



GATESHEAD FORUM for OLDER PEOPLE

The "VOICE"

November 2006

New Address:

Worcester Green
Alexandra Road,
Gateshead,
NE8 1NH
Telephone No:
0191 4206854



HELLO EVERYONE

Hi, my name is Louise Barbé and I am the new development worker for the Forum. I came into post in September and I hope to help develop the Forum in the future into an even stronger "**Voice**" for the older people of Gateshead. I have worked mainly in health over the last 18 years working with all client groups. I completed a Health degree at Northumbria University in 2003. I have worked in

developing new services for harder to reach communities, such as those from the Black and Minority Ethnic communities with some success and hopefully this knowledge will enable me to develop our membership within these and other harder to reach communities.

I am currently working on the AGM which is being held on the 21st November, after this I intend to contact all those members who said they were interested in volunteering. *Take Care , See You at the AGM,*

Louise

Link Up

Thank you all for coming to the Launch of Link up at the Sage on the 28th September. The event was a great success, we signed up another 61 members, this means we have over 1065 now! **Welcome to all our new members.** The launch was attended by over 550 people. The aim of Link up is to give people over 50 a more joined up service and enable them to get the help and support they need. Link Up can help with benefit advice ,education, small tasks around the home, volunteering and employment. For more information please contact the office.

0191 4206584

AGM
21ST NOVEMBER
10.15AM
2.30PM
Gateshead
Leisure Centre
Please call to
confirm your
Attendance
0191 4206854

Sponsored
by



Community Champions!

Esther Ward our secretary has been awarded community champion funding. We plan to hold events throughout the next 12 months. Esther is being supported by Iris and Marjorie two of our committee members. We will be holding these events in the rural areas of Gateshead and hope to reach socially isolated older people. We also want to reach the Black and Minority Ethnic communities and those who don't yet access support service. By holding these events in the more rural areas we hope to strengthen the "VOICE" and increase our membership. By doing this we will ensure our "VOICE" is heard. We will send out details of these events when we have set out a programme in the New Year.

SCAMS!

It has been reported that some older people have been the victims of con-men. Please be careful and don't give out your private details to anyone. We have cards **NO ID? NO WAY!** To display near your front door. These will be available at our AGM, pick one up from the stand.

KEEPING WARM IN WINTER

Did you know that in the UK last year over 30,000 older people died from cold-related illnesses? Many thousands more suffered behind closed doors, living in cold damp homes. Please make sure you keep **your home and yourself warm** this winter! We will have free thermostats available from our stand at our AGM. **Warm Zone** will be at the AGM with free advice.

AGM SPEAKERS

Councillor Peter Mole

Older People's Champion,
Gateshead Council

Professor Jim Edwardson,

Years Ahead Partnership.

Leora Hanser,

Help the Aged.

Rosemary Luckett,

Gateshead Council.

MERRY CHRISTMAS

**AND A HAPPY, HEALTHY NEW
YEAR TO ALL OUR MEMBERS,
FROM THE MANAGEMENT
COMMITTEE**



Flu Jab Time!

It's flu jab time again, I know
having injections is not nice but
the flu jab does work. So please
make sure to take up the
opportunity to have yours.



Handy Hint

Cleaning tops of cupboards is hard regardless of age so here is a hint to help. After washing cupboard tops line them with cling film. This will save a lot of work in future as all you will have to do is change the cling film when cleaning, all the grease will lie on that and not your cupboards! Any handy hints you wish to share please contact **Louise**, 0191 4206854