

# E.C. Fortnightly

Issue 2

August 2017

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## What's the Elders Council doing?

### Concessionary Bus Pass and tickets - the reply

Our Transport Co-ordinator assures us that this topic has been raised with the bus companies on other occasions but to no avail; they say the system suits them. However some members pointed out that other parts of the country do not issue tickets and it seems to work there. Others said if you do need to contact the company over an issue to complain or congratulate the ticket offers you the information you need, bus time, driver number and bus route. Thanks for the replies.

### Future Homes

We have been meeting with a small group of older people to ask questions about homes in the future. We've also looked at draft drawings and added our comments and views. Further meetings are planned and the information will go to the co-design group at Ryders Architects who are the architects

committed to the design and build of the four "demonstrator" homes at Science Central.

## Communications

A small group are working on improving the way we communicate with you. We are going to review the website and decide whether additions are needed (as well as what might be removed). This Ebulletin is a pilot for three months and we are working on developing a social media contact.

## FREE IT Sessions: Northumbria Students Union in partnership with the Elders Council of Newcastle

The IT Classes Project will be recommencing on **Wednesday 20<sup>th</sup> September**. At the moment we do not have everything in place such as venue and timings as the students are still away; however it will run. Sessions are very informal - you don't need to attend all sessions - it's entirely up to you whether you attend one, some or all sessions. There is no set structure; basically people turn up with a list of things they want to learn and are given one-to-one support from a student. Tuition is tailor made to suit the learner! Topics include setting up an email account; learning how to use your iPad - or even learning how to use a computer for the first time.

**For further information or to book a place call the Elders Council office on 0191 208 2701.**

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## Dates for your diary

### A 'Walk of Art'

Join Active Newcastle for the launch of their 'Walk of Art' on 23 August at 12pm! Follow the route around the city to find six locations housing unique pieces of artwork. Collect a stamp at each location to be entered into a prize draw. The launch will go to three locations and you can complete the rest of

the route in your own time. For more information, please contact [Jodi.kean@newcastle.gov.uk](mailto:Jodi.kean@newcastle.gov.uk).

## Tyneside Cinema

### **Saturday 26 - Monday 28 August - 80 Years of Cinema, Tyneside Cinema**

Your favourite picture house is eighty years old this year, and what better way to mark the occasion than with a whole weekend of films celebrating the history of cinema, the Tyneside and our audiences? We'll be showing some of the best films made in every decade since we opened, chosen by the people who know and love the cinema best: you. You can also catch clips from our Cinema Memory project documentary before each screening. Plus there'll be special events going on across the cinema throughout the weekend so you can really get in the party mood.

## The Mela

### **Sunday 27 August and Monday 28 August, 12.00pm to 8.00pm, Exhibition Park Newcastle**

The Mela is a free event, based around Pakistani, Bengali, Indian and other South Asian cultures, and is open to anyone who wants to learn more, be entertained and meet new people as well as enjoy different music, art and food in the heart of Newcastle. With a line up including the hottest contemporary Asian acts as well as traditional displays of music and dance it's an event likely to appeal to all ages and races. [Find out more](#)

## Heritage Open Days

These run from **7 to 10 September** and are a great opportunity to see interesting local buildings which may not normally be open to the public. There are often guides to show you the secrets and treasures hidden inside. There's a wonderful 17th Century court room upstairs in the Guild Hall, it's often on the list of places to see. <http://www.heritageopendays.org.uk>

## Mile Castle Meeting

The next meeting at the Mile Castle is on **20<sup>th</sup> September** starts at 10.30. The topic is still undecided but there will definitely be something happening, come along, bring a friend and find out.

## Newcastle Allotment & Garden Fete 2017 – celebrating 100 years of growing in the city

Budding gardeners and green-fingered enthusiasts are invited to show off their gardening skills at the 2017 Newcastle Allotment & Garden Fete, organised by Newcastle City Council, working in partnership with the city's Allotments Working Group (AWG) all taking place in a marquee within the beautiful setting of Leazes Park, Newcastle's oldest park, close to the city centre. On **Saturday 23 through to Sunday the 24 September**, Leazes Park will host a full weekend of activities, including a climbing wall, children crafts, market stalls, face painting, food outlets, gardening advice, honey bee demonstrations and a whole lot more! For more details about being an exhibitor, contact Newcastle Allotments Officer, Mark Todd, on 0191 278 7878. The public show starts at 11am, when it will be officially opened by the Lord Mayor of Newcastle, and it finishes at 4pm.

## Early Notice date for your diary

**On Sunday 29th October** a great drama will engulf NewcastleGateshead, inspired by Dr Martin Luther King Jr. and epic civil rights struggles from across the globe.

Out of the buildings and through the streets of NewcastleGateshead will come a unique afternoon of theatre, music, dance, circus and art to celebrate the courage and sacrifice of those who have led the long march for civil rights. Starting from different locations across the city, the stories from Alabama 1963, India 1919, South Africa 1961, Manchester 1819, and Tyneside 1936 will be woven together in a unique immersive performance featuring a local cast of hundreds that will develop throughout the day.

As night falls, an uplifting climax will bring the city to a standstill for a memorable moment of light, sound and theatre. <http://freedomcity.com>

## Early Notice Dementia Conference

A conference on Dementia is to be held on **11 November 2017** at St. Hilda's Church, Jesmond (Jesmond is working to be a Dementia Friendly Community.)  
Contact 0191 281 1659 email:office@stgeorgesjesmond.org.uk .

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## Opportunities

### Voice North

1. [Inclusion of PPI into healthcare science training for the Northern Training Consortium \(NTC\)](#) has been created in Health & Science. This is an opportunity to be a public representative for the Northern Training Consortium. The NTC are looking for 1-2 representatives who have an interest in science and its application to healthcare.

For further information or to take part, please email [voicenorth@newcastle.ac.uk](mailto:voicenorth@newcastle.ac.uk) or telephone 0191 2081288.

2. [What's the best way to lose weight? Online Survey](#) has been created in Health & Science. This is an opportunity to take part in an online survey about weight loss. To take part you must be aged over 18. You do not have to be actively trying to lose weight to take part.

For further information or to take part, please email [voicenorth@newcastle.ac.uk](mailto:voicenorth@newcastle.ac.uk) or telephone 0191 2081288.

3. [Parkinson's research project focus group](#) has been created in Parkinson's. This is an opportunity to join a focus group to help improve mobility in Parkinson's disease. People with Parkinson's Disease and their carers/close family members are eligible to take part. The focus group will be on **Thursday 31st August**, 13:30-15:00 in Newcastle.

For further information or to take part, please email [voicenorth@newcastle.ac.uk](mailto:voicenorth@newcastle.ac.uk) or telephone 0191 2081288.

## Newcastle Gateshead Clinical Commissioning Group

The group is offering a **Free** Self-care programme for people aged 50 and over. The programme will focus on the benefits of self-care. It will run over five Fridays in September at Gateshead Civic Centre starting on Friday 1st September then each Friday for the following four weeks. It's open to people who live in Newcastle and Gateshead; lunch and travel expenses are included. To find out more phone Lindsay Pearson on 0191 217 2881 or email [NGCCG.Vanguardcarehomes@nhs.net](mailto:NGCCG.Vanguardcarehomes@nhs.net) .

## Free Dementia Workshop

UNISON in partnership with The Open University is running a Free dementia workshop. This workshop run by an Open University Tutor will aim to help you understand: what is meant by the term dementia – types and causes; how having dementia affects the way a person behaves and functions; that there is more to a person than the dementia; that it is possible to live well with dementia. Lunch and refreshments will be provided. To register please email your name, contact details, job title and employer information to Danielle Jeffries on [d.jeffries@unison.co.uk](mailto:d.jeffries@unison.co.uk) . Closing date for registration: **Thursday 24th August** 2017. Places will be limited and on a first come first served basis.

## Writing Workshop for Active Ageing

Coracle theatre company are running a series of playwriting workshops at Alphabetti Theatre this September to accompany their new production *Overdue*. The sessions will be run by writer & performer [Steve Byron](#) who has developed his writing with [Live Theatre Newcastle](#) and [Greyscale](#). As part of the course, you'll explore storytelling, writing for drama, character development and journey, story arcs, monologues, dialogue and writing for more multiple characters and more. You'll also have the chance to create a 5 minute play, which will be produced and presented at Alphabetti Theatre in front of an audience. The price of the workshops also includes a ticket to see [Overdue by Arabella Arnott](#). Find out more and book your place here: <http://bit.ly/CoracleWriters> .

## Love Letters

Streetwise Opera are looking for Tyneside love letters from the last 100 years to be immortalised in an exciting new opera and exhibition. If you have love letters that were written in Tyneside, sent to someone in Tyneside or connected in some way to the Tyneside area [get in touch with Streetwise](#) .

### Walking Club seeking new members

Gateshead Civic Walking Club organise fell walks in the mountains of the Lake District, Howgill Fells, North Yorkshire Moors, Yorkshire Dales, Cheviot Hills, Pennines and the Highlands of Scotland. There's a Saturday walk each month; two or three weekend trips and several week long trips in Europe and the UK each year. The next walk is in the lakes - Scafell Pike on **2 September** - see details [online here](#) or visit their [Facebook page](#). If you would like to get involved with a friendly walking group, you are welcome to join a walk before you join up. Membership is £7.50 a year to cover insurance, transport to walks in the Lakes is currently £15 per person. For more information, please contact club secretary Graeme at [civicwalker@gmail.com](mailto:civicwalker@gmail.com) .

### Newcastle Central Station Travel Plan

Please find details of a survey that is being undertaken by Virgin Trains East Coast. The survey is to inform a Travel Plan that is being developed for Newcastle Central Station, and they are inviting people to take part to provide feedback on access to and around Central Station. The survey can be undertaken here - <https://www.surveymonkey.co.uk/r/VTTTravelplan>. As an incentive to take part, people completing the survey can take part in a prize draw for 2 First Class Rail Tickets for travel anywhere on the Virgin Trains East Coast Route. There will also be face to face surveys undertaken in the autumn and the prize draw will take place later this year.

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## Information

[Northumbria Police](#)

Northumbria Police has launched a multi-channel, two-way communication tool, 'YourNorthumbria'. The system can be accessed through a variety of means, including fixed computers, smartphones, tablets and laptops. It is the first county wide community engagement system designed to keep registered users up to date with the latest information about what is happening in their local communities. It's free and secure to sign up – to sign up or find out more visit <https://www.yournorthumbria.org/>.

### **Doorstep Sellers - Useful Advice**

Northumbria Police have received reports from members of the public regarding doorstep sellers claiming to be working on a Probation Scheme from the Middlesbrough area. Please be aware that no such scheme exists and they are using these tactics to encourage you to buy items from them. Doorstep sellers (Pedlar's) must hold a certificate under the Pedlars Act 1871; this is granted by the police and paid by the seller. If a doorstep seller comes to your house, please do not be pressured into buying from them, you have the right to ask them to leave; use a spy hole, chain or window to see who is at the door. If you do not recognise the person speak through the closed and locked door. Look out for your neighbours and report any suspicious activity to police by noting down any information you have such as vehicle details. A pedlar's certificate is in no way an indication that the goods for sale are of merchantable quality.

### **Newcastle City Council**

Newcastle City Council has announced the rollout of full fibre gigabit broadband across 25 of its social housing developments. Hyperoptic, the nation's largest residential gigabit broadband provider, has been chosen to provide the service. Work is underway and full fibre broadband already available in 1,180 council homes. As the rollout progresses across almost 5,000 properties in 25 of the council's social housing developments, including Todds Nook, Vallum Court, Westgate Court, King Charles Tower, Pandon Court and Lort House will benefit.

Councillor Jane Streather, Cabinet Member for Housing and Public Health, said: "In the world we live in today good quality, high speed broadband can be the key to success when it comes to education, employment and social inclusion.

## **Power as a health and social justice issue**

A short web-based animation on has been developed through a collaboration between Glasgow Centre for Population Health (GCPH) and NHS Health Scotland. This builds on NHS Health Scotland's work on the theory and evidence relating to power as a fundamental cause of health inequalities and GCPH's work on community engagement and empowerment. We hope that this animation is useful to people to increase understanding of the importance of power in shaping social and health inequalities and encourage them to consider how they can help support communities to have more power. This resource is freely available online, to view it please visit:

<http://www.gcph.co.uk/power> .

## **The Art Market - Grainger Market**

This takes place in the Grainger Market on the fourth Saturday of the month. Around 20 artists, designers and crafters are in the Exhibition Space, beneath the arched Victorian glass roof. It showcases the regions talents and helps support local businesses by enabling the artists to sell directly to the public.

## **Love the Beano? Read The Dandy?**

You must visit the brand new Comics exhibition at Seven Stories. They have gathered a mix of original comic art; see Desperate Dan and Minnie the Minx as they were drawn in the 1940s and 50s; find old friends like Oor Wullie and Roy of the Rovers; imagine yourself on an adventure with Dan Dare from The Eagle. <https://www.sevenstories.org.uk/exhibitions/comics> .

## **A new book about ageing well**

Getting older sometimes throws up a few warning signs and people start to think that they are unable to do various things anymore because they are getting older. Eric Nielson, an author from Hebburn has written a book that teaches you that it isn't the case, and you should not start to give up, but be inspired to do more than you could before, prolonging the vigour and energy

you already possess. He examines the elements over which he has control; diets, exercise, hygiene and mental activity, and sets himself on a new path of self-improvement. The book is called: Getting Older, Staying Young, published by Austin Macauley, is available to buy from 31<sup>st</sup> August 2017. (We are not endorsing it, just telling you it's there!) [www.austinmacauley.com](http://www.austinmacauley.com) .

## **New on Information NOW**

Hearing voices and hallucinations.

Up to 15% of the population report hearing voices and seeing visions. Find out more at: <https://www.informationnow.org.uk/article/hearing-voices-hallucinations/> .

New and updated organisations include:

Guide Dogs Newcastle. Find out about their My Guide service

at: <https://informationnow.org.uk/organisation/guide-dogs-newcastle/>

The Patients Association. For information about how to access your medical records, make a complaint or access treatments see here:

<https://www.informationnow.org.uk/organisation/the-patients-association/> .

## **Her Majesty's Revenue and Customs (HMRC)**

### **Simple Assessment for Pensioners**

In the next couple of months HMRC will be writing to all taxpayers who reached state pension age in 2016/17 explaining the Simple Assessment process. HMRC will be sending out the actual Simple Assessments (PA302) in October 2017. Remember that if taxpayers don't agree with the figures on the Simple Assessment, they must query the figures within 60 days of the date of issue.

### **HMRC Withdrawal of Post Office Payments**

From 15 December 2017 it will no longer be possible for taxpayers to make payments to HMRC at the Post Office. HMRC will shortly be issuing letters to its customers starting with Tax Credits, NICO and Child Benefit customers (as these people tend to pay frequently via the Post Office and may need the most help in finding alternative methods of payment). HMRC will not be issuing a press release regarding this change. All the different ways to pay HMRC can be found by clicking [here](#).

## New Regulations to protect Older People from Pension Scams

The Government issued information on measures concerning private pensions; these include banning cold calling, emails and text messaging. Please follow the link for further information to prevent cold calling, including emails and text messages. [News story: Tough new measures to protect savers from pension scams](#) .

## Accessible Homes

The Elders Council have long promoted accessible homes and this campaign is asking for your support for these.

Habinteg is a Housing Provider and this is their second year of campaigning for accessible homes. The campaign seeks to ensure Government, local councils and property developers recognise the importance of accessible homes and show why they should increase the number of these homes that are built. By raising our voices and showing a broad coalition of support, we can collectively keep the issues on the agenda. The #ForAccessibleHomes Day of Action is on **Friday 8 September 2017** and there are a number of ways that you can get involved in advance. We would be delighted if you could:

- Tweet your support using the hashtag **#ForAccessibleHomes**
- [Join our Thunderclap](#) to support our message on the Day of Action
- Take part in our photo campaign on social media
- Produce a short blog or video clip in support

The Elders Council do not have time to co-ordinate any group events but would be delighted for any individual members to join the campaign.

## Alzheimer's Society

The Alzheimer's Society run a whole programme of events and activities for those living with Alzheimer's (and other forms of dementia). These include: Singing for the Brain; Games for the Brain; Dementia Café and support for carers. If you need any information or support please contact one of the

Dementia Support Workers; Caroline Harding, Gill Park or Laura Monaghan or Dementia Advisor Angela Todd T: 0191 298 3989 or email [newcastle@alzheimers.org.uk](mailto:newcastle@alzheimers.org.uk) .

## Northern Powergrid

Northern Powergrid has asked if we could assist getting the word out about their [Priority Services Register \(PSR\)](#) .

The PSR is a list of all customers who need additional help or support during a power cut. The additional support they require may be additional communication, provision of a hot meal, a torch, or even a generator. This list of services is not extensive, nor is it guaranteed for every customer registered with them. They tailor their services based on individual circumstances at the time of a power cut. If you think you may need additional support if a power cut takes place or know of someone else who may experience difficulties during a power cut please make sure you register with the service and help others to register. The easiest way is to go to [their website](#) for further information.

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**Thanks for reading this, hope you found something of interest or an opportunity you are going to grasp or that you learned something new.**

### Contact Details:

Elders Council of Newcastle, Room 236 Second Floor

Biomedical Research Building, Nuns Moor Road

Newcastle upon Tyne NE4 5PL

Telephone: 0191 208 2701

email: [info@qualityoflife.org.uk](mailto:info@qualityoflife.org.uk)

Website: [www.elderscouncil.org.uk](http://www.elderscouncil.org.uk)

