

# E.C. Fortnightly

Issue 3

September 2017

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## What's the Elders Council doing?

### Bus Shelters Feedback

The City Council is coming to the end of its existing long standing bus shelter contract with Clear Channel UK. To inform the development of a new contract they would like your views on the future provision of bus shelters across the city. The Elders Council Transport Group have invited a speaker to discuss this at their next meeting on September 13th and will be sending their collective view to this consultation and Disability Forum will be holding a meeting on Tuesday 19th September at 10.30 am in the Civic Centre (meet in main reception). You are welcome to attend either of these sessions. Space is limited for the meeting on September 13th so please contact the Elders Council to book your place. However it's possible for all of you to have your individual say. The City Council would welcome your views. You can provide

feedback on their Let's Talk Newcastle forum which can be accessed at <http://letstalknewcastle.co.uk/consultations> . Or alternatively you can email [busselters@newcastle.gov.uk](mailto:busselters@newcastle.gov.uk) with your views. The closing date for feedback is Friday 22<sup>nd</sup> September 2017.

## Older People's Day 1<sup>st</sup> October

This is a day that is celebrated every year and there are a variety of events and "happenings" across the city for older people so make sure you all do something to celebrate the day. Here's a list of what we know so far. You will need to contact each organisation for any further details.

**Dance City:** are holding an older people dancing open day on **1 October**. These will be taster sessions and in the afternoon. Contact [info@dancecity.co.uk](mailto:info@dancecity.co.uk) or phone 0191 261 0505 web site: <http://www.dancecity.co.uk>

There is likely to be more information in the next bulletin.

## The Elders Council Board Meeting

The Board will meet for their regular monthly meeting on 19<sup>th</sup> September. Board members please remember send apologies in advance to the Chair. The meeting starts at 10.30am.

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## Dates for your diary

### Barclays Bank

The bank is holding a free community event on Thursday 7th September in their Northumberland Street branch from 9–5pm. Supported by their Digital Eagles, the purpose is to shine a light on the risks that exist in the digital world and provide people with knowledge of what to look out for as well as information and tools to help keep themselves and their families safe. There are no appointments just turn up.

## The Time Exchange Wellbeing Walks

This organisation is situated in the west of the city but anyone can join the five walks they are planning around the local area taking in local places and events. You can join one or all, it's up to you. The walks are on **5<sup>th</sup>, 9<sup>th</sup>, 14<sup>th</sup>, 21<sup>st</sup> and 26<sup>th</sup> September**. They will be led and will suit different fitness levels and interests. All walks meet at the Bike Garden in Nuns Moor Park, and return there for tea, coffee and biscuits. Times of walks vary so please contact Time Exchange for more details. Everybody is welcome, whether or not you are a Time Exchange member. Email [info@thetimeexchange.org](mailto:info@thetimeexchange.org) or phone: 0191 2450663 or 0191 2453814.

## International Street Food Festival

There is to be an “entire world of international street food, music and entertainment at the iconic Sage Gateshead” on **22<sup>nd</sup>, 23<sup>rd</sup> and 24<sup>th</sup> September**. There will be food from different cuisines and cultures; opportunities to sample food, delicacies, spices and sound. Calling upon world favourites, home made secrets, and unearthed gems Sage Gateshead invites you to broaden your horizons, try new things, and celebrate a truly international appetite on the Tyne. This is a ticketed event. For more information contact: <http://www.sagegateshead.com> .

## Elderberries at Scotswood Community Garden

This group is holding FREE workshops at the Community Garden, based in the grounds of the John Marley Centre, Whickham View. All workshops are 10am - 12.30pm with free refreshments. **Friday 15<sup>th</sup> September** – Tai chi taster session. **Friday 22<sup>nd</sup> September** – Felting basics. **Friday 6<sup>th</sup> October** – Making preserves. Free jar of jam to take home! **Friday 13<sup>th</sup> October** – Autumn photography. Help with the cost of getting there is available. For more information and to RSVP please contact [leanne@sncg.org.uk](mailto:leanne@sncg.org.uk) or 0191 200 4706.

## Northumbrian Scribes Exhibition of Calligraphy

This exhibition, "Living Letters" is open from **September 9<sup>th</sup> - 31<sup>st</sup> October** Monday to Friday 9a.m. - 1p.m in St Andrew's Church, Talbot Road Sunderland. **It opens for a preview at 11.00am on 9<sup>th</sup> September.** As well as visiting the exhibition the church itself is often referred to as the Cathedral of the Arts and Crafts movement. It has works by William Morris and a tapestry by Burne Jones as well as other features. Book this into your diary as a "two for one offer!"

### Age UK Will Day

This is an opportunity to see a solicitor and make a will. **Wednesday 27<sup>th</sup> September** is Open Will Day. The cost is just £50 (or £80 for a couple) for a simple Will. To find out more or to book an appointment, please contact the Advice & Support Team on 0191 232 6488 or email [enquiries@ageuknewcastle.org.uk](mailto:enquiries@ageuknewcastle.org.uk) .

### Unite Social Group - 20 Years in September

The Social Club is celebrating its 20 year anniversary on **Tuesday 12<sup>th</sup> September 2017**, at the Irish Centre. Gallowgate, Newcastle upon Tyne. The Group meets the second Tuesday of each month 11am to 3pm with speakers talking on subjects like isolation care, care homes, transport. dementia etc., followed by a raffle and bingo, tea/coffee and biscuits are also available. The social group also organise day drips and twice each year have 5 day breaks, the next one is to Largs in Scotland. For further information please contact Bob Pinkerton on 0191 414 4537 email [bobpinkerton09@btinternet.com](mailto:bobpinkerton09@btinternet.com), or Colin Johnson on 0191 236 8123.

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## Opportunities

### Active Citizens

Make a difference in your local community become an Active Citizen. Active Citizens are people who want to make a difference to their community, who

are enthusiastic about citizenship and bringing their community together. If this describes you then there are to be FREE workshops at the John Buddle Work Village, Buddle Road, Benwell where expert support will help you start a project with opportunities to apply for funding. **Workshop dates are: 14<sup>th</sup>, 15<sup>th</sup>, 21<sup>st</sup> and 22<sup>nd</sup> October.** For further details contact: Hannah Morrow 0191 226 7300 email: [active.citizens@rhwe.org](mailto:active.citizens@rhwe.org).

### How do you feel about Your Social Life?

Researchers from Newcastle University are interested in your views and experiences. If you are aged 60 or over and live Wingrove or Fenham then contact [holly.standing@newcastle.ac.uk](mailto:holly.standing@newcastle.ac.uk). Freephone: 0800 808 5160 and share your views and experiences with researchers.

### Freedom City 2017 - latest news

We're sorry that there was some problem with the link to this in the last bulletin so a refresher is here; hope the link connects this time.

On Sunday, 29<sup>th</sup> October a drama will engulf NewcastleGateshead, inspired by Dr Martin Luther King Jr. and epic civil rights struggles from across the globe. There is still time to get involved in this unique afternoon of theatre, music and dance to commemorate the courage and sacrifice of those who have led the long march for civil rights. There are a number of ways you can get involved with public workshops running throughout September. [Sign up now!](#)

### Repairing family or community heirlooms

BBC2's The Repair Shop are seeking damaged family and community heirlooms for their second series and objects that have special significance during Christmas time for their upcoming Christmas special. The series follows a team of passionate and skilled crafts people who restore damaged objects of sentimental value. The experts work side by side in beautiful barn nestled deep in the British countryside as they fix, repair and breathe new life into objects brought in by members of the public. The experts are drawn from

different disciplines such as furniture repairers, metal workers, mechanics, ceramicists, clock makers, picture conservationists, and up-cyclers, restorers and fabricators. If you have a precious object you'd like repaired please email [repair@ricochet.co.uk](mailto:repair@ricochet.co.uk) or call 01273 224829.

### Search Autumn Programme

This is a community based organisation providing services for older people living in the west of the city. A wide range of activities are available from pottery workshop and other creative activities where booking is needed to drop-in sessions on perhaps jewellery making where there is no need to book. They also offer Singing for the Brain on the first Wednesday of each month. There is also Lunchlinks a new project at Search with the goal of running and setting up lunches across the west of Newcastle. For more information please contact 0191 273 7443, email: [info@searchnewcastle.org.uk](mailto:info@searchnewcastle.org.uk) or visit <http://www.searchnewcastle.org.uk> .

### Ping Newcastle!

Did you enjoy table tennis in your youth? Newcastle City Council is running a table tennis programme called Ping! As well as installing tables in a variety of locations across the city, Ping has made a commitment to work with older adults. They will offer you the chance to try out table tennis for the first time or revisit table tennis and help you keep fit and meet people. They have transport, tables and a table tennis leader so it doesn't all have to be at Leisure Centres. Contact Owen Jordan on [owen.jordan@newcastle.gov.uk](mailto:owen.jordan@newcastle.gov.uk) or phone **0191 2783301**

### Thinking about drinking: 65+

An opportunity has arisen from a PhD student at Newcastle University. The aim is to understand how people aged 65+ weigh up the positive and negative effects of drinking alcohol, and how this influences their behaviours. She is particularly interested to hear from those who identify as being from a minority ethnic group. She cannot include anybody who has sought help for alcohol problems in the past. For more information contact: email [b.k.bareham@ncl.ac.uk](mailto:b.k.bareham@ncl.ac.uk) or phone: **0191 20 82056**.

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## Information

### Information NOW

Take advantage of [Information NOW](#) this Autumn to keep up to date about events and activities that will keep you mentally and physically active. We have a wide range of categories including: opportunities to make music or attend concerts, sports and fitness such as football, bowls and tai chi as well as computer classes to build your confidence to go online. Keep an eye on our [hobbies](#) article and visit our [leisure and lifestyle](#) category.

### Family Arts Campaign

This organisation has announced the launch of its new age-friendly standards developed with experts, cultural organisations and older arts attendees. They aim to be open, positive and welcoming for older people. The standards provide guidance to cultural organisations. To find out more visit <http://www.familyarts.co.uk> .

### NHS and Public Health England

The NHS and Public Health England are launching this year's "Be Clear on Cancer" respiratory symptoms campaign. The campaign encourages anyone aged over 50 who has had a cough for three weeks or more or who gets out of breath doing things they used to be able to do, to visit their GP as they could be signs of lung or heart disease, or even cancer. To learn more about the campaign go to the [campaign website](#), or to get involved go to the [campaign resource centre](#).

### Age UK Newcastle

Do your toenails need trimming? Age UK Newcastle is offering a new service: a professional Toe Nail Cutting Service with a team of toenail trimmers who have been fully trained by the NHS Podiatry Service. You can have your toenails cut in your own home. The service is for people over the age of 50 who are unable to cut their own nails but do not need a podiatry service. If you would like to book an appointment contact (0191) 235 9900 or email [homesupport@ageuknewcastle.org.uk](mailto:homesupport@ageuknewcastle.org.uk) .

They also have a new Day Service giving people over 50 the opportunity to spend the day in a safe, comfortable environment providing a range of activities bingo, films, quizzes etc.; a hot two course lunch and access to all the other services such as the free benefits advice. Transport will be available if needed. For more details call (0191) 235 9900 or email: [homesupport@ageuknewcastle.org.uk](mailto:homesupport@ageuknewcastle.org.uk) .

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#### Contact Details:

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