



The Echo

The Magazine of the Elders Council

Issue 110

August to October 2025



Trustees Report on the Annual General Meeting 2025

The Elders Council Annual General Meeting 2024-25 was held on 23 July, to reflect on our achievements and look to the year ahead.

Chair, Anne Raffle, welcomed everyone, and in her report, thanked sponsors and invited members to reflect on and approve the minutes from the 2024 AGM, changes in our trustee board and to consider the Treasurer's Report. Tom Fry was thanked for putting the Annual report together.

Treasurer Keith Williamson guided members through the financial report and asked members to approve the Annual Report and the Accounts. Members also agreed to the appointment of Stella Simbo and John White as new trustees and the reappointment of David Kilner, our Independent Examiner.

There were several presentations. Cllr Rob Higgins spoke about volunteering and staying active in later life.

Barbara Douglas and Michael Farrington helped us better understand the evidence behind our impact. The work of the Research & Impact Group (RIG) ensures our projects are meaningful and measurable.

John White's talk on the Ageing with Purpose programme reminded us of the value of meaningful activity and connection. A beautiful presentation from artist Pui Lee shared the voices and creativity of the Chinese Elders group and the House of Evergreen Arts project.

Executive Officer, Victoria Morley, presented the Elders Council's year in review, showcasing the highlights, partnerships, and the updated strategic plan. A powerful short film was shown, reflecting on the 'Our Voices Were Heard' project that took place in collaboration with Unfolding Theatre, capturing what it means to grow older with purpose, pride, and possibility in Newcastle.

To close the afternoon, members were asked to participate in a series of group activities exploring what the Elders Council means to them. Through a mix of discussion and reflection, and a fun prize draw, we gathered valuable insights that will shape our next steps.

Chair Anne Raffle closed the meeting, thanking all volunteers, trustees, partners, staff and attendees. Anne also announced that this would be her last AGM as Chair. Anne was thanked for her hard work and dedication over the past six years, and she announced that the position of Chair of the Elders Council is now open for applications.

As we move toward our 25th anniversary in 2026, the AGM reminded us that our legacy is not only in what we've done, but in what we continue to build together.



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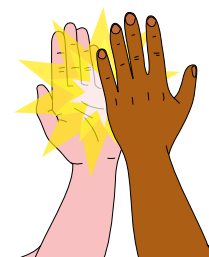
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Did You Know Our Impact?

by Anne Bonner & Catherine Mackereth

Did you know that the Elders Council has a positive impact on what Newcastle Council does? Some members of the Research and Impact Group (a subgroup of EC) have been looking at whether the action of the EC has an influence on decisions made across the city. We found that the EC was very highly regarded by Council workers. They told us that we help them ensure local older peoples' voices are heard, which enables them to design services that are helpful to older people. We know that people have different needs at different times, and these should all be catered for, as well as challenging some of the stereotypes that are assumed.

High Five EC!



Some examples:

- Supporting and sustaining the Age Friendly City initiative through providing past secretariat and active participation
- Influencing the Health Innovations strategy with our work in neighbourhoods
- Expressing the views of those with lived experience to home care services
- Influencing the development of the Adult Social CarePoint portal through the EC's own research report *The Home Care Circus* and the *Front Door* initiative

One thing we have learnt as a result of this work is how important it is to have good two-way communication with the City Council.

Launching *EC Rider*

by Beryl Hylton Downing

I was lucky enough to be at the 2025 *EC Rider* launch at Jesmond Wellbeing for Life meeting on 7th May. As I was helping with catering, I missed the beginning of Bill Harbottle's very interesting introduction. Fortunately, I was able to participate in the discussion later. Bill outlined some longer trips (for example, to Berwick), which I



thought would be tremendous. Others talked about journeys undertaken during the past year using *EC Rider*. One lady had visited the Cumbrian coast by bus. Impressive!

Thinking of an easy trip out for those who might not want to venture quite so far, I suggested that a trip to Ponteland on the bus might make an easy and interesting afternoon out.

I spent my childhood in Ponteland village and often return. It's a pretty village with an interesting history and some good shops, cafés and pubs.

Buses X77 and X78 leave Eldon Square twice an hour to Ponteland and take 30 minutes to get to the village. Alighting close to Waitrose, one can take the footpath into the park and wander along the Pont, or visit St Mary's church, which has some Saxon remains, and perhaps finish with a cuppa at one of the cafés (e.g., Café by Design, near the bridge). Alternatively, the Blackbird Inn, the Diamond, and the Seven Stars will all be happy to pull you a pint!

Next Chapters at the Elders Council

By Victoria Morely

The Social Media and Digital Group

I am excited to share that the Elders Council has launched a brand new Social Media and Digital Group made up of our fantastic volunteers!

This group will be meeting every month to create social media posts designed to inform, educate and entertain - everything from community news and helpful tips to stories, updates, and things that just make you smile.

It's all part of our mission to make it easier for members to stay connected and involved. We want our online spaces to reflect the heart of our work: connecting, activating, and influencing across the city.

*Let's talk
writing*

Keep an eye on our Facebook page www.facebook.com/AgeProudNewcastle for regular posts and please do share them with anyone you think might enjoy or benefit from them.

The OWLS Creative Writing and Performance Group

The board has also approved a brand new, member-led creative group that we think many of you will love. It's called the OWLS, which stands for Older Writers – Legacy and Spoken Word.

This inspiring new group will bring together EC members who enjoy expressing themselves through words: poetry, storytelling, song lyrics, scriptwriting etc. Whether you're a seasoned writer, enjoy writing as a hobby, or would like to try something new, the OWLS group is all about giving you the space and support to explore your voice.

There'll also be opportunities to share your work and even take part in performances if that's something you'd enjoy. Most of all, it's a chance to be part of a welcoming community of fellow creatives who are passionate about telling stories, celebrating life experience, and leaving a legacy through words.



The group is free to attend and open to all members aged 50 and over.

We can't wait to see what ideas, stories, and voices take flight in the coming months.

More details about times and venue will be announced soon via Facebook and the bulletin. (See page 7 for more details)

25 ANNIVERSARY

Finally, we're pleased to share that we've been awarded Newcastle Culture Investment funding to support the development of a special creative project that will mark the 25th anniversary of the Elders Council in 2026.

This grant will support the creation of a 25th Anniversary Book, a short film, and a book launch event, all designed to celebrate this important milestone.

It will be a chance to capture voices, memories, reflections, and dreams from our members and community. The project will be centred around local landmarks, pride in place, and lived experiences of growing older in our city.

There will also be intergenerational elements to the project, with opportunities to work alongside local schools and community groups, bringing different generations together to share and learn from one another.

It's a moment to reflect on where we've been, and celebrate how far we've come together, as we work to create an age-friendly city.

We'll be sharing more very soon and inviting you to get involved and be part of the story.

Want to get involved?

If you'd like to join any of the groups or projects mentioned above or would like more information, please email us at info@elderscouncil.org.uk . We'd love to hear from you!

Good luck, Meg!



We are very sorry to say goodbye to Meg Hardiman. Meg joined us as an intern from Newcastle University and quickly became involved in our work.

She later became a paid employee (part time) and continued to work with us supporting, in particular, the Ageing with Purpose course and the development of the Research and Impact Group.

We are grateful to Meg for all her hard work and wish her well in her new adventures with the Community Foundation. We are certain to see her at some of the joint meetings of the organisations.



Housing and Homes from the EC

Thinking about housing

By Barbara Douglas

Having a safe, warm, comfortable home is important at any time of life, but even more so as we get older and are likely to spend more



time in our homes. It's for this reason that housing has always been an important topic for the Elders Council. Over the last few months, both Age Friendly Newcastle and the Elders Council's Research

and Impact Group (RIG) have chosen to focus on housing.

At the Age Friendly Newcastle meeting, we heard from Sean Cocking about the North East and North Cumbria Integrated Care Board's programme on [Housing, Health and Care](#). It was music to our ears to hear that, at last, there is recognition that having a good, accessible, warm home has a significant impact on our health and the amount of care and support we may need. This programme is not only looking at increasing the amount of "care-ready" homes, but also how we can more effectively adapt our existing homes to meet our needs and the role of assistive technology.

We also heard from Mark Ellis of Newcastle City Council about the closure of Your Homes Newcastle and the transfer of the housing stock to the Council. Mark highlighted how priority is now being given to reviewing the housing stock and carrying out repairs and maintenance.

Rose Gilroy from Newcastle University told us about an exciting programme launched by [Vivensa](#) (formerly Dunhill Medical Trust) and the Housing Learning and Improvement Network to develop better housing and change the way we think about housing.

At the Elders Council's RIG meeting, we discussed the range of issues raised at the Age Friendly Newcastle group and started to explore what we could do. We know that most people want to continue living in their current home, where they are familiar with the people and the services around them. For that reason, we decided that we would update ourselves on the information, services and support available to us to keep our homes physically safe and

accessible, so that we can stay put. We will provide more information in future issues of *The Echo*.

We'd love to hear from you if you are facing any challenges with where you live or are very happy with your home. If you have made changes/adaptations, how did you go about it? If you have decided to move, what prompted your decision and how easy was it to make the change? Your experiences can help us to decide where to focus our attention and your insights can help others. Do get in touch!

Moving House

By John Telfer

Last year after living in a first floor, two-bedroom flat in Kenton for 35 years, I took a giant leap and downsized to a ground floor, one bedroom flat opposite Regent Centre Metro station in Gosforth.

A wrench? Yes Stressful? Yes

Worth it? **ABSOLUTELY UNQUESTIONABLY**

35 years ago, for a variety of perfectly legitimate reasons, I made the conscious decision to go for a first floor flat in a Housing Association block with no lift.

Whilst I had no trouble with the stairs – I'm just a youngster – in the last five years I did on occasion wish I didn't live on the first floor. I began to think that in 10/20 years this may become a more serious issue and started to think about a ground-floor flat.



I do not drive so the other essential was good access to public transport.

As is my wont, however, no sooner had I thought about it I dismissed it on the grounds that it was too much hassle and it was too soon. I told myself that there was nowhere suitable but had not really looked!

A good friend reminded me that although moving house is indeed stressful, **it is surely better to undergo that stress while you still have the mental capability to deal with it.** It is also preferable to move to a place **you want**, rather than wait and maybe go somewhere you have to go to.

Almost everyone who has moved house, tells you that once settled it will all be worth it. I can only repeat that, in spite of knowing that, like me, you will take it with a large pinch of salt!

It really is a good idea to grasp the bull by the horns and take the momentous step as soon as possible: it is worth it.

There is also the issue of decluttering – but that is a different article! *(Photo -John outside his new home in Clothier Manor)*

Moving from Newcastle

By Mary Nicholls

Like John I made the decision to move house but much further afield to a smaller home in a smaller town in Lancashire. My home is a brand-new bungalow designed for older adults aged 55+. There are some adaptations ready in case of need for example the hall is wider if you need mobility aids, the main bathroom is large enough for a wheelchair turn, and electric sockets are at shoulder height.



As John said, there is a lot to consider including the cost of moving and it is stressful. Much of my conversations with solicitors and estate agents took place online. I didn't meet my Newcastle solicitor at all. Very different from the last move I made!

I was leaving behind many friends and that was the hardest part of all. I had shared some sad moments with them but mostly it was fun to be with them doing so many different things and learning such a lot too. I would have to start all over again when I moved.

I've done that. I've joined a choir and started Pilates classes, moving is hard work and you need plenty of strength. I also joined the local u3a as this is a great way of connecting with people and

finding out what's available that you might enjoy doing. I'm repeating John again but it bears reiterating, move when you are fit and able both physically and mentally.

I love my new home and the garden that needs creating from scratch. I am happy I made the decision although I know I will miss Newcastle and all my friends hugely. Still, it's not more than a three-hour drive or a seat for that time on a train. That means I can visit and enjoy good times with friends in the city, just not so often.

Frustration or Pleasure

We contacted a few of our members directly and also put a request in our Bulletin asking what specific things made you very frustrated or gave you pleasure or happiness. These are the replies.

A plea for frogs and hedgehogs

by Anita
Davies



Ranting, I am sure that this is something which we have all done when there is a situation which really annoys or angers us. There are many things about which I could have a rant, mainly out of frustration because I know that, even if I take action by alerting officialdom to the situation, very little if anything will get done.



However, there is one thing which I will highlight: and that is the disappearance of hedgehogs and frogs from my

garden. This is due to the fact that all around me there are fences without ground level gaps, which means that the once-thriving hedgehog highway is now blocked. My plea to anyone with a garden is to make sure it is wildlife friendly with holes in the fence and a not-too-tidy area to provide food and shelter for our wildlife.

Two rants by Anne McLeish

1. Apps

The NHS insisted upon sending me my hospital appointments to the app although I repeatedly told them that my phone was deemed too old to install it. I'm not good at IT so it wasn't until much later and with a great deal of angst I realised I could get it on my mini iPad.

Sadly, that wasn't the end. The app constantly showed me only a blank page. I tried to get them to help me but they didn't. Now I am sent letters but most of my appointments are coming to an end.

There was nothing wrong with my phone but its age – a bit like me!

What about people who don't have an alternative?

2. Buses

I've been diagnosed with osteoporosis and am at last receiving treatment. Life's very difficult but I decided that getting a Q3



from Woodland Mews to the Grove to have my ears tended should be doable. It's almost door to door.

The first difficulty was keeping a disabled seat down so I could navigate my rollator and me into the seat: it had such a powerful spring on it. I sat in an awkward, uncomfortable position but got there.

Coming back, the driver went at great speed and I had to hang onto the pole tightly so that I wasn't thrown onto the floor.

The journey should have been much easier. I'm reluctant to repeat it.

There was another person annoyed with the buses, here's what she had to say

Buses, passes, and the daily commute fiasco

by Gill Spoor

I reached state pension age last year. Brilliant, I thought! Still working, and proud of it. Got my concessionary travel pass: result! Except ... I can't use it before 9.30am, and I need to be at work *by* 9 am. So, I'm still coughing up for pricey tickets just to get there. Fair? Not in the slightest.

If the government's so keen for older people to stay in work, why are we treated like second-class commuters? Schoolkids and students can use their passes before 9.30 to get to class; why can't we use ours to get to the office?

Stress Reduction Kit



Directions:
1. Place kit on FIRM surface.
2. Follow directions in circle of kit.
3. Repeat step 2 as necessary, or until unconscious.
4. If unconscious, cease stress reduction activity.

I've taken it up with Nexus, my local councillor, the council, even my MP. Lots of sympathy, but in the end? It's all about money.



Apparently, letting us on during peak times would "clog up the buses". Never mind that we're still paying customers – if we can find a seat amongst the schoolbags.

And that's if the bus turns up. I'm only a few miles from work, yet it takes me two buses and often an hour and a half each way. The Stagecoach number 12 is a particular gem. It's meant to run every 10 minutes, yet one evening I waited from 5.10pm to 5.50pm while eight went by in the opposite direction. Straight into the Stagecoach Bermuda Triangle, I reckon.

Then there's the vanishing bus station staff. I found one camouflaged behind a coat stand in the station office. Classic!

We've had endless consultations, surveys, and meetings. Nothing ever seems to change. Honestly, I might just get an e-bike and take my chances on the roads.

Excuse me. Are you the king?

Thoughts from the retiring Lord Mayor, Rob Higgins



As my year as Lord Mayor draws to a close, I look



back on so many highlights throughout my term of office. As a devoted fan of our much-loved Newcastle United, I supported the team at Wembley to their long-awaited success and had the privilege of welcoming the team on their triumphant return to Tyneside. I attended numerous community events in our vibrant multicultural city, including the colourful and noisy thrills of the Chinese New Year. I met many veterans of our Armed Forces and shared those poignant moments with them on Remembrance Day and the anniversary of VE Day, when we remembered those who had made the ultimate sacrifice.

I welcomed many schoolchildren to the Civic Centre to visit the Silver Gallery and learn

about the wonderful history of our city and our links with the wider world. Their enthusiasm was infectious and their laughter and sheer enjoyment was clearly reflected in their little faces. However, the undoubted highlight of my mayoral year was the opportunity to meet and thank all those amazing volunteers who contribute so much to improve the lives of others. Our afternoon teas at the Mansion House and those lovely little get-togethers in the mayoral chambers, when I heard so many touching personal stories, will live in my memory for ever.

On a final note, should I wish to write a book about my year as Lord Mayor and am struggling for a title, then perhaps I will use the words of one little girl who politely enquired upon meeting me, "Excuse me. Are you the king?"

Photo of Rob courtesy of Steve Brock Photography

See you at the Movies

By Hugh Keegan

About six months ago myself and a couple of friends decided to change our cinema going habits. We were seeing fewer than a half dozen films per year, usually heavily promoted ones, with actors we knew and liked.



We decided to try and see two films a week. What a revelation! Mostly we end up at the Tyneside Cinema – it can have up to a dozen different films in any one week thereby greatly easing our choices. We see films with directors and actors unknown to us and we usually know very little about the films themselves.

Who knew there were so many amazing films out there and that the hard work of finding them is done for us by The Tyneside Cinema and the British Film Industry (BFI.) OK, some weeks we are settling for the two least worst but we have seen some of the best films we've ever seen, many with titles that are not particularly inviting – "My Favourite Cake" or "Juliet keeps quiet".

Sadly, we are usually part of an audience of fewer than a dozen and I worry about the cinema's viability. So, this an appeal to you to support the Tyneside Cinema. You will be amazed.

Julie Irvine wrote: We go to the Tyneside cinema to watch the film shows for only £6! This is the Silver Screen programme. Films for this price are marked on their website AND include a free coffee and biscuit, should you want it!

We recently went to see 'The Ballad of Wallis Island' on a Wednesday morning and we were surprised to see so many people – the auditorium was almost full!

It is not always easy to be sure what films are part of the £6 deal but you can always ask at the box office when you are next in Newcastle town centre. The film 'The Ballad of Wallis Island' might not sound inviting to everyone but it is a lovely, quirky and funny film with folk songs included.

The Everyman cinema at the top of Grey Street also has some reduced-price tickets for some films marked as 'Silver Screen' on their website and are usually during the day time. They are usually more expensive than £6 deals but do include very comfy seats, free drinks and excellent cake.

If you are not sure what films to go and see, why not listen to the recommendations made by the Elders Council own radio show Older Voices? There is always a section near the end of every programme on books, films or television items that are recommended to listeners.

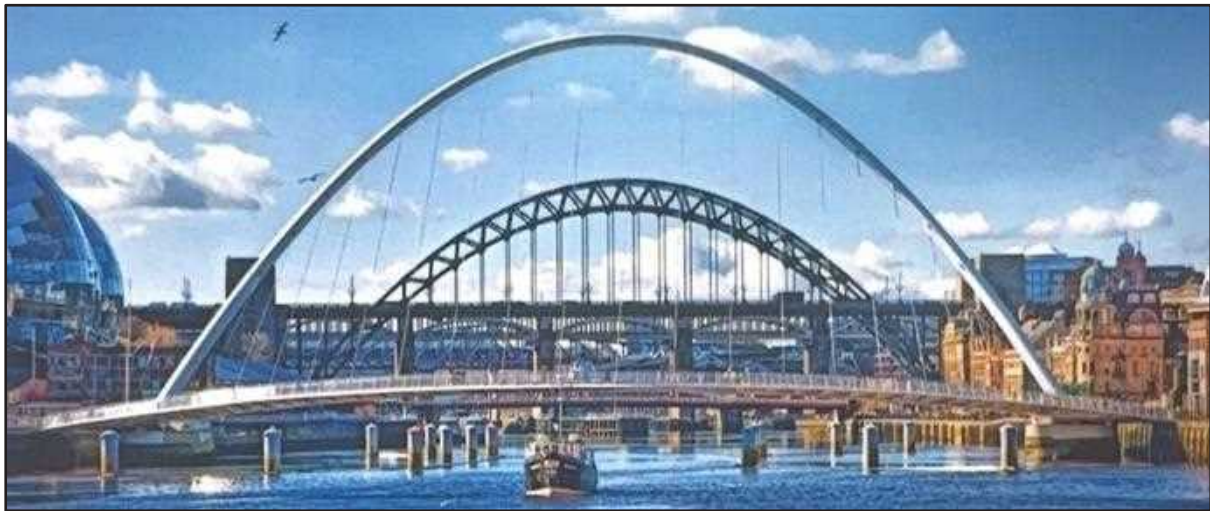
Joyful Raving

By Sue Tideswell

So many things bring joy as well as despair, but would I rave about them as much as I might rant in desperation? Internal raving is joyful, but aloud might suggest recommendation, with possible pitfalls. Changes of opinion occur with age, context, mood, knowledge, so today's rave might be very different from yesterday's. Some raves are perennial; swimming in a warm blue sea, laughing with loved ones, joyful memories when dusting a



cherished object, a loved book. Much to bring me joy over the years, but not so many to rave about. Today shall I cite an excellent travel experience? Or the smell of jasmine in my backyard? No, I shall rave about the marvellous exhibition, at London's National Gallery of exquisite 14th century artwork from Siena – the wonder of centuries-old workmanship of paintings, sculptures, jewellery, gold work. It left me awestruck.



The Heartbeat of Tyneside

So many bridges now span gap of Tyne and divide of time.

Mine thoughts of iron and steel, of history forged shared.

Joint claim of capital true state of mind, no one has dared to
misplace that pride.

River at bend now so easily crossed, but not so angry as to deny or
shy from the birth of its own twins.

North, South, Source and Mouth, unified now.

More to say now, so loud its roar, not just of past and valour of war.

But at peace with memories cared for, shared for so long.

Future has place, yet time does race to give proud Castle new
name.

Merged at Head, Gates, the same for all to see, as one.

The River's water flows as life's blood through veins, that forever
sustains the Beat of Geordie Hearts, so kind.

Of each new dawn of each further day, to spawn applause and the cause to sing.

With song in praise of crown, bestowed upon City-Town that do merge at ease.

Such splendid array, the rejoice of partnership with people to say, if please.

Cathedrals and Churches, the need for bells to ring.

Pains of the growing, suffering, at last gone.

By John T White

Miscellaneous

Winter fuel payments 2025-26

To receive this benefit, you must have reached State Pension age. The payment is £200 per household for those under 80 and £300 per household if you are over 80

**You do not need to claim this
it will come to you automatically.**

Please ignore any person, text or phone call etc. offering help or support to make a claim. It could possibly be a scam.

The Winter Fuel Payment for 2025 will be paid directly into your account between November and December 2025.

Your Winter Fuel Payment will be recovered through the tax system **if your taxable income is over £35,000** or you can opt out.



If you need any other information please use the Age UK website <https://www.ageuk.org.uk/information-advice/money-legal/benefits-entitlements/winter-fuel-payment/>

The Age UK phone number for help and advice is **0800 678 1602**

Changes to landlines

by Helen McGuigan

This is an update from the information we gave you last year in Issue 106 page 18 of the August to November edition. This update is provided by AbilityNet: <https://tinyurl.com/53pd53h9>

In the next 18 months, how landlines work will change. The change for Newcastle is expected to be in the second part of this year.

A month before your household is to change over, you will receive



notification from your provider. In this letter there will be instructions on what steps to take. For many, this is a simple changeover with your phone being plugged into the back of your internet instead of the box attached to the wall. If you don't have internet, don't

worry: your provider will know and have a process to resolve it.

However, if you have one or more of the following situations, you will need to contact your provider before time:

- You have a care alarm, health pendant or security alarm that uses the telephone line.
- You don't own a mobile phone, or you don't have enough signal at home to call the emergency services in a power cut.
- You have a disability or any other needs that mean you need extra help with the installation.

If your landline and broadband are from different providers, you will need to decide which company you want to be with as in the future it needs to be the same. Before you make the decision, shop around for the best deals; even look at the deals from a third provider.

Two issues to remember:

- 1) The phone will not work in a power cut. So, if you rely on your landline to contact emergency service or you have signal issues at home, let your provider know.
- 2) Once the changeover has happened, you will need to use the local code (0191) even if you are just calling next door.

and continually evolving resource for those living in Newcastle and coming to Newcastle.

One opportunity through which to apply co-creation and shape the landscape in the Health Service would be to respond to a recent call from the regional NHS organisation, the North-East and North Cumbria Integrated Care Board (NENC ICB), for expressions of interest for digital inclusion projects. Your voice could help shape the future.'

Dwellbeing Shieldfield

by Anne Raffle

Following a recent project of Community Learning, Dwellbeing Shieldfield proudly launched details of their latest research this week. The Elders Council was invited to the event and heard about the amazing work they are doing in their community, to reimagine shared spaces with local people at the heart of the work and outcome. Each presentation gave a different perspective and reviews from the users in the area were very positive. This talk was followed by tasty food from the community chef and good conversation in the beautiful garden at the Shieldfield Art Works centre.

If you would like to hear more, please check out the [website here](#) and watch the film about [Dwellbeing here](#). If you don't use the internet, here's the brief note that Dwellbeing use to describe themselves:



"Dwellbeing Shieldfield is a welcoming community group and co-operative for people of all ages and backgrounds in Shieldfield, Newcastle. We share life together, support our neighbours and celebrate our community. We enjoy regular social events and

educational activities such as group walks, coffee meet-ups, planting and growing food, youth activities, and making

improvements to our neighbourhood. Our aim is for community members to play an active role in shaping life in Shieldfield.”

If you live nearby, check out the events programme and drop in for walks on a Friday, or a cuppa and chat on Tuesdays.

Bereavement and Grief

by Rob Armstrong

I’ve recently had a bereavement, and I would like to share some practical tips to help you cope.

1. Accept that grief can be a long process.
2. Support yourself by eating well.
3. Stay in contact with others, don’t isolate yourself.
4. Don’t hold back with your grief- it’s okay to cry or not. We are affected differently
5. Keep yourself busy.
6. If you need more support look for a support community or see a bereavement counsellor.

For those of you who may have to deal with registering the death and arranging the funeral there is plenty of guidance. When you register the death the registrar will give you information about the ‘Tell Us Once’ service and explain it to you.

If you are the executor you will also need to seek further information which is on the gov.uk website

There is a lot more useful advice on the government site.

<https://www.gov.uk/after-a-death:>

There is information on the site about bereavement services too.

The NHS also have helpful information and advice about bereavement. You can find it here.

<https://www.nhs.uk/mental-health/feelings-symptoms-behaviours/feelings-and-symptoms/grief-bereavement-loss/>



Newcastle Vision Support

Newcastle Vision Support is moving office premises as Hadrian House is to be demolished. Their new premises is in Northumberland House which is located in Princess Square opposite Newcastle City Library. They are moving in early August. There will be a short period of time where we will temporarily pause our groups and services from Tuesday 15 July 2025 whilst we move offices. We hope to have all services resumed by mid to late August. Here's the contact for the website

<https://newcastlevisionsupport.org.uk/news-and-events/>

Bananas!

by Anne Raffle

Do you have a problem keeping bananas fresh at home?



For years now I have had to buy them in small quantities and no matter where or how I stored them I am always left with a couple of very soft ones only suitable for making banana bread or to eat with custard. A few months ago, I read an article that suggested a good way to store them. I decided to give it a go, what did I have to lose?

When you bring the bunch home take each banana from the main stalk and then cut so only a small stalk is left. Fully wrap each banana separately in tin foil and squeeze so it is tight over the skin. Store in the fridge and take one out when you need it. Up to now mine have lasted about 10 days from one bunch and not discoloured or gone soft. Flatten the tin foil afterwards and re-use on the next bunch, it is much more economical. It's never too late to learn!

Ways to Donate

Your donation will help us provide information to our members by printing and posting this magazine.

Each magazine costs over £3 to print and post.

We post out several hundred each quarter and prices just keep on rising.

Direct payment

Bank: Co-operative Bank Account name: Elders Council of Newcastle

Sort Code: 08-92-99 Account Number: 65079623

PayPal A quick and easy way to donate via our website
<https://www.elderscouncil.org.uk/donate>

Cheque Post a cheque payable to the "The Elders Council of Newcastle" to the address on the back of this magazine.

Cash We also accept cash donations. Please ring the office to arrange collection.

www.giveasyoulive.com Log on to 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.

Legacy 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.

Gift Aid

Let us know if you are a UK taxpayer and we'll send a Gift Aid form that you can sign and return to us. This allows us to claim gift aid from the government (there is no charge to you). You can also download the form from the donate page of our website.

Magazine Information

Magazine articles

Do you have a great article or an idea for one or an axe you want to grind for the next magazine? Then please send it to us by **Friday 12 September, 2025**, at info@elderscouncil.org.uk You may also post articles to us at the address below. Articles that are typed or word-processed are really appreciated but hand-written articles are fine. **Please note the editor reserves the right to alter, adapt or change articles submitted to the magazine.**

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Magazine in other formats

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

Reminder If you move, change your email address or telephone number, please let us know so that we can keep our records up to date.

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