



Dear Member

I hope you are all keeping well and looking forward to our AGM and the celebration of our **TEN** years as an Assembly/Forum. Many VIP guests are attending, such as our Mayor and the Older People's Champion. The theme this year is 'Community Safety and Safeguarding Adults'. I hope to see many of you there.

We are very busy at the Assembly setting up new groups and being involved with many other organisations who want to include us in the work they are doing. We have been invited to take part in the ERSC 's (Economic & Social Research Council) Festival of Social Science, in partnership with Northumbria University.

This is an intergenerational event set to take place on Saturday 10th November at


Gateshead Civic Centre. If you would like to attend, please contact Chris Barker tel:0191 4381721 for further information.

We have set up some new 'Friendship Groups' in our premises at Felling to get people together and hopefully combat loneliness and isolation. These groups are proving very popular, they are so popular and still growing that we have decided to hold a Coffee Morning in the Masonic Hall on Alexandra Road to meet with more people who have expressed an interest in attending. This will be on Thursday 25th October at 10:30am. We want to hear your views on how we should run the Friendship Groups and what you think is the best way of taking things forward. Do come along and meet with other Members and make new friends.

I must tell you about how GATESHEAD OLDER PEOPLE'S ASSEMBLY HAS GONE GLOBAL. I was asked by Age UK to become part of a steering group to organise a 'World Café', which is to be held in 6 European countries. This is a new way of engaging with older people and exploring their views. Four countries have already held their event and the UK event will take place on 2nd October at the Royal Festival Hall in London. Being part of the steering group is an amazing experience and I now have new friends throughout Europe. Gateshead Older People's Assembly is now well known in Bonn, Bologna, Bilbao and Prague (which I attended). This is a great achievement for the Assembly and we are now recognised as one of the most successful Assembly/Forums in England. The final event is to be held in Strasbourg.

Thank you for all your support over the last 10 years, as none of this success could have been achieved without you:- **OUR MEMBERS.**

Take care of yourselves, Best regards



Esther Ward (Chair, Gateshead Older People's Assembly)

Healthy Weight for Older People

Why not take part in our friendly 'Healthy Weight' sessions? If you would like to lose a few pounds and also get information on nutrition and healthy eating, come along and join our group.

It's friendly, informative and it's **FREE!**

For more information, please contact Gateshead Older People's Assembly 0191 438 1721

There are several ways that you can 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 - 4-30pm**

Get involved with our Local 'Get Together Groups'

Make new friends and catch up with existing ones.

Find out what is happening in your local area.

In 2011, 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. The groups are all made up of people who are passionate about their neighbourhoods and about themselves. The groups have already made many positive changes. There is a 'Get Together' group near you! So why not get involved?

1st Thursday of the month. Wickham Community Centre, Front Street, Wickham. 1pm to 3pm

2nd Monday of the month. St Peters Church Hall, Kells Lane, Low Fell. 2pm to 3pm

2nd Wednesday of the month. Hertfordshire House Community Centre, Rothbury Avenue, Pelaw. 1.30pm to 3.00pm

2nd Thursday of the month. Ryton and District Youth Centre, Main Road, Ryton. 1pm to 3pm

Contact: Kerry on 0191 438 1721 or email: kerry.pattison@btconnect.com for more details

Get Together Group Tea Dance

Hertfordshire House Community Centre,
Rothbury Avenue, Pelaw, NE10 0QY

4th Wednesday of the month.

Registration from 12.45pm

Plus bingo and raffle

Dancing from 1pm to 3pm - £1.50 per session

includes tea or coffee and biscuits

New members always welcome

Are you interested in joining a local support group for people with a lung condition?

Breathe Easy Gateshead

offers:

Mutual support and friendship

Information and education

Regular speakers on a range of topics

Wednesdays 10th Oct and 14th Nov 1.30pm-3.30pm

Gateshead Civic Centre, Lamesley Room

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)
- Learn 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 or email: admin.assembly@btconnect.com

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.