

E.C. Fortnightly

Issue 30

September 28th 2018

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What's the Elders Council doing?

Ageing 2.0

Several EC members have attended meetings of this group, which is established to support innovators taking on the biggest challenges and opportunities in ageing. It is international, interdisciplinary and intergenerational. The meeting this month was about Finance and Care. There were lots of facts and figures and few quality products; perhaps mid-life choices should aim to be about life changes to ensure a longer, healthier life? There was some information about equity release too but this really only works if the value of your house is substantial and in Newcastle the

average value of homes means equity release is not really an option. John Vines spoke about his work with older people, how most of us value real money (not plastic.) Cash helps you control your spending – if you haven't got it you can't spend it! Banks like digital money as it allows us less control and encourages spending. He pointed out that for those people unable to get out then they have to trust others and give that vital P.I.N. away but, of course, this is exactly what we are told not to do. Banks have no solution to this currently.

Newcastles of the World

You may remember we crowdfunded for delegates in 2016 and sent two members to Newcastle in Canada. The theme for that conference was about ageing. From that conference came a decision to work on a "Newcastle Passport" offering special attention to guests arriving from our sister Newcastle's. That was put into operation and there are plans to develop this further at the next conference in Shinshiro, Japan this October. If you go into the Central Library do pay a visit to the 6th floor where there is a small exhibition of Newcastles of the World. A new book has been recently published about this very interesting alliance of cities and towns across the world, it is compiled and edited by Sue Wilson and available for sale in the library.

Visit the website to see more about this fascinating set of Newcastle's and see what we have in common with them. They do publish a Newsletter too. <https://newcastlesoftheworld.com>

North East Social Work Alliance (NESWA)

For those interested in understanding how new social workers are trained and how E.C. can help we were represented at some recent training sessions. Training is undertaken by a partnership of 12 Local Authorities and 6 Universities across the North East Region. They work together to provide training for undergraduates, graduates and a range of other people including a group of "experts by experience".

These are people who have experienced social workers in their lives because they needed support, advice or guidance; they range from people with mental health problems; drug addicts; people fostered; those with physical problems; carers etc.

The training is very informal and is sometimes given by one of the "experts by experience" who may have been involved in the programme for some time. You can find out more about social work by clicking onto the [website](#)

The Milecastle

This month Jan Shimmin came to tell us about recycling, a tricky subject - can it be recycled and what do those odd symbols mean? Straightforward advice was given. Top tip, if it's plastic and bottle shaped it can be recycled.

Rinse, squash and replace the cap. DO NOT replace the pump action top some bottles have. Many tops from other bottles can be recycled if they are metal, wine bottle tops, jam pot tops for instance. It gave us much to think about, rubbish costs all of us a lot of money so recycle where you can. [Visit Envirocall website](#)

Hate Crime Event

The Northumbria Police Co-ordinator for Hate Crime will hold a meeting with members of the Elders Council to discuss Hate Crime Champions and how to become one.

The meeting is to be held on **Tuesday 23rd October 10-30am to 12.30pm** at the Biomedical Centre, Nunsmoor Road, Newcastle. To book a place please email Pauline.rutherford@elderscouncil.org.uk or call 01912082701

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Dates for your diary

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

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 3rd 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.

All Saints Centre, All Saints Church, Gosforth will be a hive of activity on Thursday 4th 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.

[Exhibition](#) about migrant and refugee communities on October 4th at the City Library, please visit the site to book in advance.

[Segedunum](#): Age Friendly museum day with Free entry on Saturday 6th October for over 55s

[Armchair Gallery: Art Technology and Older People](#) at the Great North Museum on October 29th.

St Nicholas Cathedral: [WW1 1914-1918 Commemoration Concert](#) featuring the Band of the Royal Regiment of Fusiliers, the Backworth Male Voice Choir and special guests from Ypres, Arras and the Somme will honour the fallen from the North East. Saturday 6th October at 5:30pm-7:30pm. Free admission. All welcome.

[Free Drama Workshop](#): In Benwell on October 11th

Lunch Links East

Over 55? Every Tuesday at The Turbinia, Walker meet for fun, friendship & food from 1100-1400. Transport is available. For further information contact Joanne or Trisha on 0300 300 7070 (charged at local rate)

Fit and Fruity

Meet new people, stay active and have fun. Every Thursday at Margaret Collins House, Walker from 1400-1600. Cost 70p. For further information contact Sue or Lunch Links team on 0300 300 3030

Free Wills Month - October 2018

A number of different Charities each year make a request to those of us who may not have thought about making a will, to do so for a donation to their funds. If you are interested, please check out the [website here](#).

Dementia Friendly Cinema

Thursday 25 October, 1:30pm, Young Frankenstein visit [Tyneside Cinema Website](#) for more information.

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Opportunities

Nexus are considering changes to eligibility of their **Companion Card**. If you are a user and would you like to have your say about this, please read [the document](#) then complete [this survey](#).

Newcastle University Medical School needs your help in the education of first- and second-year medical students. You are invited to volunteer to attend as a pretend patient while they practise their bedside manner and examination skills. Quite a few Elders Council members have done this and say that it's really worthwhile and fulfilling. For further information, please ring Nicola Dunn on 0191 208 5438.

Northumbria University Research Project: If you are interested in taking part in this trial on Cognitive effects of using probiotic, please [contact the researcher direct](#).

Workers Educational Association project: Although this project is finished [here is a video](#) for you to view.

VOICE: Would you like to find out more about Patient Involvement in Research? [Click here](#) for the next available date.

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Information

Flu Vaccines

GP Practices should have their supply of vaccine for qualifying registered patients, **if you haven't already done so please contact your surgery to make an appointment**. Protect yourself and your families from this nasty illness.

Fenham Library, Wellbeing and Recovery Hub: Although the drop in sessions are no longer available please [follow links](#) to find out more about the project.

NHS News:

NHS Choices has amended its name to [NHS](#) and this website offers you information about health and conditions, medicines and how to find services including pharmacy, dentist, GP, urgent treatment centres and A&E.

[Future Health & Care bulletin](#)

[NHS England update](#)

[NHS In Touch bulletin](#)

[Health & Race Equality Forum bulletin](#)

For more articles and information on health visit [Information NOW](#)

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