

# E.C. Fortnightly

Issue 41

March 2019

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## What's the Elders Council doing?

### **Living better for longer**

Do you know the significance of still being able to cut your own toenails? You'll be surprised! Want to live better for longer then join us for an informal session with Peter Gore from ADL Smartcare. The session will take place on **Wednesday 27 March 2019 10.30am – 12.30pm**. To book a place call 0191 208 2701 or email: [pauline.rutherford@elderscouncil.org.uk](mailto:pauline.rutherford@elderscouncil.org.uk)

### **Elders Council in conversation with Tolent**

Representatives from Tolent will be joining the Housing, Health and Social Care Group at its March meeting to talk about new housing developments for people aged 55+. The meeting takes place on **Friday 22 March 2019 10.30am – 12.30pm**. Interested? You need to come along to the meeting. Call 0191 208 2701 or email [Pauline.rutherford@elderscouncil.org.uk](mailto:Pauline.rutherford@elderscouncil.org.uk)

### **Meet us at the Grainger Market**

Visit the Grainger Market **Wednesday 13 March** from 10am – 1pm to find out more about us and what we do. We will be at one of the units in the market every second Wednesday and will have a different theme each month – a mini information day. Look forward to seeing you there.

**Future Homes**

This group (we are partners) continues to meet monthly and it is coming closer to the actual build on the Helix site.

### **Collaboration and Knowledge Exchange (C.A.K.E.)**

Several members attended this half day hosted by the National Innovation Centre for Ageing (N.I.C.A.). The new building for the centre, also on the Helix site, is almost completed. This session introduced businesses that had developed with aid from NICA. One was ActivCare a company setting out to increase physical activity in adults particularly with older people in mind.

### **Heritage Newcastle**

Heritage Newcastle are holding an event at Hancock Great North Museum on Friday 15 March 2019 from 1pm to 5pm. There is a spare place available for any interested person contact: 07751567434 or [johnbtelfer@blueyonder.co.uk](mailto:johnbtelfer@blueyonder.co.uk)

### **Negativity about old age**

We asked you about this recently and have had some replies so keep on sending them. Read the feedback in the next issue of the magazine.

### **Milecastle Social Group**

The next meeting is one not to be missed. Sandy Irvine has a large number of photos showing Newcastle as it was in 1968 and the changes made as well as some of the ideas that didn't get off the ground. **Wednesday 20 March** 10.30am at the Milecastle pub.

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## **Dates for your diary**

### **In Our Space**

A celebration of the work with artists in residence at The Grange, Throckley **Wednesday 20 March** at 1.30pm. Contact: [john@thegrangecentre.co.uk](mailto:john@thegrangecentre.co.uk)

### **Disabled Access Day**

Disabled Access Day, **Saturday 16 March 2019** is about trying something new or visiting somewhere new. There are lots of exciting events, activities and offers going on across Tyne & Wear from British Sign Language tours to discounted entrance fees to facilitated activities. Free places for the activities can be booked call: 0191 277 2313 or email [robert.latham@twmuseums.org.uk](mailto:robert.latham@twmuseums.org.uk) Places must be booked by 13 March 2019.

### **Alzheimer Society**

Early notice - mark the **20 - 26 May** in your diary because that is **Dementia Action Week 2019!** It's going to be the biggest week yet as we unite people, workplaces, schools & communities to take action on dementia

### **BBC Radio 3 Free Thinking Programme**

You might be lucky enough to find tickets for some of the events across **29 – 31 March 2019**. Follow the link [radio](#) for more information

### **Citizens Advice Newcastle**

A public meeting will take place **Tuesday 19 March** at 12 noon in the Bewick Room, Newcastle Central Library. A buffet lunch follows the meeting.

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## **Opportunities**

### **Clinical Ageing Research Unit (CARU)**

Volunteers needed for research into how ageing affects walking. For further information contact Dr. Annette Pantall or Aisha Islam, Tel:(0191) 208 1247/208 2099 email: [n.j.a.islam2@newcastle.ac.uk](mailto:n.j.a.islam2@newcastle.ac.uk) or [annette.pantall@newcastle.ac.uk](mailto:annette.pantall@newcastle.ac.uk),

### **Newcastle City Council**

Air Quality Public Consultation your views are needed. There are proposals – what do you think about them? Read more about the proposals and take part in the consultation here: [www.breathe-cleanair.com](http://www.breathe-cleanair.com) The consultation is open until **17 May 2019**.

## **Operating Theatre (OT)**

OT is now involved in the public engagement segment to help with the treatment of epilepsy via CANDO ([www.cando.ac.uk](http://www.cando.ac.uk)) based in Newcastle University. If you would like further information, contact Email: [Michael.white2@ncl.ac.uk](mailto:Michael.white2@ncl.ac.uk) Telephone: 0191 2083281

## **Age Adapted Housing**

Your help is needed to complete a questionnaire. This is useful both for the research team but also will help you think carefully about your home. Any data you give will be destroyed at the end of the research. Click [here](#) for information

## **Ask for Evidence**

Are you interested in science? Then Sense about Science is recruiting 20 new volunteer ambassadors around the UK to lead the Ask for Evidence campaign. For more information contact: [alex@senseaboutscience.org](mailto:alex@senseaboutscience.org)

## **Department of Work and Pensions**

Volunteers are needed to test prototype website to inform the design of the online process for claiming state pension. Session is to be held **Wednesday 13 March 2019** at Job Centre Plus, Cathedral Square Newcastle upon Tyne. A shopping voucher (Love2Shop) is offered as a thank you. Please mention the Elders Council when you go along to this.

## **Dance City**

There are many opportunities both participating and watching a performance. As well as ballet and tap for 55+ how about Fitsteps, a fitness programme using dance steps. View the website for more information click [dance](#)

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## **Information**

### **NHS Lung Cancer**

The NHS is to rollout lung cancer scanning trucks across the country operating from supermarket car parks. Newcastle and Gateshead is one of the areas where this will happen. It will check those most at risk, inviting them for a MOT for their lungs and an on the spot chest scan.

### **Newcastle Drop-in**

A new place to meet is the "Stroke on the Tyne" at the Newcastle Eagles Community Arena on Scotswood Road. The club meet the first Tuesday of every month. Contact Danielle Cottrell 0191 487 9988

### **Laing Art Gallery**

Visit the Laing Art Gallery for the exhibition "Whistler and Nature"  
Click [whistler for more information](#)

### **Spring events in Museums**

Try visiting this website to see things you and your family and friends might like to do [museums](#)

### **Later Life AGEnda**

This is another website with much information about ageing keeping you up to date with national information. Click on [Later Life](#)

### **Leonardo Exhibition**

As well as the Leonardo exhibition at Sunderland Museum and Winter Gardens in the Gallery next to the Leonardos is the work of Andrew Tift. This exhibition called "One Day You'll be Older Too" has pencil drawings of older people and were specially commissioned to accompany the Leonardo exhibition.

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