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July 2015

CIO number 1155832

# The Voice



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Hi Everybody

It is a long time since I have written a forward to your Newsletter. I hope all of you are keeping well and enjoying the fine weather, do be careful as the sun can be quite powerful at this time of the year.

The Assembly is very busy at the moment and we are being asked to be part of many new projects that are being set up in Gateshead.

Three of our board members have recently been to London to represent the Assembly at the launch of the Human rights toolkit. This will be a very valuable tool that can be used to help older people understand how human rights can help them. We will be starting a programme of events soon.

Our AGM is being held in early October, more details will be available in the next issue.

We have many Friendship groups, an Arts Group, Reminiscence Group and 2 Get Together groups. These all meet on a regular basis, for more information please contact Helen.

Our new Manager is settling in very well and he is very busy.

Don't forget; if you have any concerns or you are in need of any information, please contact us - that is what we are here for!!!

Take Care of yourselves

Best Regards

Esther Ward (Chair)

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## **Wellbeing Focus Groups**

Our members have taken part in three focus groups with Northumbria University that explores opinions in matters in healthcare and well-being. The focus group discussion is part of a research study entitled "Exploration of the Concept of Supported Self Care in Community Health and Well-being".

The purpose of the study is to gather community members' thoughts and opinions in healthcare related issues that are relevant to a local community. There is one more focus group to go and we are looking forward to reading the final report when it is published.

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# Our Rights, Our Voices

Three of our Human Rights Ambassadors travelled to London last week to attend the launch of the **Human Rights Toolkit** put together by Age UK.

Our Chair, Esther Ward, co-chaired the launch meeting which was attended by many representatives from groups around the country who had taken part in the making of the Toolkit.



## **Five things everyone should know about human rights**

1. Human rights provide a basic safety net for us all. Human rights are universal, they belong to everyone and set down the standards below which no-one should fall.
2. Here at home the Human Rights Act provides important protections for people, giving legal force to 16 fundamental rights and freedoms and duties to uphold them.
3. Human rights are about the relationship between people and those in power. The law means that human rights should be part and parcel of the way government and services do their job, helping us all to live with equal dignity and respect.
4. Human rights are the cornerstone of a healthy democracy, ensuring the government plays fair. Human rights are an important part of our constitution and help strengthen our democracy by giving people a voice.
5. The UK championed human rights laws as shared international minimum standards in the aftermath of World War II. We should celebrate our human rights heritage and work to make sure human rights are made real in people's lives here at home.

You can read more information about the project [here](#).

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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.

## 'The Bonnie Lads'

**Gateshead Older People's Assembly**

### The 'Bonnie Lads'



A new group for all men over 50 in Gateshead  
Do you have any ideas of activities for the group?  
Do you know anyone who would like to join?

The First Meeting of the Bonnie Lads  
will be on Wednesday 5<sup>th</sup> August from  
10.30 to 12.30 at The Felling Hub,  
58 High Street Felling  
Free Refreshments available  
All men over 50 welcome



Phone: 0191 4381721  
Email: admin.assembly@btconnect.com  
Visit: 58 High Street, Felling  
CIO Number 1155832

We have set up a men only group, called '**The Bonnie Lads**' with funding from the Health and Wellbeing Fund and we need men to help get it started.

The group will be run by the members who will 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 first meeting of the group will be at The Felling Hub on Wednesday 5<sup>th</sup> August, from 10.30am to 12.30pm.

All men over 50 welcome.

## LearningSkills Awards



Our Chair, Esther Ward, attended this year's Gateshead Council learningSkills Awards on 18<sup>th</sup> June.

Esther presented the **Learning for Life Award** to May Foster who at 96 is still learning.

The ceremony celebrates the success of Gateshead learners and recognises the hard work of the tutors, employers and learning venues throughout the Borough.

The winner of the **Learner of the Year** award was Mrs Annie Murphy, who is 101 and still inspiring people to learn. She couldn't come to the ceremony, so the award was presented to her at home the next day, by the Deputy Mayor of Gateshead, Councillor Allison Thompson.

Congratulations to all the nominees and winners.

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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 21<sup>st</sup> July and 4<sup>th</sup> August.

### **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 29<sup>th</sup> July and 12<sup>th</sup> 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 22<sup>nd</sup> July and 5<sup>th</sup> August.

### **Birtley**

The Birtley Friendship Group meets every other Tuesday from 10.30 to 12.30 at Birtley Fire Station. Next meetings are 28<sup>th</sup> July and 15<sup>th</sup> September (closed for summer holidays).

## **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 10<sup>th</sup> August and 14<sup>th</sup> September.

**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 16<sup>th</sup> and 30<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 23<sup>rd</sup> July and 6<sup>th</sup> August.

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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.

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)

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## **Other News**

### **Dementia Advice Service**

A new Dementia Advice Service is now available at Gateshead Advice Centre. Home, hospital and day care centre visits can be arranged. For further information or to arrange an appointment contact Lisa Douglas, Dementia Advice Worker, telephone 0191 4785100 ext 252, email [lisad@gatesheadcab.org.uk](mailto:lisad@gatesheadcab.org.uk), or visit Gateshead Advice Centre, The Davidson Building, Swan Street, Gateshead, NE8 1BG.

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### **Electronic Prescriptions**

Since the introduction of Electronic Prescriptions we have heard that some people are having difficulty with the system. Have you or anyone you know had any problems? Please get in touch with us if you have had trouble with the new service.

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### **Get Active Programme**

Gateshead Councils' Get Active Team run a range of multi-sport sessions under the Walking Sports Banner and features sports including Boccia, Kurling, Table Tennis, Football and others, all operating at a walking pace. The cost is £1.50 per participant per session attended. The minimum age to attend is 18 years old with the majority of our participants aged 60+ with some members in their 80s.

The sessions are as follows:

- Tuesday 10 -11 – Walking Sports @ Blaydon Youth and Community Centre, NE21 5LU  
Wednesday 10 -11 – Walking Sports and 11-12 Walking Football @ The Elgin Centre, Carr Hill, NE9 5PA  
Wednesday 1pm -2pm - Walking Sports @ Barmoor Hub, Ryton, NE40 3AZ  
Friday 10.30 – 11.30 – Walking Sports @ Mary Sanders Hall, Birtley, DH3 1NP
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### **Teamwork Community Development**

This voluntary organisation has a team of friends that supports older people who want or need some company.

They can help you to try out new activities, services and hobbies to help you to meet new people, get involved in your community or anything else you may want to do or try.

The same Friend can be at the end of the phone, visit you at home and be there with you when you want to go out, try something new or simply have a stroll in the park.

The service is free and is centred around you and your wishes.

For more information call 0191 4785919 and ask to speak to one of the befrienders.

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## **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 13th August For more information about the group, please call 03000 030 555

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## **Breast Cancer Awareness**

1 in 3 women who get breast cancer are over 70, so don't assume you're past it. If you notice any changes in your breasts, it's important that you contact your doctor straightaway. You're not wasting anyone's time and it's much better to be sure, if only to put your mind at rest. Finding breast cancer early makes it more treatable. A trip to your doctor's surgery could save your life. And if a friend or relative says they have any of these symptoms, insist they see their doctor.

Facts:

- Around 41, 200 women in England are diagnosed with breast cancer each year – of which around 13,400 (a third) are aged 70 and over.
- In England, approximately 5,400 women aged 70 and over, die from breast cancer each year. This equates to around 15 women per day.
- If breast cancer is diagnosed at the earliest stage in women aged 70 and over, 93% will survive for at least five years. This figure is just 13% at the most advanced stage of the disease (stage IV).

For more information, visit [nhs.uk/breastcancer70](https://www.nhs.uk/breastcancer70)

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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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