

## The Voice of older people in Gateshead

Charity Reg No: 1101622

### Message from our Chair



Hello to you all. I hope that you have kept well through the winter and we can start to look forward to the warmer weather once again.

As you probably know, our quarterly newsletter was one of the many casualties of the funding cuts that are affecting all of us at present, but I am delighted, that we have been able to produce this mini newsletter to keep you up to date on what the Assembly is doing and ways in which you may want to become involved.

The last few months have been a busy time for the Assembly, with many events, focus groups, trips and outings to name just a few. We are striving to continue the work we do despite the difficulties we face with cuts in our funding as well as the ever increasing costs involved with running the organisation. In the difficult times ahead, it is even more important that you, as members, continue to have your voices heard.

Please contact us to tell us about any issues that affect you as an older person living in Gateshead. Make your voice heard, and be part of making Gateshead Older People's Assembly the VOICE of older people in Gateshead.

Best wishes to you all, **Esther Ward (Chair)**

**Did you know...** that Gateshead Older People's Assembly is the 4th largest forum for older people in England. With almost 2300 members across the borough, you are part of a powerful group of older people who are passionate about living in Gateshead.

Don't keep your thoughts to yourself - let us know what is good and not so good about living in Gateshead as an older person. Your views will help make Gateshead an even better place for older people.

### How to get in contact with us:

There are several ways that you can contact us:

By Telephone: **0191 438 1721**

By email: [admin.assembly@btconnect.com](mailto:admin.assembly@btconnect.com)

By post: **65 High Street, Felling,**

**Gateshead, Tyne and Wear, NE10 9LU**

or you can drop in to our offices:

**Mon - Friday 9-30am - 4-30pm**



### BEE HEALTHY EVENT....

LEAM LANE COMMUNITY CENTRE

FRIDAY 23RD MARCH 2012 11.30am TO 2.30pm

Health and Well Being information and advice from a range of organisations.

Free entry, refreshments available.

Contact Gateshead Older People's Assembly on 0191 438 1721 for more details.

## Get involved with our Local 'Get Together' groups

What are they? Last year, with funding from Comic Relief, we began to set up smaller local 'Branch Assemblies'. The aim of the Branch Assemblies is to allow older people to bring about positive change in their local community. How? Well that's up to you!

We have set up 4 new groups so far with a 5th about to begin. The groups are all made up of people who are passionate about their neighbourhood and about themselves. The groups have already made many positive changes. The East Branch Assembly campaigned to reinstate a local bus service that had been re-routed. Now around 60 older people have access to a bus service that they thought they had lost for good.

The groups have invited guest speakers from many different agencies and organisations, These have included Age UK, Community Health Team, NHS, Nexus, Gateshead LINK to name a few. But it's not just about discussing issues, there is fun to be had as well. Our groups have had tea dances, coach trips, bingo, cookery events, gallery visits and that's just for starters! What you do is up to you. You can become as involved as you want, helping to organise the events or just taking part.

**Central. Windmill Hills Centre**, (formerly Windmill Hills Nursery School) corner of Coatsworth Road and Bensham Road. 1st Tuesday of the month. Registration from 10.15am. Meeting from 10.30am to 11.45am. £1 per session includes refreshments.

**South. St Peter's Church Hall**, Kells Lane, Low Fell. 2nd Monday of the month. Registration from 1.45pm. Meeting starts 2pm to 3pm. £1 per session includes refreshments.

**Inner West. Whickham Community Centre**, Front Street, Whickham. 1st Thursday of the month. Registration from 12.45pm. Meeting 1pm to 3pm. £1 per session includes refreshments.

**East. Hertfordshire House Community Centre**, Rothbury Avenue, Pelaw. 2nd Wednesday of the month. Registration from 12.15pm. Meeting 12.30pm to 1.30pm.

**Also** 4th Wednesday of the month. Get Together Dance group. Registration from 12.45pm. Dancing starts 1pm to 3pm. £1.50 per session includes refreshments.

For more information contact: Kerry on 0191 438 1721 or email: [kerry.pattison@btconnect.com](mailto:kerry.pattison@btconnect.com)

## WOULD YOU LIKE TO TAKE PART IN THE FOLLOWING?

- Reminiscence groups (talking about bygone days and local history in Gateshead with like minded older people)
- Learning how to get the best from your mobile phone, laptop/computer or digital camera
- Take part in a focus group about issues that affect older people
- Be involved in research around older people's issues
- Go on occasional trips to museums, art galleries etc

We plan to run all of the above activities over the coming months and are taking names of people who would like to take part. If you are interested in any of the above please contact: Helen Cowlyn on 0191 438 1721.

## 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. Meet other people who share your interests and be a part of what we do. For more information on any aspect of volunteering with us, please contact Chris Barker on 0191 438 1721.

**If you no longer wish to receive items from Gateshead Older People's Assembly, please help us save money by letting us know.**