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Message from Our Chair – Esther Ward

Hello, I hope you have all enjoyed the very good summer we have had this year, and are ready to take part in the many new things happening now that you may not know about.

We have 3 Friendship Groups running now and one in Lobley Hill starting soon, also a Reminiscence Group and Art Group in Felling.

We won't be having an AGM this year, but we will do our best to have some sort of get-together during October, keep in touch for further information.

We still need your help with research on issues affecting older people, so we will be in touch soon with ways everyone can take part.

I hope we will see more of you soon, best regards Esther

Congratulations!

Our Secretary, Iris Dodds, has been nominated as '**Volunteer of the Year**' in the Gateshead Awards by a number of our members.



The award now goes to a public vote and we are sure you will all support Iris by either voting online at:

<http://www.gateshead.gov.uk/Gateshead Awards>

Or by completing the form in your council news.

Voting is open now until 3rd October and the winner is announced on 13th October at a ceremony at the Civic Centre.

Good Luck Iris!

Volunteers Needed!

Gateshead Older People's Assembly is currently looking for volunteers. We have a wide range of volunteering opportunities to match your skills and interests.

However much or little time you have to spare, you can get involved in the work of Gateshead Older People's Assembly.

Come along and meet other people who share your interests and be a part of what we do.

Anyone can be a volunteer, use your skills gained at work and at home or learn something new.

For more information on any aspect of volunteering with us, please contact Chris Barker on 0191 438 1721.

Asda Living

Gateshead Older People's Assembly is now part of the green token scheme at the front of the store at Asda Living Gateshead on the Team Valley Retail Park.



The charity that receives the most green tokens will receive £100, so please consider putting your token in our collection if you shop there. Thank You.

Come along and see us there on Saturday 25th October!

Contact us:

☎ By Telephone: 0191 438 1721

✉ By email: admin.assembly@btconnect.com

📮 By post: 65 High Street, Felling, Gateshead,
Tyne and Wear,
NE10 9LU

or you can drop in to our offices:

🕒 Monday - Friday 9:30am – 4:00pm

[Click for larger map](#)

Food For Thought

Eating in the 1950's

Pasta hadn't been
invented

Curry was a surname

A takeaway was a
mathematical problem

Pizza was a leaning
tower

All crisps were plain, the
only choice was salt

Rice was a milk pudding,
never part of dinner

Cubed sugar was posh

Oil was for lubricating,
fat was for cooking

Tea was made in a
teapot using leaves and
never green

Coffee was Camp and
came in a bottle

Healthy Food was
anything edible

People who didn't peel
potatoes were lazy

Indian restaurants were
only found in India

Cooking outside was
called camping

Sugar was white gold

Prunes were medicinal

By Sylvia Brown

Regular Activities

Gateshead Older People's Assembly has a number of regular sessions, which everyone over 50 is invited to attend.

For more information on any session please contact Helen Cowlyn on 0191 438 1721.

Art Group

These friendly 2 hour sessions run every fortnight, and you don't have to be an artist to take part— even if you have never held a paintbrush you will be made welcome, so why not give it a try.



If you have art equipment, by all means bring it along, and if not, don't worry—we will provide you with what you need.

The sessions are free of charge, with a small donation for refreshments.

Reminiscence

If you have ever said 'I remember when.' you may be interested in attending our Reminiscence sessions which run every fortnight on a Thursday morning.

The group is very informal; topics and themes are decided by the group and have included bringing in old photographs and watching films of old Gateshead.

They have also been on trips out and had guest speakers.

There is a small charge of £1.50 to cover refreshments and trips.

Meet Your Community Organisers

Hi

We are Josh and Michelle, working as Community Organisers in Central Felling and North Felling respectively.

We are hosted by Edberts House and employed by Locality, a national membership organisation dedicated to inspiring and supporting local community action.



Our role is to go out and listen to members of the community, finding out about what they love about the community and what they would like to see change or see done differently. But most importantly we will be supporting people to take the actions that they want to see in the community.

Over the next few months we'll be out and about in the community, but if you would like to speak to us about our work more, then see our contact details below.

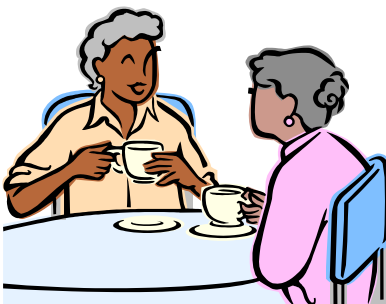
We look forward to meeting you!

Josh: 07812 745697. joshua.waterton-bailey@coganisers.org.uk

Michelle: 07812 745668 michelle.holmes@corganisers.org.uk

Just a Moment

Can you spare a moment,
Throughout a busy day,
To chat to someone lonely
You meet upon your way?
So many folks are lonely
And need a little care,
A word or two of comfort,
You could so easily spare,
And by your understanding,
The little things you've done,
You'll make the day much brighter,
And a far less lonely one.



Friendship Groups

Gateshead Older People's Assembly now has three Friendship Groups running in the borough.

Our established groups are based at St Helen's Church Hall in Low Fell, and in Felling in our meeting room.

We are pleased to announce that our newest group at St Joseph's Parish Centre in Birtley is now up and running.

We are also hoping to start a new group soon in Lobley Hill.

Come along and meet other people over a hot drink. Perhaps you'd like to get involved in a new activity, or just come along for a chat—it's up to you.

For information on meeting times, please contact the Assembly on 0191 438 1721.



Get Together Groups

Gateshead Older People's Assembly has two Get Together Groups running in the Borough.

These are based at St Peter's Church Hall in Low Fell and Whickham Community Centre.

Make new friends and catch up with existing ones.

- Guest Speakers
- Monthly meetings
- Trips
- Activities
- Find out what is going on in your community

For more Information contact us on 0191 438 1721

Retired Greyhounds

The Felling Friendship Group recently watched a showing of a short film, **Back on Track - Redefining the Greyhound**, about retired greyhounds and what happens when their racing career comes to an end.

The film was made by two local young people with funds from v-inspired cashpoint, giving young people the opportunity to help a charity. Read more [here](#).

To watch the film click on the link below:

<http://www.youtube.com/watch?v=Grsun9Gx2tk>



Legal Planning for the Future

Crichton Wills, Trusts and Probate can provide information on making your Will, Trusts, Lasting Power of Attorney and Estate Planning.

We are a local company combining high professional standards with a friendly and personal service. We provide a home visiting service as a matter of course. Please contact us for more information.

We will make a donation to the Older People's Assembly for any completed work as a direct result of this notice.

Julie McAlpine & David Crichton LLB (Hons)

Registered office: 1 Lochfield Gardens, Gateshead NE11 0XQ

Tel: 0191 432 6860 Email: jsm@crichtonwtp.co.uk

Website: www.crichtonwtp.co.uk



Blaydon Writers

Blaydon Writers Group is looking for new members.

They meet every Tuesday from 1:30pm to 3:30pm at St Josephs Presbytery in Blaydon.

It's a small group and they welcome any sort of writers with any level of experience, for mutual feedback and to give advice on grammar and spelling too.

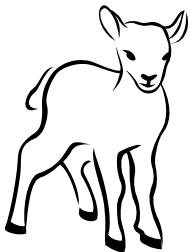
There is a charge of £1 a week which includes tea and biscuits, and a £5 annual fee which goes towards paying for the regular social outings.

If you'd like to join, just turn up on the day.



Baby Animals Word Search

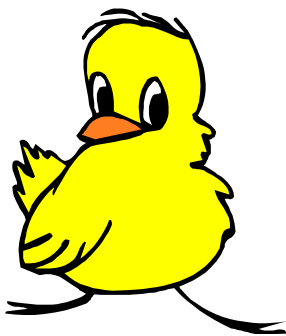
Keep your mind active with a word search puzzle.
The words in the list can be found in the grid either horizontally or vertically.



C	V	E	D	I	G	L	P	T	Y	R	Z	I	K	T	K	O	G	V	G
J	L	E	A	A	G	O	W	I	L	L	O	P	W	U	R	V	W	N	D
Z	I	H	C	R	O	O	G	K	M	F	F	V	P	Z	G	D	F	C	K
P	N	P	P	N	G	N	I	L	S	O	G	L	J	E	E	H	G	R	K
F	A	R	H	R	C	R	I	A	G	V	X	T	B	L	A	O	F	D	P
Q	D	V	U	J	X	W	F	M	Z	L	U	O	Y	A	G	G	Y	D	N
E	V	X	K	V	P	H	R	B	N	W	N	L	P	R	L	O	O	F	F
S	A	A	B	Y	F	E	A	J	T	A	P	I	G	V	E	N	O	L	U
S	G	S	D	B	I	L	V	P	E	L	O	P	D	A	T	W	E	I	A
U	X	P	Z	D	D	P	I	G	L	E	T	H	A	D	I	A	Y	J	J
I	J	Z	Q	Q	I	N	C	O	L	T	B	K	G	I	D	F	J	K	L
E	Z	P	N	Z	K	J	K	O	U	B	J	N	W	J	R	F	I	A	O
Q	K	N	C	H	I	C	K	G	P	U	P	P	Y	A	B	I	L	H	Q
O	Q	B	Z	U	T	A	A	P	H	C	A	Z	S	O	I	G	K	R	X
Q	S	H	O	A	T	L	A	Y	E	Q	I	S	X	Y	J	T	F	U	B
W	I	R	X	I	E	F	M	Y	Y	U	Y	X	N	L	N	F	T	Y	X
R	O	C	Y	G	N	E	T	X	P	T	O	Y	L	L	L	H	F	R	B
H	N	K	E	Y	L	T	L	H	A	T	C	H	L	I	N	G	J	R	F
I	O	S	O	G	N	I	L	K	C	U	D	V	U	F	M	T	S	D	H
Q	T	A	J	F	R	M	Q	Y	S	H	A	Z	V	L	Y	H	E	J	R

Word List

puppy, kitten, joey, piglet, fawn, calf, kit, cub, hatchling, chick, whelp, larva, pullet, colt, foal, duckling, eaglet, tadpole, polliwog, gosling, kid, filly, shoat, cria, lamb, cygnet



Dangers of Dehydration

Even though the hot summer months are behind us, it is still vital to avoid dehydration.

What is dehydration?

Dehydration occurs when there is not enough fluid in the body to maintain normal functions. Water makes up two thirds of our body.

Signs and symptoms

Drinking less than usual (feeling thirsty), coloured or small amounts of urine, headaches, tiredness, dry mouth, lips or eyes, lack of concentration, confusion, constipation and urinary tract infections.

What should you drink?

Aim for at least eight drinks per day.

Any fluid, except alcohol, counts including milk, water, tea, coffee and fruit juice.

What to do if you are concerned?

You can help prevent dehydration in yourself or others by:

- recognising the early warning signs;
- planning visits around mealtimes to get a sense of what they are drinking and if they have any difficulties drinking;
- sitting down and having a 'cup of tea' socially with relatives or friends;
- encouraging around eight drinks per day such as after each meal and snack time;
- ensuring both hot and cold drinks are safely and freely accessible;
- encouraging foods which are high in fluid content such as ice cream, lollies, jellies, nourishing soups or water rich fruits such as melons; and
- supporting access to both social and health services.

Information supplied by [Avoid Dehydration](#) leaflet.



Dementia Cafe

If you have dementia, or are caring for someone with dementia, you'll be welcomed at Gateshead Alzheimer's Society Dementia cafe. Come along to meet others in a similar situation, in a relaxed social setting. You can spend time sharing information and experiences, or simply have a cup of tea and a chat. Friendly Alzheimer's Society staff and volunteers will be on hand to provide information and support, and there will be a range of refreshments available.

The cafe meets on the third Monday of each month from 1pm until 3pm at St James Church Hall, Wordsworth Street (Off Sunderland Road) Gateshead NE8 3HE.

If you would like to find out more about the Cafe, please contact Gateshead Alzheimers Society on **0191 477 7490**

Hearty Lives

Hearty Lives Gateshead – a men's project working in partnership with local voluntary groups, the NHS and Gateshead Council to improve men's health and lifestyle, in the East of Gateshead, involves a range of FREE activities for men 18+ including:

Men's Health Groups Get involved in a variety of activities including - gardening, walking, health information and advice plus much more.

Mondays, 1pm at Pelaw Youth Centre.

Wednesdays, 10am at Leam Lane Community Centre.

Cycling – A free bike ride featuring a variety of different routes around the local area. Bikes can be provided (pre-booking essential).

Mondays, 10am at Leam Lane Community Centre.

Football – Get your boots (or trainers) out and have a kick about delivered by FA qualified Coaches.

Tuesdays, 1pm at Leam Rangers Football Club.

Health Walks – Covering approximately 2.5 miles over a variety of routes around the local area, with a monthly trip further afield.

Tuesdays, 10.45am, Leam Lane Community Centre.

Visit <http://www.ourgateshead.org/HeartyLives> for more information.