

Hello

Good to talk to you again, I hope you are all keeping well and managing to get out and about during the fine weather.

Our new Manager is settling in well and has lots of good ideas about new projects which will allow us to work better to involve you all in different ways.

We also have good news about funding. We have been awarded 2 years funding from the Kellett Fund to open up a Community Café a couple of days a week. This will also allow us to have sessions to improve Health and Wellbeing as well as meeting socially.

We have also been awarded funding from the Capacity Building Fund to employ a part time volunteer co-ordinator to enable us to recruit more volunteers.

Last but by no means least we have been awarded some funding from the Gateshead Housing Company to look at how Older People look after themselves, for instance are they eating well, and are they eating a balanced diet.



Swans (Saltwell Park)- geograph.org.uk - 538698" by wfmillar. Licensed under CC BY-SA 2.0

It is almost AGM time again. We are making plans to hold our AGM in October. More details will be available in our next Newsletter.

Speak to you soon

Best Regards

Esther Ward (Chair)

It's the International Day of Older Persons on 1st October, we are planning some events around this, and further details will be in our next newsletter.

We are "The Voice" of Older People in Gateshead – let us know your issues and concerns. This will help us to take these forward to the relevant departments, and enable your "Voice" to be heard.

Men's Group



We have set up a men only group, thanks to funding from the Health and Wellbeing Fund and we need more men to join.

The group is run by the members who decide which activities they would like to take part in. The activities could be darts, dominoes or other indoor activities, or maybe walking or an outing to the coast.

The group meets every other Wednesday morning at The Felling Hub. Next meeting: Wednesday 19th August from 10.30am to 12.30pm. All men over 50 welcome.

Volunteering

We would not be able to run all our groups without the help of our volunteers. We need older volunteers to run our groups, but there are many other ways that people of any age can volunteer including:

Helping at our Friendship Groups: Meeting and greeting older people when they arrive, helping to provide refreshments, planning events and outings, organising raffles and other entertainment.

Fundraising: Helping at bag-packing events, organising tombola's, bring and buy sales and baking for bake sales to raise much needed funds for the organisation.

Information Technology: Helping older people use technology including PCs, tablet computers and mobile phones.

Helping with publicity and promotion: Spreading the word about what we do and how we speak up on behalf of older people in Gateshead.

Helping with research projects: By taking part in focus groups and research projects run by the Assembly and also those carried out by other organisations.

Tea Dances: Helping to organise and publicise these very popular events.

Community Café: We will shortly be opening a community café and will need volunteers to help out. Full training will be given.

Even an hour a week could make a difference so we would like to hear from you, however much time you have to spare. If you know anyone who may be interested in work experience please pass on our contact details to them.

As you know, due to funding restrictions, we are no longer able to post newsletters to you, but if you have access to email we can send our newsletter to you electronically. If you would like us to do this please email us, so we can add you to our email list.

What's on?

Friendship Groups

Lobley Hill

This Group meets every other Tuesday from 10.30am to 12.30pm at Lobley Hill Community Centre on Scafell Gardens. Next meetings are 18th August and 1st September.

Felling

Felling Friendship Group meets every other Wednesday from 10.30am to 12.30pm at The Felling Hub on Felling High Street. Next meetings are 12th and 26th August.

St Helen's

St Helen's Friendship Group is held in St Helen's Church Hall on Belle Vue Bank in Low Fell. They meet every other Wednesday from 1.00pm to 3.00pm. Next meetings are 19th August and 2nd September.

Birtley

The Birtley Friendship Group meets every other Tuesday from 10.30 to 12.30 at Birtley Fire Station. Next meetings are 15th and 29th September (closed for summer holidays).

Men's Group

The Men's group meet every other Wednesday from 10.30am to 12.30pm at The Felling Hub on Felling High Street. Next meetings are 19th August and 2nd September.

Get Together Groups

We have two Get Together Groups in Whickham and Low Fell. New members are always welcome, just come along on the day.

The Low Fell Group meets at St Peter's Church Hall on Kells Lane once a month on the 2nd Monday, from 1.30pm to 3pm. Next meetings are 14th September and 12th October.

The Whickham Group meets on every 1st Thursday of the month, from 1pm to 3pm, at Whickham Community Centre on Front Street. Next meetings are 3rd September and 1st October.

Art Group

The Art Group meets every other Thursday from 10.30am to 12.30pm at The Felling Hub on Felling High Street. Next sessions are 13th and 27th August.

Reminiscence Group

The Reminiscence Group meets every other Thursday from 10.30am to 12.30pm at The Felling Hub on Felling High Street. Next meetings are 20th August and 3rd September.

There is a small charge for each group, which is decided on by the members.

New members are always welcome at all the groups, if you'd like to join just come along on the day.

If you would like us to help you set up a group in your area please contact us on 0191 4381721 or email

admin.assembly@btconnect.co.uk

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Other News

Shingles Vaccine for Older People

As people age their immune system naturally weakens, which is why people aged 70 and older are more likely to get shingles. Over 70's are also more likely to suffer from shingles for longer; it is often more painful (so much so that just clothes brushing against the affected area can cause terrible pain) and can be fatal in one in 1000 cases.

There is no cure for shingles, but there is a vaccine that can help prevent people from developing shingles in old age. Almost everybody gets chickenpox, so there is a strong chance of many people developing shingles in old age. Having a simple, quick one off vaccination is a good way to help protect yourself and help prevent the unpleasantness of shingles.

The shingles vaccine is free on the NHS to all people aged 70 and currently those aged 78 or 79, as part of the catch-up programme. In time the programme will work towards offering immunisation to all 70 to 79 year-olds. The current programme ends on 31st August, so if you are aged 70, 78 or 79 then get in touch with your GP to arrange a vaccination soon.

More information about the vaccine and shingles can be found [here](#).

Heritage Open Days

From Thursday 10th to Sunday 13th September there will be 191 buildings and activities open to the public for the 2015 Heritage Open Days in Tyne and Wear.

There are 17 free of charge events in Gateshead, from historic pubs to a visit to the pathology centre at the Queen Elizabeth hospital! Or how about visiting the cells underneath the Old Town Hall?

Details and booking information is available [here](#). Booklets are available at libraries.

Breathe Easy

Breathe Easy Gateshead is a new group for anyone with a lung condition. The group will meet on the 2nd Thursday of every month - for you, your family and friends. There's no need to book, just come along to Trinity Methodist Church, Lucy Street, Blaydon, Tyne & Wear, NE21 5PU, from 2.00pm-4.00pm on Thursday 10th September. For more information about the group, please call 03000 030 555.

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Cinnamon Trust

In a [recent study](#), researchers found that older people who own pets visit doctors less often than those without four-legged friends. Pets have been shown to build self-esteem,

increase mental alertness, and lift the spirits of people with Alzheimer's disease. Pet owners seemed more apt to cope by themselves, whereas people without pets went to the doctor 16% more often when faced with stressful situations.



Unfortunately sometimes it is not possible for someone to look after their pet if they are ill or have to move into a nursing home. The

Cinnamon Trust is the only specialist national charity whose wonderful volunteers help people over retirement age and those in the latter stages of a terminal illness by offering all kinds of pet care. They can help by looking after pets when people are in hospital, or finding them new homes if the owner has to go into care or dies. This also gives people peace of mind knowing that their pet will be cared for after they are gone.

They are urgently looking for volunteers to help with dog walking for an elderly person in Tyne and Wear, so even if you can only spare an hour a week they would love to hear from you. If anyone can help or if you or someone you know are in need of help, please call during office hours 01736 758707 or via email volunteer@cinnamon.org.uk. You can also get more details from www.cinnamon.org.uk.

They will walk the dog for a housebound owner, foster pets when owners need hospital care, fetch the cat food, even clean out the bird cage or litter trays.

New Quaylink Bus Route

The Quaylink buses on routes Q1 and Q2 have extended their routes to replace the 51 and 52 bus service in Gateshead. This means you can now access the quayside and parts of Newcastle without having to change at Gateshead Interchange. These services run up to every 15 minutes during the day and have next stop talking announcements.

New timetables are available from buses and travel centres or click [here](#) for more information.

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The LifeBook

This is a free booklet from Age UK where you write important and useful information about your life, from who insures your car to where you put the TV licence.



Why should I complete it?

The LifeBook will not only help you to be more organised but could also be invaluable to a family member or a friend if they need to find important information about you in an emergency.

How do I use it?

Follow the step-by-step instructions to fill in the various sections with your details, contacts and locations of important documents. You don't have

to do it all at once - just complete it at your own pace.

The LifeBook is available in a booklet or they can email you a copy to complete and store on your computer.

You can order a printed copy of LifeBook by completing the [online request form](#) or by calling 0845 685 1061 and quoting ALL 721.

Contact Us

☎ By Telephone: **0191 438 1721**

✉ By email: admin.assembly@btconnect.com

Find us on Twitter and Facebook

✉ By post:

The Felling Hub

58 High Street, Felling, Gateshead,

Tyne and Wear,

NE10 9LT

The office is open: 🕒 **Monday - Friday 9:30am – 4:00pm**

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