

E.C. Fortnightly

Issue 46

May 2019

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What's the Elders Council doing?

Fun and Fitness in the Park Reminder

As part of the Jesmond Festival we will be in the park at the Visitor Centre in Jesmond Dene from **2pm Wednesday 22 May**.

Our patron, John Grundy, will be leading a short walk. Meet him at 1.30pm at the bus stop beside the entrance to Paddy Freeman's Park (the stop for the hospital) for a gentle stroll to the Visitor Centre

Transport Working Group

Blackett Street will be closed to public transport for a number of weekends across the summer months. The first closure will be **21/22 June** for the Cricket World Cup followed by **Sunday 7 July**. We will try to keep you informed through Bulletins and our Facebook Page.

Health Housing and Social Care Group

This group will meet next on **Friday 24 May at 10.30am** when the topic will be "Pharmacy Services" there will be a speaker. Meetings are held in the Open Space offices in Commercial Union House, Pilgrim Street.

Reminder for Members of NHS Foundation Trusts

Bill Ions sent this reminder "Governors of the Trust are elected for a three year term of office and it's election time again". Please make sure you check the website (an email will have been sent to you) and use your vote".

Grainger Market

We were at the market last week with several other partners as well as Keith, a physiotherapist. With his help we stopped people with walking sticks to check the rubber ferrules. Worn ones were replaced; we may have saved some people from falls and the NHS a lot of money! We will be there again on the morning of **Wednesday 12 June**, look out for us we are talking transport come and say hello tell us about your journeys.

Milecastle

The next meeting will be on **Wednesday 19 June**. Bill Ions is coming to tell us of his experience working with the "A House Through Time" team.

Annual General Meeting

This takes place **Tuesday 2 July** in the Great Hall of the Sutherland Building of Northumbria University. Registration is from 1.30pm – 2pm. Your invitation will be in the next issue of the Magazine. This is an 18th Anniversary edition the electronic issue is already available to read.

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Dates for your diary

Dementia Friendly Newcastle

Dementia Action Week is one element of the city's plan to become a dementia friendly city. National Dementia Action Week begins on **20 May 2019**. There will be a dedicated space at The Grainger Market with: information and advice, learning sessions and a range of activities

Carers

Carers week this year is **10 – 16 June**. During this week the Carer Friendly Community Awards takes place. Nominations for these awards close on **Friday 17 May**

The Centre also has a group for men who care for relatives; the group meet on the 2nd Friday of each month (times vary.) For those

caring for someone living with dementia there is an Information and Advice session each 3rd Tuesday of the month 2pm at the Carers Centre. A great deal more information is available on their website www.newcastlecarers.org.uk

Dementia Advice Centre

Based in the Outer West Library the Centre is open Monday to Friday. They hold a "Cuppa and Catch-up every 1st Wednesday of the month. Next one is **5 June**. Further information on their web pages: www.dementiaadvicecentrenewcastle.org.uk phone 0191 323 3342

Bike Rides with the Eagles Foundation

The next rides are; **16 May and 23 May**. It's a 1pm start so get on your bikes and get riding. Book your place at www.letsride.co.uk

Northumbria University

A public lecture "Does Patient-centred care do more harm than good?" to be held **Tuesday 11 June** in the Lecture Theatre Room 402 in the Business and Law Building. Wine and nibbles are available after the lecture. This is free but you must register.

[Register now](#)

Star and Shadow Cinema

Interested in how planning and development impacts on our lives? Why not go along to Citizen Jane – a film about Jane Jacobs who took on Robert Moses, New York planning supremo, who wanted to smash a six lane highway across Greenwich Village. Maybe we have something to learn about how to stop developments disfiguring and destroying our communities?

Friday 24 May at 7.30pm at Star and Shadow Cinema, Warkwick Street, Newcastle upon Tyne, NE2 1BB. For more details see www.starandshadow.org.uk.

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Opportunities

Men's Pie Club

This is an opportunity for men to meet together to chat and even make pies! It's organised by the Royal Voluntary Service (RVS) and is part of the Riverside Community Health Project based in the Carnegie Building, Atkinson Road each Thursday at 12.30pm at £2

per session. Contact Julie Crocker phone 07769369250 or email julie.crocker@royalvoluntaryservices.org.uk

Voice

There is always a wide range of opportunities concerning research. On **19 June** there is a group consultation on Care and Research and **1 July** a chance to learn about what causes ageing and interventions that may delay the process. More information at <https://www.voice-global.org>

The Great British Sewing Bee

The sixth series of this programme is looking for talented home sewers to take part in the programme. If you are interested or perhaps know of a talented sewer find more information at www.applyforsewingbee.co.uk The closing date is **27 May**.

Outdoor Activities for over 55s

The next **free** over 55's outdoor activities course starts **Thursday 23 May**. Team building 1pm meet Gateshead Civic Centre car park. Subsequent days will be outdoor activities such as hill walking, cycling, canoeing or rock climbing. The group decides on the activities. Meet 10am Gateshead Civic Centre car park. For more details contact nickcoates.wing@gmail.com.

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Information

Move Assist

If you're disabled or getting older, Move Assist can help you to move to a new home that better suits your needs. Care and Repair Newcastle are working with The Senior Move Partnership to offer older and disabled people a range of practical support services. Costs vary depending on the help you would like. To find out more contact The Senior Move Partnership on 0800 044 3904 or email info@moveseniors.co.uk

For more information about housing support services in Newcastle go to www.careandrepairnewcastle.co.uk

Office for National Statistics

Here's information about older people, read it and see if you agree. Retirees are the most satisfied with their lives, [according to a study by the Office for National Statistics](#) (ONS)

Secret to a happy life – your bus pass

Having a free bus pass leads to a happier life, research from University College London, has found. Older people with bus passes are more physically active and less socially isolated than those without one. The analysis comes after peers said last week that pensioners should be stripped of 'outdated' perks such as free bus passes to make Britain fairer for younger people. What do you think? Let us know using the contact details at the end of this Bulletin.

IPPR (Institute for Public Policy Research)

This is a think tank based in London but is holding a meeting in Newcastle titled: "Economic Justice for the North East", **19 June, 5.30pm - 8pm** at The Biscuit Factory, Newcastle. Join IPPR for an event involving people from across the North East to have your say on how the economy works for you. [Register via Eventbrite.](#)

Benefits and "Mixed Age Couples"

The government are changing benefit rules which mean that couples, where one partner is over 'pension age' and the other is under that age, may not be able to claim Pension Credit or Housing Benefit. Instead they may only be able to claim Universal Credit. **If it's after 15 May, you may still be able to claim**, because Pension Credit and Housing Benefit can be backdated three months, **people have until 13 August** to get claims in and ask for backdating – so long as they satisfied the rules for those benefits since before **15 May**. **Find out what you should do and where to get help on** [Newcastle City Council's special mixed age couples webpage](#)

Newcastle United Foundation

The Foundation has several strands of work. 'Be a Game Changer' aims to raise awareness of mental health, particularly among men, encourage open conversations and inspire fans to be proactive in looking after their physical and mental wellbeing.

The Facebook group encouraging people to join can be found here:

<https://www.facebook.com/groups/BeAGameChangerNUFC/>

Their website with info:

<http://nufoundation.org.uk/beagamechanger/>

These are **free** and aimed at older people in particular you can follow the link to find out more.

Walking Football: <https://nufoundation.org.uk/projects/walking-football-sessions/>

Mental Health Football: <https://nufoundation.org.uk/projects/adults-disability-football-coaching/>

NHS Health Checks and beginner fitness sessions
<https://nufoundation.org.uk/health-and-wellbeing/>

Memory café <http://www.newcastle-hospitals.org.uk/news/news-item-22454.aspx>

Raising the Equality Flag: Health inequalities in LGBT (lesbian, gay, bisexual, transgender) older people

The International Longevity Centre have launched a new report highlighting findings from a project conducted by researchers at ILC, UCL and Cardiff University, exploring disparities in health outcomes among the older LGBT community.

The Research reveals that a lifetime of prejudice and stigma is leading to worse physical and mental health, poorer access to health and social care, as well as greater levels of social isolation and loneliness among the older LGBT community.

Tyne and Wear Museums

Use your bus pass to get out to the museums and Art Galleries in the region. The discovery Museum currently has an exhibition celebrating the Circus that finishes on **2 June**.

Energy Services Newcastle

This service will help you compare electricity and gas prices and switch to a cheaper deal. This can be done via a phone call.
www.newcastle.gov.uk/energyswitch phone 0800 188 4926

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