June

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Dates for your diary

Northumbria Police and Crime Commissioner

The Commissioner is inviting you to attend the Northumbria Citizens in Policing Conference 2018 which is due to be held at Newcastle Marriott Hotel, High Gosforth Park, Newcastle upon Tyne, NE3 5HN on Saturday 23 June 2018. You can register for the event and find out further information [here](#).

Dementia Care

This is a very early notice of the anniversary conference 2018. It will be held at The Sage in Gateshead, appropriately called 'Dementia Cares 25th Anniversary Conference'. Conference date is **25 October 2018**

Café Culture North East

On Monday **4 June 2018** the meeting will be, "Café Culturel - The Grit and the Glamour: Perspectives on Delivering Cultural Led Mega Events." This takes place at Costa Coffee in Blackwell's Bookshop, 141 Percy Street Newcastle upon Tyne NE1 7RS. The talk and discussion run from 5.30pm – 8pm (the talk starts at 6p.m.)

2018 Big Bike Revival

5 May to 28 July

A series of free and fun cycle activities helping to inspire people to cycle. Activities include getting your bike checked and taking part in a social guided ride. All activities are free and many have bikes and helmets for you to use. Click [cycle to find out more](#)

Contact Andrew on 07831 863770, email andrew.thorp@cyclling.org.uk

Great Exhibition of The North Opening Spectacular (GEOTN)

Friday **22 June**, from 1pm at Newcastle and Gateshead Quayside
The launch of GEOTN begins at 1pm with a city-wide sound piece Whistle and the opening of GEOTN trails and venues. **Free tickets** are available for the evening event on the Quayside which begins at 7pm. Click [here](#) and follow the link.

Deaflink Shhh Group

This is a **free** support group which runs on the first Tuesday of every month at Newcastle Central Library. They aim to provide members with a range of interesting topics that link to hearing loss or opportunities that are accessible to people with a hearing loss. Doors open at 1.00pm and the talk or presentation begins at 1.30pm. A wide variety of issues are explored within this forum, followed by the opportunity for a coffee and chat.

St Oswald's Hospice

You are invited to, "Come along and have a dead good chat," on 2 June between 10a.m. and 12 noon at the hospice. There will be tea and cake as well as an open conversation about death. Contact 0191 285 0063 or enquiries@stoswaldsuk.org

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Opportunities

Volunteers

Northumbria is researching people who have retired but have stories to tell about technology. They want to hear about your radios, your washing machines, your vacuum cleaners, your cameras, your computers, your phones and any other gadgets you've ever had, bought or built. If interested, please contact Belén by clicking [here](#) or phone:07566 999 253 About the research: This PhD researches financial inclusion in later life. It seeks to improve the design of digital financial technologies by studying their adoption and use by older adults

Croquet at Backworth

This is a small Croquet Club who play at Backworth Miners Welfare and they are having two "Come and Try It" mornings on the **9 June 2018** and **14 July 2018** between 10 am and 12 noon.

If you require any further information or we can help please contact them on 07814585285 or e-mail croquet.backworth@gmail.com

Voice

Voice offer opportunities for public engagement with researchers. They send out regular information and you can contact them at:

www.voice@newcastle.ac.uk

Laundry

This piece of research needs volunteers for workshops that seek to improve consumers' experience of buying and using laundry and household cleaning products. The dates are 6 and 13 June. One workshop is for those who have help with laundry or domestic cleaning and the other for those who do all of this for a family member or a friend. Further information click on [laundry](#)

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Information

Crowdfund arts at the Grange Day Centre?

Many of the older people who attend the Grange experience multiple disadvantages relating to health, deprivation and isolation. So the centre intends to run weekly ceramic sessions with artist Annette Poulson, in

collaboration with colleagues from Curiosity Creative; older people will create their own artwork using clay, helping them to use new skills in a social and caring setting. The aim is that person-centred day-care support and creative activities will help those attending to keep their independence and remain in their own homes for as long as possible. But the centre needs money to carry out this project. If you would like to contribute to their £4000 target, please ring 0191 267 3728 or click [grange](#) .

Can't see it May 2018

We might not want to think about it, but there are proven links between alcohol and 7 types of cancer. The risk of cancers of the mouth, throat and breast increases the more you drink on a regular basis. Reducing how much you drink can help lower the risk and taking more days off the booze is a good way to cut down. Find out more at [reduce](#).

Do you know how many alcohol units are in a glass of wine or a beer? Or that to stay low risk men and women are advised to drink no more than 14 units per week? Many of us underestimate how much we're drinking without the full facts. For units explained and ways to cut down, visit [units explained](#)

It's too easy for drinking every day to become a regular habit, but the units can mount up - as can empties in your recycling bin. Ever thought about trying to cut back on the amount you drink? Having at least two or three alcohol free days every week will not only help keep your risks low but is also good for your waistline and your bank balance. To help stick to your goals visit [here](#)

Arts and Craft Movement TV Series

A company has been commissioned to make a series for the BBC on the Arts and Crafts movement and they are looking for craftspeople to take part. The series will take a landmark look at the Arts and Crafts movement. Exploring and celebrating the principles of the movement and visionaries like William Morris. They want to take a small group of craftspeople back in time to live and work in an Arts and Crafts bubble. Similar in style to other 'living history' series like Back in Time for Dinner and Victorian Farm, they'll follow the makers as they hand make items for the house using original tools and materials.

They are due to film over the summer for 6 weeks and we're at the point of trying to find the perfect craftspeople to take part. Contact zoe.milne@liontv.co.uk or 0141 331 4992

Great North Museum

The Great North Museum is **CLOSED** from Monday 21 May - Thursday 21 June 2018 (inclusive). This includes the May half term week. The library and societies can still be accessed via side doors at the rear of the building. We've taken the necessary decision to close temporarily while we install our new exhibition Which Way North. We reopen on Friday 22 June and we're sure it will be worth the upheaval. Thanks for your understanding.

Tyne and Wear Heritage Way

This is a route of around 80 miles around the edges of the former Tyne and Wear Metropolitan District. It's divided into 9 sections and starting and finishing points for each section are accessible by public transport. Click [maps](#) to download with walk instructions.

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