

# E.C. Fortnightly

Issue 6

October 2017

## Contents

- [What's the Elders Council doing?](#)
- [Dates for your diary](#)
- [Opportunities](#)
- [Information](#)

## What's the Elders Council doing?

Thank you to those who have given us some feedback we appreciate it. We are looking for more feedback from those who haven't yet "put finger to keyboard." We're interested in any feedback so please DO IT NOW.

Please answer these questions to help us:

1. Do you find the bulletins useful? If yes, can you say why?
2. As a result of reading the bulletins have you gone somewhere/ found out more/discovered something new? It would be great if you could give us examples.
3. Can we make it better; how can we do that?

Email replies to: [info@qualityoflife.org.uk](mailto:info@qualityoflife.org.uk)

Thank you  
Bulletin Editor

Older People's Day

This was about celebrating the contribution of older people to the city and it went well. About two dozen people joined the walk although it was a bit difficult knowing why we did that particular walk! It was quite windy so perhaps difficult to hear commentary. It was called a “Walk for Art” perhaps you can find out more? There were around 80 to 100 visitors to Brunswick where entertainment was provided by the Store Strummers and people enjoyed tea and cake as well as having access to one or two stalls. One of our members did some clowning, performing magic tricks at the tables.

### **Everyone’s tomorrow – today!**

This is our radio programme which broadcasts every month. A different theme is chosen for each month and the radio team interview a wide range of guests. Music is provided by guests bringing along a favourite piece. You can find it on NE1fm at 102.5fm at 2pm on the first Friday of each month.

### **Future Homes**

Members of the Elders Council who have been involved in the Future Homes project met with the architects from Ryders to review the accumulation of ideas which have been gathered from sessions with citizens, health professionals and industry professionals. During this very interesting session, we discussed our latest ideas about the principles underpinning what we are trying to achieve; the design and how to build maximum flexibility in the homes; how we would ‘mass’ or locate the 30 units on the Science Central Site and finally, how we would know whether the housing we build will deliver the targets and aspirations we have set ourselves. It’s a fascinating project generating many interesting conversations about how we live and what our housing means to us.

### **Active Voices**

This is quite high priority with the E.C. and is a joint venture with the W.E.A. We are really keen to see another course (which sounds hard work – but isn’t!)

We can assure you it’s very enjoyable and you will learn lots that will be of real value. If you would like to find out more there will be a meeting on 9 November from 10am-12 noon at St Martin’s Centre, Roman Way, Byker. For more information or to register a place contact: [info@qualityoflife.org.uk](mailto:info@qualityoflife.org.uk) or Anne Richardson on 0191 208 2701.

### Centre for Ageing Better

This national organisation was in Newcastle filming for their own web pages. They came to Newcastle as they know a lot about the good work we do. They filmed us in pairs talking about an issue that affects older people two spoke about retirement. Filming lasted quite a while but there will be editorial scissors before it is seen!

### Give as you live

It's Christmas shopping time. So please help the Elders Council by logging on to [www.giveasyoulive.com](http://www.giveasyoulive.com) every time you shop online and nominate the Elders Council as your chosen charity. **It costs you nothing.** But whenever you shop at one of the many participating stores or websites (for, e.g., hotels or rail tickets), the store or website gives a small percentage of the sale to the Elders Council. So please help us and "Give as you live". Thank you.

### Wellbeing for Life

This is the Jesmond Library and Elders Council group who meet at the library in Jesmond with events and activities that support the wellbeing of older people. Currently they are working on "Drama for all" and there is an event at the library at **10.30am on 1 November**. The event will be followed by light refreshments. Contact: Anne Richardson 0191 2082701 or email: [info@qualityoflife.org.uk](mailto:info@qualityoflife.org.uk) for further information.

### [Return to the top](#)

## Dates for your diary

### British Red Cross

The Red Cross are holding a drop-in at Newcastle City Library on **19 and 20 October**, 10am – 5pm, for the Carer's Emergency Card scheme.

The Carer's Emergency Card offers free emergency support to adults living in Newcastle or Northumberland whose carer suddenly becomes unable to return and offer them care in the usual way. This could be because of a personal crisis such as sudden illness, accident or other emergency which occurs while they are away from home. The scheme supports carers to draw up an emergency contact plan or keep safe an existing plan. It is operational 24 hours a day, 7 days a week and 365

days a year, providing a rapid response in the event of a personal crisis as well as additional planned support to allow the carer to attend personal appointments. Their website is: [www.redcross.org.uk](http://www.redcross.org.uk) .

### Disability North

Disability North's 2017 Annual General Meeting will be held on **Monday 4 December** at MEA House, Ellison Place, Newcastle upon Tyne, Tyne and Wear, NE1 8XS.

Please **book in advance** via this link: <https://www.surveymonkey.co.uk/r/Y8RKQ8M> .

### Disability North

This organisation is holding a Hallowe'en themed Zumba marathon, a **Zumbiethon** at Gateshead Leisure Centre **on Saturday 4 November** starting at 2.30pm. It's an event for all ages and genders and dressing up is optional but fun! Tickets are £10 (children £3) contact via the website [www.disabilitynorth.org.uk](http://www.disabilitynorth.org.uk) .

### Search Christmas Coffee Mornings

Search offers activities and support for people aged 50+ living in the west of the city; they are holding two Christmas coffee mornings in two different venues. The first is on **Wednesday 6 December** at Throckley Community Hall, Back Victoria Terrace NE15 9EL and the second on **Tuesday 12 December** at the Church of the Holy Nativity, Hillheads Parkway NE5 1DR. There will be a quiz, a raffle and some light entertainment as well as mince pies. Both start at 11am. Contact Frances for further information: 0191 2737443.

### Newcastle City Council

This has been mentioned in an earlier ebulletin, but given its importance to the future of the city it's here again. The City Council is seeking **your** comments on the Draft Development and Allocations Plan. Consultation will run from 9 October to 20 November 2017.

Newcastle's Local Plan is a collection of documents that will guide the future development in Newcastle to 2030.

This part of the Local Plan is the Development and Allocations Plan (DAP). This is currently being prepared and the subject of this consultation. The draft DAP is a positive plan to promote development, protect our assets and to support and help to deliver the strategic

policies set out in the CSUCP. This will provide greater certainty on the delivery of new housing and employment sites and ensure that Newcastle is a prosperous and sustainable city where people choose to live, work and visit. Here is the link to the survey <https://letstalknewcastle.co.uk/consultations/info/231> where you can have your say and this link will take you to a site that will offer places and times for drop-in events and other information <http://www.newcastle.gov.uk/localplan2> .

[Return to the top](#)

## Opportunities

### Student Requests Help

A Newcastle University student studying English Language and Literature has asked for help. Students have been tasked to collect answers to a language questionnaire from various people of different ages. If you want to help out and complete the questionnaire find it at: <https://tinyurl.com/yd5r6yyq> . Please include **'Victoria Mezzetto'** as the name of student who asked you to participate.

### Newcastle University

The university has launched their next programme of Insights Lectures which are free to the public. Visit Information NOW [www.informationnow.org.uk](http://www.informationnow.org.uk) for more opportunities to take part in events and activities in Newcastle.

### Voice North

1. A new opportunity [Adult Social Work service user survey](#) has been created in Health & Science. This is an opportunity to take part in an online survey to help improve social work for adults in England. This is an online survey and will be available to complete until January 2018. For further information and to take part, please follow the link. If you have any questions call us on 0191 2081288.
2. A new opportunity [Healthcare services teaching for university students](#) has been created in Health & Science. This is an opportunity to take part in interactive seminars with students to

discuss healthcare services. The seminars will take place on 8 November and 14 December at Newcastle University.

For further information and to register your interest in taking part follow the link or call on 0191 2081288.

### Community Pharmacies

This is an offer to community groups. The Pharmaceutical Needs Assessment (PNA) informs where pharmacies are placed in Newcastle as well as what types of services the pharmacies offer for people. Newcastle Wellbeing and Life Board want to find out the views of people in Newcastle about community pharmacy services. You can find out more at <https://letstalknewcastle.co.uk/> .

Here is a video<<http://cvsnewcastle.us8.list-manage1.com/track/click?u=10915f76f1eb2fd9300c85b8d&id=654fa95e7b&e=def3cdf326>>

Contact Andre Yeung if you would like someone to come and speak to a community group about the Pharmaceutical Needs Assessment please contact: [Andre.Yeung@newcastle.gov.uk](mailto:Andre.Yeung@newcastle.gov.uk) .

[Return to the top](#)

## Information

### World Osteoporosis Day

Love your bones - protect your future campaign  
**20 October is World Osteoporosis Day** and there is a worldwide campaign to raise awareness about how to protect your bones. Osteoporosis can make your bones fragile and you will have an increased risk of falls and fractures. Statistics show that 1:2 women and 1:5 men over 50 years incur a fracture owing to fragile bones. There are ways to prevent this including a diet rich with calcium and Vitamin D, found in foods such as cheese, milk and leafy vegetables and regular weight-bearing exercise. Have a look at the Information NOW events section for activities to keep you fit and healthy including water workouts.

### Disability North

**9 November:** "Carer's Assessment, Provision and Services: Law and Practice"

Spaces are still available to book onto this course which aims to set out the key legal rules under the Care Act 2014 about informal carers (e.g. family, friends, neighbours etc.) when they care for adults with care and support needs.

To find out more and to book a place visit website, [HERE](#) or by contacting Kevin Wright on 0191 284 0480 or [KevinWright@disabilitynorth.org.uk](mailto:KevinWright@disabilitynorth.org.uk) .

### Disability Rights UK

This organisation will be running a learning event in the North East, on the **9 November 2017** to share experiences and insights on its pilot programme [Get Yourself Active](#) (GYA). This aims to increase participation of disabled people in physical activity, working with local partners from user led organisations, social care, health & the sport sector. The event is **invite only**. To get more information or to register your interest please contact [Leanne Wightman](#) .

### Mobike,

This is a Bike Share scheme that was launched in the City on 16 October. A company called **Mobike**, have approached the City Council with a view to launching in Newcastle. It is proposed that up to 1000 bikes will be rolled out across the city in the coming weeks to help support the city's priorities for tackling air quality. Further details on the Mobike scheme can be found here <https://mobike.com/uk/> . It is important to note that the scheme is launching on a trial basis, so there will be monitoring and evaluation on a range of factors. As such, we would welcome any feedback from groups and individuals as to how the scheme is working out. Contact: [robert.snowball@newcastle.gov.uk](mailto:robert.snowball@newcastle.gov.uk) .

### Great North Care Record

This is about transferring information between health and local authority systems to enable better planning of services and data for university research. It will include electronic information about treatments received by patients, which will be anonymised. Previously in discussion there have been concerns about patient confidentiality: assurances are being given that this proposed electronic system will bring benefits to patients. If you would like to hear more and discuss the proposal Healthwatch is organising a Focus Group, **Thursday 2 November**, at Broadacre House, Market Street East, 2.00-4.00pm (refreshments at 1.45pm). Please register by emailing [info@healthwatchnewcastle.org.uk](mailto:info@healthwatchnewcastle.org.uk) or call 0191 338 5720.

### Northumbria Police

Police are warning the public to be aware of phoney calls made to people demanding thousands in unpaid taxes. The caller claims to be from HMRC .

Insp. Gary Dickson of Central area command said: "We are aware of a couple of incidents in the Newcastle area where people have received a call from someone claiming to be from HRMC. The caller stresses that the person being called must not tell friends, family or their bank and that they will be called with further instructions on how to pay. Any genuine request would not be made in this way and we would advise anyone who receives a call like this to ignore the instructions."

Anyone seeking advice about calls like this or similar should contact Action Fraud on 0300 123 2040 or visit [www.actionfraud.police.uk](http://www.actionfraud.police.uk) .

### Exhibition: A Year Living Dangerously

This is a series of 365 drawings derived from Alfred Hitchcock's film, "The Birds". Visit the B&D Studios on the third floor of Commercial Union House on Pilgrim Street. The exhibition runs from **9-21 November**. Contact: [art@feliksculpa.com](mailto:art@feliksculpa.com) .

### Death Café

The Death cafe will be on **Friday 10 November** between 7-9pm at the Holy Biscuit (diagonally opposite the Biscuit Factory) and is part of the "Traces" exhibition, encouraging us, through art and creative activity to consider what we leave behind when we die. The exhibition is open to everyone and with no agenda other than a discussion about death and dying. Places can be booked and further information is available at: [enquiries@theholybiscuit.org](mailto:enquiries@theholybiscuit.org) .

[Return to the top](#)

### Contact Details:

Elders Council of Newcastle, Room 236, 2<sup>nd</sup> 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)

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