

# E.C. Fortnightly

Issue 28

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## What's the Elders Council doing?

### **Milecastle Social Group**

The group met as usual on the third Wednesday of the month at the Milecastle pub. John Smart had a useful piece of information click here to find it on our Facebook page [here](#). On Wednesday 19<sup>th</sup> September, we will be talking about recycling and housing.

### **Information Now**

Members helped with creating a short video clip to advertise the wonders of the Information Now website. Kate Bowman, the site manager, told us how with registering you can create your own calendar of activities that interest you without need for further searches. [www.informationnow.org.uk](http://www.informationnow.org.uk) . If you haven't seen the clip view it [here](#)

### **Active Voices**

Don't forget the celebration event on 1st September 2018 – 1.30 – 3.30 pm – Brunswick Methodist Church: This celebration event for people who have taken part in previous courses will give you an opportunity to find out how other people have benefited from the course and to meet the tutors.

You can also book for 10th September 2018 – 10.00 – 12.00 pm – Brunswick Methodist Church Newcastle This is an opportunity to take part in a short taster to see whether this course is for you. This is a free event with light refreshments. To book at place at either of these events contact [shughes@wea.org.uk](mailto:shughes@wea.org.uk) or call 0191 212 6100.

### **Transport**

We have just heard that Highways England North East have regional events on road improvements in the North East on 7, 8 and 9 September 2018. They are holding these events using their new exhibition van. The events will be held at the following locations:

Friday 7 September 2018 – 11.30am to 6.30pm intu Metrocentre Green Car Park, Gateshead, NE11 9YA

Saturday 8 September 2018 – 9.30am to 5.30pm Great North Run Quayside Pasta Party, Gateshead Quayside, NE8 5JB

Sunday 9 September 2018 – 8.30am to 4.00pm Great North Run finish line South Shields, NE33 3NG

For more information see [here](#).

### **Facebook**

You can now follow us on Facebook. If you are not registered with Facebook you can register and then follow us. We'd really appreciate as many as possible doing this so that you can "like" our posts and share with others some of the useful information and tips. For instance, this Bulletin will be posted on our Facebook page. We're still learning, but we hope using it will enable a much wider group of people to find out more and participate in the many activities in the city but also to know more about what we do as an organisation. To view out page click [here](#).

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## **Dates for your diary**

### **Healthwatch**

The Annual General Meeting takes place on 3 September at 2p.m. in Brunswick Methodist church. The AGM will celebrate the work over the past year, making

sure that everyone has a say in the city's social care and health services. Book your place at: <https://hwn-agm-2018.eventbrite.co.uk>

### **Star and Shadow Cinema**

This little cinema has opened up its doors again. It is run entirely by volunteers and is definitely worth investigating. Two films coming up are: "Freedom to Learn" on 1 September and on 16 September "Bird on a Wire. Based at 210 Warwick Street Newcastle upon Tyne phone 07938 257 663 web page click [star and shadow](#)

### **Café Culture**

This is a café where you "open your mind and share your thinking" rather than a cuppa! Café Culture North East welcomes you to café style thoughtful public discussions on culture, politics, philosophy and science. Open to all, just turn up, no need to book. No prior knowledge needed, just a like-minded desire for convivial and lively banter in an inclusive, welcoming setting. Events are free. Donations welcome They meet monthly at The Brunswick Centre (usually the first Tuesday of each month). On Tuesday 4 September 2018 Café Scientifique Obesity and Cancer: The Unspoken Link Having too much body fat is associated with the development of a range of cancers, this has been known for some years along with the impact of obesity after a cancer diagnosis but often it isn't spoken about. Professor Annie Anderson, University of Dundee, will discuss the research on how weight management can influence cancer risk. Click [here](#) for more information

### **Emily Wilding Davison**

Many of you will know that Emily was the suffragette who died after being trampled by King's horse at Epsom in 1913. Celebrating the centenary of votes for (some) women a statue of Emily is to be unveiled on 11 September in Carlisle Park, Morpeth, Emily's home town. On the same day a play, "A Necessary Woman" will be performed at the New Life Centre, Dacre Street, Morpeth. For more details and tickets contact 01670 503866 A second performance will be given on 12 September phone 01670 811951 for details.

### **Pushing the Possibilities**

The next free over 55's Pushing the Possibilities course starts Thursday 20th September. A free outdoor health course for older people aged 55 Come to the Information Open Day on Friday 14 September at Gateshead Civic Centre 10am - 4pm Further information click [here](#) contact [nickcoates.wing@gmail.com](mailto:nickcoates.wing@gmail.com) or phone 0191 267 1579

### Workers Education Association.

WEA North East region have been working on a project with Newcastle University and partners from Italy and Greece, since September 2016. The Linguacuisine project has been combining technology, languages, culture and cuisine and now as the project comes to a close; they would like to invite you to their Celebration Event on the 18th September 2018 at the Blackfriars in Newcastle upon Tyne. Drop in any time between 2 – 7p.m. Registration is preferred. To register your attendance please go to [register](#)

### Action Foundation

An opportunity to help asylum seekers by becoming an “Action Host” There’s an open evening to find out more about this on 4 September at 5.30 at The Castlegate, Melbourne Street, Newcastle upon Tyne NE1 2JQ contact 0191 231 3113 email: [hosting@actionfoundation.org.uk](mailto:hosting@actionfoundation.org.uk)

### Hatton Gallery

The Gallery are currently exhibiting the work of their Postgraduate students with their “Fine Arts Degree Show”. The exhibition is open from 25 August to 8 September and admission is free

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## Opportunities

### Holocaust Memorial Day Trust

Throughout October and November 2018 Holocaust Memorial Day Trust (HMDT) will be running free workshops in all 12 regions and nations across the UK for people who are interested in organising an activity for Holocaust Memorial Day 2019

“Our workshops offer a valuable opportunity to find out more about the theme for HMD 2019: [“Torn from home.”](#) You will be able to meet members of the HMDT team, hear powerful life stories of Holocaust and genocide survivors, participate in thought-provoking activities and discussions, and network with other activity organisers. We will also provide information about our [free resources](#) and previous activity ideas to help inspire you.

Whether you are a first time HMD organiser or have participated before, there's sure to be something for you!”

This year workshops will be taking place in: Nottingham, Leeds, Manchester, Worcester, London, Belfast, Glasgow, **Newcastle**, Southampton, Cambridge, Exeter and Cardiff. Click [here](#) for their website.

### **The Magic Hat Cafe**

The Magic Hat Cafe has just launched a regular cafe and supermarket in Byker, redistributing surplus food from Newcastle food businesses that would otherwise be wasted. Both the cafe and supermarket are open to anyone through their 'Pay-as-you feel' policy, creating a genuinely diverse client base and conversation that challenges our current food system. They are using their presence in Byker as a trial, whilst working on establishing a premises in the city centre to increase their impact, if you know of any empty spaces that could be put to good use, please get in touch. [magic hat cafe](#) They are open every Friday 5 – 8p.m. at Byker Community Centre

### **Walking Football**

If you still want to play but are no longer quite as fit or fast as you used to be why not try Walking Football? The programme is organised by Newcastle United Foundation and Age UK. There are plenty of places to try it out and there are free sessions. Monday at The Turf, Benwell; Tuesday West Denton Leisure Centre; Thursday at East End FC Walkergate; and Friday at Cleveland Hall Gateshead. Contact [Ashley.Lowe@nufc.co.uk](mailto:Ashley.Lowe@nufc.co.uk) or phone 0191477 3559

### **Great Exhibition of the North**

This comes to an end on September 9 with the Great North Run so the last weeks are your final chance to experience some of the action. Try "Which way North" at the Hancock Museum As a timely reminder the Museum will close from 10 September to 23 September to take down the exhibits so go and see what's there!

You may also be interested in the exhibition at St Mary's Heritage Centre, Gateshead. It features a series of display panels. These panels tell the fascinating story of Gateshead from its early days as a Roman settlement to modern times. Click [St Mary's](#) for further details

### **Pearls of Wisdom**

The Northumbrian Scribes are celebrating their 30<sup>th</sup> Anniversary with an exhibition of their beautiful calligraphy. You can visit at the Priestman Building, 6 Green Terrace Sunderland SR1 3PZ the exhibition is open Monday to Friday 3-21 September. For more information about calligraphy and the scribes go to [scribes](#)

## **The Grainger Writers**

These are people who meet weekly to share their love of writing. They encourage ordinary people who want to write. They meet at The Old George, Old George Yard Newcastle NE1 1EZ every Wednesday at 10.15 a.m. Contact 0191 477 3559 or [Sharon.dryden@ageukgateshead.org.uk](mailto:Sharon.dryden@ageukgateshead.org.uk)

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## **Information**

### **Information Now**

Are we guilty of stereotyping ageing?

Do we have low expectations of ourselves as we reach 50 or 60 years of age. Do we anticipate becoming slower, performing badly, sliding into medical conditions including high blood pressure and diabetes, becoming overweight, falling and sleeping badly. Well we shouldn't. Nothing is inevitable.

The Information NOW website aims to help you keep positive by offering you information on how to [eat well](#), [keep socially connected](#) and find events and activities to keep an active [mind](#) and [body](#). Find them at [Information](#) or follow them on Facebook.

### **Bigg Market Memories**

The Bigg Market has been a lively location in Newcastle for many a year – and now its story is to be made into a film. As part of the Heritage Lottery Funded restoration project, NE1 has commissioned Northern Stars Production to produce a people's history film of the area. Do you have memories of the Bigg Market which you would like to share? Contact [admin@newcastlene1ltd.com](mailto:admin@newcastlene1ltd.com).

### **NHS 111 online**

From August people living in the North East can access urgent medical advice using a new NHS 111 online service. The service is free to use and helps to direct patients to the right point of care, first time. Like the 111 telephone number, the online service provides people with an alternative to going to A&E. Callers to the 111 telephony service will be informed about the online service in the in-queue message, which they will hear before getting through to a call handler.

Visit: [www.111.nhs.uk](http://www.111.nhs.uk)

### **Advocacy Centre North**

Advocacy Centre North provides free, high quality, ethical, independent advocacy that: helps you to be aware of your rights and available choices; supports you to make informed decisions about your life and to have them acted upon wherever possible; facilitates your voice being heard and helps you advocate for yourself. For more information click [advocacy](#)

### **Reading Well for better health**

Reading Well is an organisation that promotes the benefits of reading for health and wellbeing and has two strands: Reading Well and Mood-boosting Books. It helps people to understand and manage their health and wellbeing using self-help reading. The books are chosen by health experts and people living with the conditions covered.

People can be recommended a title by a health professional, or they can visit their local library and take a book out for free. The scheme is available in 98% of English library authorities. There are currently four book lists available: Reading Well for mental health, Reading Well for dementia, Reading Well for young people, and Reading Well for long term conditions. For more information, visit the [Reading Well site](#).

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