

# Gateshead Forum for Older People

## "The VOICE"

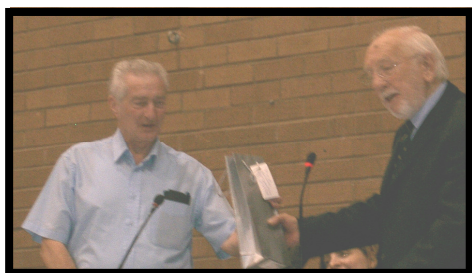


## AGM News

February 2007

We held our Annual General Meeting on the 21st of November 2006 at the Leisure centre. We would like to thank all our members who came and supported this event and made it a very successful AGM. We had guest speakers from Help the Aged and The Years Ahead Partnership giving excellent speeches on age discrimination and society changes. As you may remember our membership number has increased to over a 1000.

Mr Hall who was our 1000 member came to the AGM and was presented with a small gift from the committee by Mr Reg Gregory.



Reg Gregory from the Committee presented Mr Hall with a small gift at our 2006 AGM

## The Older People's Strategy

The draft strategy was launched at the AGM by Rosemary Luckett from the council. The document will determine how the Council works with and for Older People in the Future. It is hoped that this document will be completed by the spring of 2007.

## Committee News

After the AGM the committee has altered slightly. Reg Gregory our Chair has now stepped down, but is still a fully active member of the committee. Esther Ward has moved from secretary to become our new chair. Pat Howes has now joined the committee and we hope she enjoys working with the Forum. We are always looking for more members to become active in committee work, if you would like more information about joining the committee please feel free to contact me,

**Louise 0191 4206854**

## **New Staff**

We are please to inform you that the Forum has secured funding for a new Admin Support worker from the Tudor Trust. This funding means we will be able to keep in contact with our members with our newsletters and more outreach events.

## **Hello Everyone**

I'm Kerry Pattison and I've recently been appointed as the Admin Support Worker here at the Forum. I will be supporting Louise and the committee with the day to day running of the office. I will also be producing a quarterly newsletter and would love to hear from anyone who has any ideas or tips that could be used in future publication, so pick up that phone or drop me a letter I'd love to hear from you!



**Kerry**

## **Help the Aged Workshop**

Help the Aged are coming to Gateshead on the 6th March 2007 at the Civic, in the Council Chambers. They are wanting people to attend a workshop on age discrimination. The aim of the day is to let our members know of the different ways they can be discriminated against, and give you more information on how to deal with it. They will be talking about The Research on Age Discrimination project "**ROAD**" and also their Just Equal Treatment "**JET**" campaign.

There will be refreshments and some transport is available. Places are limited, if you or your friends would like to attend or want more information please contact me at the office to book a place before 1st March, many thanks

**Louise 0191 4206854**

Please note transport is limited

## **Membership News**

We now have **1136** members and would like to say hello and welcome to all our new members and hope you enjoy our newsletters. Our aim is for the Forum to be the "**VOICE**" for Older People in Gateshead.

## **Future Events**

We are planning to hold more outreach events throughout the year, and will let you know the dates as soon as possible. We are planning to hold some small training sessions for our members who said they were interested in volunteering. These sessions will be designed to give our volunteers as much information about

committee work and other support services available for Older People. Our aim as always is for Older People to be able to assist other Older People in Gateshead. To book a place please contact **Louise, 0191 4206854**

## **Older Peoples Assembly Update**

The first reference group met in December at the civic. This was an informal meeting and we were very pleased to see our members support this work. Dianne Graham from the council is going to be organising meetings to discuss what older people's main issues are and how they feel the assembly should developed and run. She is still wanting more people to attend these meetings. If you would like to be part of the group or would like more information contact Dianne Graham on **0191 4332341**

## **Scams to be aware of !**

Scam artists are increasingly sophisticated in the ways they try and obtain our money. They are also **VERY** successful. According to a survey carried out 5 million people in Britain have responded to a scam and 28 million have seen or received one. Here are the major varieties of scams:

### ***Premium Rate Number Scams***

Some Companies will try and encourage you to call a number that begins 090. This is a premium rate number costing up to £1.50 per minute. You might be encouraged to call this number to claim a prize (like a holiday) for a competition you never entered or it might be some organisation stating they have a package awaiting delivery. 34% of scams get to your money through the use of a premium rate phone line. Check with Trading Standards first before calling.

### ***Charity Collection Scam***

January is a prime time for companies to pose as charities. Leaflets offering free home collections with the suggestion that the proceeds will be passed on to some worthy cause. Look for a registered charity number, to ensure the organisation is registered with the Charity Commission. This is not the same as a company registration number. If in doubt, call Trading Standards or the Charity Commission on 0845 3000218.

### ***The International Lottery Scam***

Wouldn't it be nice to win the lottery? Without purchasing a ticket! Many people receive such news in letters stating that they have been specially selected to win a foreign lottery. To claim the prize however you will have to do one of two things: Pay a fee or hand over your account number and sort code details.

Either way you will get nothing in return. If you pass on all your bank details you may lose a very substantial amount of money.

### ***The Truth***

If something looks too good to be true then it probably is. Scams work because people really want to believe that they have qualified for a major prize. No one wins competitions or lotteries that they have never entered. No one gets specially selected for free holidays or other prizes. If you ever receive any offer that you suspect might be a scam just call Trading Standards on :

**0191 4333987/4333930/4334890.**

## Volunteering Opportunities

Gateshead Forum for Older People is always looking for people to volunteer this can be for Outreach work, Committee work or just assisting at our mail outs. If you would like to volunteer your time either regularly or just occasionally please contact me, **Louise 0191 4206854**

The Forum are being asked to contact members quite regularly for various organisations who are wanting to hold discussion groups about issues affecting older people. As a member of the Forum we know you are very interested in Older People having a **“VOICE”** and we may have already contacted some of you with details of events, if you said you were interested in volunteering when you registered. If you have not been asked to come to any discussion groups but are interested in attending please contact me at the office, **Louise 0191 4206854**

*Here's a little Quiz to test your knowledge on scams and consumer rights*

### **Consumer Quiz**

- Q1.** In what circumstances is a consumer always entitled to a refund on goods purchased?
- Q2.** If you sign a contract when an uninvited tradesman calls at your house can you cancel the contract?
- Q3.** If you are told that you have won a diamond brooch, how can this be a worthless prize?
- Q4.** If you take a credit note from a shop can you ever exchange it for cash?
- Q5.** Which organisations can cut back on junk phone calls and mail?
- Q6.** If you buy something on credit for over £100 and the Company supplying the product goes bust, does the credit company have to assist you?

**Answers on Back No Cheating!**

Here are some opportunities that I thought may interest you. Some are for volunteering with various age concern projects. The safety works day out is great, I have been 3 times so far and learnt something new each time. This is free and transport is provided. Two groups who are members of the forum went before Christmas and they really enjoyed the day.

### **Qualified Arm Chair Instructor Required**

We are looking for somebody who can give 1 hour or more a week to enjoy and instruct a chair based class for the over 50's, contact

**Sharon or Susan 0191 4773559**

## **New Year, New You!**

Have you made a resolution to look after yourself that bit more? Would you like to learn more skills to enable you to improve your health? **Link up** are providing a series of Healthy Lifestyle programmes throughout Gateshead. The sessions cover things such as weight management and nutrition, activities, relaxations and managing stress, safety and security as well as many more topics. These programmes are FREE of charge and will be coming to a venue near you soon. The programmes are flexible and can be tailored to the groups needs. If you or your group are interested in attending please contact **Kay Bolton** , from the Community Health Team  
**Tel : 0191 4332092**

## **Swap the Xmas Cake**



## **Go Healthy!**



## **Age Concern Need Volunteers**

Timebank is the name of Age Concern's new skills-sharing project for people aged over 50. Timebank volunteers use their skills and talents to help others in their community. Where it differs, however, is that for every hour you give you will get one - hour Timebank credit, which you can use when you need some help yourself.

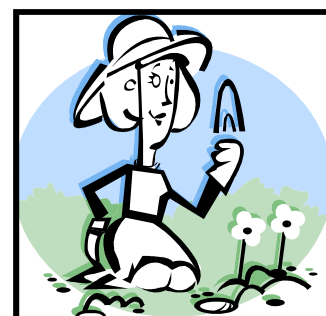
With time-banking everyone has something to offer regardless of age, experience or physical ability. The types of help that Timebank members can give one another can range from doing some ironing through to painting a fence or walking someone's dog. Members can also earn credits by helping to organise community events or activities.

The initial areas Timebanks will be working in are: Crookhill, Elisabethville, Wrekenton and Dunston. As the project progresses it will expand and work in neighbourhoods right across Gateshead. If you live in or around these areas and would like to get involved or want more information please contact,

**Clare Cook on 0191 4773559**

## **Gardening Volunteers Needed For Age Concern**

With as little as one or two hours a week you can help maintain a healthy fruit and vegetable garden at Chopwell Primary School. You don't have to be an expert and you won't be working alone. For more information contact, **Sharon 0191 4773559**





## **Invitation to Safety Works!**

**SafetyWorks! Is part of the Tyne and Wear Fire and Rescue Service and began working with Older People in 2001. It is an interactive safety centre serving the people of Tyne & Wear, based in the West End of Newcastle. A large open storage area has been transformed to become an inner urban area including a house, street scene, metro and building site. Visitors experience and participate in realistic situations illustrating everyday hazards and how to prevent them. These include:**

- **Road accidents**
- **House fires**
- **Falls**
- **Crime Prevention**
- **Trading Standard ( home and personal safety)**

**Safety Works are inviting you or your group to attend a fun and informative day out with FREE transport to and from the centre, and a healthy lunch ! For more information and to book a place please contact**

***Louise Carroll on 0191 2743532***



### **Consumer Quiz Answers**

- Q.1. When they are seriously faulted or incorrectly described.
- Q.2. Yes you have 7 days during which you can cancel this contract, unless the work has already been done.
- Q.3. It be an industrial diamond which is of very little value and does not resemble the cut diamonds traditionally used in jewellery.
- Q.4. No, it only entitles you to goods to the value of the credit note at that particular store.
- Q.5. The Telephone Preference Service & Mailing Preference Service
- Q.6. Yes, you have equal rights against the credit provider under The Consumer Credit Act of 1974.