



The Elders Council of Newcastle

Older People working for Older People

September 2008

Elders Council of Newcastle

Contact Details:

Elders Council of
Newcastle,
FREEPOST
RRAK-YURB-SKGS
2nd Floor,
MEA House,
Ellison Place,
Newcastle upon Tyne
NE1 8XS

Tel: 0191 233 0200

Fax: 0191 260 5307

Email:

info@qualityoflife.org.uk

Website:

www.elderscouncil.org.uk

**PLEASE PASS THIS
NEWSLETTER ON TO
OTHERS WHO MIGHT
BE INTERESTED.**

**THIS NEWSLETTER IS
ALSO AVAILABLE ON
AUDIO TAPE. TO
REQUEST AN AUDIO
TAPE VERSION PLEASE
RING 0191 233 0200**

THE ELDERS COUNCIL AND THE BARONESS

At the end of July, the Elders Council was invited to host a visit for Baroness (Kay) Andrews, Parliamentary Under Secretary for State at the Department of Communities and Local Government. One of Baroness Andrews' responsibilities is the development of Lifetime Homes, Lifetime Neighbourhoods, the national strategy on housing in an ageing society.

Members of the Housing and Older Person Friendly City groups were invited to participate in the meeting and work was done in advance to prepare a list of issues to discuss with Baroness Andrews.

The afternoon started with an introduction to the nifty knitters of Benwell, who have knitted a 3D model of their neighbourhood, affectionately known as 'The Woolly West'. This was followed by a thought-provoking performance of 'Grumpy Old Folk' from the Old Spice Drama Group.





Elders Council members then gave Baroness Andrews 'a hard time' by posing challenging questions on a range of topics including the cost of fuel and staying warm, the provision of services that give people 'that bit of help' through to plans for developing partnerships between the local authority and the private sector to improve the provision of public toilets.

Baroness Andrews indicated that there is a role for the Elders Council in helping government to find out what older people want and how services might be developed.

In particular, she asked for more research on older person friendly environments and further work on exploring the role of volunteers in providing information and advice.

The afternoon ended with a welcome cup of tea and excellent home-baked cakes from the Age Concern café.

A full report on the discussion is available on request.

Working Group Updates

Action for Health – Senior Citizens in Newcastle (Working Group on Health and Social Care)

The National Health Service has been the focus of attention at recent meetings of Action for Health – Senior Citizens in Newcastle. In the last issue of this Newsletter we drew attention to proposed changes outlined in consultation documents on urgent care services and access to GP and community health services. In responding to these documents, we made the following points:

- Older people value having services as close to home as possible.
- The continuity of service provided by GPs is important as we get older.
- Choosing new locations for urgent health care centres (as at Molineux Street in Byker) and a new Health Centre (whichever site is chosen) needs to take account of the health needs of the local population and also of public transport routes if it is to serve a wider neighbourhood.

In addition to the members who participated in meetings with representatives of the NHS North of Tyne, two readers contacted the office to explain the difficulties in attending clinics to check on Warfarin intake which had been transferred from their local GP's surgery to a clinic further afield requiring two bus journeys.

Over this and other issues, there is some conflict of interest between users of services wanting facilities close to home and the providers of services, aiming to concentrate specialised services in the best possible premises with trained staff. This debate will no doubt continue.

In the meantime, the next topic for debate will be the adoption of a constitution for the NHS – will it safeguard the NHS for the future or just be a worthless piece of paper? In spite of our criticisms, most of us value the NHS and are concerned for its future. Our views are required by mid-October. If you wish your views to be included in the Working Group's comments, please let the Coordinator (Vera Bolter) know, or you can send your views directly to NHS Constitution, Room 611A, Richmond House, 79 Whitehall, London, SW1A 2NS. You can also obtain further information from the website www.dh.gov.uk/consultations. And if you do have a complaint about the NHS, we have been notified that the Independent Complaints Advocacy Service is now based at 12 Mosley Street, NE1 1DE, tel. 0191 230 8072. Leaflets are available in the Elders Council office.

Transport Working Group

Continuing our policy of establishing closer contacts with the bus operators, we had a presentation at our July meeting from Arriva about the way they operate and the difficulties they face as a bus operator.

One of their major difficulties is access to the Haymarket Bus Station and the problems of operating the buses safely in the station. The Working Group has been looking at these problems for some time and will be meeting with the Bus Station officials and the City Council in the next couple of months to discuss the situation and see what improvements can be made. We will report back in a future Newsletter.

We have completed our bus survey and plan to report our findings in the next Newsletter. In the meantime, we are looking at the possibility of helping with further research by Newcastle University on behalf of Nexus. This could well be a more general survey into why people do not use public transport and what would encourage them to do so.

Members of the Transport Working Group joined with members of the Older Person Friendly City Working Group and made a visit to Silverlink offices to see a scale model of the proposed reconstruction of the Stephenson Quarter (behind the Central Station). The project is most impressive and a number of our suggestions have been incorporated in it. It is good to be included at such an early stage.

Finally, we have expressed to Stagecoach, on your behalf, our concern at the proposed loss of the Number 33 service to Jesmond/Gosforth. As a result of the many comments made, Stagecoach have agreed to continue the service for a trial period.

However, it has to be recognised that their statistics make very bleak reading and the situation will have to improve dramatically for the service to become financially viable. A copy of Stagecoach's explanation is shown over the page and we will continue to monitor the situation.

Comments by Stagecoach on the Service 33

“Currently the financial performance of Service 33 is so bad that its total revenue does not even cover the wages of the drivers involved. Put another way: for every £1 of cost incurred just to put the buses on the road (wages, fuel, tyres, maintenance etc.) Stagecoach takes perhaps 35p of revenue. It will be appreciated, therefore, that the scale of the shortfall is truly astronomical.

“Whilst Stagecoach appreciate the point regarding the attraction of low-floor vehicles and their effectiveness in generating additional patronage, every low-floor vehicle Stagecoach have is allocated to specific routes across their operations and to redirect any of those resources would have a severely detrimental effect both on the patronage levels of the routes involved and also their financial position.

“Because of the way in which Service 33 will operate from September, to acquire enough low-floor vehicles to operate the service group that it will be a part of would cost in the region of £1,000,000.

“Stagecoach began their consultation with Nexus back in April and offered them access to their patronage data so that they could fully understand the scale of the challenge faced. To put it into context, Stagecoach are recording an average of 334 return journeys per day on the whole service, with only an average of 87 journeys per day commencing from Hollywood Avenue.

“Stagecoach will be reviewing the service on a month-to-month basis and the decision will be taken by the end of 2008 if the situation has not changed in order to give adequate enough notice to the Traffic Commissioner to allow them to deregister the service for the end of March.

“Key to overcoming the challenge will be a substantial increase in fare-paying ridership coupled with the need for full funding of the national concessionary travel scheme within Tyne & Wear going forward into 2009 and beyond.” Timetable for 33 service is available on Stagecoach website: www.stagecoachbus.com/newcastle

Housing Working Group

Are you a homeowner? Do you live in a family-size home?

If you can answer ‘yes’ to both these questions, would you be interested in coming to a session to talk about what – if anything – would make you consider moving to smaller, more manageable property?

The session will be led by Karen Croucher, a researcher from the Centre for Housing Policy at the University of York, who is undertaking the research on behalf of the Royal Institute of Chartered Surveyors (RICS). This work is linked to the National Older People’s Housing Strategy *Lifetime Homes, Lifetime Neighbourhoods*.

The session will take place on Wednesday 8 October 2008 from 2 to 4pm in Room 1, Quality of Life Partnership/Elders Council office, 2nd Floor, MEA House.

If you would like to attend, please telephone the office on 233 0200 or email anne.richardson@qualityoflife.org.uk .

Older Person Friendly City Working Group

Summer (?) in the City

Have you been around in the city centre or in the parks recently? The Working Group is always interested to hear of your experiences. Did you manage to get to John Lewis Place to Eat using the voucher in the last issue of the Newsletter? And how do you find Old Eldon Square now the seats are in position, each one commemorating a local regiment? A reader has told us how much she enjoys the floral displays in the city centre – more colourful than ever this year and they do cheer you up on a dull day.

We mentioned what's on in the Parks in the last Newsletter. We'd be pleased to have your comments if you managed to get to any events. Your views, both favourable and critical, will be very helpful to us as we put together a report of our work and make some recommendations to the City Council.

Old Eldon Square

For some months, the Older Person Friendly City Working Group has been working with City leaders to help with the redevelopment of Old Eldon Square.

Following a number of meetings, the final layout was agreed and, after much work, has just been re-opened to the public.

One of the major considerations in the planning was concern about the groups of young people who gather there each week, the vast majority of whom are simply law-abiding youngsters wanting to meet together. However, it was also recognised that some older people can be put off by large groups such as this and even feel threatened by them.

A number of discussions followed and some changes made, including the appointment of a youth worker. It appears that working with the Police, Eldon Square Shopping Centre and other local traders, the situation is now well monitored and everyone seems to be happy with the result.

The Elders Council was represented at the recent rededication ceremony, when the Lord Mayor's Chaplain, the Revd Kevin Hunt, conducted the rededication service of the City War Memorial.

The new-look square, the only green space in Newcastle city centre, has been entirely re-landscaped with new grass, flower beds, trees, shrubberies, walkways and seating. The square also lights up the city centre with blue lights marking the pathways at night, lanterns ringing the perimeter and lights highlighting the trees – making the square both stunning to look at and safe to be in.

At the heart of the square, Newcastle's iconic War memorial has been fully cleaned and restored, and is lit up at night by dramatic new floodlights.



The landscaping works complement the £170m redevelopment of Eldon Square, which enhances pedestrian access to the new-look Eldon Square bus station and eventually to the seven new stores on Blakettbridge as part of the Eldon Square West Development.

The new seats around the square incorporate glass images of various regimental badges and the war memorial remains the focal point for the city's annual remembrance activities.

The final result is an attractive square which enhances our City and is a pleasure to visit for locals and visitors alike.

High Heaton Library - Reopening

The new library is opening on Monday 22 September 2008. Go along to Newton Place (opposite Heaton Manor School, Newton Road) and see what's available.

They've got a wide range of brand new books for you to choose from and the self-service system means that you can issue and return your own books, CDs and DVDs. (Don't worry – staff will be on hand to show how it's done!)

You can get information about different council services from the new Customer Service Information Point. It will have a video link so you can speak to a member of staff in another location without having to travel, show us any documents we've asked to see or get help filling in a form.

You'll also be able to use the new freephone service to contact other Council departments and staff from Your Homes Newcastle.

The Information Point will be open 9am to 4.30pm on Mondays, Tuesdays, Thursdays and Fridays. You can see a demonstration of the video link on Monday 22, Tuesday 23 and Thursday 25 September at 10am, 12.30pm and 3pm on each of those days.

You'll also be able to use computers, relax with a newspaper or magazine or meet up with friends and enjoy a cuppa.

The new children's area will be bright and fun; and the community room, with space for 30 people and its own little kitchen, can be used by community groups for meetings, classes, events and activities.

To find out more, contact Sue Harrison on 0191 278 4218 or email sue.harrison@newcastle.gov.uk

The new High Heaton Library opening times from 22 September will be:

Monday: 9am - 8pm
Tuesday: 9am - 5pm
Wednesday: Closed
Thursday: 9am - 8pm
Friday: 9am - 5pm
Saturday: 9am - 5pm



Articles

Northumberland, Tyne & Wear NHS Trust

Northumberland, Tyne and Wear NHS Trust provides a wide range of mental health, disability and substance misuse services.

The Trust wants to become an NHS Foundation Trust, giving local people more say in the management and development of the services they provide. To help achieve this aim, why don't you get involved and become a member of the Trust?

As a member you can:

- receive regular information about the Trust;
- give your views on their plans and how they can make things better;
- get involved, if you wish, in issues that interest you;
- elect people to the Council of Governors, which will help run the Trust;
- stand as a Governor yourself.

Anyone over 14 years living in Northumberland and Tyne and Wear can join. It doesn't cost anything and you can be involved as much or as little as you want.

There will be three categories of members:

- Service user – for people who have used the Trust's services in the last four years.
- Carer – for people who have been a carer for a user of the Trust's services in the last four years.
- Public – based on the six main local government areas in Northumberland and Tyne and Wear.

Many older people use the Trust's services, so it would be useful if you joined yourself or encouraged a friend to join.

If you would like to talk it through with somebody, you could get in touch with Vera Bolter, Co-ordinator of the Health and Social Care Working Group; just ring 0191 233 0200 and ask to be put in touch.

Or you can find out more by visiting the Trust's web site on www.ntw.nhs.uk/foundation_trust or e-mail foundation@ntw.nhs.uk or telephone free on 0800 023 2511 (24-hour answerphone).

The Trust has also launched an anti-stigma campaign to help tackle the discrimination sometimes associated with mental illness. To support or learn more about the campaign, visit the website on www.whatsyourlabel.co.uk.

Things to do

Dance and drama for the over-50s



One way to keep fit and have fun at the same time – why not join a dance or drama group?

Dance with a Mature Body - is a group that will take a mature approach to dance creation and dance technique for anyone over the age of fifty.

Enjoy yoga-style stretches and dance in a safe and relaxing environment with tutor Virginia Kennedy. Beginners are welcome.

Time: Monday, 2 -3.30pm, from September to March. The cost is £35 per term (i.e., £70 for the whole course); the venue is the Learning Space inside the Theatre Royal. To book a place on the course you should contact the Theatre Royal Group Bookings on 08448 112 122.

To celebrate the launch of their new Over-50s Dancing Programme, the Theatre Royal are offering **three free places** to Elders Council members for the first session of their 10-week course. Should you wish to continue with the course, the price will be £31.50 for the remainder of the term.

Free places are on a strictly first-come basis, so contact Michelle Mordue on 0191 255 1985 to take up this exciting offer.

Drama for the over 50s

This group also starts on Monday 22 September. The sessions are led by a professional artist and offer the opportunity to develop acting and creative skills. Build your confidence and explore theatre techniques such as improvisation, voice and movement, and text work. No experience is needed – just give it a go!

Time: Mondays 11am-12.30pm, from September to March. Venue: the Learning Space in the Theatre Royal; the cost is £35 per term (i.e., £70 for the whole course). To book a place please call Theatre Royal Group Bookings: 08448 112 122.

Care Homes Project

Volunteers URGENTLY Needed

West End Befrienders are now recruiting volunteers to act as friends and mentors to care home residents. They provide full support and training, and they also pay out-of-pocket expenses.

As a volunteer you will work alongside older care home residents to provide a listening ear and help them to be physically and mentally active. You will help them to get involved in community activities such as dancing, film and drama groups, local history classes, reminiscence sessions, or arts and crafts.

It's a wonderful world out there, and you will be helping older people to remain a part of it. Please contact: Nicole Dowley, West End Befrienders, St John's House, Westgate Road, NE4 9PQ; carehomesproject@yahoo.co.uk; tel. no. 0191 272 4414.

Will Open Day

Wednesday, 12 November 2008

The above open day for you to discuss the making of your will takes place in Age Concern, MEA House, Ellison Place, Newcastle.

If you are interested, please contact either Mr David Shipley on 0191 235 9926 or Mrs Barbara Ritchie on 0191 235 9915 to arrange an appointment.

The solicitors are giving their time free on the day but a donation of £40 per person is requested.

Martha and Marys

Martha & Mary's is a friendly drop-in centre, where anyone can call in for a cup of tea or coffee, light refreshments, a friendly chat and a listening ear. It is staffed solely by volunteers.

You will find us at 212 Chillingham Road, Heaton. Our opening hours are 10 am – 2 pm on the first and third Saturday of each month. We hope in the future to increase our opening hours if there is demand and there are enough volunteers to cover.

International Older Persons Day



Join us for some fun

1 October 2008 sees the celebration of **International Older Persons Day**.

Come and celebrate with us at the Healthy Living Centre, MEA House.

We're not only taking over and providing fun activities for the whole afternoon but we will also be hosting a free dance party to end the day's festivities.

For more information about this event contact Michelle Mordue, Active Ageing Development Worker on 0191 255 1981.

Correspondence

Dear Editors,

Beavans

In 2005, as part of the Elders Council, I was involved with the making of a DVD of Shields Road Past + Present. We met each month, going out onto Shields Road taking pictures and talking to the people who shopped on the road.



Beavans Store looked in a sorry state at this time. It will be wonderful if they can save this building. It is part of Shields Road history, built in 1910. In the archives of 1894 appears the name of Beavan F, Draper, of 63 Shields Road – that was a long time ago.

At the Heaton Road end lies the Post Office building and the lovely brickwork of the Savings Bank; we should add this to saving Beavans, which will make an improvement to the Shields Road, mixing old and new together. I do hope that it can be saved.

Yours truly,
Patricia Humble

Dear Editors,

Walk-In Centre, Jury's Inn

It is reassuring for someone who lives alone to know there is help for minor ailments when Doctor's appointments are not available when needed.

I have been once to the above and give them 'top marks'. I would recommend it because:

1. easier to get to than main hospitals;
2. open 12 hours per day (better if more hours!);
3. take time to listen, courteous and helpful;
4. clean (I noticed staff wash their hands);
5. no long queues, I was seen quite quickly.

Yours faithfully,
Miriam Hillary

Editors' Note:

What do other members think of walk-in centres?

For instance, another member writes: "I have also been to the Jury's Inn Centre and had an experience different from Miriam Hillary's. I was assessed quite quickly but was then told that I couldn't be seen by a doctor for two hours; so I had to leave without being seen. I got an appointment at my GP's the next day and was seen five minutes **before** the time booked."

Information

Neighbourhood policing and warden schemes – are they effective?

Help the Aged is eager to find out whether the Government's investment in neighbourhood policing and wardens' schemes is benefiting older people. They have issued a questionnaire which is currently being distributed throughout the UK and which they will use to produce good-practice guidance.

The Elders Council is taking the opportunity to work with Help the Aged by distributing the questionnaire to its members. By doing this, we will also be able to analyse the information from our members and use it locally to find out what older people in Newcastle think and how we might take forward the issues they raise.

Don't delay – complete the questionnaire today and return it to our FREEPOST address (RRAK-YURB-SKGS, Quality of Life Partnership, 2nd Floor MEA House, Ellison Place, Newcastle, NE1 8XS).

The deadline is **Friday, 19 September 2008**. **All completed questionnaires will be entered into a prize draw for £20 Eldon Square vouchers.**

Better information for older people – Information Now

Visit: www.informationnow.org.uk

or,

if you haven't got a computer yourself, ask somebody to do it for you – a librarian, a neighbour or a grandchild perhaps.

Competition results

Thanks to all of you who entered the Information NOW quiz that was featured in the July edition of this newsletter. The winner of the £25 Eldon Square Gift Voucher was **Sue Dollimore** – well done, Sue!

In case you're wondering, the correct answers were:

1. Caring Hands runs the 'Bottle in the Fridge' scheme in Newcastle.

2. SNAPS stands for *Safe Neighbourhoods Action and Problem Solving*.
3. MoneyWise is a credit union.
4. You would ring telephone number 0191 211 6008 to apply to the Blue Badge Scheme in Newcastle.
5. The current lower rate of Attendance Allowance is £44.85 per week.

Why not try your luck next time? There'll be another Information NOW quiz in the next edition of the Elders Council newsletter.

New information on the website

The next section to be added to the Information NOW website will be a topic on working in later life, which will include a wide range of information on work and employment issues.

You'll be able to look at this new section at:

<http://www.informationnow.org.uk/resources/browse/categories/8>

If there are any subjects that you'd like to see on Information NOW which aren't currently there, please write to Claire Horton using the FREEPOST address on the front of this newsletter, or email: claire.horton@qualityoflife.org.uk

RNID NORTH

RNID (formerly *Royal National Institute for Deaf People*) is the largest charity working to change the world for the UK's 9 million deaf and hard-of-hearing people.

RNID North is based in Manchester and offers services to the whole of the north of England. These include an information service, casework service, employment service, and interpreting and communication services.

Hearing loss affects more than 55 per cent of people over 60, and more than 90 per cent of people over 80. It can cause serious problems: communication difficulties, frustration, loss of independence and isolation – both for the person who is deaf or hard of hearing and for their family and friends.

RNID has factsheets and leaflets on a wide range of topics from hearing aids to benefits. Their new publication *Caring for Older People who have a Hearing Loss* will be of particular interest to professionals working in care settings. They can also provide information on tactics for improving communication with someone who is deaf or hard of hearing, and on lipreading and lipreading classes.

They can tell you about special equipment that may help make life easier, such as amplified telephones, doorbells and domestic loop systems that will help with TV listening.

Anyone who is having trouble hearing can call the RNID telephone hearing check on 0845 600 5555. The check takes 5 minutes, is easy to do and is confidential.

Please contact Sue Davies or Jenny Harkison, Regional Communications and Information Officers, if you would like any information.

They would be interested to hear about any events you may be holding to which you would like them to bring an information stand.

Moreover if you would like to find out more about RNID and the services it provides, they would be pleased to come and talk to your group.

Just ring them or write to them at this address:

RNID, Aeroworks, 5 Adair Street, Manchester, M1 2NQ; Tel: 0161 276 2301 (voice) 0161 276 2302 (textphone), Fax: 0161 274 3606; Email information.north@rnid.org.uk

Poetry

THE GARDEN GNOME

Please look after your garden
gnome

Then he'll have no need to roam
He also needs a sunny spot
To look around within your plot

To see the crow, the dove, the robin,
The fish in pond, he sees them
bobbin

The wind, the rain or even fine
He keeps the hedgehog, mole in line

He needs a little comfort zone
For creature needs and colour tone
His friends, the neighbour's cats, visit
him

To say hello or pass, without a whim

The long summer days, clear blue
skies

Have visits from the fox, to catch his
eyes

But not a word, a fleeting glance
Old foxy will give him one more
chance

He looks around, surveys his plot
All plants are happy in ground or pot
Sunflower follows the sun all day
Rockery just right, it's to stay

So look after your little friend, the
gnome

Then he will have no need to roam
His life within his silent world
Once more renewed as day's unfurled

That starry night is his delight
The silver moon so high and bright
His wildlife friends drink from his
pond

Then vanish into night and beyond



by John Reid

Notices

Everyone's Tomorrow – today!



The Elders Council radio programme has moved to a new time: we're now broadcasting from 2.00 pm till 4.00 pm on the first Friday of every month. So tune in to 102.5fm on 3 October, 7 November and 5 December to listen to our guest speaker, as well as a variety of music and poetry and information about local events.



“...Talkin’ ‘bout my generation ...”



The Elders Council Website

www.elderscouncil.org.uk

The July 2008 newsletter is available on-line together with details of our working groups, projects and future events.

If you would like to become a member of the Elders Council, you can join on-line or contact us on 2330200. Why not become involved with one of our working groups.

We hope you enjoy using our site and find it useful.



Newsletter Articles



If you would like to submit an article to be considered for the November 2008 edition of the Newsletter, will you please ensure that you forward it before Friday, 14 November. (Contact details on page 1).



The New Leaf New Life Active Ageing Programme

Dear Members

The New Leaf New Life Active Ageing Programme, as funded by the Big Lottery, and led by Michelle Mordue from the Quality of Life Partnership, is well under way. Progress is being made into expanding the amount of physical activity programmes provided in the city for the over-50s.

We have details of exciting new programmes, tips on staying well, and activities to improve your health and social life, in addition to bringing you news of free opportunities.

To register your interest in some of the potential new Active Ageing programmes for 2008/2009 (all of which are subject to sufficient interest), please contact Michelle Mordue on 0191 255 1985 and tell her the activity you're interested in (see below).

City Centre Walking Group
Gardening Programme
Ageing Well Courses
Beginners Cycling

Dance Classes
Novice Cycling
Nordic Walking
Special Events

If you would prefer to write to Michelle please use our Freepost address: RRAK-YURB-SKGS, Michelle Mordue, QoLP, 2nd Floor MEA House, Ellison Place, Newcastle upon Tyne, NE1 8XS

Essential Well Being Top Tip
Get some daylight!

With the dark nights soon to be creeping in, this issue's top tip is to try and get out in the fresh air and get some daylight on your skin.

Why? Getting 10-15 minutes of daylight onto our skin helps us to get enough Vitamin D – an essential vitamin for bone health. Daylight will also help you to keep the blues away.

How? Try to get outside with your face and part of your arms uncovered. If you are house bound, or always travel by car, or always wear clothing that covers most of your skin, then you should consider asking your GP for a vitamin D supplement.

(Today's tip is brought to you by Linz Charlton, Fitness Development Manager, West End Health Resource Centre and the Lemington Centre.)

Michelle's Recommended Activity **Nordic Walking**

Ever seen people walking around with what looks like two ski-sticks? Well, this is called Nordic Walking and it was developed by cross-country skiers as a method of training in the summer months.

Using the sticks to propel your body-weight, you will find that this activity is very stable even on uneven ground, uses more muscles and burns 46% more calories than normal walking. And it's a fun way of combining nature and physical activity!

A **free** Nordic Walking taster session is being held in Exhibition Park on Tuesday, 16 September, 10.30 – 12 noon. As places are limited to 10, please contact Michelle on 0191 2551985 to reserve your place.

Apologies!

Our apologies to those of you who receive the newsletter on tape and whose tapes were a bit shorter than they should have been last time. We've now bought some new tapes and the problem shouldn't recur.

And to all readers: please remember that, if you find it hard to read the print of our newsletters, you can get a taped copy by just ringing the office on 0191 233 0200.

and finally



Don't' forget - return your Help the Aged questionnaire to us at: FREEPOST RRAK-YURB-SKGS, Quality of Life Partnership, 2nd Floor, MEA House, Ellison Place, Newcastle upon Tyne, NE1 8XS by **Friday, 19 September 2008**

All completed questionnaires will be entered into a prize draw for £20 Eldon Square vouchers.