

E.C. Fortnightly

Issue 44

April 2019

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Annual General Meeting

It's almost time for the Annual General Meeting for the Elders Council. A small planning group has been working on this and have some items finalised. Keep **2 July free** and we will keep you posted.

EC Rider: Summer Outings with your Bus Pass

This is ready for you to download and print a copy from our website. You will find it [here](#). As it's a 10th Anniversary Edition it's a bit special.

What's the Elders Council doing?

Free personal care?

Our Housing, Health and Social Care Group have been approached to support a campaign for free social care which has been launched by Independent Age:

<https://www.independentage.org/lets-get-personal-for-free-personal-care>

The current system is leaving 1.4 million older people without the support they need for basic everyday tasks. Independent Age are campaigning for free personal care similar to the scheme which is already operating in Scotland. The Government has promised to publish a Social Care Green Paper 'at the

earliest opportunity' in 2019, but there is still no definite news on this. What do you think? **Should the Elders Council support this campaign?** Contact us with your views and experiences of the care system by writing in to Elders Council of Newcastle, 2nd Floor, Biomedical Research Building, Campus for Ageing and Vitality, Nuns Moor Road, Newcastle upon Tyne, NE4 5PL or emailing pauline.rutherford@elderscouncil.org.uk

The Grainger Market Mini information days

We are in the Grainger Market on the 2nd Wednesday of the month, between 10am – 1pm, so if you are in the market shopping don't be shy come and meet us. In April we looked at how to prevent people falling. 14 people had a new [ferrule](#) fitted on their walking stick as the old ones were too smooth. A simple thing but may prevent a fall. Next month, **8 May**, the focus will be Planning ahead, on Housing and similar related matters. We are always keen to say hello to our members so do pop in and bring a friend.

Doorbells: Dreaming for the Future

My home, my castle, my container, my prison?

How do we imagine the future of where and how we live? Who will we live with? What can we afford? What will our lives look like and how will we manage?

This sensitive, humorous and moving film, with original songs and soundscapes, explores: behind our doorbells and front doors, how are we dreaming of the future?

Audience feedback

"Beautifully done and very moving." Elders Council of Newcastle.

"A huge thank you for this great piece of work...you really are ahead of the game and others have a lot to learn from you." Care & Repair England.

"Incredibly important story to talk about and fantastic inter-generational audience. Surprisingly entertaining for such a complicated and difficult subject. I started to know her and now want to know what happens next – what does she do? A soap opera! Some beautiful filming and loved the songs." Audience member.

Wednesday, 15th May 2019 6pm on screen at Star and Shadow Cinema, Warwick Street, Newcastle upon Tyne, NE2 1BB

Ticket: £3 includes light buffet.

Book your place here:

<https://www.eventbrite.co.uk/e/film-screening-doorbells-dreaming-for-the-future-tickets-60303823359>

Housing, Health & Social Care – Come Along to our meetings!

Housing, Health and Social Care (HHSC) matters are being increasingly recognised as a strong link with our wellbeing.

There is an open meeting every two months to report on topical matters. Currently the group is jointly chaired by Anita Davies and Alan Gowers. As with other EC groups, all members are welcome and encouraged to attend and participate in discussions, research and organisation matters.

All 2019 HHSC meetings are being held on the 2nd floor of the Commercial Union Building on Pilgrim Street in Newcastle. The building is centrally located, handy for buses and is much nicer inside than you might think from the building's outside appearance. Tea and coffee are available, but you should bring your own healthy biscuits and fruit!

Dates for the next three meetings (10:30am – 12:30pm) are:

- **Friday 24 May**
- **Friday 26 July**
- **Friday 27 Sept**

So please come along and participate in our meetings and research, and if you are interested in acting as a minute/note taker, please contact Pauline Rutherford on 0191-208-2701 or email Pauline.rutherford@elderscouncil.org.uk

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Dates for your diary

Alzheimer's Research UK

A public meeting will be held at the Civic Centre Newcastle, on Tuesday 14 May at 2pm (doors open at 1.15pm). Attendance is free but for catering purposes please inform the organiser by Email: sally.warburton@ncl.ac.uk or Tel: 0191 208 1342 to confirm your place.

Further information about the event is to be found on <https://www.ncl.ac.uk/ageing/events/events/alzheimersresearchukpublicmeeting.html>

Jesmond Festival 2019 diary

The full events listing of this festival can be found on their Facebook page: https://www.facebook.com/pg/jesmondfestival/events/?ref=page_internal

Nowhere to go: improving the accessibility of public toilets

Newcastle University researchers are currently working with Carers Northumberland about this issue and want to share information with you on 8 May 2019 2pm – 4pm at the Great Hall, Discovery Museum, Blandford Square. Book your place through the following website:

<https://www.eventbrite.co.uk/e/nowhere-to-go-access-to-public-toilets-for-people-with-disabilities-tickets-57695863882?aff=ebdssbdestsearch> and for further information go to www.ncl.ac.uk/policyacademy .

'Live Well' sessions

Following recent interest in the Tyne and Wear Archives and Museums they would like to invite you to one of the new Social Meeting launch events. These events will be monthly, to begin with, and will be a chance for anyone that works with or volunteers with older people to come along and share projects (current projects, up and coming projects or projects that are just ideas at the moment). You can ask questions and get some peer support and guidance from people working in the same environment as you are. The events will be hosted at one of their nine venues. There will also be a creative activity at each session to break the ice, there are a number of activities planned from store tours, creative crafts and talks from a museum professional. Each session will have a creative and interactive element as well as having time to present ideas to the group and reflect.

They look forward to seeing you at one or more of these sessions and the first events, at Discovery Museum (29 May) and Shipley Art Gallery (26 June) are listed in the Ticketsource link below. More sessions will follow soon.

<https://www.ticketsource.co.uk/event/312235>

A Pint of Science

Coming to a Venue near you is this innovative idea of bringing science and research out to the **PUBLIC!** You can check out the location and dates on the following website:

<https://www.voice-global.org/opportunities/pint-of-science-newcastle/>

Newcastle Eagles Community Forum

Weekly events can be located on this webpage: <https://newcastle-eagles.com/community/active-ageing/>

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Opportunities

Newcastle University Research Volunteers needed

NUFood are looking for volunteers to test out their online portal, if you are interested check out the volunteer information page on the following website:
https://nclaford.eu.qualtrics.com/jfe/form/SV_6P5xDMpB4gryF13

Free Exhibition at “The Word”

This is in the Market Place at South Shields. There are several things to view but one that may interest many of you is “The Word Bank of Lost Dialects” (on until 15 September 2019). There are 2,400 donations of “lost words” go and check out if you think they really are lost.

St. Martin’s Centre, Roman Avenue

2019 events are now available and look out for the summer garden party on Saturday 8 June (over 18s only)
<http://www.stmartinscentre.org.uk/wp-content/uploads/2019/03/Whats-on-January-20191.pdf>

North East Ambulance Service Vacancies

<https://www.neas.nhs.uk/careers/non-executive-director-vacancies.aspx>

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Information

Are you having trouble heating your home?

If you are having trouble or have had difficulty heating your home sufficiently in the last year, would you like to take part in a research project being conducted by Yasmin Darch who is doing a MSc in Urban Planning at Newcastle University? To take part you must be over 65 and living in Newcastle or North Tyneside. If you take part, Yasmin would like to arrange a 45-60 minute interview in your home (or a suitable venue which suits you) where she will be asking you about how you use space throughout the year in order to keep warm. To find out more, contact Y.Darch2@newcastle.ac.uk or pauline.rutherford@elderscouncil.org.uk or call 0191 208 2701 and we will send you more information.

North of Tyne Mayor - Elections in May 2019

Are you unclear about the powers that the North of Tyne Mayor will hold? Are you confused about what the Mayoral candidates are standing for? To help you to understand the process and access straightforward information about the policies that each of the candidates are standing for, take a look at this website <https://www.notclear.uk/> .

Home Care Update from Which magazine

https://www.which.co.uk/late-life-care/home-care/technology-to-keep-you-safe/personal-alarms-azbn15v6qmqg?utm_medium=Email&utm_source=ExactTarget&utm_campaign=Weekly_Scoop_300319

Bi-monthly Benefit Information Bulletins

Newcastle City Council issue up to date information which you can access via their website. For current updates use the website details below. **Look out for changes to Pension Credit for mixed-age couples.**

<https://www.newcastle.gov.uk/benefits-and-council-tax/welfare-rights-and-money-advice/information-professionals-and-volunteers#benbull>

NHS Great North Care Record

Current local information about your personal health records can be found below:

https://www.greatnorthcarerecord.org.uk/news/qncr-phase2-announcement/?mc_cid=46ac1c6ee6&mc_eid=a81c8a49c1

NHS National Updates

<https://newcaremodels.cmail20.com/t/ViewEmail/d/BD165E299A2582622540EF23F30FEDED/DA24C37F15801EBE1A21C02EB51F5606>

<https://intouch.cmail19.com/t/ViewEmail/d/9ECE6CF5D3DDF23B2540EF23F30FEDED/97288E3BA7E80C58F7E8006BBCB98688>

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