



Dear Member

Welcome to 2013!

The New Year has so far proved to be very cold, which highlights the importance of keeping warm. Until the end of March, if you have difficulty keeping warm, due to problems with your heating, or anything else that prevents you keeping warm at home, then please contact one of our Winter Wardens, who will put you in contact with the right person to help. See the separate leaflet for more details.

Our new Friendship Groups have started up now, and are a great way of making new friends and getting involved in new interests or rekindling old ones. To find out more about the Friendship Groups, contact the Assembly on 0191 438 1721

We are planning all sorts of activities and events for 2013, so look out for more information soon—and why not tell your friends. Take care and keep warm!

Stephen Scullion—Vice Chair

Reminiscence Group is back!

Our Reminiscence group meets fortnightly (on a Thursday) from 10-30am —12-30pm. Reminiscence is a tutor-led activity, all about discussing bygone times, unlocking old memories, and a little local history. Why not pop along and join in this friendly and interesting group.

The two hour session costs £1.50, and includes refreshments.

For more information, please contact the Assembly on 0191 438 1721

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 the 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 now set up 5 new groups. 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?

2nd Tuesday of the month. Milvain Close Community Lounge. NE8 3RS 1.30pm to 3pm

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. 12.30pm to 1.30pm

2nd Thursday of the month. Ryton and District Youth Centre, Main Road, Ryton. 1.30pm 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

Mutual support and friendship

Information and education

Regular speakers on a range of topics

Wednesdays Feb 13th and March 13th

1.30pm-3.30pm

Gateshead Civic Centre

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.