

# E.C. Fortnightly

Issue 23

June

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## What's the Elders Council doing?

### The Board of Trustees

**Annual General Meeting – 16<sup>TH</sup> July 2018 – 11.00 am – 1.00 pm – Pandon Room, Civic Centre**

The Board of Trustees have decided that alongside the formal part of the meeting we will have the EC version of “Question Time”. On the panel to answer questions will be our Patron, John Grundy, who always provides interesting and down to earth responses. We also have secured Professor Tom Scharf from Newcastle University whose work is around the social aspects of ageing; to ensure plenty of pace and fairness our good friend Professor Rose Gilroy will chair the panel. Other panel members are Sarah Bryson from Tyne and Wear Citizens and Cllr Habib Rahman. We do have a theme to which is “How important is the older person’s voice and how can we encourage them to have a say?” If you have a question to put to the panel please send it to us in advance (the panel will not have sight of them before the A.G.M.) email to [info@qualityoflife.org.uk](mailto:info@qualityoflife.org.uk)

Don't forget to let us know you are coming to the AGM (either complete the reply slip; call us on 208 2701 or email [info@qualityoflife.org.uk](mailto:info@qualityoflife.org.uk)) we need to know for catering purposes.

### Transport Group

**Blackett Street weekend closure during the Great Exhibition of the North**

We are advised that Blackett Street will be closed to all traffic during weekends over the period of the Exhibition starting on the weekend of 30 June/1 July and finishing after the weekend of 1/2 September.

Details are available on the Newcastle City Council website [here](#) and further details including repositioned bus stops from Nexus [www.nexus.org.uk](http://www.nexus.org.uk) During closure, family fun activities will take place around Old Eldon Square.

## Housing, Health and Social Care

### What is Frailty and What Does it Mean to You?

Frailty is a term used in the health service but it is not one that many older people fully understand or are comfortable with. Lesley Bainbridge, the Lead Nurse for frailty in the Newcastle Gateshead CCG would like to meet with members of the Elders Council to share what this term means and to find out what it means to us!

Elders Council members are meeting with Lesley to discuss this over a light lunch so would like to join us? **Numbers are limited so please let us know by Friday 29th June.**

If you are interested, telephone the EC's office: Tel No. 0191 2082701 or you can email: [barbara.douglas@qualityoflife.org.uk](mailto:barbara.douglas@qualityoflife.org.uk). Please leave us your name and email address. (It may be the answer phone; the office isn't manned every day.)

Date: Wednesday 25th July

Time: Noon - 1.30

Venue: Good Space, Commercial Union House, Pilgrim Street (opposite Tyneside cinema)

### Home buying and Relocating

We received this from Dominic Aitken, a researcher at Newcastle University. He is looking for people who are:50+ AND have purchased a property or moved in the last year OR intend to purchase a property and move in the near future.

If you meet the criteria and are interested, you are invited to attend a workshop on **Tuesday 26 June 6.00 – 7.00 pm OR Thursday 28 June 1.00 – 2.00 pm at Northern Stage. All participants will receive a £10 Eldon Square voucher. Refreshments will be available.**

The discussion will focus on why you have moved recently or are looking to move and what features attract or dissuade you from moving. Contact [Dominic.Aitken@newcastle.ac.uk](mailto:Dominic.Aitken@newcastle.ac.uk) or call 0191 208 2426 if you fit the criteria

## Older Person Friendly City

### Draft Waste Strategy

We have had an interest in this and think it important for the environment. You can read the whole of the city's draft strategy by clicking [waste](#)

As well as this a drop in session is to be held where you can go and listen to views and express your own. The drop in session is on **Tuesday 26 June 2018 from 4pm until 7pm**. Collingwood Committee Room, Civic Centre, Newcastle upon Tyne.

There will be a second stage of consultation in August 2018 on options and actions to deliver the outcomes. If you would like further information about the drop-in session, contact [joe.hogan@newcastle.gov.uk](mailto:joe.hogan@newcastle.gov.uk) or Caroline Collinson [caroline.collinson@newcastle.gov.uk](mailto:caroline.collinson@newcastle.gov.uk).

## Great Exhibition of the North

The Great Exhibition is launched on Friday 22 June. The programme lasts for over 3 months so we can't list everything! There are outdoor events like the water sculpture on the Tyne. Many events are free (although some free events need to be booked). The Biscuit Factory is holding the Great Northern Contemporary Craft Fair on 23 and 24 June. The Laing Art Gallery and the Tyneside Cinema are both holding events. To get the best from this you need to have access to the full programme. Go to the website as you can find out what's on but can also book events talks and tours. [here](#)

The Elders Council's Radio Programme featured the Great Exhibition of the North in its June programme including with interviews with Carol Bell (Executive Director of NewcastleGateshead Initiative) and Sarah Munro (Director of BALTIC). What a scoop!

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## Dates for your diary

### Deaflink

Self-Help Group for the Hard of Hearing

This group meets at Newcastle Central Library on the first Tuesday of each month. The doors open at 1p.m. The next meeting is on 3 July and the topic is "Updates from Action on Hearing". Contact [louise@deaflink.org.uk](mailto:louise@deaflink.org.uk) or phone 0191 281 2314. There will be advice if you are experiencing hearing loss.

### Jesmond Library

#### Wellbeing for Life:

Seeing and Hearing is the topic for this month at Jesmond Library. The session is aimed at the 50+ age group. The meeting is on Wednesday 4 July, 10.30am - 12 noon (followed by refreshments) at Jesmond Library. These monthly events are sociable, friendly sessions and the

information provided on this on this month's issues is bound to be of interest to many.

### West End Voices

This is a small community choir that meets each Wednesday at 7p.m. in St James' Church Hall Benwell . New members are very welcome; the choir leader is Kathryn Davison **an experienced and trained** musician. On Saturday 30 June they will be joined with a second choir for a summer evening of singing followed by supper. Tickets are £5

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### Opportunities

#### Volunteers Needed

This research study from Newcastle University will investigate the effects of 3 months dietary nitrate supplementation in form of beetroot juice on cognitive function and cerebral blood flow in humans. We are looking for a total of 60 overweight or obese participants for this study who are aged between 60 and 75 years old; do not smoke and are willing to attend the research centre on six occasions.

In recognition of your time commitment, you will receive an honorarium of £60 at the end of the study. Reasonable travel expenses will also be reimbursed. Please contact the following for further details

If you are interested in taking part and need further information please contact [A.M.O.Babateen2@ncl.ac.uk](mailto:A.M.O.Babateen2@ncl.ac.uk) or [Mario.siervo@ncl.ac.uk](mailto:Mario.siervo@ncl.ac.uk) or phone the following numbers 07465615915 or 0191 208 2004 or 0191 208 1148

### Tyne and Wear Museums

**Free** Guided Tours of The Great Exhibition of the North at the Great North Museum (Hancock)

Four free tours have been arranged for different communities who may need particular assistance to access and enjoy the Great Exhibition of the North.

1. **A tour for blind, partially sighted and visually impaired people** will take place on Wednesday 27 June between 3:30pm and 4:30pm. A tour guide will be provided who can give both description and information about the various exhibits as well as audio description as the tour takes place. Places must be booked by contacting via email on [robert.latham@twmuseums.org.uk](mailto:robert.latham@twmuseums.org.uk) or telephone on 0191 277 2313. Bookings must be received by no later than midday on Monday 25th June.

2. **A tour for people with learning disabilities or who consider themselves to be on the autistic spectrum** will take place on

Wednesday 4th July between 3:30pm and 4:30pm. The tour guide will have received training in communicating with a wide range of people and will be able to answer most questions that may be posed about the exhibition. Places must be booked by contacting via email on [robert.latham@twmuseums.org.uk](mailto:robert.latham@twmuseums.org.uk) or telephone on 0191 277 2313. Bookings must be received by no later than midday on Monday 2nd July.

**3. A tour for older people or those have dementia** will take place on Tuesday 10th July between 3:30pm and 4:30pm. The tour guide will be aware of specific communication and interpretation issues that older people may have and therefore the tour will cover as much of the exhibition as possible in the time available. This will mean people attending the tour will not feel rushed or hassled and can enjoy their museum visit fully. Places must be booked by contacting via email on [robert.latham@twmuseums.org.uk](mailto:robert.latham@twmuseums.org.uk) or telephone on 0191 277 2313. Bookings must be received by no later than midday on Friday 6th Jul

### **Jesmond Tennis Club**

Anyone for Tennis? You can try it out for free at Jesmond Tennis Club, Contact email: [info@jesmondtennisclub.com](mailto:info@jesmondtennisclub.com) or phone: 07714959711 for more details

### **Centre for Policy on Ageing**

Artists interested in exploring the theme of ageing, The University of Kent & the Centre for Policy on Ageing are inviting visual and performing artists, writers, musicians, dancers to join a workshop that will seek to explore how we think about ageing. Date: 21st July 2018. Visit the website for more information click [artists](#)

### **Men's Shed**

We are not aware of a men's shed in Newcastle, but there's one just across the river in Blaydon. The Shed is set up to give men their own space, the resources and materials to build and create things, to do projects of their own choosing, to learn new skills or simply a place to relax with a cuppa if they please.

They have a fully kitted out workshop, lounges, gardens, a pc and printer, a 3D printer, a dartboard, a PS4 and TV as well as a rotating library of books and health information for men to use and browse. They also have a Men's Issues Officer, Thomas Robson, who is there to offer support and signposting to appropriate external agencies to men if required. The Shed is open every Tuesday and Friday and on Saturdays as well over the summer. They are based on Shibdon Road in Blaydon just across from the bus station and up from Morrisons. They welcome **all men** over 18 and have members from 19 to 87 and all in between.

For more information go to [men's shed](http://men's_shed) or email: [infoblaydonshed@gmail.com](mailto:infoblaydonshed@gmail.com)

## Voice

A new opportunity The Truth about the Menopause has been created in Health & Science. This is an opportunity to take part in a BBC programme about the menopause. For further information and to register your interest in taking part, please follow the link above. If you have any questions, please call us on 0191 2081288.

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## Information

### **Communication with Older People**

Anyone writing for older people should read this guide from The Plain Language Commission which sets out 40 top tips for communicating with older people.

### **Information Now**

We were recently in touch to tell you that [Information NOW](#) is launching a new email service and we'd like you to subscribe the new list to receive it. Please click on this [link](#)

We are planning special editions on volunteering, housing and care including advocacy starting this month.

We have just updated the following article on [alcohol](#) to help people become more aware of how to manage alcohol consumption.

### **Kinship Care Advisory Group**

This is a group for grandparents and other relatives who play a vital role in the family, especially when they face the challenges of raising children as kinship carers. They are currently seeking volunteers to sit on their "Kinship Care Advisory Group" with a closing date of 22nd June For more information check the website. [kinship](#)

### **Public Health Service**

As part of the Newcastle Obesity Review public health would like to get the views of the public about obesity and services commissioned in Newcastle, and what changes are required to help address this issue we have today published a public survey on Let's Talk to gather people's views on this. This can be accessed via the link: [let's talk obesity](#) this will run from Friday 8th June to Friday 29th June 2018.

We will use what people and partner organisations tell us to help commission effective services to tackle obesity in Newcastle and we will let you know what we have found out from the consultation and what we are going to do based upon it by August 2018.

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