

E.C. Fortnightly

Issue 54

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What's the Elders Council doing?

The Elders Council Support Petition

On the steps of Downing Street, our new Prime Minister promised to "fix the crisis in social care once and for all". With the Prime Minister forming his plans for social care now, Independent Age, the older people's charity, has launched a petition calling for the introduction of free personal care. Earlier in the year, we heard from Independent Age about their call for free personal care. They believe that all older people should have the support they need with essential activities like washing, getting dressed and preparing a meal. Free personal care would make this a reality and mean that people no longer had to worry about the costs of personal care mounting up. Sign their petition today and show the new Prime Minister that free personal care must be introduced as soon as possible - it's really easy and only takes 2 minutes! You can find the petition here: <https://campaigns.independentage.org/free-personal-care-now>

Older Person Friendly City

The next meeting of this working group will take place on **Monday 04 November 2019** in Commercial Union House (2nd floor). The meeting will start at 2.00pm and, together with Newcastle Vision Support and other organisations we will be discussing a review of Newcastle's street charter that aims to make Newcastle a more enjoyable city for everyone, and easier to get around. Any member interested in making Newcastle a friendlier city is welcome.

Transport Group

NEbus, what is it? NEbus is the new name for the bus operators' association encompassing the providers of services across the North East. The companies (Stagecoach; Go North East and Arriva) will remain as separate companies but have agreed to work collaboratively together to improve services. You can read more on the website: www.nebus.co.uk

Facebook

Our Facebook page is now regularly followed by 102 people but we would be happy to reach more new friends.

It would be great if we kept increasing our numbers so if you 'like' and 'share' our friendly and informative posts with your family and local networks, they may follow us too.

Older Voices

Next month (October) we celebrate older people and the Radio Group are joining in, highlighting what the Elders Council is doing and their up and coming Radio Festival – don't miss it. The First Friday of the month is the live broadcast between 2 and 4 pm on 102.5fm but you can also listen on www.novaradio.co.uk

Final Call

We asked for your stories of travels with your bus pass using **EC Rider** with an opportunity for you to win a £25 voucher. The final date for sending in your story (with a photo if possible) is 1 October

Milecastle Social Group

The group meets on **Wednesday 18 September** to welcome Keith Gawler, physiotherapist. It will be interesting to hear Keith give us guidance on how we can improve our abilities to help us keep active and interested in life. Be great to see you there.

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Ageing with Style

October is the month during which older people celebrate their achievements and the contributions they make to society. In 2019 the theme of the UN International Day of Older Persons is:

'The Journey to Age Equality'.

At the Elders Council we are keen to promote the variety of opportunities which are open to all older people and enable them to stay active and engaged.

Watch this space as we will be promoting events in the Bulletin, on our Facebook page and Website.

Sunday 29 September – 11.00 am and 2.00 pm – Taster Day (55+) at Dance City

It's almost October. Treat yourself by trying out some new dance steps. More details available

here. <https://www.dancecity.co.uk/class/39695/taster-day-55/>

Tuesday 1 October 10.30 – 2.30 Golden Games

Have a try at games like Boccia; Table Tennis and Zumba Gold at the Eagles Community Foundation Arena Scotswood Road Free event for 55+ n.curry@eaglescommunityfoundation.com or 0191 245 3881

Tuesday 1st October GNM: Hancock Museum 3 - 4pm

Dippy on Tour - Free Curators talk The Natural History Museum's famous Dinosaur Dippy the Diplodocus has arrived in Newcastle. Booking required contact Joanne Charlton 0191 277 2297

Tuesday 1 October – Age Friendly Museums at Segedunum Roman Fort

A free visit to the Museum for anyone aged over 55. More details available here: <https://segedunumromanfort.org.uk/whats-on/age-friendly-museums-day-2019>

Saturday 5 October 6.30 pm – Inspire Platform at Dance City

Performances by people aged 55+ with a passion for dance! Tickets £6.00. More details available

here: <https://www.dancecity.co.uk/performance/92497/inspire-platform/>

Vintage Tea Dance

Wednesday 9 October – 1.30 – 3.00 pm

Home Instead, 14 Lansdowne Terrace, Gosforth, NE3 1HN

Charity Afternoon vintage tea dance, entertainments and refreshments welcoming the Vintage Belles singers

RSVP To: Julie Younger 0191 213 550

Thursday 24 October 10.30 am – 12.30 pm – LifeCurve App

Come and hear Peter Gore from ADL Smartcare and find out how well you are ageing and the things you can do to stay independent for longer. The session will take place at the Elders Council office, Biomedical Research Building, Campus for Ageing and Vitality, Nuns Moor Road, Newcastle upon Tyne, NE4 5PL. Book a place by emailing info@elderscouncil.org.uk

Dates for your diary

Hate Crime: Walk of Solidarity

Save the date: **14 October 2019** 1.00pm to 3.00pm The Eagles Basketball Stadium, Scotswood. Following on from the region's first Walk of Solidarity in Gateshead last year in support for those who have experienced hate crime, and to launch National Hate Crime Awareness Week 2019, there will be a bigger and better event this October.

Walk for Peace

Sunday 15 September 10.00 am at the Hindu Temple, West Road
The Annual Walk for Peace has taken place for over 10 years providing an opportunity for people to put aside political, religious and cultural differences to celebrate peace and unity in Newcastle. The event will start at 10.30 am in the Hindu Temple, West Road and visit various places of worship along the route to the Sikh Gurdwara where there will be prayer, a short talk and final refreshments.

Outer West Library Exhibition "The Glass Room Experience" **10 October 10:00 - 12 October 14:00.** (library opening hours)

There is no need to book a place; Websites, phone apps, social media and 'smart' devices all thrive on the same thing – data. Not just any data, but our data.

The Glass Room Experience helps you see through how your personal data is used online, what technologies like the Internet of Things and facial recognition are, and taking control of your own data privacy; ask our Data Detox Baristas all your questions about data and privacy.

Public Transport and the Climate Emergency

There will be a Public discussion with Darren Shirley (Campaign for Better Transport), Jamie Driscoll (North of Tyne mayor) and Cathy Massarella (Nexus) on **14 October 2019 6:00 pm** at:
Royal Station Hotel Neville Street Newcastle upon Tyne NE1 5DH

Dementia Friendly Cinema

The next screening is on **Thursday 26 September** starting at 1.30pm and is the film version of Downton Abbey. Anyone can attend but the cinema is set up slightly differently to accommodate people living with dementia.

Heritage Open Days 13-22 September

There are a multitude of buildings and activities for you to choose from throughout Gateshead, Newcastle, North Tyneside, South Tyneside and Sunderland. These are all **FREE** and many not usually open to the public some do need to be booked. Places are open across the country so if you are visiting family or friends try an activity there.

For the full line up of events, visit the Heritage Open Days website.
<https://www.heritageopendays.org.uk>

Slow Museum afternoons,

Slow Museums provides a welcoming environment for anyone who needs more time to visit our museums and galleries. We support people with communication or literacy difficulties, people living with dementia, anxiety and stroke survivors etc... as well as their families and carers. You will receive a warm welcome. Free - 2-4pm in the following venues: 8th October - Segedunum Roman Fort 14th October - South Shields Museum and Art Gallery 25th October - Shipley Art Gallery 31st October - Laing Art Gallery please call Joanne Charlton on 0191 277 2297 to book a place.

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Information

InformationNOW

[InformationNOW](#) is a website containing information, organisations and events for older people working or resident in Newcastle.

Did you know you can now create your own personal calendar of events from the Information NOW website and help someone else by saving a calendar and emailing it to them or printing it out. Just register on the Information NOW website and then create your own favourites list. Whenever you 'save' an event, it will automatically be shared into a table of events by date/day order.

Free Wills Month

This begins on 1 October don't miss this opportunity to get your affairs in order and make sure your will is up to date. Further information at:

<https://www.freewillsmoth.org.uk>

Your Homes Newcastle – Community Investment Fund

This fund is open to community and voluntary organisations with ideas for building stronger communities, strengthening community partnerships and reducing social isolation. Don't miss your chance to have a share of £100,000. **Deadline 30th September 2019.**

For more details see <https://www.yhn.org.uk/extra-support/get-involved-2/community-investment-fund/>

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