

# EC Fortnightly

Issue No. 29

September 13th 2018

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## What's the Elders Council doing?

### **Elders Council is delighted to welcome Pauline Rutherford, our new Administrator.**

Pauline will be working with us part-time on Mondays, Thursdays and Fridays. For any enquiries about the Elders Council, you can contact Pauline either on [pauline.rutherford@elderscouncil.org.uk](mailto:pauline.rutherford@elderscouncil.org.uk) or call **0191 208 2701**.

### **Facebook**

Our facebook family is growing and we would love to see new members so that we can share even more timely information.

If you are not currently registered with Facebook you can sign up and then follow us on <https://www.facebook.com/Elders-Council-of-Newcastle>

We would really appreciate as many people as possible doing this so that you can "like" our posts and 'share' with others some of the useful information and tips.

### **Milecastle Social Group**

The next social conversation will be on Wednesday 19th September when we will be discussing recycling and housing. Come along, meet old and new friends and hear some very useful information and tips. You can even book your lunch to catch up afterwards with friends.

### **Seat Design in Newcastle!**

The EC Older Person City Friendly group has been heavily involved in this over the years and finally it seems something is being done.

A wide variety of chairs were tested this week at Newcastle University which were then marked in a variety of categories including ease of getting out, height, width, stability, comfort, and overall design.

Our tester stated that seats with arms were definitely easier to use, although the arms made them less easy to stack, taking up more space. The lighter weight chairs, although easier to move, tended to be more unstable - especially the ones with castors.

Swivel chairs had the disadvantage that all the weight was supported by a single central spindle, which is often not strong enough.

All the tested chairs were for indoor use and grouped in a variety of settings, such as office, meeting, cafe, waiting area and casual.

This is certainly a step in the right direction - making it easier for older people (indeed everyone) to sit down and get up again.

### **ICE - Award Winning IT drop in sessions with Northumbria University students**

Northumbria University Students Union are renewing their partnership with Elders Council to offer regular fortnightly IT drop in sessions. These popular sessions give you the opportunity to learn something new or resolve a problem you may have with your mobile phone, ipad or computer. Bring your own phone or ipad or make use of the University's computers to keep up your digital skills. 'Give it a Go' at the first session which will be held on [Wednesday 3rd October](#) 2.00 - 4.00. The sessions are popular, so book your place now by emailing [pauline.rutherford@elderscouncil.org.uk](mailto:pauline.rutherford@elderscouncil.org.uk) or call 0191 208 2701.

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## **Dates for your diary**

### **Pushing the Possibilities**

The next free outdoor course for over 55's starts Thursday 20th September. Go along to the Information Open Day on Friday 14 September at Gateshead Civic Centre 10am - 4pm or [contact the organiser](#).

**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 1400-1900. Registration is preferred. To register your attendance please register with: [eventbrite](#)

### **Newcastle Gateshead CCG**

Please join the next patient meeting of the Forum on Monday September 24th 1030-1300 (registration from 10am) at the County Hotel, Neville Street, NE1 5DF.

Get involved and have your say! Find out about the Fulfilling Lives Project, meet the Gateshead Long Term Conditions Patient Group and explore the work of Healthwatch Newcastle with the focus 'Attention on Prevention'.

Register your attendance to ensure your needs at the meeting are met. If you have special requirements please call 0191 217 2807 or email [jayne.lofthouse1@nhs.net](mailto:jayne.lofthouse1@nhs.net)

More information on the Forum can be [found here](#).

**Geordie Heroes Exhibition** will be held between September 3rd and October 5th in the City Library. [Click here](#) for further information

### **Dementia Friendly Cinema**

The next film will be The 39 Steps and scheduled for Thursday September 27th.

Bookings can be made either via the box office on 01912275500 or [Tyneside Cinema website](#)

**Chain Reaction Info East Event** (including taster sessions, arts & crafts, Health checks, information stalls. This will be held on Wednesday September 26th 1000-1400 at St. Martin's Centre, Roman Avenue NE6 2RJ where the Community cafe will be open.

**Dance City** are holding a Taster Day for over 55s on Sunday September 30th. If you are interested please [click here](#) for more information.

## Newcastle Museums

September update is [available here](#)

## [Celebrating Older Persons Month in Newcastle - October 2018](#)

**With Search** on Monday October 1st at Brunswick Methodist Hall between 1030-1430 and enjoy a range of activities, plus free refreshments. Advice and guidance on welfare and benefit rights will also be available along with other local groups, including Information Now and The Elders Council. For Over 50's only.

**Age UK Gateshead & Newcastle** are celebrating 'Growing Up' on Monday October 1st from 10am in the Newcastle Grainger Market.

### **Jesmond Wellbeing for Life Session**

In Jesmond Community Library on Wednesday 3<sup>rd</sup> October from 10.30 am – 12 noon there will be a Music for All session. To find out more call 281 2385 or email [enquiries@jesmondlibrary.co.uk](mailto:enquiries@jesmondlibrary.co.uk).

**All Saints Centre, All Saints Church, Gosforth** will be a hive of activity on Thursday 4<sup>th</sup> October from 1.30 pm for the Chain Reaction celebration for Older People's Day. There will be information stands, tasters and a celebration of older people's contribution to the community.

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## Opportunities

**Holocaust Memorial Day Trust** (HMDT) will be running a free workshop in Newcastle on Wednesday October 31st. If you would like to register or find out more information [click here](#) for their website.

**The Magic Hat Cafe** A 'Pay as you feel' cafe and supermarket has just launched a trial in Byker, redistributing surplus food from Newcastle food businesses that would otherwise be wasted. They are open every Friday 1700-2000 at [Byker Community Centre](#)

**Semitones** is a community orchestra which gives free concerts in care homes throughout Newcastle. They have been shortlisted for a £500 grant from the Skipton Building Society and are asking for votes to help

them succeed. You can do this [online](#) or by going into the Skipton Building Society office in Grainger Street in Newcastle.

### **Silver Programme for over 50s at Sage Gateshead**

Do you enjoy musical activities? if so this is for you whether singing, banging a drum or blowing a trumpet. [Check it out here](#).

### **Research Opportunity**

[Dr Dominic Aitken at Newcastle University](#) is looking for people to complete a questionnaire on their housing preferences. Please contact him direct.

To be eligible to take part you must be:

- Aged 50+
- Looking to move home in the next two years
- Looking for the relocation to involve the purchase of a property (people looking to move into rented accommodation are not eligible)

All respondents will be entered into a prize draw (one questionnaire per household). First prize is a £100 intu shopping voucher and second prize is a £50 intu shopping voucher. Unfortunately, anyone who took part in one of the two focus groups associated with this project in June is not eligible to take part.

### **Study Participation Opportunity**

Retired adults typically do not engage with mental health treatment for a number of reasons. However online/digital mental health treatments could be a way for older people to access treatment. This study aims to interview potential users of this technology to evaluate the extent online mental health treatment can be a viable option for older adults. To express an interest or find out more information please [email](#): or call on 0191 227 3716 and ask for Jake Pywell.

### **Newcastles of the World**

Are you a regular traveller, have you considered visiting other Newcastle's around the world? Here is your opportunity to apply for a [Newcastles of the World](#) passport which may open up new experiences for you and your family to enjoy.

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**Information**

## **Newcastle CVS** [e-bulletin update](#)

### **Flu Vaccines**

GP Practices will be receiving their supply shortly for qualifying registered patients, contact your surgery to make an appointment. Protect yourself and your families from this nasty illness.

### **NHS England** 111 service [update](#) **Information Now: 2 Updates**

#### [Carers Special bulletin](#)

Did you know you can now create your own personal calendar of events from the website and also help someone else by saving a calendar and emailing it to them or printing it out. Just register on the website and then create your own Favourites list. Whenever you 'save' an event, it will automatically shared into a table of events by date/day order. There is a wide range of categories for you to view and you can search by day/date/postcode and ward or organiser.

**Equal Arts** - Improving older people's lives through creativity - check out their [website](#) for more information.

### **For the Love of Singing**

Elders Council member Tony Huzzard loves to sing. He is a soloist with a wide-ranging repertoire and is also a member of several choirs. Are you looking for a soloist or a choir to sing at an event? If so, please contact Tony on 223 3481 or 07936316257. Tony enjoys singing so much that he doesn't even charge a fee.

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#### **Contact Details:**

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