

E.C. Fortnightly

Issue 50

15 July

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What's the Elders Council doing?

We held a successful and well-attended Annual General Meeting. The Lord Mayor and Lady Mayoress also came as well as people from other organisations. Members were asked to look at the current Goals in the Strategic Plan and decide if these were right for the organization. They were also asked to offer ideas to help the organization move forward in both practical and strategic ways. Everyone was urged to make a contribution from offering to take a few copies of the quarterly magazine to their local library to becoming a trustee.

As it was our 18th Anniversary the Lord Mayor cut a cake and we were all able to enjoy tea and cake before leaving for home.

Milecastle Social Group

The next meeting for this group is **10.30am Wednesday 17 July** at the Milecastle pub (corner of Grainger Street and Westgate Road). We intend to try a "Book Swap" so bring one or two books no more than two that you would like to swap. There will also be a literary Quiz with £10 voucher to the winner. If you haven't been before we offer a warm welcome, there will be someone at the door to guide you in.

Reminder: we try hard to stick to the planned programme but there is always the possibility that there may be a change at the last minute. You can be assured there will always be something to entertain or inform or even both of these.

Board of Trustees

The Board will meet on Tuesday where the election of the executive officers takes place. The Board meet on a monthly basis.

Transport Group

Travel on the Metro at any time during July and August with your Metro Gold Card:

Did you know that you can travel at any time on the Metro during July and August with your Metro Gold Card? <https://www.nexus.org.uk/news/item/metro-gold-card-rules-are-relaxed-during-july-and-august>

If you have a concessionary bus pass you can purchase a Gold Card at Nexus offices for an annual fee of £12 and it gives you unlimited travel. Don't miss this opportunity to get out and about this summer and take a look at our booklet EC Rider which offers you a range of ideas for bus trips in the region. Copies are available on our website or you can get a hard copy by ringing the office.

Blackett Street will be closed on 20 and 21 July for the Family Fun Weekend and the Pride March. It's also closed on 27 and 28 July for Family Fun Weekend.

Thinking about a new home?

Then join us to hear from Tolent about their **Newcastle Annuity Project** building 148 new homes in the West End of the City.

Meet on Friday 19 July at 10.30am – 12.30pm in the

Biomedical Research Building (2nd Floor), Campus for Ageing and Vitality, Nuns Moor Road, Newcastle upon Tyne, NE4 5PL. If you need help with transport to find us, just let us know.

Contact barbara.douglas@elderscouncil.org.uk for more information.

Make some noise for Older People's Day

Turn your ideas into banners and songs

Explode some myths; explore what 'growing older with style'

means; celebrate the diversity of our experience; be more

understanding of living life with dementia and make banners, write

songs/lyrics contact Jude: 0191 212 6100 jmurphy@wea.org.uk

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Dates for your diary

Arbeia Alive (Tyne and Wear Museums)

Get up close to gladiators as they train and spar on site all day. Ask them about their weapons and armour, all hand made by skilled craftspeople. Arbeia, South Shields Roman Fort **29-31 July**, 10am - 5pm, Donations welcome, free entry. More information www.twmuseums.org.uk

The Ouseburn Trust

There are guided walks during the summer months from well informed guides. The next two walks are: **23 July** "A Chartist's Life" and **30 July** "Malings Pottery Reborn"
Find out more and [book your place here](#).

Old Low Lights

The café and Arts Centre, North Shields, host several exhibitions such as the following: 120th Anniversary of the Fisherman's Mission from **30 July – 30 September** where retired local fisherman will present the history of North Shield's fishermen's mission. There's also an exhibition: Michael Smith painter, artist, gentleman and retired fisherman Michael Smith will exhibit a collection of his work **30 July - 30 September** in the 2nd Floor Gallery. £3 per person Members Free. For more information <http://oldlowlight.co.uk/exhibition-120-anniversary-of-the-fishermans-mission-30-july-30-september/>

Home Alone

Sharon Bailey visited twelve older people who live at home, alone. She photographed and recorded their chats, spending hours talking and listening. Sharon is bringing some of these untold stories busy public spaces. The stories are important and need to be told and we all need to listen. Her installation will be in the Grainger Market, Alley 3, Units 106/107 on **3, 5 and 6 August**, open daily from 10am – 4.30pm, performances from 2pm – 2.30pm and 3.30pm – 4pm and a commissioned monologue written by Catrina McHugh will be performed by Barbara Heslop at 2pm. It's free. For more information see <https://www.sharonbailey.co.uk>.

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Opportunities

Voice

Voice has many opportunities for older people to be involved; become a member and receive information directly. Web address: www.voice-global.org

Discovery Museum

Brilliant Bricks Saturday 20 & Sunday 21 July 2019, 11am - 4pm
How about some brick building with Lego either just for you or with some grandchildren tagged along? [Find out more](#)

Newcastle Parent-Infant Partnership Service

This service is seeking a part-time volunteer for a few hours each week. If you are interested and would like more information please contact: Janice Craig, NEWPIP Senior Administrator on Tel: 0191 2399956. Email janice.craig@children-ne.org.uk The web address is: www.children-ne.org.uk

Research Opportunity

Title: Investigating attitudes towards digital mental health interventions

Retirees needed to complete the following questionnaire looking to explore attitudes towards using mobile devices to deliver mental health intervention. The questionnaire should take no longer than 20 minutes to complete and all answers are anonymous. Further information can be found by clicking the below.

https://nupsych.qualtrics.com/jfe/form/SV_9H7uaDYuHrPvETX

Dance City

Each year Dance City's Inspire Platform provides the opportunity for amateur dance groups in the North East to perform in a professional space. We are currently seeking groups and individuals to perform solos, duets or group works in our third annual platform on Saturday 5 October. Inspire Platform 2019 **Saturday 5 October**. Applicants must be aged 55 and above and have a passion for dance. Contact: lissie.connor@dancecity.com

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Information

Live Well

Live Well will be holding a series of social events across Tyneside for **people who work with older people**. The purpose of these events is to discuss, support and share ideas and projects happening in the region for older people.

There will be creative activities designed to spark discussions as well as time to present information on your current projects should you wish to do so. As these events are designed to be interactive please come with one or more of your current projects in mind to discuss or ideas still in the conceptual stage to develop.

To sign up please go to this link:

<https://www.ticketsource.co.uk/twmuseums/e-ydexyk>

Tuesday Friendly Café

This is a friendly community café for people living with dementia and their carers. It's open each Tuesday from 10am – 12pm at the café in St Mary's Cathedral, Neville Street Newcastle. Contact: 07904 881 430 or email: Mercy5@themercuryproject.org.uk for more information.

Newcastle United Foundation

Walking Football is available at a number of venues across Newcastle and Gateshead as follows:

Monday	The Turf, Benwell	6pm - 7pm
Tuesday	West Denton Leisure	12pm - 1pm
Wednesday	Cleveland Hall Gateshead	11am - 12pm
Thursday	East end F.C. Walkergate	11am - 12pm
Friday	Cleveland Hall Gate4shead	10am - 11am

Contact Ashley.Lowe@nufc.co.uk or phone 0191 477 3559

Sunderland Airshow 2019

The Airshow is back **26/27/28 July 2019** with a whole host of activity on the ground, an exciting stage programme and some brand-new flying displays, there's plenty for everyone to see and enjoy. [Read more](#)

Newcastle's Best Summer Ever and things to do with your Grandchildren!

A partnership between Newcastle City Council and StreetGames means that kids in Newcastle are set for the best summer ever with a million-pound programme of events taking place across the summer holidays. The project will feature projects from over 70 organisations with activities being held at over 140 locations across Newcastle. Activities will include Bollywood Dancing, activities hosted by Newcastle United Foundation as well as nutritional advice and healthy food provided by Fair Share. Read more about this [here](#).

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