

Volunteering Special

We need people of any age (over 18), who would like to volunteer with The Gateshead Older People's Assembly. We need volunteers to help out in the following ways:

- **Helping at our friendship groups**
Meeting and greeting older people when they arrive, helping to provide refreshments, planning events and outings, organising raffles etc.
- **Fundraising**
Helping at bag-packing events, organising tombola's, bring and buy sales etc. To raise much needed funds for the organisation.
- **Reception duties**
Acting as the first point of contact for the organisation. Giving information and guidance related to other organisations. Helping provide older people with a wide range of information both in the Hub and at outside events.
- **IT (Information Technology)**
Helping older people use technology including PCs, tablet computers and mobile phones. Assisting older people to access information online, to shop and bank online and research benefits and council services etc.
- **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**
Researching information to inform lobbying on behalf of older people in Gateshead.
- **Tea dances**
Helping to organise these very popular events.

By volunteering just a few hours of your time you could be a part of what is going on in Gateshead. In return, you will have the opportunity to learn new skills and make new friends while contributing to the community and helping others.

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.

Here are some of our volunteers visiting The Mayor at Gateshead Civic Centre.



We also took part in a rally in London organised by Age UK. Representatives from all major political parties attended. A surprise visitor to this event was the Prime Minister, David Cameron.

Meet the Groups

We are also planning a coffee morning at 10.30 am on Friday 24th April at The Felling Hub. This will be hosted by all of our various groups and will allow you to visit the assembly's new premises. If you are interested please telephone us to confirm your attendance.

During the next few months we will be organising regular tea dances, some hopefully, in the new Wrekenton Hub.

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We also plan to start four more Friendship groups at various locations throughout Gateshead.

If you would like to be part of any of these activities please contact Helen on **0191 438 1721** or email her at **admin.assembly@btconnect.com**

Interested in volunteering with The Gateshead Older People's Assembly?

Contact Helen on **0191 438 1721** or by email at **admin.assembly@btconnect.com**

Even if you can only manage an hour a week we would like to hear from you. If you know of anyone who may be interested in volunteering their time to help us, please pass on our contact details to them.

What's on in April

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 meeting is 14th April

Felling

Felling Friendship Group meets every other Wednesday from 10.30am to 12.30pm at The Felling Hub on Felling High Street. Next meeting is 22nd April.

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 meeting is 29th April.

Birtley

The Birtley Friendship Group meets every other Tuesday from 10.30 to 12.30 at St Joseph's Parish Centre in Birtley. Next meeting is 22nd April.

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 meeting is 27th April.

The Whickham Group meets on every 1st Thursday of the month, from 1pm to 3pm, at Whickham Community Centre on Front Street. Next meeting is 20th April.

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Art Group

The Art Group meets every other Thursday from 10.30am to 12.30pm at The Felling Hub on Felling High Street. Next session is 23rd April.

Reminiscence Group

The Reminiscence Group meets every other Thursday from 10.30am to 12.30pm. Next meeting is 30th April at The Felling Hub on Felling High Street.

There is a small charge for each group, which is decided by the members. This is to cover the costs of hiring the meeting room and providing refreshments.

New members are always welcome at all the groups. If you'd like to join us come along on the day and you will meet new people and make new friends. Or you can call us for more details.

New funding

We have recently been awarded funding from the Health and Wellbeing Fund. This will be spent on setting up a Men's group. We need volunteers to help set up this group, take part in the activities and increase the membership. This group will be run by the members who will decide which activities are to be provided. These activities could include darts, dominoes, pub lunches, walking groups, quizzes etc. If you would like to be part of this contact **Helen on 0191 438 1721 or email her at admin.assembly@btconnect.com** or call into the Hub for more information.

We have also been awarded funding from the Capacity Building Fund to set up a further four Friendship groups. If you would like us to consider starting a group in your area please contact us on 0191-4381721 or email admin.assembly@btconnect.co.uk

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.

This newsletter belongs to you. If you have any concerns or comments we want to hear from you.

You can contact us in the following ways:

☎ 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**

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.

Advantages to email delivery include: not missing a copy of the Newsletter, being the first to know about events, and seeing the various images in colour.



An outing to Eden Camp

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