



The Echo

The Magazine of the Elders Council of Newcastle

Issue 87

November 2019 – January 2020

Who Cares About Social Care?



We do! Despite rising public concerns and national reports saying 'something must be done' about social care, it seems social care is easy to ignore. Many people don't like to think about it too much, but here at the Elders Council we have been actively pushing for change for many years now. At our recent AGM members told us social care should now be a top priority for action over the next year.

The social care system is very complex, so one of the things we want to do is get a better understanding of how the system works and what we can do to push for change. More people are asking for help, but fewer people are getting it.

Watch this space for further information about what we plan to do and how we are supporting 'Newcastle

Being Well' a different approach by Newcastle City Council to delivering home care. In the meantime, why not sign the petition for free personal care as set out below? In Scotland, this has been available for years for anyone assessed by their local authority as needing it. Even the House of Lords has called for this! You can use your local library's computer the librarian will help you to sign if you agree. <https://campaigns.independentage.org/free-personal-care-now>

The Health, Housing and Social Care Group will be taking the work on social care forward.

The Elders Council in Action

Elders Council and Independent Age

A good number of EC members along with a smaller group of people from organisations supporting older people met together recently as a second stage of helping Independent Age develop their new five-year strategy.

Once again, the meeting was organised by EC although Independent Age did pay for the cost of the venue and light refreshments. From the previous session (reported in the issue 86 "The Echo") Independent Age had worked out nine strategic areas and asked us to comment on them either negatively or positively but always giving some helpful, constructive thoughts and reasons for any statements we made. For example, of the nine statements, there was nothing at all about housing. We also spent time thinking about transport and its importance in later life.

Independent Age will be doing this same exercise with other groups in other parts of the country to have a fuller view. They will then work on making decisions on where to place their work in the next five years.

Following this very well attended group discussion with Independent Age, we received the following message:

"I just wanted to send you an email to say thank you so much for all your time. It was such a pleasure to meet everyone and to get your thoughts and ideas on the 9 areas of the strategy. It was such an insightful session and I really can't stress enough how valuable it is for the strategy and the work we are doing."

It's good to receive thanks for the work we do, not everyone remembers to do that.

An Apology

Our last magazine (issue 87) had an incorrect page 10. The printer had inadvertently substituted page 10 from magazine issue 86 instead. This meant the first page of our tribute to Vera Bolter was omitted. We are really sorry this happened. We recalled those we could and the printer, who apologised profusely, re-printed.

Requests to members for help – it's definitely needed!

We are trying to give you ideas on how you can help. Here are two

1. If you are interested in joining our team of members who will promote the Elders Council at local events, please let us know when (days) and where (area of Newcastle) you would be willing to do this.

Information will be provided and delivery of materials agreed before each event. 'Many Hands Make Light Work'

2. We need a few more people to help put the magazines into envelopes ready for delivery. It's just a part of a day four times each year so not a big ask. Contact details are on the back of this magazine.

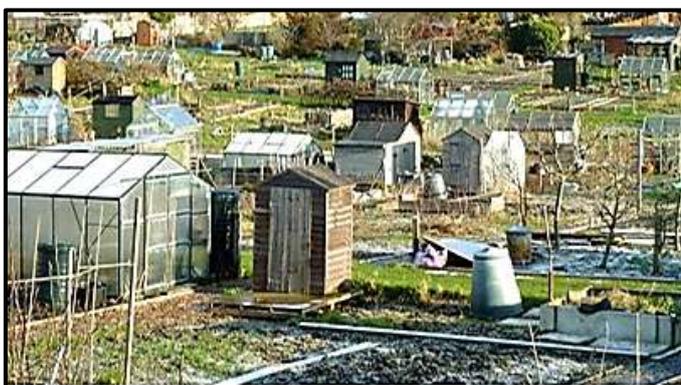
Thank you in advance to those kind people who make an offer.

Older Person Friendly City (OPFC)

There will be a meeting of the OPFC on Monday 4th November 2019 at 2:00 pm Commercial Union House (2nd floor) starting at 2:00 pm

This will be a shared meeting with Newcastle Vision Support and other organisations to discuss a review of Newcastle's street charter that aims to make the city a more enjoyable place for everyone, and easier to get around. All are welcome.

Newcastle Parks and Allotments Trust



We are trying to keep you up to date with the new trust set up to take over the maintenance and running of our parks, gardens and allotments in April 2019. Along with the assistance of groups, including the Elders Council, they are currently reviewing their branding to ensure they appeal to two

primary audiences. For further information about the Trust take a look at their www.newcastleparksandallotments.org.uk

Milecastle Social Group

The Milecastle social group meets on the third Wednesday of the month at the Mile Castle public house on the corner of Westgate Road and Grainger Street. We meet on the third floor (there is a lift), and there will be someone at the front door on the ground floor to meet you.

All are welcome .The meetings start at 10:30 a.m. but there's time for a drink and a chat with friends before any other activity takes place.

If you are one of our "regulars" why not persuade a friend to come along with you. If you haven't been before please do come, we are always pleased to see you and want to make you feel welcome.

20th November 10.30 a.m.	Hannah Morrow. Glaucoma and care for your eyes
8 th December 10.30 a.m.	Sandy Irvine. The Magic of Cinema
18 th January 10.30 a.m.	Joanne Charlton. Housework Past, Present and Future

Many of you will remember Sandy Irvine's entertaining slide show on "Newcastle then and now" so you won't want to miss his new slide show and talk on the cinema in December.

Facebook



We are now regularly followed by 110 people but we'd be happy to have a few more new friends. It would be great if we kept increasing our numbers so if you "like" or "share" our friendly and informative posts with your family and friends and local networks they may follow us too. www.facebook.com/ageingwithstylesnewcastleupontyne/

Older Voices



Tune in to the next broadcast 102.5fm on **8 November 2-4p.m.** The programme will be reporting on the Older People's Festival "Ageing with Style" that happened throughout the month of October. You can also listen at www.novaradio.co.uk Older Voices also collaborated with Arlind Reuter creating a Radio Festival that celebrated the launch of the older people's radio network in October.

Get ready to giggle when the radio team perform their pantomime on **December 6;** the script is penned by Wendy, a stalwart of the team. We have some very talented members and hope you enjoy listening to the fruits of their labours.



Accessing free computers at Newcastle Libraries Learn, Be Inspired and Keep Informed

One of our members, David, sent this:

"As a regular user of the Newcastle Libraries computers across the city I am an avid fan of this service. They offer FREE internet access in every library in Newcastle through the People's Network computers.

To use the People's Network computers, you will need your library ticket. If you're not already a library member, you can join for free. You must have an address in the United Kingdom in order to join. Staff will help you to start using the computers.

You can use the computers for a maximum of 2 hours per day depending on availability. All computers have a range of software: Microsoft Office, including Word, Excel, Access and Publisher.

Computers also have free access to Ancestry.com Library Edition and Access to Research. You can print from across the library sites and in some branches you may access to flatbed scanners to digitise pictures and text.

Newcastle has 14 libraries and community hubs across the city and a range of leisure and cultural venues for residents and visitors to enjoy. To find out more phone 0191 277 4100 or email information@newcastle.gov.uk

So be sure you pay one of the libraries in Newcastle a visit and stay tuned online for events and workshops at:
<https://www.newcastle.gov.uk/services/libraries-and-culture>"

Transport Working Group

Do you own a vehicle?



If you own a motor vehicle, then you have certain responsibilities, particularly to ensure that it is taxed, has a MOT and is insured. It is so easy to forget dates and sometimes miss reminders, but it is important and, if your vehicle is not taxed or hasn't a valid MOT certificate, then there can be serious consequences.

There's the possibility of a statutory fine if you are stopped by the police; some insurance companies may not cover a claim if your car is not taxed or doesn't have a valid MOT certificate.

If this happens, the costs can be huge, so it is worth making sure that you are OK. There is an excellent government website:

<https://www.gov.uk/browse/driving/vehicle-tax-mot-insurance> on which you can check whether you have car tax or a MOT certificate and when it is due for renewal so you can put the dates in your diary now and forget about it. You simply put in the car registration number and the results will be displayed. Isn't it worth it for some peace of mind?

Even if the vehicle is off the road in your garage, drive etc. it still needs to be taxed insured and have a current MOT certificate unless you have a S.O.R.N. (Statutory Off-Road Notification) from the Driving and Vehicle Licensing Agency. <https://www.gov.uk/make-a-sorn>

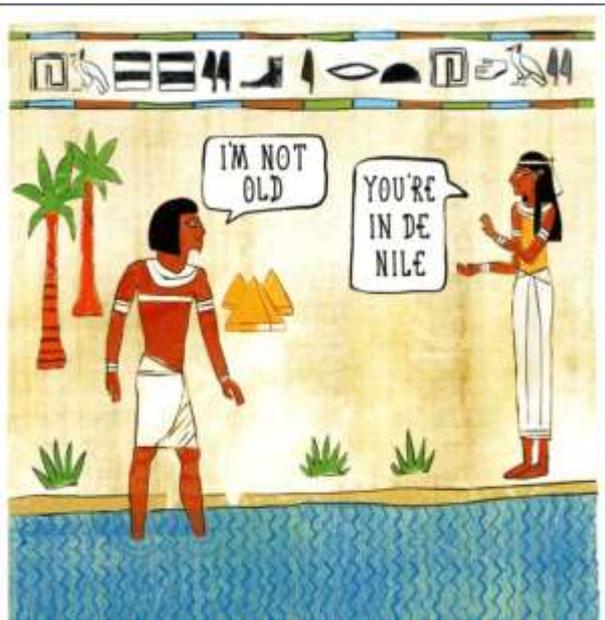
Out and about on the train

A member sent this. "I read a tiny piece in the WHICH magazine that said if you wear a hearing aid you are entitled to a Disabled Persons Railcard." We were interested, so a member investigated and below is the table of results that may help you get out and about by train.

Senior Rail Card	1/3 off rail fares. The card costs £30 a year. For everyone aged 60 and over. https://www.senior-railcard.co.uk
Disabled Persons Rail Card	1/3 off rail fares. The card costs £20 a year. For you and your friend. There are NO age restrictions https://www.disabledpersons-railcard.co.uk
Two Together Rail Card	If you or your partner /friend are not entitled to any of the above a "Two Together Rail Card" is the answer. 1/3 off rail fares. The card costs £30, that's £15 each. So, after a couple of trips, the card will have paid for itself. (You must travel together.) https://www.twotogether-railcard.co.uk

The Disabled Person Railcard is only available online. There are eligibility criteria so you must check when you visit the site. If you don't have a computer, ask a friend or relative to help or go to your local library and ask for help with the computer there. For more information please go to the ticket office at your Main Line Railway station.

Look on the bright side



It's been known for some time that people who look on the bright side have a lower risk of heart conditions and premature death. New research by the Boston University School of Medicine has now shown that optimists live longer than pessimists. Of course, it could be said that this is because those who anyway have a healthier lifestyle may well be more optimistic than others. But when lifestyle factors were taken into account, the optimists still have a 10% longer lifespan than the pessimists.

So, cheer up! As the "Pythons" sang "Always look on the bright side of life!"

A Thank you and a Request



Eric Horner is in Jesmond library enjoying one of the monthly "Wellbeing for Life" meetings. At lunch time he came to report that he had found some "perfect seats" that suited older people (and any others with mobility problems.) There are 4 of them on St Thomas' Street and Eric found the arms helped him stand up; the seats all have a back and there are small tables to rest a drink, glasses case on etc.

The Elders Council have spent much time and energy on the design of street furniture. These, that Eric spotted, were collaboratively designed by members of "Voice". Thank you for telling us Eric and thanks to Voice too for a good design – at last. Perhaps we could have more of these in other parts of the city, especially where there are many pedestrians

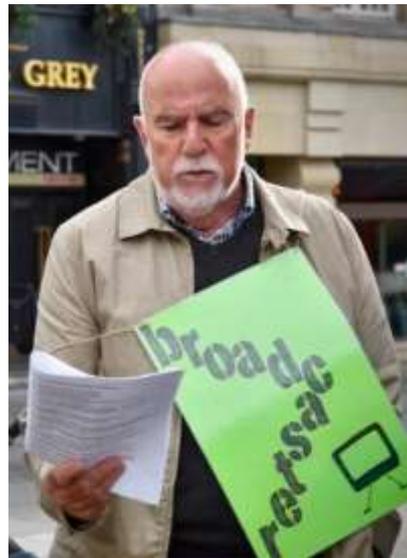


If you have a "Thank you" you want to make for a special person or event or, like Eric, an item tell us we may feature it here. Contact details are on the back page.

Ageing with Style

October was a great month for us to stand proud and celebrate the achievements and contributions that we (older people) make to our city.

1st October is the United Nations Day of Older Persons. The theme for this year was 'The Journey to Age Equality'. Many of us still experience ageism, so it's important that we continue to demonstrate the value of older people to society and also show that we are a very diverse group who like to age with style(s).



This year, Elders Council worked with partners to promote the wealth of activities which older people can take part in across the city. We started with the Golden Games at the Eagles Arena; met Dippy the Dinosaur at the Great North Museum; were inspired to dance at Dance City; took the streets with our

banners and songs; enjoyed Slow Museum days; tried script reading with the Limelighters at Theatre Royal and a chamber concert at Sage Gateshead. And that was just the tip of the iceberg!

We hope you enjoyed the celebrations and that you have made new friends and found new activities to take part in during the winter. The photos are from 9 October - singing in Central Arcade; John Grundy reminding all he is a historian and broadcaster and some of the banners made by the "Active Voices" group.

Money, Money, Money

Coming up to retirement?

If you:

- paid lower National Insurance contributions because you were in a goodish pension scheme and so contracted out of SERPs (the additional state pension);
- will reach state pension age before 2027,

you will not get the full pension of £168.60 per week. Your pension could be reduced to as little as £129.20 (a reduction of £39.40 a week).

But you can do something about that.

For example: if you reach state pension age this tax year (April 2019 to March 2020), you can buy back up to three years' contributions for 2017/17, 2017/18 and 2018/19.

Each year that you buy back will cost £740; but your pension will then be increased by about £250 per year – index-linked for life. That's a bargain.

You can get further advice by ringing the DWP Pensions Centre on 0800 731 0175; by writing to The Pension Service 6, Post Handling Site A, Wolverhampton, WV98 1AJ; or by visiting their website:

www.gov.uk/contact-pension-service

Personal Independence Payments (PIP) Disability Living Allowance (DLA) and older people.



People will continue to get DLA if they were born on or before 8 April 1948 and have an existing claim. These people will not be reassessed for PIP and will remain on DLA, if they continue to satisfy the eligibility criteria.

It was announced on 9 July 2019 that 290,000 disabled pensioners will no longer have their PIP benefits regularly reviewed if their personal circumstances are unlikely to change. Pensioners will now only face a check every 10 years. Those under pension age will still be required to have regular reviews in order to keep their award. There will also be a

trial which will see PIP assessments video recorded in order to improve transparency and build trust in the process. The date of your next re-assessment (if you are claiming a PIP) will depend on your particular circumstances.

Attendance Allowance

If you are over 65 you can apply for Attendance Allowance. This is tax free and paid weekly and is NOT means tested.

You can find help with this and other benefit information by looking at Information Now on their website www.informationnow.org.uk Citizens Advice or Search will also be able to offer support.

Free “Moneywise” Guide



Money can be tight when you're living on a fixed income and your fuel bills and living expenses go up each year.

If you are looking for ways to boost your income, save money or cut your bills

then Independent Age's 'Moneywise' guide could help.

There may be benefits you might not have realised you're entitled to and the guide has tips on getting help with energy costs and shopping around to find the best deals for you.

You can order your copy of the guide by ringing Independent Age on 0800 319 6789. Or visit their web site www.independentage.org



For those of you who are thinking of accessing your “pension pot” and deciding how to take your retirement income and are shopping around for the best income in retirement have you heard of Pension Wise?

They are a government funded, independent organisation offering FREE and IMPARTIAL advice. They offer advice to those planning to access a pension pot built up from contributions into a personal or workplace pension. (These are NOT “defined benefit pensions” or “Final salary” or “Career average” schemes. For these schemes you need to speak to

your pension scheme administrator or your employer to find out more.)

The changes introduced from April 2015 give you freedom on how you can access your pension savings. Pension Wise can offer you advice either on-line, by phone or face to face. Contact details:

www.pensionwise.gov.uk or by phone 0800 138 3944

The PENSIONS Advisory Service

For free independent information and guidance on ALL pension matters you can go on-line at www.pensionsadvisoryservice.org.uk or phone 0300 123 1047



Free and Impartial Money Advice

The Money Advice Service is independent and set up by the government to help people make the most of their money by giving free, impartial advice on-line and over the phone.

They give tips and tools on a wide range of topics including debt advice; managing budgets; saving etc. The information can be accessed via their website at www.moneyadvice.service.org.uk or by phone 0800 138 7777

Energy Advice

Help available for people in need of energy advice.



As winter is approaching, we thought we would re-advertise the energy advice that is available from Citizens Advice Newcastle.

Citizens Advice Newcastle has an energy project funded through Northern Powergrid to assist any residents in the North East area (from Berwick to Durham) with fuel related issues. This can include, switching tariff, applying for supplier or government grants (such as Warm Home Discount), and dealing with billing problems and erroneous transfers.

You can contact them for advice via their specialist helpline telephone number 0370 145 1450 or email: powergrid@newcastlecab.org.uk

If required, an appointment can then be made with one of our energy advisors at the Newcastle office for face-to-face advice

Summer Outings –with your bus pass

This was a response to our request for your adventures using “**EC Rider**”

Barbara Bailes wrote of her time in the Lake District.

Following my reading of the excellent advice and guidelines offered in the Elders’ Council leaflet (*EC Rider*) for this year, I gave some thought to how I might benefit by getting out and about.

Well, I’m no shrinking violet, nor someone who does things by halves. Some might use the words ‘impulsive’ or even ‘foolhardy’ to describe me. I’m OK with that. The problem is that I have mobility issues and to some folk that might mean that I have to sit at home and live a boring life. No way!!

I decided that I would go to the Lake District as it is an area which I know quite well. My husband was happy enough that I should go – possibly because the house would be peaceful!



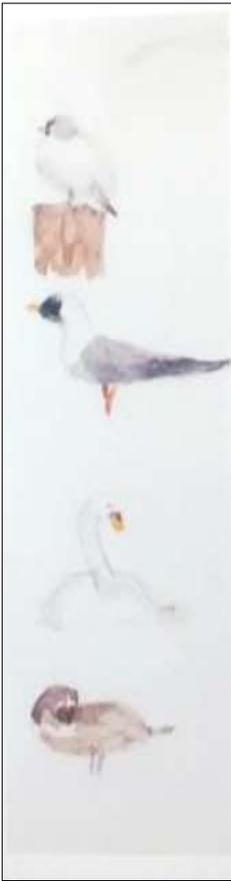
After giving lots of thought to the when, where and how of it all, I decided on staying in Bowness on Windermere. I knew that there was a coach to Keswick which is operated by Wright Bros (888) from the Coach Station on St James’ Boulevard and I decided to go by that route, travelling via Alston. It cost me £13 to travel because the coach left at 9.20a.m. Had I taken a taxi to Throckley Roundabout I could have used my concessionary bus pass. I did travel home from Keswick free of charge.

Having duly filled my backpack with everything but the kitchen sink, I set off and enjoyed the wonderful journey through the countryside. Having arrived at Keswick, I then travelled by bus 555 – free – to Windermere Station, then on to Bowness, where I had booked into a lovely Guest House for three nights. At Windermere Station I found an excellent bus timetable for getting around the Lakes. It was amazing to see the places which one can access, and I wished that I had arranged for a longer visit. The buses are comfortable and frequent, and the drivers are extremely helpful.

The weather was beautiful for much of my time there, so I was able to get around by bus to lots of places. 'Bus-hopping', I call it; and sometimes for quite short journeys. I had hoped to go up to Waterhead, on Windermere by boat, but even boarding the steamer was difficult to negotiate. Disappointed, I boarded a bus instead, and saving a fortune on fares, had such a lovely day, visiting Waterhead Pier where there is a really good café and plenty of outdoor seating.



I did a bit of painting there, sitting on the wall in the sunshine and observing the birds which were there. I packed up then went on to Grasmere Village, which was crowded with tourists who provide vital support to the local tourism industry. I pottered around then boarded the bus back to Bowness where I found a super pub which served very good food – The Flying Pig. After a good meal and a busy day, I returned to my digs, made a cuppa and watched the TV. On the other days I visited Coniston, Hawkshead, Ambleside and spent my time enjoying the local food and drink – not forgetting the delicious Lake District ice cream. Mmmmmh to die for! Baileys and white chocolate; ginger; strawberry; chocolate, it's certainly not ordinary ice cream - a very special one. Well, a girl has to find a seat somewhere when the old bones are acting up.



On my return journey to Newcastle, I had made an arrangement to be at Keswick where the Wright's driver had offered to put my backpack on to the coach so that I could have a few hours in Keswick before travelling home. That was an extremely kind gesture, so I toddled around the town before lunching at Weatherspoon's. Where else? I visited the Pencil Museum – "How sad", someone said. Not sad at all a great place, very interesting and an excellent place to have a cuppa and avail oneself of any bargains in the way of pencils and other art materials. I personally think that Derwent Pencils are among the best that one can buy. I must admit to a certain bias in that Derwent were the first coloured pencils I ever owned, as a child just after the war. They have developed many exciting products since those days; all good to use and not terribly expensive. Well, that's the commercial over!

I would commend everyone who hasn't yet done so, to download the bus outings using your bus pass from the Elders' Council website. It's humbling to think how much care and diligence has gone in to researching the many options open to us all, whether a short journey to the coast, or one further afield, and I cannot thank them

enough for helping me to enrich my life.

My own experience was a bit of an adventure we are never too old for those. And remember, you don't need to return home at the end of the day. You could stay a week or longer and never tire of our fabulous English countryside.

Editor's note: the illustrations are watercolour paintings done by Barbara on her holiday.

EC Rider Prize Draw

When **EC Rider** was published in summer we offered a Prize Draw of a £25 Voucher. Members could send us their experiences using the **EC Rider** and all articles submitted would go into a Prize Draw.

The winner of the voucher is Barbara Bailes who wrote and illustrated her article, a very worthy winner.

Congratulations Barbara!

The team who created **EC Rider** hope many of you enjoyed great days out (perhaps weeks like Barbara) using your bus pass.

Christmas Markets



Newcastle City Council has announced huge plans for Newcastle Christmas Market which will see it almost DOUBLE in size.

Exact dates are being finalised, but it is expected to open during the week of 11 November and last until at least Christmas but possibly into early January

For the first time, the Christmas Market will include up to 100 stalls on a 'Christmas trail', with stalls dotted along the length of Northumberland Street, Blakett Street, and around Grey's Monument. This will mean that Blakett Street will be closed to all traffic and alternative Bus Routes will be put in place.

A new operator has been appointed to run the markets for the next five years and is promising a mix of traditional stalls, festive attractions and entertainment; they also pledged to involve local traders who fear that their businesses could suffer from all this competition.

One of our members wrote about accessing computers at libraries (page 5.) If you would like to have a go with a bit more support why not treat yourself and join **Project ICE**. You can join at any time.

Project ICE is your opportunity to get hands-on help with any problems you are having with your smartphone, iPad or computer or to develop your skills by learning something new. Students from Northumbria University offer one-to-one support at these popular IT drop-in sessions. Sessions will run weekly on Wednesday afternoons from 2.00 – 4.00 pm starting on 16th October and running until 18th December. Places are limited so booking is essential, so either email us on info@elderscouncil.org.uk or call 0191 208 2701 for details. You can still start even though it's now November! Perhaps an iPad or a smart phone for Christmas- we're never too old!



We hope you all have a very happy Christmas and a healthy 2020

Research request

Hello, my name is Emma Finnegan

I am conducting research at Northumbria University for a PhD.

The aim of this research is to explore the experiences of 'older' females who have experienced abuse, including emotional abuse. In general, women aged 60 and over have been ignored in previous studies and policies also tend not to address their needs. It is important to listen to the voices of people who have experienced this. By listening to the voices of women aged 60 and over, it is hoped that there will be an increase in awareness and positive and meaningful changes to policies.

To carry out this research, I am looking for women aged 60 and over who have experienced violence and/or abuse and/or neglect since turning 60, by anybody. For instance, by a partner; ex-partner; stranger; care worker' or family member. This experience can have also occurred before turning 60 but must have happened at least once since turning 60.

To enable a better understanding of experiences, I would be very grateful if you would talk to me about your experience(s) of abuse, the impacts upon you; and whether you sought support and/or your views on seeking support. You are under no obligation to participate. If you do choose to be interviewed, interviews will last for an hour, but this can be longer if you require additional time. You can choose where you would like the interview to take place and also have the option of a telephone interview. You can also choose to be accompanied by a trusted person who is welcome to sit in with you during the interview.

My planned research has been through a strict University ethical approval process and is being supervised by experienced University staff

All interviews will be confidential, and any information provided will be anonymised.

You can contact me by email: emma.finnegan@northumbria.ac.uk or by telephone 07756574520. You can ask questions and I can send you more information for you to consider.

If you do not wish to take part in this research but would like information on support available, please contact

Women's Aid Helpline – 0808 2000 247

National rape crisis – 0808 802 9999

(N.B. The Elders Council has confirmed this is an authentic request.)

Information



Listening Books Free Membership Offer

This is a national charity providing an audiobook library service for anyone who finds that an illness, disability, specific learning difficulty or mental health condition impacts on the ability to read or hold a book.

They currently have free memberships available for people living in Newcastle who would find it difficult to cover the membership fees for any genuine reason (usually between £20 and £45 per year).

They have over 8,000 fiction and non-fiction audiobooks in their library for adults and children, many from best-selling authors. Members can borrow titles in three easily accessible ways:

- Sent directly through the post on MP3 CD with no postage costs or late fees
- Downloaded to an app available for smartphones or tablets
- Streamed online through a desktop or laptop computer

A free membership covers all options, so members can choose what works best for them. This is a charity and there are no hidden costs involved in free memberships.

Anyone interested in applying for a free membership can do on <https://www.listening-books.org.uk/join-us.aspx>

If you would like to find out more about Listening Books, please visit their website www.listening-books.org.uk. There is a phone contact, but it is in London, the number is 020 7407 9417

If you are having difficulty hearing there is Deaflink based in the city that will be able to offer advice. www.deaflink.org.uk
phone: 019281 2314

Making Music Together

Ben Helm from "Making Music Together" contacted us regarding a community music project. He said, "We have a great selection of free and low-cost music groups for adults (16 years old +) going on from September onwards." He wanted us to make sure as many people as possible knew about this. Some of the sessions will have started by the time this is printed but there are still sessions running. Make a new start to the New Year and go along they will be pleased to see you. Ben's phone number is 07903 269 550

What	When	Where	Cost
String-Along Community Band	Starts Tuesday 14 January 2029 10:30 - 12 noon	Lemington Centre Tyne View Lemington NE15 8RZ	Free
Search Strummers	Starts Tuesday 14/01/2020 1:30 pm	Robert Stewart Memorial Church Wingrove Road NE4 9BU	£2
The Globe Community Band	Starts Tuesday 14 January 6:00 - 8:00 pm	The Globe Railway Street Newcastle NE4 7AD.	Free
Drum Together	Starts Friday 17 January 2020 5:00 - 6:00 pm	Nunsmoor Centre Studley Terrace Newcastle NE4 5AH	Free



NEbus is the new name for the bus operators' association encompassing the providers of services across the North East.

Their aim is: "to make buses even better for more customer journeys, whilst supporting the communities we serve, by working collaboratively

together and with partners to help reduce congestion, easing the passage of the bus to further improve the dependability of services."

Golden Guide for over 50s, Newcastle & North Tyneside 2019



The Golden Guide, a free advice guide for over 50s in Newcastle and North Tyneside, has been updated. Thousands of copies are going out now across the area.

The ever popular 108 page guide is packed with tips to find help with health, care and money issues, and lists all kinds of social and leisure activities from heritage walks, wildlife and gardening to sailing and cycling or supper clubs and tea parties, there are lots of new things to try. This year there are more IT sessions for personal help with your computer, as well as extra info on mental health and

living with dementia – like the Slow Shopping scheme in Gosforth and Singing Back the Memories in Wallsend. More health support groups are listed too, for a variety of long term conditions. Copies are now in library branches and with charities including Newcastle Carers, Elders Council, Search, Chain Reaction, Independent Age, Royal Voluntary Service, Caring Hands Charity and more. Copies are also with Social Care teams, Hospitals and selected pharmacies and will be in GP surgeries – usually with the Care Navigators – in September.

Read it online at www.goldenguide.org.uk **Free postal service for over 50s residents, ring the Golden Guide on 0191 386 5918** Enquiries to Heather Alabaster, Editor on **0191 386 5918** or email heather@goldenguide.org.uk

If you have a Concessionary Travel Pass/Metro Gold Card

And you need to travel before 9:30 am to get to or from a hospital appointment, and your journey starts in Tyne and Wear, All you need to do is show your hospital appointment card or letter with your CT Pass when requested.

Health and Wellbeing

Lesbian Gay and Bisexual women

The common belief that lesbian, gay and bisexual (LGB) women are not at risk of cervical cancer is fake news that has created a dangerous screening gap, the NHS has warned recently.

These women are urged by the N.H.S to book a cervical screening appointment. Up to 50,000 lesbian, gay and bisexual women have never been for a cervical cancer screening test because they wrongly think they are not at risk.

Analysis of data from the LGBT (Lesbian, Gay, Bisexual and Transgender) Foundation has revealed that nearly one in five – 19% – of LGB women who are eligible for cervical screening has never been to an appointment.

An estimated four out of five cases of cervical cancer, 83%, could be prevented if everyone attended regular screenings.

If this applies to you or someone you know please encourage them to read the information. <https://www.england.nhs.uk/2019/06/fake-news-putting-50000-lesbian-gay-and-bisexual-women-at-risk-of-cancer>
(From NHS England June 2019)

If you are travelling to the Freeman Hospital by Metro

the nearest Metro Station is Longbenton. If you arrive at Platform 2 you will have to cross the line to Platform 1 (there is a ramp just outside the station) On leaving the station head straight into Glaisdale Road, cross Benton Park Road into Cosgrove Court. Then follow the footpath through to the Freeman Hospital. It is a 7-minute walk, and it is all on the level, so it is suitable for wheelchair users.

Did you know that 60 year old eyes need three times more lighting than 20 year old eyes? Knowing that never walk about in the dark; if you get up to go to the loo **put the light on!**

The Herbert Protocol

This is a national scheme introduced by the police in partnership with other agencies which encourages carers to record useful information which could be used in the event of a vulnerable person going missing. Carers, family members and friends can complete in advance, The Herbert Protocol form recording all vital details, such as medication required, mobile numbers, places previously located, a photograph etc.

This form could make a real difference. It could help reduce the amount of time a vulnerable person is missing, bringing them to safety even quicker. If you think this would help with someone you care for and you do not have internet, we recommend you go to your local library and ask them to print the form for you. There will be a small charge for printing.

For further information: <https://beta.northumbria.police.uk/advice-and-info/personal-safety/missing-persons/>

Protection from flu

You should have the flu vaccine if you:

- are 65 years of age or over have certain medical conditions
- are living in a long-stay residential care home or other long-stay care facility
- receive a carer's allowance, or you are the main carer for an elderly or disabled person whose welfare may be at risk if you fall ill.

Where to get the flu vaccine?

You can have your NHS flu vaccine at:

- your GP surgery or
- a local pharmacy offering the service.

Some GP surgeries will remind you and invite you to go for your "jab"; at others you have to ring and ask. The important thing is to get it done.



Did you know having dementia can cause a person to lose their ability to reason and see both sides of an argument? **Don't argue with a person with dementia.**

Your Equipment Newcastle

Newcastle City Council has commissioned the Disabled Living Foundation to provide an online resource for members of the public to get information and advice on products and equipment that can help make daily living easier. Your Equipment Newcastle can help people who have problems with their day-to-day tasks to get advice on finding and buying aids and equipment to improve their daily living. Newcastle City Council is trialling monthly drop in sessions at Newcastle Carers Centre in Byker for carers to:

- Get information and advice on Occupational Therapy services in Newcastle
- Get an overview and help with navigating the website and online resource
- Ask questions about Occupational Therapy support available to support you when caring for someone.

Drop-in to Newcastle Carers, 135-139 Shields Road, Byker on the last Tuesday of every month, 2:00pm – 4:00pm at Newcastle Carers Centre. Sessions will be with a member of the Occupational Therapy Team and will be relaxed, friendly and welcoming— no need to book, just turn up.

Keeping warm and well in Winter

This advice comes from Age UK. There are several things you can do to help yourself keep warm and well through the winter months.

1. Stock up on cold and sore throat remedies- ask your pharmacist for help.
2. Wash your hands regularly especially after using a toilet this stops the spread of germs to you and others.
3. Check that your room temperature is about right. Your living room should be about 21 degrees and the bedroom 18 degrees.
4. Wrap up well using layers rather than one thick jumper. When you go out more layers and remember hat, gloves, and scarf and thick socks.
5. Don't hibernate! You still need to go out and be with other people. Try and stick to the things you do, having a coffee out; going to the club/pub; going to the library or whatever it is you do.
6. Keep an eye and ear out for friends or relatives by speaking to them on the phone/face time/skype or meeting them.



Donations and Gift

Your generosity can help us make a difference. Your generous donations help the Elders Council to continue to provide the full range of activities which you can read about in the Magazine. If you would like to donate on a regular basis, you could set up a Standing Order. Request a form from the office.

Over the years, some members have chosen to leave the Elders Council a legacy. By deciding to remember us in your will, you can really help the Elders Council to continue its work.

Give as you live. Please help the Elders Council by logging on to www.giveasyoulive.com every time you shop online and nominate the Elders Council as your chosen charity. It costs you nothing and we receive a small percentage of the sale. Charity: The Elders Council of Newcastle Ltd. I wish to donate £7.50 [] £15 [] £30 [] other [£] to the Elders Council of Newcastle and enclose a cheque for that amount. Please send to Elders Council office (the address is on the back page).

Name:
Address:
Post Code:

If you would like us to claim Gift Aid relief, please complete the relevant boxes below:

I confirm I have paid or will pay an amount of Income Tax at least equal to the Amount of tax that the charity will claim on my gifts.	
I confirm that this donation and all previous and future gifts of money to the Elders Council should be treated as Gift Aid donations.	
Signed	

Magazine Information

Magazine articles

If you would like to submit an article to be considered for the February/April edition of the Magazine, please ensure that you send it to us by Friday 13th December at info@elderscouncil.org.uk

Magazine in other formats

We can make our Magazine available in alternative formats (e.g. in larger print or audio tape or an audio CD). Please just let the office know what format you would like.

Electronic version of the Magazine

If you have received this your copy of your magazine through the post It will have cost the Elders Council about £1.35 to send out it out to you. So, would you be willing to have the magazine sent to you electronically? If you would, it would save a lot of money every year. So please sign up for this service now by emailing info@elderscouncil.org.uk please put "E-mail Magazine" in the subject box. Advantages to signing up for this service include receiving the Magazine at least 14 days sooner than you would normally receive it via the post and getting earlier notice of events happening throughout the city. What are you waiting for?

Contact details

The Elders Council of Newcastle
Room 2.29, 2nd Floor
Biomedical Research Building
Campus for Ageing and Vitality
Nuns Moor Road
Newcastle upon Tyne
NE4 5PL

Phone: 0191 208 2701

Email: info@elderscouncil.org.uk

Website: www.elderscouncil.org.uk

Registered Charity No. 1122424