

E.C. Fortnightly

Issue 37

January 2019

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What's the Elders Council doing?

We hope you enjoyed a relaxing Christmas and that 2019 will be an interesting and full one for all of you.

Making a new start? Come to the 'Life Laundry'!

Elders Council is working in partnership with the WEA Finance Branch to offer you a friendly, informal session to help you to make sense of your finances.

Do you say to yourself "I must understand my bills better" "I don't like paperwork!" "I need to get a grip on my money" "I have unopened letters" "Is this letter genuine or a scam"?

If financial paperwork makes you cringe, Life Laundry may be just the opportunity for you to get to grips with it.

The session will take place on **Tuesday 29 January** 10.30am – 1.30pm at Good Space, Commercial Union House, Pilgrim Street, Newcastle upon Tyne. A light lunch will be provided.

To sign up, please [email Pauline Rutherford](#) or call 0191 208 2701.

Milecastle Social Group meets on Wednesday 16 January at 10.30am. This month there is to be a slide show and talk on a member's recent visit to Shinshiro, the Japanese Newcastle.

Older Voices next broadcast takes place on 1 February; the theme is: "How other nations celebrate significant events."

Older People Friendly City Group would love to see anyone who has an interest in ensuring that Newcastle remains a city friendly to older people. The next meeting of this group will be Monday 4 March at 10.30am in room 1, 2nd floor, Commercial Union House, Pilgrim Street. For more information please contact johnbtelfer@blueyonder.co.uk

Transport Group we are very sad to announce that Mervin Dixon died on Christmas Eve. Mervin had been a very active member of the Transport Working Group and for several years he used his extensive knowledge to draft the summer outings leaflet that many of us found so very useful. He also led a small group to travel around our region on the buses. He will be greatly missed.

Facebook; you can catch us on Facebook by clicking [here](#)

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Dates for your diary

The Lit & Phil (The Literary and Philosophical Society) invite you to a talk on the Art of Edward Burne-Jones 23 January at 6 pm. More information on the Lit & Phil [here](#)

The Biscuit Factory features the work of Malcolm Teasdale among other artists, designers and makers; the exhibition closes 17 February. More information at [biscuit factory](#)

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Opportunities

Tyne and Wear Museums are offering a chance to train as "Livewell Key Worker". The next session is 13 February at Segedunum. For more information <https://www.ticketsource.co.uk/event273758>

Voice offer many opportunities to become involved in research you can find them at [Voice](#)

Free Drama Workshops for over 55s

Starting Thursday 21 February, 2.30pm - 4.30pm for 8 weeks at Broadmead Way Community Church 90 Broadmead Way, Newcastle NE15 6TS. Have fun, express yourself and meet new people. For more information contact sarah@tsf.org.uk. To sign up contact Search on 0191 2737443

"Not just Lip Service" This is a new project launched on Tuesday 15 January from 1pm - 3pm. The project is called 'Not Just Lip Service' and it explores the access and opportunity to lip-reading of deafened soldiers during WW1 and compares that to what opportunities exist around lip-reading today. It's at the Linskill Centre North Shields, for more information please call 0191 257 8000 or [email](#)

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Information

The People's Theatre has a new programme for this year starting with an Agatha Christie murder mystery. More information from [People's Theatre](#)

Dance City offers their top 19 reasons to give dance a go in 2019! Dancing is great for the mind and body and can improve and enrich our lives in so many ways, not to mention it's fun! Need convincing? [Read more](#)

Information Now: Helping you to live safely at home for longer

Are you having problems carrying out day to day tasks? Is it difficult to get to the toilet, move around your home or go into the garden? Are you worried about slipping in the shower or managing the food on your plate?

The Council has launched [Your Equipment Newcastle](#) to help you find and buy useful products. There are three steps to helpful information: 1. Choose a topic, 2. Answer some questions and 3. Get a personal report on products that might help you.

For more information about services and activities for older people in Newcastle, have a look at [Information NOW](#). You can also subscribe to the regular e news [information news](#)

Newcastle Airport Parking Charges

There are changes to parking charges at the airport that came into effect on 2 January 2019. Please use the link for further information [parking](#)

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