

E.C. Fortnightly

Issue 42

March 2019

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What's the Elders Council doing?

REMINDER this was in last time but none of you seem to want to live better or longer! Read on - - -

Do you know the significance of still being able to cut your own toenails? You'll be surprised! Want to live better for longer? Join us for an informal session with Peter Gore from ADL Smartcare to learn all about the LifeCurve App. 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

Northumbrian Police & Crime Commissioner Age Advisory Panel

The panel meets three times a year and the Elders Council is a member. In preparation for the next meeting, **26 March 2019**, please send any concerns related to crime and policing to Alan Gowers, where the issue can be raised. Email:

algowers@gmail.com

Bulletin Team

We are working with PhD students to create a better Bulletin for you. It will still be published every two weeks but we are considering how it looks; how easy it is to read; where dates should be placed; placement of contact details; the whole web address or an edited version? Lots to think about. We do like to hear from you and will read any constructive comments that will help us produce a useful Bulletin. You can email to our office address pauline.rutherford@elderscouncil.org.uk Thank you.

Dates for your diary

Exhibition "Community Design Practice"

This features Fenham Pocket Park and Scotswood Community Garden. Exhibition opens **29 March 2019** and then between 2 – 26 April at The Boiler House, Newcastle University Contact 0191 208 6000

Stroke on the Tyne

Next drop-in-session will be **Tuesday 2 April 2019** at the Eagles Community Arena, Scotswood Road. Contact 0191487 9988

Dementia Friendly Cinema

The next film to be shown at the Tyneside Cinema is "The Ladykillers" starting at 1.30pm **Thursday 28 March 2019**

Livewell Symposium

Tickets are now available for Live Well Symposium "Wellbeing and an Ageing Population" at Discovery Museum, Newcastle upon Tyne on **12 Jun 2019**. Click the link for further information and to secure your tickets. ["Live Well Symposium: Museums, Wellbeing and an Ageing Population" at Discovery Museum](#)

J's and B's Singers

A concert including Will Todd's "Jazz Missa Brevis" takes place on **Saturday 6 April 2019** tickets available at the door St James' and St Basil's church, Fenham.

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Opportunities

Free gas central heating system - applications must be received by 31/03/19.

Newcastle City Council can offer free gas central heating systems (subject to survey) to homeowners and private tenants whose property does not have, and never has had, a gas central heating system. The property must be in Newcastle upon Tyne and suitable for a gas connection. Eligibility will depend on gross household income being less than £26,000/year. Contact: Kate Coulthard 0191 278 3442 or [email](#)

Positive People Positive Places

This fund is open again for bids from community groups. The guidance notes contain lots of useful information to help you with your application - click here to have a read. If you have any questions please contact the Engagement Team on 0191 278 3959, email: positivepeople@yhn.org.uk or visit www.yhn.org.uk/4ps

Operating Theatre and Epilepsy

Currently 600,000 people in the UK are affected by epileptic seizures. Operating Theatre, a drama company is using theatre to explore the broad range of issues involved in brain implants. Come to a FREE workshop to consider the advantages of the bio-enhancement of human kind and also what concerns there might be. Click www.operatingtheatre.org.uk E-mail: operatingtheatre@inbox.com Tel: 0191 252 9713/07845 112474

Fit for Life

This is an over 50s Fit Club run by the Newcastle United Foundation. It's on Thursdays at 12.30pm at Lemington Football Centre. It is all absolutely **FREE**. Contact: sam.cooper@nufc.co.uk for further details.

Jesmond Festival

This starts in May and last for two weeks. Keep your eyes open for a wide variety of events and activities like Circle Dancing. For further information contact: events@jesmondlibrary.co.uk and the website www.jesmondfestival.org.uk

Voice

There are always plenty of opportunities in research you can take your pick. At present there's also a photo competition with a prize. Look at their website for more information www.voice-global.org

Volunteers Wanted

Victim Support is looking for people who can provide half a day each week to help support victims of anti-social behaviour. For further information please contact Gillian Morales, ASB Caseworker and Volunteer manager. Email: gillian.morales@victimsupport.org.uk Mobile: 07930191842

Wag and Company

Volunteers needed for this organisation who arrange visits with their own trained dog to people in hospital or their own home. Applying to become a Visiting Wag Team or to ask for visits is really easy: phone 0143 461 1801, email office@wagandcompany.co.uk
Further information at <https://www.wagandcompany.co.uk/wag-teams/>

Recently Retired?

Researchers from Northumbria University are looking for volunteers who have recently retired for a focus group on their retirement experiences. For more information phone 0191 243 7018 or email: anastasiia.fadeeva@northumbria.ac.uk

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Information

InformationNOW

As we get older, we may find that we have difficulty keeping as active as we'd like. InformationNOW is improving its range of information and events to support people with a variety of long-term conditions and disabilities. To begin with, read their article on self-care and disability

<https://www.informationnow.org.uk/article/self-care-disability/>

and find out what is available in Newcastle to help you. There are specialists who can help you such as Ways to Wellness

<https://www.informationnow.org.uk/organisation/ways-to-wellness/>

You need a referral for this. HealthWORKS Newcastle

<https://www.informationnow.org.uk/organisation/healthworks-newcastle/> for this you can self-refer.

Scams and TV licence

Do not be bamboozled by thieves trying to scare you into believing you need to pay for your TV licence. Currently licences are free if you are 75+. Whatever you are asked by anyone about anything you should never reveal ANY bank details over the phone. Please take care.

Dementia Advice Centre

Based within the Outer West Library the Centre as well as a wealth of knowledge the centre also hosts a "Cuppa and Catch-up" every first Wednesday of the month for those living with dementia or caring for someone with dementia. Next meeting is 1.30pm **3 April 2019.**

Dementia Care: Staying Connected and Living Well

The Dementia Innovation Hub provides a platform for people who wish to learn and share ideas of practical ways we can support people living with dementia to live well. Further information <http://dementiainnovationhub.co.uk> The Hub also runs short courses the next one is as follows: Dementia Care: Staying Connected and Living Well <https://www.futurelearn.com/courses/dementia-care>

In our space

This is a celebration of art work by communities, artists and students across our city and produced as part of Newcastle Art Team's 2018/9 artist in residence and arts connect programme. Check out the map to see where events are taking place around the city at: <https://bit.ly/2GPxRbS>

Shipley Art Gallery

Whether you're a club, tour group, or a gathering of friends, join us for your own guided tour and unravel the history of our gallery. Available Tuesday-Friday £5 per person, includes refreshments Pre-booking essential. More information at www.shipleyartgallery.org.uk

Rate it!

Rate it! Is a product review website written by and for older and disabled people about the products that have been found useful to make daily life easier. The website offers you an opportunity to share your views and read reviews about small to medium-sized products that can help with leading an independent life. Find out more at <https://rateit.ridc.org.uk>

When they get older

This is a website that has helpful ideas for sharing to help with ageing families and friends. Have a look at the site. They also publish an E-newsletter <https://www.whentheygetolder.co.uk>

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Contact Details:

Elders Council

Room 2.29 Second Floor

Biomedical Research Building, Nuns Moor Road

Newcastle upon Tyne NE4 5PL

Telephone: 0191 208 2701

email: Pauline.rutherford@elderscouncil.org.uk

www.elderscouncil.org.uk