

E.C. Fortnightly

Issue 7

November 2017

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What's the Elders Council doing?

An introduction to Active Voices in the East End of Newcastle

This is an opportunity to become more actively involved in the life of your community. Would you like to meet people who are keen to make a difference? If you are 50+ **Active Voices** may just be right for you.

To find out more join us on Thursday 9th November 2017, 10.00am – 12.00 noon at St. Martin's Centre, Roman Avenue.

This innovative idea has been developed with Newcastle University, Workers' Educational Association and the Elders Council with a very successful pilot course held earlier this year. For more information or to book a place please contact anne.richardson@qualityoflife.org.uk or call 0191 208 2701.

Mile Castle Session

The next **Mile Castle** session will take place on Wednesday 15 November at 10.30am. The topic for this session will be **Information NOW** –Newcastle's Older People's website. We look forward to welcoming you to join us.

IT Classes Project

The **IT Classes Project** run by Northumbria Students Union in partnership with the Elders Council of Newcastle has recommenced. Sessions will take place on Wednesdays 8, 15 and 29 November from 2.00 to 4.00pm. 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.

To register your interest please call Anne Richardson on 0191 208 2701 or email anne.richardson@qualityoflife.org.uk .

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Dates for your diary

Tyneside Cinema Dementia Friendly Cinema

Tyneside Cinema has announced their next two **Dementia Friendly Cinema** screenings:

- Thursday 23rd November: The Pink Panther, David Niven and Peter Sellers, will be sparkling at 1.30pm.
- Thursday 7 December at 1.30pm: the classic romantic musical comedy Meet Me in St Louis, with the lovely Judy Garland.

Ticket prices are £4.50 with a carer going free. Call the box office on 0191 227 5500 or email boxoffice@tynesidecinema.co.uk .

Movement and Dance

Movement and Dance sessions will take place on Mondays 6 and 13 November, 11.00am to 12.30pm at the Holy Name Church Hall,

Towers Avenue, Jesmond . This will be followed by tea, coffee and a social get together. Those in wheelchairs are welcome.

Harissa Lunch Club

A Lunch Club will be open at Harissa, 31-35 Starbeck Avenue, Sandyford between 1.00pm and 3.00pm every Tuesday for local residents. Pop along and meet new people. Donations are most welcome on the day.

Christmas Fair at St. George's Church

A fair will be held at St George's Church Jesmond on Saturday 2 December between 12.00 noon and 3.00pm. There will be food stalls, music, Mother Christmas and children's activities, all are welcome.

Alice in Wonderland, Northern Stage – 10% Discount Offer

Alice in Wonderland: Northern Stage. Barras Bridge is offering a special 10% discount to Elders Council members on Sunday 10 December only, either 11.00am or 3.00pm. This offer is subject to availability and offered on a first come first served basis. Contact the booking office on 0191 337 1638 or email hhiett@northernstage.co.uk and quote **WHITERABBIT1**.

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Opportunities

Voice North

Voice North are looking for people over the age of 40 to take part in a focus group on Protein for Life. This group will help to influence research in identifying and developing guidelines for protein products for healthy ageing. If you are interested please call 0191 208 1288 to register.

Open consultation: Draft transport accessibility action plan

The Department for Transport is seeking feedback on a draft accessibility action plan which sets out their proposals to improve the

travel experience for people with disabilities. The action plan covers a range of transport modes including:

- aviation
- rail
- buses
- taxis

The document also considers ways that we can improve our public space to make it more accessible for people with disabilities.

Click [here](#) to view the consultation documents. Please note: the consultation will run until 15 November 2017.

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Information

- **Shed Burglaries:** Following an increase in burglaries extra patrols will be in the area to prevent and deter offenders. Checking your own security and making a few changes can help you protect yourself and your belongings. Replace any rotten door or window frames. Secure doors with a strong hasp, padbar and lock. Secure hinges with non returnable screws. Fit a good quality battery operated alarm. Replace broken glass panes and fit grilles. You can further protect your shed with items such as shed bars. For any further advice please contact your local Northumbria Police Neighbourhood team on 101.
- If you would like to find out what is happening in your neighbourhood **Northumbria Police** has an on-line information website. You can pick up alerts and know what's happening each time you log in or you can have these alerts sent to you directly by email. Just log onto the website www.yournorthumbria.org and see what you would like to do.
- **Student Request for help:** Hayley Stokes is a student at Northumbria University and her final year project involves looking at digital skills of both older and younger generations. If you belong to an older group and would be interested in responding to

her questionnaire please email Hayley at hayley.stokes@northumbria.as.uk or call 0776 956 4093.

The Death Cafe will hold their next discussion evening on Friday 10 November at the Holy Biscuit in Shieldfield, between 7.00-9.00pm. You can book a place by emailing enquiries@theholybiscuit.org .

Understanding ambulance response categories

Following the largest ambulance clinical trials in the world, NHS England implemented new ambulance standards across the country. The new standards came into effect in the North East in October 2017 and are available by clicking [here](#).

Bonfire Night is coming up. If you have pets try to make sure they remain in the house with you while all the fireworks are going off. If you are concerned about your own safety and well-being contact a friend or relative for help and do not answer the door if you do not know who is calling.

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