



### Message from our Chair

#### Dear Member

I hope you are all keeping well. It has been a long time since we were able to contact you with a Newsletter, unfortunately it has to be a very much shorter version than in the days of "The Voice" but lets say 'short and sweet'

We are starting up lots of new projects at the moment. Our 'GetTogether Groups' are doing so well, so if there is one in your area why don't you go along. For more information please contact Kerry Patterson, phone her at the office on 4381721. We have also set up 'Friendship Groups' these groups are still being formed and we are in the planning stages along with the help of the people who attend. These groups are hopefully going to tackle loneliness and isolation among those of you who are living alone, they are however for anyone who wants to come. They are, at present being held at the office, so once again if you need any further information contact Helen Cowlyn on 4381721.

We are coming up to AGM time, you will all be receiving an Invitation very soon, please be sure to let us know if you are able to attend. It is also our 10th Anniversary, so lets make it a celebration We would be so grateful if you would read the letter I have enclosed as it is important to upgrade our Membership List and we are anxious to know the number of people still interested in the Assembly. Hope to see you soon. **Best Regards Esther Ward (Chair)**

**Re-Register Now!** Don't forget to re-register with us. This is very important to ensure that you are kept on our membership register. It means that you will continue to receive information from us from time to time and it keeps the communication channels open between us. Included with this news sheet is a letter which explains why we ask you to re register , and the easiest way to do it. Hurry though, because you only have until August 17th to let us know that you would like to continue to be a member of Gateshead Older People's Assembly, 'The Voice' of older people in Gateshead. Make sure YOUR voice is heard!

#### 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**

### Friendship Groups have begun!

Come to our Friendship Group for the over 50's. We meet fortnightly on a Thursday in our meeting room at the Assembly Offices in Felling. Come along for a chat and a cuppa. Interested?

Contact Gateshead Older People's Assembly 0191 438 1721

**"Strangers are friends you haven't met yet"**

## 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 5 new groups so far. 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, ( these include Eden Camp, Beamish, Bowes Museum and Blackpool!) bingo, cookery events, gallery visits and that's just for starters! What you do is up to you. You can become as involved as

### There is a 'Get Together' group near you! So why not get involved?

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

### REMINISCENCE IS RETURNING!!

From September our popular reminiscence programme will be restarting. In partnership with AGE UK . We will be holding fortnightly sessions on a Thursday in our meeting room. If you are interested in taking part in this popular and interesting programme, contact Helen at the Older People's Assembly on 438 1721

### YOUR OPINION IS VALUABLE!!

As an older person in Gateshead—tell us what is both good and bad. What needs improving, and what does Gateshead do well. We can ensure your opinion is heard by people who can make changes.

Contact us with your opinions today!

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

### Breath Easy Gateshead offers:

- *Mutual support and friendship*
- *Information and education*
- *Regular speakers on a range of topics*

**Wednesday 8 August 1.30—3.30p**  
**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.

### 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.