

E.C. Fortnightly

Issue 34

November 2018

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What's the Elders Council doing?

Unmissable opportunity to influence the development of public services – 3rd December 2018

Elders Council has been invited to bring together a group of people to comment on a series of concepts showing how public services could be delivered 12 years from now. Rather than relying on computer experts, they are keen to hear the opinions of a range of people. The session (which will be filmed) will take place on Monday 3 December 10.30am – 12.30pm followed by lunch at the Malmaison. Participants will also receive an M&S voucher. **Places are limited so please book now** by calling us on 0191 2082701 or email pauline.rutherford@elderscouncil.org.uk

Doorbells – Dreaming for the Future

The first screening of Doorbells – Dreaming for the Future was held on 19 November with an intergenerational audience. The screening was followed by a Question & Answer session. It was interesting to note that the issues raised by the film resonated across different age groups. We are collating the feedback to build up evidence we can use to press for

improvements in our housing options. Elders Council has applied for funding to put on more performances across the city in the new year. Watch this space! Our partner Skimstone Arts also does very innovative work with young people. Their Young Artists Collective is currently fundraising to produce a new album. Take a look at their fundraising page to see whether you can contribute and receive one of their fun rewards

<https://www.crowdfunder.co.uk/checkout/skimstonevoidevolve>

Ageing Studies Network

This is a network set up to appreciate the wide range of complementary expertise in the field of ageing studies at Newcastle University. The Elders Council has been invited to join the group to learn the latest research and add their own voice when possible. This time there were three items:

1. "Resilience in Ageing Creativity, Culture and Community"
2. "Is Intergenerational Solidarity under Threat?"
3. "Ageing and Migration"

Three particular points made were: that resilience helps us as we age; policy makers and the media need to think and research facts before promulgating the idea of "war of the generations"; and a sense of identity and attachment to place helps with ageing.

Media Trust Digital Masterclass

There was good representation from the Elders Council for this workshop. We endeavour always to improve our communications with you. This will support us with that as we improve our own knowledge and skills. If you use social media please follow us on [Elders Council Facebook](#)

Jesmond Wellbeing for Life

These monthly events are held at Jesmond Library on the first Wednesday of the month. The final meeting of the year is a "Christmas Celebration" so please bring along a favourite short story or poem. **Wednesday 5 December** 10.30am -12.30pm followed with light refreshments

Milecastle Social Group

This group meets every third Wednesday at the Milecastle Pub at the corner of Westgate Road and Grainger Street at 10.30am – 12pm. Many people stop and have lunch afterwards as it's lovely to share a meal with others and chat. The final meeting of the year will be **Wednesday 19 December** there will be charades for those brave enough or just being entertained for others. There will be mince pies and chocolates as well as a Grand Raffle so not to be missed!

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Dates for your diary

Carers Rights day

This year Carers Rights Day is on **Friday 30 November**. Every day 6,000 people become carers, but often it's not something we've planned for. The theme this year is: Caring for Your Future. Information NOW has a series of articles to help carers. These include: care and support, carers allowance and looking after someone. If you are looking for information and support in Newcastle, contact Newcastle Carers – they offer a comprehensive service for adults and young carers. Look out for their Carer Wellbeing Day on 28 November, 10.30am to 2.45pm. You need to book. Cost £3. You can find Information NOW www.informationnow.org.uk

Glaucoma Patient Conference

Friday 30 November 2pm The Great Hall, Sutherland Building, Northumbria University, NE1 8ST. The Patient Conference will have a keynote lecture about the future of glaucoma care and there will also be speakers Prof Philip Bloom, David Lunt, and optometrist Zoe Richmond. This will be followed by a Question & Answer session, and it will end with a drinks reception from 5pm to 6.30pm. The conference is free to attend but places are limited and booking is essential, so to secure your place please call on 01233 648164 or email Richenda at r.kew@iga.org.uk. For more information, see the [flyer](#).

Air Quality

It is now a legal requirement for councils to tackle air quality in places where levels of roadside nitrogen dioxide are expected to remain above legal limits by 2021. The three local authorities (Newcastle, Gateshead and North Tyneside) are holding a series of information sessions in the next couple of weeks to discuss the challenges of tackling pollution and seek views on the impact of different measures that could be implemented. The sessions will include consideration of the health, social and economic impacts of poor air quality, we hope as many of you as possible will attend.

Background information can be found on the council web site - www.newcastle.gov.uk/cleanair

The following sessions are available:

Friday 23 November 2018: 8.30am – 10.30am in the Bewick Room, Gateshead Civic Centre

Tuesday 27 November 2018: 4pm – 6pm in the Bewick Room, Gateshead Civic Centre

Wednesday 28 November 2018: 4pm – 6pm in the Theatre Royal Olivier Suite, Grey Street, Newcastle

Thursday 29 November 2018: 8.30am – 10.30am in the Pandon Room, Newcastle Civic Centre

Please book by email to: Demi.hindhaugh@turntown.co.uk.

Dementia Friendly Cinema

Tyneside Cinema's monthly daytime film screenings for people with dementia and their carers and families offer classic movie screenings with the lights up a little, the sound down a touch and trained staff on hand to assist. There will be free tea and coffee before each screening and attendees are welcome to stick around after the screening to chat about the film.

The next screenings are:

Thursday 29 November, 1.30pm, West Side Story

Thursday 20 December, 1.30pm, White Christmas

Visit Tyneside Cinema's [website](#) for more information and call 0191 2275500 to book tickets.

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Opportunities

Seven Stories

Throughout December join Seven Stories for Peas VS. Penguins: Fight for the Festive Freezer! Experience the magic of winter together as a family. This unique event offers a brilliantly merry storytelling experience combined with the chance for everyone to be involved in seasonal games and creative activities. 60 minute session suitable for all the family. £5 per person (including children and adults). No general admission is required. Follow the link for more information. www.sevenstories.org.uk

St Hilda's Church West Jesmond

A Festival of Decorated Christmas Trees **Saturday 1 December 2018**. Welcome to the 9th Community Tree Festival. If you've entered a tree in previous years then you know the format. For those who are entering for the first time there are no rules as such, except to say your entry must be a tree, or resemble a tree. The size doesn't matter, large or small and real or imitation, even part of a tree counts, whichever you prefer. It is very much a fun event and is for everyone, so whether it's for the first time or the 9th why not take part in this event and join in the fun. Viewing and voting of all the entries takes place from 11am - 4.30pm followed at 5.00pm with carol singing surrounded by all the trees. There are prizes for each age group. Contact by phone 0191 2846568 or 0191 2814133. Full information at <http://www.sthildasjesmond.org.uk>

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 2233481 or 07936316257. Tony enjoys singing so much that he doesn't even charge a fee.

Voice

Among the various opportunities for involvement with research programmes Newcastle University offer students a module in the Spring semester about ageing. Older people are asked to volunteer to help with this. View the Voice webpage for more information and sign up to become a member [here at Voice](#)

Newcastle Eagles

Did you know that Newcastle Eagles are building a brand new purpose-built community sports arena on Riverside Dene in Elswick which will be home to the Eagles Community Foundation? Have a look on their website for updates.

Newcastle Eagles are also offering group discounts on match tickets this season (15 people or more - Ticket price £7 each; 25 people or more - Ticket price £6.50 each; 50 people or more - Ticket price £6 each). Could this be something different for your group to enjoy? Check out the details [here](#).

Newcastle Eagles also offer opportunities for groups to organise fundraisers. For more information contact N.Curry@eaglescommunityfoundation.com.

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Information

Dementia Advice Centre Newcastle

On 29 November a new Dementia Advice Centre Newcastle will open its doors in the Outer West Library and Community Hub. Dementia Advice Centre Newcastle is a partnership between Dementia Matters, Newcastle Carers and Alzheimers Society and will provide guidance and signposting for carers and people with dementia, including those with mild cognitive impairment.

My Stroke Guide

Around 80,000 people a year are admitted to hospital with a stroke, and there are over 1 million stroke survivors in England. The Stroke Association has a range of support resources and services available for people affected by stroke, including the recently updated My Stroke Guide. To find out about what NHS England is doing to improve stroke

identification, care and treatment visit the [NHS England website](#).

Ask your pharmacist

If you have any queries about your medicines or have been prescribed a new drug and need to know more about it and any possible side-effects, your local pharmacist can help and advise about safe use. New research shows that many people underestimate the risks of taking medicines inappropriately. And with winter fast approaching, your pharmacist can help with all the usual ailments this season brings.

The Laing Art Gallery

An exhibition of unclothed portraits from the National Portrait Gallery Collection it includes sitters from Nell Gwyn to John Lennon and Yoko Ono. Those under 16 must be accompanied by an adult. Exhibition ends 3 March 2019

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