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Join us for this event at which we will be exploring what enables older people to enjoy our parks and open spaces. We have had a lot of interest, so    Don't miss out, book your place here ([https://www.eventbrite.com/e/enjoying-parks-and-open-spaces-an-elders-council-event-tickets-92088931473](https://elderscouncil.us20.list-manage.com/track/click?u=465bcafcf7f599904553c2b7b&id=ef605a8dfc&e=f76143f686)) or as follows:  ☎ phone: **0191 208 2701** or email **info@elderscouncil.org.uk** | | | |  |  |  |  | | --- | --- | --- | | |  |  | | --- | --- | | |  | | --- | | What's the Elders Council doing?  There was a really good turn out at the"Milecastle" last week where several people told and showed us what a talented lot of members we have! There were artists of every kind, those who do needlework, knitting, or perform music, poetry, magic and so much more. Thank you to each and everyone of you.  Our next session, 18 March, is part of the meeting at the City Library where we hope to gather your views and thoughts on our parks and open spaces. You can book by contacting the office or on [Eventbrite](https://www.eventbrite.com/e/enjoying-parks-and-open-spaces-an-elders-council-event-tickets-92088931473). Hope to see you there.    ☎ phone: **0191 208 2701** or email **info@elderscouncil.org.uk**  **The Elders Council require help for a Research Study on Oral Nutrition!**  Are you an EC member interested in helping out with important research? Poor nutrition can be a major problem for older people, particularly if they are frail, so there is a new study that is looking at recent research evidence on ways to encourage better use of supplements. Newcastle University want the EC to be involved by discussing any findings and considering important factors such as food related habits. You do not need to have used supplements yourself. Would you like to take part? The only commitment is to join a small group discussion, at a suitable location, about 5 times over the next 15 months.   Anne Raffle is the EC Lead co-ordinator so for more information please contact the office as soon a possible.  ☎ phone: **0191 208 2701** or email **info@elderscouncil.org.uk**  **Echo Magazine for May**    The next magazine of the EC is in preparation, if you have an article you think would be interesting to our readers please send in to the address at the foot of this bulletin. Letters to the editor are also welcomed, perhaps a question you think others may be able to answer or a burning issue you want to raise?  ☎ phone: **0191 208 2701** or email **info@elderscouncil.org.uk**  **The ICE Project with Northumbria University Students Each Wednesday (during term time) 2-4 p.m.**  This excellent project is now into its second part of the University year and, for those who don't know, it offers to help any older person get to grips with some aspect of technology. It's absolutely tuned to each individual and there is no need to book a place.  Just turn up (see details below) and a student will be there to help you personally. **The sessions are held in Room 103, the Squires Building, Northumbria University, City Centre Campus, 2 Sandyford Road, Newcastle upon Tyne NE1 8SB**    Contact us if you would like further information:   ☎ phone: **0191 208 2701** or email: **info@elderscouncil.org.uk**  **Older Voices Radio**  **Friday 6th March from 2.0pm to 4.0pm**  The topic for this broadcast is 'Response to Climate Change' and will include items such as Zero Waste, Recycling, Gardening and there may be just one or two surprise guests. You can listen to this on your radio if you tune in to Nova Radio North East on 102.5fm Online at [novaradio.co.uk](http://novaradio.co.uk/) Or why not give Radio Garden a try online at [https://radio.garden](https://radio.garden/) where you will find information on how to use this to access radio programmes all over the world. If you use any of these methods and would like to give us feedback please use the contact details below.  ☎ phone: **0191 208 2701** or email: **info@elderscouncil.org.uk**  **SEARCH Newcastle**  The new Chief Officer at Search has been appointed and on behalf of the Elders Council Board and members we would like to congratulate Simon Luddington on his appointment to this position, with effect from 1st April 2020.  At the same time we would like to pass on our very good wishes to Johanne Mears who is standing down on 31st March  after more than 10 years at the helm, and we wish her well for the future.  **FACEBOOK**  Thank you to our members and friends who continue to 'like' and 'follow' our facebook page.  We do this to keep you up to date with timely information, so do keep telling us what is going on near you and what you enjoy about it. Also, do you know that you can connect from the link near the bottom of this page? If you haven't already visited us, please take a look today.    ☎ phone: **0191 208 2701** or email **info@elderscouncil.org.uk** | | |  |  |  |  | | --- | --- | --- | | |  |  | | --- | --- | | |  | | --- | | **Dates for your Diary**  **Thinking about street furniture … Monday 2nd March from 2.00 - 4.00 pm Good Space, 2nd floor Commercial Union House, Pilgrim Street Newcastle**  Newcastle University Master’s student Dom Langton is carrying out research on how such furniture, and elements of the streetscape, impact the health, well-being and social interaction for older aged groups in Newcastle.  Street furniture is any object placed in the street for public use and may include information and signage, benches and streetlamps. Public art in the form of murals or memorials may also be included.   In preparation for the workshop with the Elders Council, Dom has requested that participants take **three** examples of street furniture they like and works well within the surroundings, and **three** examples of street furniture they do not like. Please email the photographs to d.langton@newcastle.ac.uk.  Dom will print them off and bring them along to the focus group discussion. He will also bring along his own examples to support the discussion.  Please let us know if you would like to join us for the focus group  ☎ phone: **0191 208 2701** or email **info@elderscouncil.org.uk**  **Newcastle Gateshead Clinical Commissioning Group You Said, We Listened - Shaping Place Based Engagement Structures Monday 9th March from 10-1230pm at the County Hotel, Neville Street Newcastle**  Following an engagement event held on February 10th, the purpose of this event will be to: Reflect on the key themes that have been identified Explore actions to take forward what you said, to create effective place based engagement  If you would like to attend, please register your attendance, including any special requirement by contacting the organiser below.  ☎ phone: **0191 217 2807** or email: **ngccg.involvement@nhs.net**  **Wednesday 4th March from 10.30-12. noon at Jesmond Library**  This session is on the topic of 'No Plot too Small' and features will be how to get the best of window sill, small gardens and trees. Refreshments will be available and transport is possible. Contact details below.  ☎ phone: **0191 208 2701** or email **info@elderscouncil.org.uk**  **International Women's Day events** **March 2020**  There will be a number of events celebrating International Woman's day in and around Newcastle. For events commencing Thursday 5th March please take a look at the [attached list from Connected Voice](https://www.connectedvoice.org.uk/latest-news/729-international-women-s-day-2020)  **At the Discovery Museum, Newcastle on Wednesday 4th March from 10-12 am Tyne and Wear Museum staff will be** creating a ‘Women’s Box’ to use in their day to day outreach programmes, but also sharing stories and eating cake! Why not join them on the day. Contact Clara Shield for more information by.  ☎ phone: **0191 2772332** or Mobile: **07870 393933**  **'What About The Women?' Film Screening and Panel Discussion Monday 9th March from 5.30 - 8.30 pm** at The Catalyst, Newcastle NE4 5TG  Full details and booking is available via [Eventbrite](https://www.eventbrite.co.uk/e/what-about-the-women-film-screening-and-panel-discussion-tickets-97052152601?ref=estw)  **Would the suffragettes have been social media activists?** The City Library, New Bridge Street, Newcastle Tuesday 3rd March from 6.0 pm to 9.0 pm  [Click on this link](https://www.eventbrite.co.uk/e/newcastle-herstory-an-unfinished-fight-for-womens-rights-tickets-92173496409?fbclid=IwAR0bRX5tBzBraF14FKiY_0fC01lPDsOsNAPPmrxFaPoTNSdfDug1ek_yTvM) to register for the free event if you would like to find out more.  **Deaflink Events**  **Tuesday 3 March SHHH Group 1pm – 3.30 pm** **Newcastle City Library (speaker from 1:30)**  Katherine Vero talks about Slow Shopping for anyone with visible or invisible disabilities who may find shopping stressful or challenging followed by a chance to chat about issues with other people who are hard of hearing and get support.  **Thursday 6 March Tinnitus Support Group 1pm – 2.30pm Key House,Jesmond**  A chance to meet others with tinnitus and to discuss the pros and cons of different coping strategies.  Find out more about these meetings and/ or support available  **louisemcglen@deaflink.org.uk**  [Find out more about Deaflink](https://connectedvoice.us8.list-manage.com/track/click?u=10915f76f1eb2fd9300c85b8d&id=3b315bda8d&e=e43a0afe5f)  **New Friendship Group Units 12/13 Aisle 4 (opposite Oliver's Cafe) Grainger Market**  Search Newcastle are piloting a new monthly **drop-in** group with free refreshments available. Why not call in for a cuppa and a chat. Bring your knitting, crochet or similar if you like to keep your hands busy or just take the opportunity to talk. The next date will be Tuesday 23rd March between 2.30 - 3.30. Dementia friendly facilities and all are welcome to join in.  **Singing for Pleasure Every Wednesday in Term time between 10.15 - 11.45 am Newbiggin Hall Community Choir, St Wilfrid’s Church, Trevelyan Drive, Newbiggin Hall, NE5 4DA**  Do you enjoy singing? Why not join our friend and member Tony Huzzard, the Elders Council and NHS solo singer, in a really happy choir. You’ll certainly go home happy each Wednesday morning after a session with gifted leader Sinead. Everyone is welcome.  **For more information Contact: Tony Huzzard** ☎ phone: **07936316257**  **Eagles Community Foundation**  Check out all the exciting Activities you can get involved in by clicking on this link.  <https://newcastle-eagles.com/community/active-ageing/>  **Making Music Together Tuesday 17th March 2020, 6pm - 8pm The Globe (11 Railway Street, NE4 7AD), free entry!**  Why not drop in to this West End Community Project concert which is being held to celebrate a successful first year of making music.  **Nutrition and Healthy Brain Ageing Public Engagement Event** **The Catalyst, Newcastle 2nd April 2020 from 12-4.0pm**  In collaboration with VOICE this will be the first of a series of events organised by the new NuBrain Consortium. These events hope to raise the awareness of not only the consortium but also the most up to date research in nutrition for healthy brain ageing. To join in and find out more, check out the details on the [VOICE website here](https://www.voice-global.org/opportunities/nubrain-investigating-optimal-nutrition-for-healthy-brain-ageing/). | | |  |  |  |  | | --- | --- | --- | | |  |  | | --- | --- | | |  | | --- | | **Volunteering and Research Opportunities**  **Make a difference!  Why not become a volunteer driver?**  Re-engage (formerly known as Contact The Elderly) is currently recruiting **volunteer drivers** in Newcastle. Re-engage is a national charity dedicated to tackling loneliness and social isolation among older people through face to face contact. Supported by a network of volunteers, we organise **monthly** Sunday gatherings, for small groups of older people, aged 75 and over who live alone; offering a regular and vital friendship link every month. Each older person is collected from their home by a volunteer and taken to a volunteer host’s home for the afternoon. These meet-ups are a real lifeline of friendship for our older guests who have little or no contact with family or friends and bring people of all ages together, develop fulfilling friendships and support networks.  By volunteering with Re-engage you can find enjoyment and fulfilment in helping to make a real difference to the lives of older people. If you would like more information please contact Alison:  email: **alison.ainslie@kmalik.plus.com**  **Newcastle City Council** are changing the way they provide home care to residents across the city. They’re seeking to modernise services and create flexible, person focused packages of support. As part of their engagement in how they commission home care services in Newcastle they would like to ask your views on what does good look like for you and your relatives when receiving home care services in Newcastle. You can fill in our survey here: <https://www.letstalknewcastle.co.uk/consultations/info/324>  If you have questions about this, or you need the information in a different font (such as large print) please contact the City Council. Thank you for sharing your views, it is important to contribute to this.  Email: **joe.kirwin@newcastle.gov.uk**    Elders Council is also doing a small project on older people's experiences of personal and social care at home.  If you would like to share your views with us, please contact us on:  email: **info@elderscouncil.org.uk 0191 208 2701**  **Help Healthwatch choose Priorities for 2020-2021**  What health and social care services matter to you? Every year Healthwatch Newcastle asks you to help choose our work priorities from a shortlist. Following public consultation, the Healthwatch Committee will make a final decision on the areas we will focus on during 2020—21. **This is an excellent way to submit your ideas and thoughts and in particular, Health and Social Care was identified as the top priority at our 2019 AGM.**  Don't hesitate, make your voice heard now!  To find out more either visit the webpage: [www.healthwatchnewcastle.org.uk/priorities-for-2020-21](http://www.healthwatchnewcastle.org.uk/priorities-for-2020-21) or call Freephone **0808 178 9282** for a paper version. | | |  |  |  |  | | --- | --- | --- | | |  |  | | --- | --- | | |  | | --- | | **Information**  **Using Information Now website (and other similar information sites)!**  Do you get frustrated when you are trying to use your browser and you are told the page is not working or displaying correctly? Probably, like many of us you switch off and search in a different way. Well, our colleagues at Information Now have put together an advice page to help you through this which you can access directly through this link.  <https://www.informationnow.org.uk/article/having-issues-with-using-informationnow/>  **New Citizen Advice Sessions in Newcastle**  Do you want to save money on energy and worry about fuel bills? If you need some free independent advice why not call in to the regular sessions or one of the local advice days below. Monday 16th March from 10-3pm at the Church of the Ascension, Creighton Avenue, NE£ 4UN Thursday 19th March from 10-3pm at the Kenton Park Sports Centre, Andield Road, NE3 3LL Every Friday from 10-2pm at the Prospect Medical Centre, Westgate Road, NE4 8AY Monday, Tuesday, Wednesday and Friday from 10-3pm,Thursday only from 3-5pm, at the City Library 4th floor. AdviceLine: **0300 3309055** email: **citycab@newcastlecab.org.uk**  **On yer bike**  A reminder now Spring is on its way that if you have a bike in need of repair that you would either like repaired to use yourself or to donate when it will be fixed and then sold. You can find out how your donations are used, and more, at the website below.  <https://recyke.bike/>  **The Health of the Nation A Strategy for healthier, longer lives**  The report, [available here](https://indd.adobe.com/view/85a7129f-f900-41fa-9a9d-024d13f0aaf5)**,** and published by the All Party Parliamentary Group on Longevity, helps to set the UK on a clear path to achieve the government's goal for everyone to have 5 extra years of healthy, independent life by 2035.  [For the Summary](https://indd.adobe.com/view/85a7129f-f900-41fa-9a9d-024d13f0aaf5) please go to pages 6 and 7  **Health Equity in England: The Marmot Review 10 years on**  The report available at <https://www.health.org.uk/publications/reports/the-marmot-review-10-years-on>  was published this week by the Institute of Health Equity.  It makes sobering reading in relation to the growing health inequalities in our country and it has clear recommendations for Government on how to address them.  **NHS Bulletins**  Reducing Health Care Inequalities [**Issue 19th February 2020**](https://futurehealthandcare.cmail19.com/t/ViewEmail/d/1A0140FB2526A2082540EF23F30FEDED/DA24C37F15801EBE1A21C02EB51F5606)  Information about Coronavirus and much more [In Touch Issue 107](https://intouch.cmail19.com/t/ViewEmail/d/3683A95FEEDF5DEB2540EF23F30FEDED/97288E3BA7E80C58F7E8006BBCB98688) | | | | |

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