

Newcastle's Older People's Festival

Monday 28th September – Saturday 3rd October 2009



It's never been so easy to try something new ...

www.informationnow.org.uk

information NOW – Newcastle Older People's Website



'Information, information, information' is what older people have told us they need to enable them to stay involved, live healthy lives and access the services they require. The Information NOW website is user-friendly and provides information on a wide range of topics such as leisure, health, travel and housing.



Elders Council of Newcastle – Older People working with Older People.

Would you like to find out what's happening for older people in Newcastle? Would you like to make a difference to the lives of older people? Would you like to meet other people and get involved in interesting (and fun) projects? Would you like to receive our newsletter, packed full of information? If your answer is 'yes', join the Elders Council.

Visit us at our website www.elderscouncil.org.uk or call us on 0191 233 0200 for more information.

Welcome to Newcastle's first ever celebratory festival for people aged 50+!

Within these pages you will see that a wide range of organisations have come together to provide you with over **40** dedicated **events, activity sessions, behind the scenes tours, drama, writing and music workshops, performances and screenings** during this week.

Special highlights include the **'Image 2009'** event in celebration of UK Older People's Day itself on Thursday 1st October, freebies from **Newcastle United** and opportunities to join the company of the **Pitmen Painters** and **Rutherford & Son** at two of our most popular theatres.



You will also have the opportunity to try out **pampering sessions,**

salsacise, pilates, tai chi, table

tennis, aquafit, badminton, rookie golf, tea dances, bollywood and egyptian dancing from a variety of venues across the city. Not forgetting exclusive tours of the **Victoria Tunnel**.

And all of this is either heavily discounted or **FREE OF CHARGE!**

To make things easier for you to choose we have designed a handy centre page **Diary Pull Out** which lists all of the events and also includes a map of all of the major venues.

So read on, clear your diary, and join us for a week of fun and celebrations!



To celebrate the first ever Older People's Festival, Newcastle Leisure Services are providing **FREE ENTRY** to all of their 50+ activities during the festival week!!

In addition to the sessions listed in this brochure you can take your pick from:

Tea Dances:

Monday 1.30 pm – Eldon Leisure (0191 277 1277)

Friday 1.30 pm – Eldon Leisure (0191 277 1277)

50+ Swimming:

Monday 10 am – Gosforth Pool (0191 284 3696)

Monday 11 am – Outer West Pool (0191 277 7980)

Monday 2.45 pm – East End Pool (0191 278 8444)

Tuesday Noon – East End Pool (0191 278 8444)

Wednesday 11 am – Outer West Pool (0191 277 7980)

And don't forget that if you are 60+ you can now swim for free at any of our local pools!! (certain conditions apply).

For more information about any of these sessions please contact your chosen leisure centre direct or go to:

www.activenewcastle.co.uk



The Owls @ the Centre For Sport, West Road, 10 am.

Come and join in the OWLS (Older Women's Leisure Session) for some gentle exercise. The session lasts an hour and is then followed by some friendly chat over hot drinks and biscuits.

Cost: FREE. (Usual cost is £2)

Booking: None required. For more information ring Carol Honour on 0191 274 1390.

A Taster of Silver @ the Sage Gateshead, 10.30 am & 1.30 pm.

The Sage Gateshead's Silver Programme provides a wealth of musical opportunities for people aged 50+, from singing to steel pans and everything in between!

Today, they are holding special open sessions for you to come along and get a taste of what they do – either to join in or just to listen!



10.30 am: Silver Breves – classical singing.

1.30 pm: Silver Blues – blues and jazz singing.

Cost: FREE.

Booking: Feel free to just drop by, but please let them know you are coming by ringing 0191 443 5034 to ensure there is sufficient space. For more information go to: www.silvercommunities.org.uk

50+ Aquafit @ the City Pool, 10.30 am.

This session has been tailored to meet the physical needs of those aged 50+ with low impact moves and a more enjoyable pace of the class.

Cost: FREE. (Usual cost is £1.60 with a priority leisure card.)

Booking: None required. For more information ring 0191 277 1844



50+ Keep Fit @ the East End Pool, Byker, 11 am & 1.30 pm.

A great low intensity class aimed at gently raising the heart rate while incorporating a range of mobility exercises. So why not come along, get fitter and meet new friends in this fun session!

Cost: FREE. (Usual cost is £2.30)

Booking: None required. For more information ring 0191 278 8444.

Silver Screen @ the Tyneside Cinema, Noon.

Silver Screen is Tyneside Cinema's daytime film club for the over 60s. Today they will be screening **Creation**, the story of Charles Darwin and the single most explosive idea in history. Starring Paul Bettany, this is part ghost story, part psychological thriller and part heart-wrenching love story.

Cost: Tickets for these shows are just £3.50 which include

refreshments, a special introduction to the film and an opportunity to discuss it afterwards with your fellow cinema-goers.

Booking: Tickets must be booked in advance by ringing the ticket office on 0845 217 9909. For more information go to:

www.tynesidecinema.co.uk

**Well Being Event @ the Healthy Living Centre,
MEA House, 1pm – 4 pm.**

Why not treat yourself to a relaxing pampering afternoon where you can de-stress with FREE taster treatments in Indian Head Massage, Reflexology, Homeopathy, Foot, Face, Shoulder and Hand Massage, Facials and Manicures. There will also be a special hair advice clinic.

Cost: FREE.

Booking: Treatments will need to be booked in advance on the day. For more information ring 0191 235 9914.



**Art Attack @ the Healthy Living Centre, MEA House,
1.15 pm.**

Have you always thought about taking up painting or drawing but never had the time?

Run by an inspiring and very experienced tutor this small and friendly group is always welcoming of new comers. And best of all, no previous experience is necessary!

Cost: £1. (Usual cost is £3.50)

Booking: None required. Just turn up to the Activity Room located on the ground floor. For more information ring 0191 235 9914.

GIG event @ Gosforth Civic Hall, 4 pm.

This special 'Good In Gosforth' event is an opportunity for older Gosforth residents to find out more about what is happening in their local area.

Here you will be able to access information and advice on a variety of topics relating to finances, staying at home, adult education, recycling, environment and green transport. Free refreshments will also be provided.

Cost: FREE.

Booking: None required. Just drop by anytime between 4 – 7 pm. For more information please ring Amy Stillwell / Ann Gilks on 0191 277 3612 / 0191 277 3598.

Tuesday 29th September



Nifty Fifty's @ the Lightfoot Centre, Walker, 10 am.

The session consists of gentle exercise followed by refreshments in the cafeteria and a social chat with friends.

Cost: FREE. (Usual cost is £2)

Booking: None required. For more information ring 0191 278 2800.

**Full of Life Event @ the Centre for Sport, West Road,
11am – 3 pm.**

Do you ever hanker for old school games? Or fancy learning new ones? Ever wanted to join a gym but didn't want to walk in alone?

Then come and join us for a day of family fun where you will be offered a variety of activities from: **private gym inductions, table tennis, badminton, bowls, curling, chair exercises, dance mats, basket ball, netball, keep fit, yoga, pilates, egg and spoon races and rounders.**

Or if relaxation is more your style, then why not take up the offer of a free Indian head massage, reflexology or manicure and be pampered instead.

[Please note that many of the sessions will be run on a mixed, men and women only basis to ensure your maximum comfort.]

Or browse the wide range of information that will be on hand from: **Age Concern Newcastle, Newcastle Welfare Rights Service, The Elders Council, Newcastle Warm Zone, the Local Pension Service, Tyne and Wear Fire Service, Active Newcastle and Newcastle Health Trainers.**

We look forward to meeting you all on the day!

Cost: FREE.

Booking: None required. Just drop by anytime between 11 – 3 pm.
For more information go to: **www.activenewcastle.co.uk**



From News Theatre to Digital Cinema – the History of the Tyneside Cinema, 11.15 am.

Please join us for a free guided tour which will take you through the history and heritage of the Tyneside Cinema – the UK's finest surviving News Theatre!

The tour will include an archive newsreel screening and a free cup of tea or coffee, as well as the screening of a short film chronicling the refurbishment and restoration of one of the jewels in the North East's cultural crown!

Cost: FREE.

Booking: Tickets must be booked in advance by ringing the ticket office on 0845 217 9909. As there are only a maximum of **40** spaces please book early to avoid disappointment.

Sequence Dancing @ the Healthy Living Centre, MEA House, 12.30 pm.

Dust off your dancing shoes and try your hand at the waltz, quick step, rumba and foxtrot by joining this fun social group with excellent music and a lively atmosphere!

Cost: £1. (Usual cost is £2.50)

Booking: None required.

Just turn up to the Auditorium located on the ground floor.

For more information ring 0191 235 9914.



PC Problem Solving @ the Healthy Living Centre, MEA House, 2.30 pm.

Do you have problems using your computer? Are you unsure about saving or searching for files? Are you unsure about how to open and save an attachment on an email?

If the answer is yes, then why not drop in to this special IT session where 4 very experienced and friendly IT tutors will happily guide you through your problems.

Cost: FREE.

Booking: None required. Just drop by the IT suite located on the ground floor. For more information ring 0191 235 9914.



Strictly Fun Dancing Event @ the Centre For Sport, West Road, 4.30 pm – 6 pm.

This special event will be led by a professional dance teacher and her young students who will provide a gentle introduction to a variety of dance styles such as: Bollywood, Hip-hop, Salsa, Disco, Rock 'n' Roll and The Twist.

A great family event for anyone aged 9 – 109!

Cost: FREE.

Booking: Feel free to just drop by, but please let them know you are coming by ringing 0191 278 8695 to ensure there is sufficient space.





World of Scones @ the Healthy Living Centre, MEA House, 10 am – 3 pm.

Freshly baked scones, made on the premises, in our award winning Coffee Shop. Wonderful varieties such as hot peach and cherry and coconut, mature cheese and drop scones.

Come along, have a chat with friends new or old. Look around the centre and enjoy a free scone with every drink purchased.

Cost: FREE.

Booking: None required. Just drop into the cafe located on the ground floor.

A Taster of Silver @ St Josephs Church, Gateshead, 11 am & 1 pm.

The Sage Gateshead's Silver Programme provides a wealth of musical opportunities for people 50+, from singing to steel pans and everything in between!

Today, they are holding special open sessions in one of their community venues for you to come along and get a taste of what they do – either to join in or just to listen!

11 am: Silver Singers – community choir

1 pm: Silver Divas – Broadway and popular songs

Cost: FREE.

Booking: Feel free to just drop by, but please let them know you are coming by ringing 0191 443 5034 to ensure there is sufficient space.

For more information go to: www.silvercommunities.org.uk

Newcastle Older People's Festival

Diary Pull-out

Did you know that Newcastle has a dedicated 50+ Activity Programme in the heart of the city?



We run a wide variety of:

- Walks (Health Walks, Nordic Walking, Heritage Walks)
- Cycling Programmes
- Dance Classes
- Exercise Classes
- Well Being Sessions
- Swimming Courses
- Community Programmes

Whilst some of these programmes take place in our city's outdoor spaces, most run from our Healthy Living Centre, based in MEA House, which provides a dedicated space and an award winning cafe for older people in the heart of the city.

And with session prices ranging from as little as **£1** per session there is every reason to come along and give it a try!

For your free copy of the new Autumn/Winter brochure please ring 0191 233 0200.



Newcastle Older People's Festival

Programme of Events

Sat 26th September 2009

Rutherford & Son @ Northern Stage, 2 pm.

Mon 28th September 2009

OWLS @ the Centre for Sport, 10 am.

Silver Breves @ the Sage Gateshead, 10.30 am.

50+ Aquafit @ the City Pool, 10.30 am.

50+ Keep Fit @ the East End Pool, 11 am.

Silver Screen @ the Tyneside Cinema, Noon.

Wellbeing Event @ the Healthy Living Centre, MEA House, 1 - 4 pm.

Art Attack @ the Healthy Living Centre, MEA House, 1.15 pm.

50+ Keep Fit @ the East End Pool, 1.30 pm.

Silver Blues @ the Sage Gateshead, 1.30 pm.

GiG 3 @ Gosforth Civic Hall, 4 pm.

Tues 29th September 2009

Nifty Fifty's @ the Lightfoot Centre, 10 am.

Full of Life Event @ the Centre For Sport, 11 am - 3 pm.

History of the Tyneside Cinema @ the Tyneside Cinema, 11.15 am.

Sequence Dancing @ the Healthy Living Centre, MEA House, 12.30 pm.

PC Problem Solving @ the Healthy Living Centre, MEA House, 2.30 pm.

Strictly Fun Dancing Event @ the Centre for Sport, 4.30 - 6 pm.

Wed 30th September 2009

World of Scones @ the Healthy Living Centre, MEA House, 10 - 3 pm.

Drama for Beginners @ Northern Stage, 11 am.

Baltic Tour, 11 am.

Silver Singers @ St Joseph Hall, 11 am.

Backstage Tour @ Northern Stage, Noon.

Listen at Lunch @ Northern Stage, 12.45 pm.

Silver Divas @ St Joseph Hall, 1 pm

Salsacise @ the Healthy Living Centre, MEA House, 3.15 pm.

Baltic Tour, 4 pm.

Newcastle v QPR, @ St James Park, 7.30 pm.

Thurs 1st October 2009

Golden Oldies Table Tennis @ the Centre for Sport, 10 am.

Image 2009 Event @ the City Library, 10.30 am - 4 pm.

Nordic Walking Taster @ the City Library 11.30 am.

A Day in the Life of the Pitmen Painters @ the Theatre Royal, Noon.

Health Walk @ the City Library, 1 pm.

Pilates @ the Healthy Living Centre, MEA House, 2 pm.

Nordic Walking Taster @ the City Library, 2.30 pm.

Fri 2nd October 2009

Victoria Tunnel Tour @ Ouseburn Farm, 10 am.

50+ Aquafit @ the City Pool, 10.30 am.

50+ Keep Fit @ the East End Pool, 11 am.

Tai Chi @ the Healthy Living Centre, MEA House, 11.15 am.

Victoria Tunnel Tour @ Ouseburn Farm, 1 pm.

Strictly Fun Dancing Event @ Monkchester, 4.30 - 6 pm.

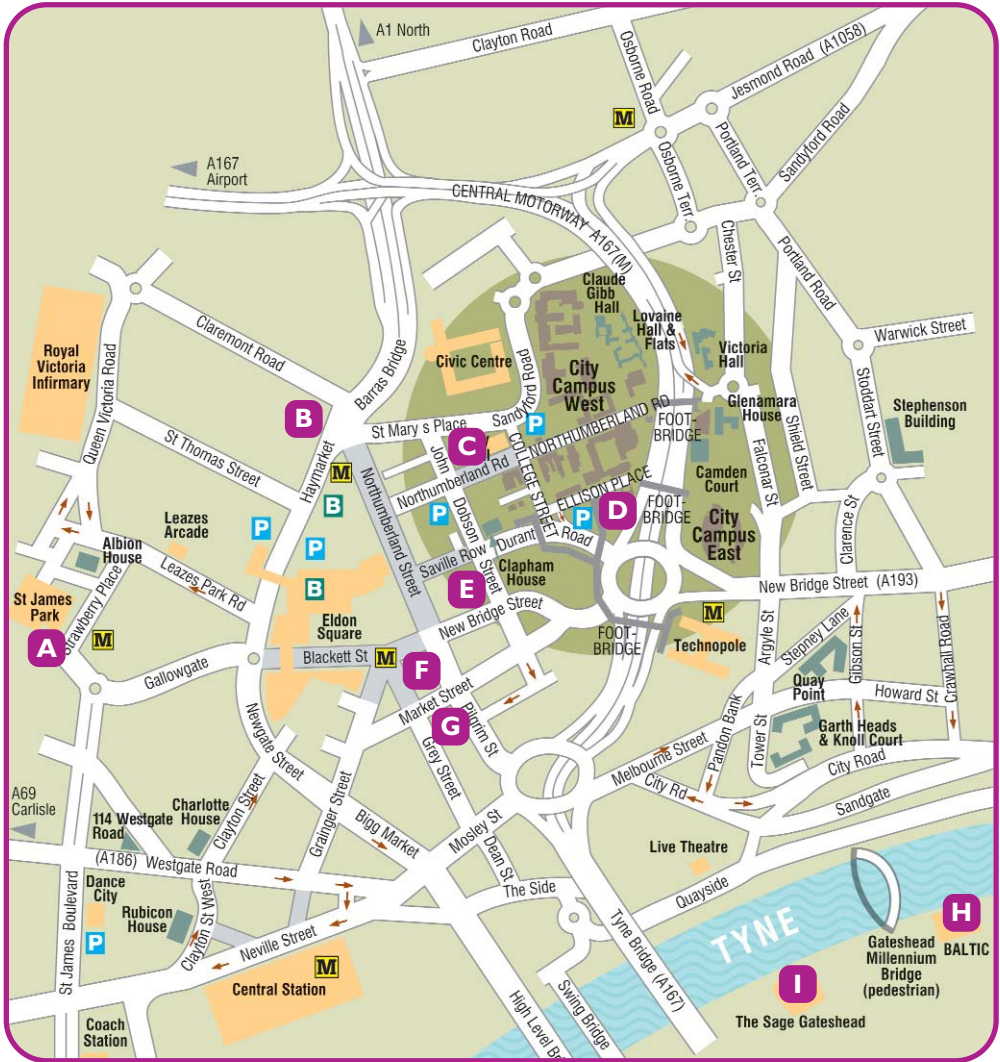
Sat 3rd October 2009

Rutherford & Son @ Northern Stage, 2 pm.

Newcastle v Bristol City @ St James Park, 3 pm.

Newcastle Older People's Festival

Diary Pull-out



- | | | |
|-------------------------|--------------------------|-----------------------------|
| A St James Park | D MEA House | G Theatre Royal |
| B Northern Stage | E City Library | H The Baltic |
| C City Pool | F Tyneside Cinema | I The Sage Gateshead |

Building History Tours @ the BALTIC, 11 am & 4 pm.

Delve into the twists and turns of the history of BALTIC Flour Mills. Travel back in time to hear about the transformation from flour mill to art gallery and discover tales about the great fire of Newcastle and Gateshead in 1854 and how the urban legend of the BALTIC ghost came about.



Cost: FREE.

Booking: Tickets must be reserved in advance by ringing 0191 478 1810. As there are only a maximum **15** spaces per tour please book early to avoid disappointment.

****Extra Offer**** During the festival there will also be 10% off in Baltic Café/Bar and in Six BALTIC roof top restaurant every **lunch time** from Monday 28th September to Thursday 1st October for people 50+.

Drama For Beginners @ Northern Stage, 11 am.

This workshop will be led by Mark Calvert, Northern Stage's Participation and Creative Coordinator. Mark was a member of the Northern Stage ensemble for many years and made his professional directing debut on their sell-out show *The Goblin Who Saved Christmas* last year.

Don't worry if you've never done any drama, this will be a fun and exciting introduction – there's a first time for everything! No special clothing or equipment required.

Cost: FREE.

Booking: Places must be reserved in advance by ringing 0191 230 5151. As there are only a maximum of **20** spaces please book early to avoid disappointment.

Backstage Tour @ Northern Stage, Noon.

Discover the nooks and crannies of Northern Stage in this riveting backstage tour. See the remains of the Playhouse and Gulbenkian Studio and how they fit into our new theatre and explore the innovative set of one of their current shows, Rutherford & Son.

Cost: FREE.

Booking: Places must be reserved in advance by ringing 0191 230 5151. As there are only a maximum of **30** spaces please book early to avoid disappointment.

Listen at Lunch @ Northern Stage, 12.45 pm.

Northern Stage has teamed up with New Writing North to run a story writing competition in response to our Autumn production of Rutherford & Son. Join us over lunch to see a rehearsed reading of the two winning entries presented by members of the cast.

Cost: £3 ticket only, £6 for ticket and lunch.

Booking: Places must be reserved in advance by ringing 0191 230 5151.

Salsacise @ the Healthy Living Centre, MEA House, 3.15



A fun Latin dance style class which is fun and low impact. Learn the basics and how to mix and match moves to suit your style. No partner necessary.

Cost: £1. (Usual cost is £3.50)

Booking: None required . Just turn up to the Auditorium located on the ground floor. For more information ring 0191 235 9914.

Newcastle United v QPR @ St James Park, 7.30 pm.

Never been to a football match before? Why not take up Newcastle United's generous offer of free entry to their home game against QPR and join us in the hallowed grounds of St James Park.

Cost: FREE.

Booking: Tickets are limited and **can only** be reserved by ringing the Quality of Life Partnership on 0191 233 0200.

**** Please note that tickets will only be issued prior to kick off ****

To celebrate Newcastle's first ever Older People's Festival, Northern Stage is offering an exclusive discount for their matinee performances of Gita Sowerby's *Rutherford & Son* on **Saturday 26th**

September & Saturday 3rd October – 2pm.

Set in Sowerby's Ellison Glass Works in Gateshead – at the time, the largest glass manufacturer in the world – this forgotten Geordie drama tells the tale of John Rutherford, a brutal industrialist who sacrificed his children for the family glass making firm. With his son-and-heir set on renouncing the family business and his daughter embroiled in a scandalous love affair he counts the true cost of his tyranny.

Offering the best seats in the house for **£15 (a £4 saving and inclusive of a hot drink in the interval)** we suggest you book your tickets as soon as possible!

Booking: Please ring the ticket office on 0191 230 5151 and mention the Festival offer to get your discount.



Thursday 1st October – UK Older People’s Day



Image 2009 Event @ the City Library, 10.30 am – 4 pm.

For UK Older People’s Day itself, Thursday 1st October, the **Elders Council** is collaborating with the new **City Library** to host a special event called ‘**Image 2009**’.

Here, more than 20 associations and charities will be showcasing their activities to demonstrate the vast opportunities that older people have in Newcastle for enjoying life.

Included in this will be demos in **tai chi, chair exercises, dancing, singing, music, painting, hands-on IT gadgets, craftwork, birding, gardening** and many other activities.

So whether you are looking for a new hobby, or looking for new ideas for your community group, then make sure you pop along to any or all of the events and be inspired by what Newcastle has to offer you.

Cost: FREE.

Booking: None required. Just drop in between 10.30 am – 4 pm.



Golden Oldies Table Tennis @ the Centre For Sport, West Road, 10 am.

Table tennis can be great fun for all ages and is a good way to keep fit. So why not come along?!

Sessions are open to people of all levels with no previous experience necessary.

Cost: FREE. (Usual cost is £1.50)

Booking: None required. For more information ring 0191 241 7700.

Nordic Walking Tasters @ the City Library, 11.30 am & 2.30 pm.

Ever seen people walking around with what looks like two stride poles? 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 poles to propel your body forward, you will find 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 fresh air, physical activity and meeting new people!

So why not give it a try!

Entry: FREE.

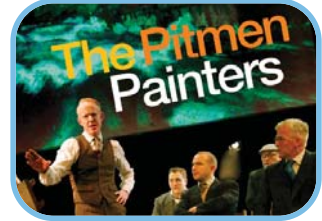
Booking: None required. Just sign up to a session on the day.



A Day In The Life Of The Pitmen Painters @ the Theatre Royal, Noon.

Did you know that the Theatre Royal runs an exclusive group called the 'Limelights' for people aged 55+?

Join them for a talk involving members of **The Pitmen Painters** company who will tell you all about their role in this nationally acclaimed performance from the North East.



There will also be an opportunity to ask company members questions about their experiences in the Theatre. This talk will be accompanied by a display of photographs taken during previous Limelight events at the Theatre Royal.

Cost: FREE.

Booking: Places must be reserved in advance by ringing the booking office on 08448 112121. As spaces are limited please book early to avoid disappointment. For more information go to: www.theatreroyal.co.uk

City Centre Health Walk @ the City Library, 1 pm.



This hour long health walk is perfect for people wanting a brisk stroll with a chance to socialise with others.

Cost: FREE. (Usual Cost £1)

Booking: None required. Just turn up on the day.

Pilates @ the Healthy Living Centre, MEA House, 2 pm.

Want to try something that will benefit your Mind, Body and Spirit? If so, then pilates may be for you.

Cost: £1. (Usual cost is £3.50)

Booking: None required. Just turn up to the Auditorium located on the ground floor. For more information ring 0191 235 9914.

Friday 2nd October

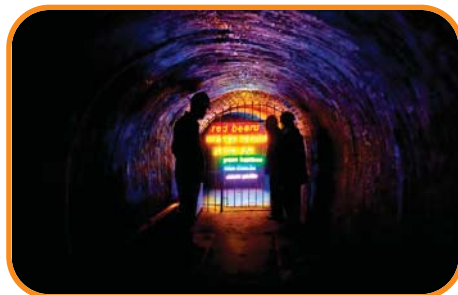
Victoria Tunnel Tours @ Ouseburn Farm, Ouseburn, 10 am & 1 pm.

Many people have walked the streets of Newcastle without ever knowing what lies a few feet beneath them. Step into the past and explore Newcastle's hidden heritage with a free guided tour of this Victorian wagon way and air raid shelter. Includes the award winning light installation the 'Rainbow Code'.

* Please note, this tour covers a distance of 1 mile and is not wheelchair accessible. *

Cost: FREE.

Booking: Places must be reserved in advance by ringing the Quality of Life Partnership on 0191 233 0200. As spaces are limited to **10** per tour please book early to avoid disappointment.



50+ Aquafit @ the City Pool, 10.30 am.

This session has been tailored to meet the physical needs of those aged over 50, with low impact moves and a more enjoyable pace of the class.

Cost: FREE. (Usual cost is £1.60 with a priority leisure card.)

Booking: None required. For more information ring 0191 277 1844.



50+ Keep Fit @ the East End Pool, 11 am.

A great low intensity class aimed at gently raising the heart rate while incorporating a range of mobility exercises. Why not come along, get fitter and meet new friends in this fun session.

Cost: FREE. (Usual cost is £2.30)

Booking: None required. For more information ring 0191 278 8444.

**Tai Chi @ the Healthy Living Centre, MEA House,
11.15 am.**

Focusing upon balance, flexibility, mobility, relaxation, internal strength and falls prevention this exercise is gentle and rewarding. It is suitable for anyone, including those who suffer from arthritis or mobility issues.

Cost: £1 (Usual cost is £3.50)

Booking: None required. Just turn up to the Auditorium located on the ground floor. For more information ring 0191 235 9914.

**Strictly Fun Dancing Event @ Monkchester Community
Centre, Walker, 4.30 pm – 6 pm.**

This special event will be led by a professional dance teacher and her young students who will provide a gentle introduction to a variety of dance styles such as: Bollywood, Hip-hop, Salsa, Disco, Rock 'n' Roll and The Twist.



A great family event for anyone aged 9 – 109!

Cost: FREE.

Booking: Feel free to just drop by, but please let them know you are coming by ringing 0191 278 8695 to ensure there is sufficient space.

Accessibility Statement:

Please note that all of the venues listed in this brochure are fully accessible unless otherwise stated. Should you require a copy of this brochure in large print please contact the Quality of Life Partnership on 0191 233 0200.

Saturday 3rd October

Newcastle United v Bristol City @ St James Park, 3 pm.

Never been to a football match before? The why not take up Newcastle United generous offer of free tickets to their home game against Bristol City and join us in the hallowed grounds of St James Park.

Entry: FREE.

Booking: Tickets are limited and **can only** be reserved by ringing the Quality of Life Partnership on 0191 233 0200.

**** Please note that tickets will only be issued prior to kick off ****



**Courses – as you like them.
Exclusively for people 50+.**

**ALL CLASSES ONLY £1 DURING THE
FESTIVAL WEEK !!**

(Cost is usually £2.50 or £3.50 per session. Pay as you go.)

Keep Fit: Tuesdays 10.10 – 11.10 am

Egyptian Dancing: Wednesdays 16.30 - 17.30 pm

Pilates: Thursdays 14.05 - 15.05 pm

Card Craft: Fridays 10 - 12.30 pm

Run from our city centre venue, MEA House, Ellison Place.
For more information call 0191 235 9914.

Registered Charity No. 1041000



This is a new and easy to use website for people
wanting to become more physically active
in Newcastle.

This site tells you the full range of venues through out
the city, how to get there, and what is involved in
different activities.

A big thank you to the following partners who helped make this festival happen:-



www.informationnow.org.uk
information NOW - Newcastle Older People's Website



This Festival brochure has been coordinated and funded by:-

