

## Meet Our New Manager



Hello everyone and welcome to our June edition of The Voice. I would like to take this opportunity to introduce myself to the members of Gateshead Older People's Assembly. I am Craig Bankhead, and I have recently taken on the role of Development Manager with the Assembly and my main focus is on taking the organisation to the next level. I will be working with the staff and trustees within the organisation to increase the number of volunteers who support the Assembly (without whom we wouldn't exist); to develop and promote the services provided by the Assembly to help amplify the voice of older people across the borough; and I will also be spending a lot of my time developing new projects and securing funding to ensure the organisation can continue to grow, and support more people across Gateshead.

I have worked as a manager in the charity sector for a long time and I was drawn to working for Gateshead Older People's Assembly because it is such a worthwhile cause and there is so much potential for us to support many more older people across Gateshead.

Over the coming months, I will update you with my progress through this newsletter and I welcome your feedback on the range of services provided by the Assembly. I would also like to ask for your support in helping us to find new volunteers for the Assembly. I would like to double the number of available friendship groups within the next 6 months, as they are so successful at supporting older people who are experiencing loneliness and isolation across the borough. Without more volunteers, this can't happen. If you know anyone who has a spare morning or afternoon and who would like to support a friendship group, please ask them to get in touch.

If you would like to contact me about any matters relating to Gateshead Older People's Assembly, my email address is [craig.bankhead@btconnect.com](mailto:craig.bankhead@btconnect.com) – I welcome all feedback and ideas. After all, the services we provide are shaped by you, the older people of Gateshead – Thank you.

Craig

## Volunteers Month

June is Volunteers Month and we are having a special event to celebrate.

Members of our Get Together, Friendship, Art and Reminiscence groups will be at The Trinity Centre in Gateshead on 23<sup>rd</sup> of June from 1pm to 4pm to celebrate our volunteers and to show what goes on at our groups.



There will be free refreshments available and plenty to see on the day.

Come along to see what volunteering can do for you and how you can join one of our groups.

New members are always welcome and we are especially interested in meeting men who have ideas for starting a men's group in Gateshead or would like to run a group. We have been awarded funding from the Health and Wellbeing Fund to set up a Men's group 'The Bonnie Lads'.

The group will be run by the members who will decide which activities they would like to take part in. These activities could include darts, dominoes, pub lunches, walking groups, quizzes or whatever you'd like to do.

All of our groups are run by older people for older people, so volunteers are always needed to help run the groups.

As well as helping at our groups we need volunteers of any age (over 18) to help out with research, tea dances, information technology, publicity and promotion and fundraising.

No matter how much or how little time you can give, we would like to hear from you.

If you can't make the Trinity Centre on 23<sup>rd</sup> we will be at Trinity Square on Friday 26<sup>th</sup> from 11am to 2pm, so why not come along?

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# **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 23<sup>rd</sup> June and 7<sup>th</sup> July.

### **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 1<sup>st</sup> and 15<sup>th</sup> July.

### **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 24<sup>th</sup> June and 8<sup>th</sup> July.

### **Birtley**

The Birtley Friendship Group meets every other Tuesday from 10.30 to 12.30 at Birtley Fire Station. Next meetings are 30<sup>th</sup> June and 14<sup>th</sup> July.

## **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 2<sup>nd</sup> Monday, from 1.30pm to 3pm.

Next meetings are 13<sup>th</sup> July and 10<sup>th</sup> August.

**The Whickham Group** meets on every 1<sup>st</sup> Thursday of the month, from 1pm to 3pm, at Whickham Community Centre on Front Street. Next meeting are 6<sup>th</sup> August and 3<sup>rd</sup> September.

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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 sessions are 2<sup>nd</sup> and 16<sup>th</sup> July.

## **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 25<sup>th</sup> June and 9<sup>th</sup> July.

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

New members are always needed at all the groups, if you'd like to join just come along on the day and you will be made very welcome, or you can call us for more details.

We have also been awarded funding from the Capacity Building Fund to set up further 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](mailto:admin.assembly@btconnect.co.uk)

## News

### Dementia Friends

The Lobley Hill Friendship Group recently had a visit from one of the new Dementia Friends who are trained to support people with dementia.



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### Contact the Elderly Sunday Teas

Contact the Elderly groups have been running for over 49 years. Volunteers offer companionship one Sunday afternoon a month for people over 75 who live alone, are unable to get out and about without help and have lost touch with family and friends. If you would like to find out more call Freephone 0800 716 543

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### New Breathe Easy Group

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 9th July.

Sue Easthaugh, Physiotherapist will launch the new group with a talk on 'Pulmonary Rehabilitation and Staying Well with COPD'. The group will then meet on:

Thursday 13th August  
Thursday 10th September  
Thursday 8th October

For more information about the group, please call 03000 030 555

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## **Other News**

### **Teams Medical Practice Walking Group**

The Teams Practice now has a walking group. Contact the practice if you are interested and are a patient there.

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### **Shopping Over the Phone**

If you need a hand with shopping especially heavy items but don't have a computer to order online, don't worry, Sainsbury's will take orders over the phone and it's a free phone number.

Customer Services at Team Valley have advised if you use this service ask for fresh items to have a long sell by date and to be careful about products not in stock the alternatives they send can be much dearer, you have the choice to opt out of this.

The number is FREEPHONE 0800 328 1700

Thanks to Margaret Stangroom and Arthritis Care for pointing this out in a recent Heart Matters Magazine.

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### **Rapid Response**

From 1st June Gateshead will have a rapid response Domiciliary Care Service to provide personal care and support at short notice, to adults in a crisis situation. The service can be accessed by being referred by a member of the primary care team.

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### **Improving Community Health**

St Albans Medical Group has a new Primary Care Navigator. The Care Navigator focuses on a range of health and well-being measures, including non-medical needs, such as debt and loneliness. They are trained to listen to and support patients to access help and support and to help patients get more involved in their community. If you are a patient at St Albans and would like to speak to Deborah, Care Navigator, please call 0191 4692316 or pop into the practice for more information.

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## **New Social Care Website**

Gateshead Council website has new pages packed with information and advice about adult social care. The pages have been updated and all the information you need is now in one place. Click on [www.gateshead.gov.uk/adultsocialcare](http://www.gateshead.gov.uk/adultsocialcare) to access the site.


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## **Pension Scams**

From April this year people over 55 can release funds from their pensions, but unfortunately criminals see this as an opportunity to steal your pension. Pension scams can take many forms so before signing up for anything to do with your pension contact the Pension Advisory Service on 0300 123 1047. For useful advice on avoiding scams visit [www.thepensionsregulator.gov.uk/pension-liberation-fraud](http://www.thepensionsregulator.gov.uk/pension-liberation-fraud) website or call Gateshead Councils fair trading team on 0191 433 3987.

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## **Contact Us**

 By Telephone: **0191 438 1721**

 By email: [admin.assembly@btconnect.com](mailto: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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## **Email**

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 pictures in colour.

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