

the voice

Gateshead Older People's Assembly

Your voice in Gateshead - Winter 08

Special Edition **HELPTHEAGED WE WILL**



New Look Website Launched
www.gatesheadolderpeoplesassembly.co.uk

Message from the Chair

Dear Member



Winter is here and the weather is extremely cold. This is the time of year when we must make sure we keep ourselves and our homes warm.

I know fuel prices have risen an awful lot but we must make sure we turn on our heating. Is your house fully insulated? Have you got your cavity walls filled and your draught proofing done?

This helps to cut down on fuel bills. If you haven't you may qualify under

the Warmzone Programme. To find out more information contact Warmzone on 0191 4771919 or visit www.warmzones.co.uk

We would like to wish everyone a very Happy Christmas and a Healthy New Year.

**Best Wishes
Esther Ward (Chair)**

Inside this issue:

- Assembly News
- Read about our 7th Annual General Meeting



- National News
- Local News
- Information and Services
- Members Pages
- Membership Form

Meetings Attended ~ On Your Behalf

Gateshead Strategic Partnership

Involvement Forum

Community Care Forum

Gateshead Older People's Partnership Board

Gateshead Community Network

Self Directed Support Partnership

Health and Social Care Partnership

Local Engagement Board

Gateshead LINK

North East Transport Forum

Gateshead Housing Partnership

Gateshead Diversity Forum

Gateshead Health Impact Assessment Steering Group

Central, East, South, West and Inner West Area Forums

**Become a member of
Gateshead Older
People's Assembly
It's Free!!
Fill in the
Membership Form
on the back page**

Meet the Committee - George & Betty Law



George and Betty met in June 1956 and married in February 1960. Over the years they have shared a variety of interests and served on numerous local committees.

In the early 1990's they served on the Management Committee of the Gateshead branch of Arthritis Care, along with Esther Ward.

In August 2003, while attending the Bankie's Festival in Felling they visited the then Gateshead Forum for Older People's stand

where they again met Esther who persuaded them to become members.

In 2007 at the inauguration for Gateshead Older People's Assembly they were elected onto the Management Committee and are now regular attendees at meetings. The couple were very involved in the recent Link Up project.

George is a retired police officer and a serving Magistrate in Gateshead. He is also Treasurer for the Gateshead Branch of NARPO (National Association of Retired Police Officers); Vice-Chairman (and a founder member) of the Felling History Society; Secretary of St Patrick's Working Party; Secretary (of the newly formed) The Felling Irish Association and a local author currently working on his second novel. George practices the martial art of Cane Masters (karate using a special walking stick) and has reached green belt level.

Betty is Treasurer of the Felling History Society and was the first woman and first non police officer to serve on the Gateshead branch of NARPO (since March 1990). Both Betty & George practice Tai Chi every week.

Focus Group Fever !!

Over the past few months members of Gateshead Older People's Assembly have been invited to take part in several Focus Groups.

5 volunteers took part in a discussion group hosted by Newcastle University, Institute for Ageing and Health. The group looked into the design of the University's Website. A second Focus Group looking into ways older adults lives could be made easier when it comes to food purchasing and preparation, is due to take part in January.

4 volunteers participated in a Focus Group ran by NHS Direct looking into a new online self assessment service.

6 male volunteers assisted Northumbria University final year Undergraduate student Rachel Deller with a research project looking into Social Isolation in Older Men.

A number of Volunteers have formed a Focus Group working with Gateshead Library Services looking at ways to improve services aimed at older people.

We would like to say a BIG THANK YOU to all members who volunteered to take part. If you would like to become involved in future focus groups please contact us.



Well what another FANTASTIC day was had by all at our 7th Annual General Meeting!!

Almost 300 of our members and representatives from partner organisations came along to The Gateshead Masonic Hall on 1st October to help us celebrate our 7th AGM and 1st *birthday* as The Assembly and to congratulate our 'Year of the Volunteer' award winners.

The day started with an opening speech given by The Mayor Cllr Maureen Chaplin leading into the formal business and talk from our Keynote Speaker **Louise Grahame** of Peter Fletcher Associates. This was followed by the election of a new member, **Tom Bryden** to the Management Committee. We would like to take this opportunity to thank Tom for joining us and welcome him onto our Management Committee.

Before lunch our members enjoyed vocal entertainment from The Sage Choir lead by Gilly Love and singing and entertainment from Colin Summers after lunch.

In the afternoon we held a very special award ceremony. 2008 is the Year of the Volunteer and as 1st October is also The International Day of the Older Person we wanted to recognise the valuable contribution that older people in Gateshead make to volunteering.

Nominations were sought from your local community with the help of local Community Centres and 12 people were put forward. Unfortunately one nominee could not attend on the day. Our thanks go to all who took part, especially Gateshead Council Year of The Volunteer who helped fund the event.



Year of the Volunteer Awards

Nominees were :

Audrey Duffy



Pat Corbrick



Iris Dodds



Dave Peacock



Hazel Watson



Peggy Wardle



Pauline Olson



Ann Quarry



Doris Adamson



Wynn Humphries



Christine Deponio



Gordon Coleman



Congratulations to them all !!

New Look Website Launched !!

Gateshead
Older People's Assembly
Charity Reg No: 1101622

A 'Voice' For Older People

search...

Change your font size: [-] [+]

Home
Assembly News
Meeting Room
Newsletter
Upcoming Events
Past Events
Membership Form
Volunteers
Meet the committee

About Us

In 1999 Gateshead Council and the Health Action Zone (HAZ) funded Age Concern to conduct a feasibility study to look at setting up an Older People's Forum.

A steering group of 10/12 older people was set up and began exploring the most appropriate way to represent older people. The group met on a regular basis to look at issues affecting older people in Gateshead.

In 2002 we became an independent organisation known as Gateshead Forum for Older People, with financial support from Help the Aged.

Latest News

Assembly News

Read about the various focus groups our members have been asked to take part in a over the past few months.

[Read more...](#)

Do you have internet access ? If so take a look at our new website!!

www.gatesheadolderpeoplesassembly.co.uk

It's packed with Assembly news and views, help and information. There are links to local and national organisations as well as articles on past and future events. We hope to be able to offer podcasts soon so watch this space!! Remember this is your website, we would love to hear from you, so if there is anything you would like to see on there please let us know.

New Member of Staff for The Assembly



*We would like to say a big **WELCOME** to our newest member of staff. David Newman has joined us in November as our new Administration Assistant. David will take over from Kerry Pattison who moves into the role of Finance and Information Officer within the Assembly.*

*David will be the main contact for general enquiries and can be reached on **0191 438 1721** or at admin.assembly@btconnect.com.*

PROTECTING YOURSELF FROM FLU

The full force of the flu season will soon be upon us – and with it, the dangerous concerns this serious illness can bring.

Flu is a highly infectious illness which spreads very rapidly through coughs and sneezes of people who are already carrying the virus.

Typically, the flu symptoms of fever, headache, body aches, loss of appetite, extreme fatigue and depression last around two weeks during which time, bed rest and 'nursing' care may be necessary.

Flu immunisation (flu jab) gives you good protection from flu and lasts for one year. The vaccine is normally available in the autumn and is made from the strain of flu that is expected in the coming winter. In order to remain protected, you need to ensure that you have a flu jab every year.

The flu jab is free to people in 'at risk' groups. Only people in these groups need to have a flu jab. This applies to everyone aged 65 or over, or if you have any of the following health conditions (however old you are): A serious heart or chest complaint, including serious asthma, serious kidney disease, diabetes, or lower immunity due to disease or treatment such as steroid medication or cancer treatment. Your GP may also advise you to have the flu jab if you have serious liver disease.



Do you have a complaint about private dental care? The Dental Complaints Service is here to assist private dental patients and dental professionals resolve complaints about private dental services.

The Dental Complaints Service are an independent body set up and funded by the General Dental Council. They act as a mediator between you and your dental practitioner to put things right.

Telephone 08456 120540 in office hours (Monday to Friday 9am - 5pm) or visit www.dentalcomplaints.org.uk for further details.

Help the Aged is an international charity fighting to free older people from poverty, isolation and neglect.

HELPTHEAGED WE WILL

Activities include

- Social and Biomedical research.
- Campaigning to bring out change at both policy and practical level.
- Home support – Which includes Gifted Housing, Handyvan, Home shopping, Insurance, SeniorLink.
- Information and advice – Advice leaflets, Care Fees Advice Service, Equity Release Service, Falls Prevention Advice, SeniorLine, The Age and Employment Network, Wills Advice Service, Community living – Community Development, Discount car hire, Grants for community groups, Neighbourhood wardens, Senior Mobility, Speaking up for Our Age.

Help the Aged in your area

- Seniorline – **0808 800 6565** - Free telephone advice on Welfare and disability benefits, Care at home, residential care, housing options and adaptations, access to health and community services.
- Michelle Cadby, Regional Development Officer – Can work with older peoples groups to offer a number of things including information and capacity building support.
- Will Advice Service offering free, confidential advice for people of state retirement age. The Northern Advisor covering Gateshead is Caroline Gibby. Limited funding opportunities for older peoples groups and organisations. Contact Michelle for further details.

Fuel Poverty

Fuel poverty in the UK is at its highest level in almost a decade.

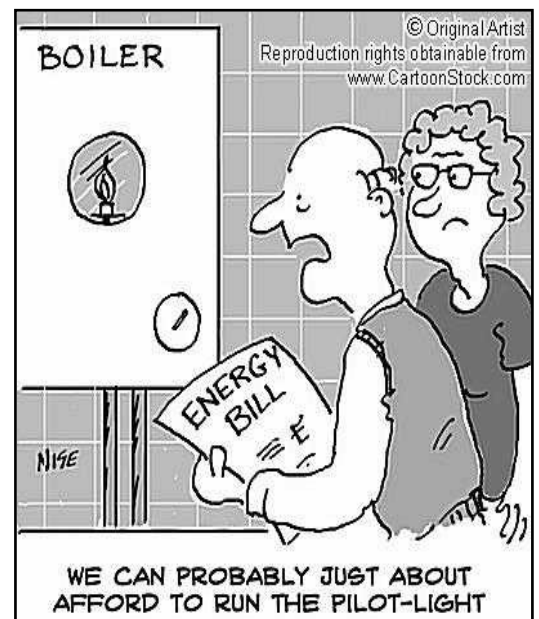
One in four pensioners (nearly 3 million) are currently living in fuel poverty;

Around **25,000 older people die** from preventable cold-related illnesses each year.

With fuel prices this winter predicted to be at an all-time high, the situation is set to worsen.

Help the Aged is trying to beat Fuel Poverty but we need your help!! Please sign the End Fuel Poverty card enclosed in this newsletter and post it back to our campaigns team, no stamp is required. We will be using your cards to **call on the Prime Minister to produce a new fuel poverty strategy to end fuel poverty.**

For further information or any queries raised by these articles please contact Michelle Cadby, Regional Development Officer Northumberland and Tyne and Wear, 01665 603582 or michelle.cadby@helptheaged.org.uk



Pavements

Dangerous pavements are a major cause of falls in the UK.

Research showed that 24% of pavements in the UK were unfit for use, with 2.5 million older people falling over a pavement in 2006 alone.

Help us to alert your local council or authority to faulty areas of paving in your community.

Fill in the pavement postcards included in this newsletter if you spot dangerous paving.

Help the Aged are calling on Local Authorities to repair pavements reported as dangerous in their areas, by June 2009 as part of their Common Ground Manifesto.



Three simple steps to Winter Warmth

Take these three simple steps to ensure you keep warm this winter

Check you are receiving all your rightful entitlements and read the hints and tips on cutting costs and keeping warm this winter.

Make sure you are getting everything you are entitled to. Contact the Pension Service to make sure you are not missing out on unclaimed benefits.

Tips for keeping warm this winter

Check you are getting	Regular hot meals and drinks as they provide warmth and energy.
Check you keep Moving	Any activity, even vacuuming will improve circulation.
Check you dress Appropriately	Day and Night - Wrap up warmly, indoors and out, ideally with several layers of thin clothing to trap the heat.
Check your home is at the right Temperature	Keep temperatures Between 21-24 degrees C (70 -75 degrees Fahrenheit)
Check your windows are closed at night	Cold air on the head at night has been shown to increase blood pressure, which could lead to a stroke.
Check you are keeping your fuel bills down	<ul style="list-style-type: none"> ✦ Switch the lights off when you leave the room. ✦ Turn off appliances rather than leaving on standby. ✦ Don't overfill the kettle – boil only what you need. ✦ Replace standard light bulbs with energy saving ones. ✦ Turn down the washing machine to 30 degrees. ✦ Consider having a shower instead of a bath as this uses less hot water and therefore saves on heating costs.

If you would like a 3 steps to a Warmer Winter pack which contains more details please contact 0800 089 0800.

Emmanuel House

Holistic Therapy Care Centre for People effected by Cancer

January 2003 saw the opening of Emmanuel House, Holistic Therapy Centre based in the family home of Christine and Raymond Deponio.

Christine and Raymond's story is one of true inspiration and courage. Christine, blind from the age of 16 turned to God almost 25 years ago after Raymond; also blind from the age of 20 due to a degenerative condition was left for dead after being struck by a car on his way home from work. Raymond suffered brain damage and is still recovering to this day.

Christine has achieved many things from being the first blind women to be awarded a black belt in Karate and receive the Wilkinson Sword Award for Outstanding Achievement in Sport, to becoming a qualified sports injury and holistic therapist. Christine is also an accomplished recorded singer available to perform for events.

However it was when Christine met Dianne King a Cancer sufferer through her voluntary work at The Queen Elizabeth Hospital, she acted upon her dream to open a Holistic Therapy Centre. Christine and Raymond have spent an enormous amount of their own money to refurbish their home to be able to offer treatments such as Hydrotherapy Jacuzzi, Aromatherapy, Reflexology, Massage and Counselling free of charge.

They have also bought 3 holiday homes sited in Cragside Caravan Park where patients and their family can have respite holidays free of charge, access to a chateau near Paris and a Log Cabin in the grounds of Emmanuel House.



Christine also holds a tea dance on the 3rd Sunday of the month at Gateshead Masonic Hall and regularly organises fundraising events. Christine and Raymond's plan is to move Emmanuel House into larger premises, however the support of the public is desperately needed.

To find out more information please contact Emmanuel House on 0191 460 9693 or visit

www.emmanuelhouse.co.uk



Gateshead

**Do you live in Wrekenton, Springwell and the surrounding area?
Are you affected by loneliness or isolation?**

Social Isolation is an issue that affects millions of older people in the UK every year, and occurs when a person is cut off from family, friends, social groups and organisations. People who are socially isolated can find it hard to join groups or interact with others due to issues such as poor health, bereavement, lack of information or low confidence levels.

To help to get to the root of this problem a number of organisations have been working together to talk to older residents in the areas of Springwell Estate, Seven Stars Estate, Wrekenton and Beacon Lough East, and find out how loneliness and isolation has affected them.

If you would like to take part in this research, why don't you come along to our **Christmas Coffee Morning on Monday 15th December, 10am – 12pm at Wrekenton Multi-Purpose Building** (formerly Social Services) opposite the Co-op. We'd be delighted if you could join us for a cup of tea and a mince pie, and spend 5 minutes filling in a short, confidential questionnaire to let us know if, and how, you have been affected by this issue.

If you would like any more information, please contact Clare Cook at Age Concern Gateshead on 0191 4773559.



Safe, Sensible Social Grants

NHS South of Tyne and Wear

Gateshead Voluntary Organisations Council are distributing £50,000 in small grants of up to £2,500 to Gateshead's voluntary and community sector, on behalf of the NHS Trust, South of Tyne & Wear.

Ideas, activities and projects which help alleviate alcohol related issues in the local community are sought. Applicants must address one or more of the following criteria:

- Increasing community safety initiatives
- Enhancing education, employment or skills opportunities for people affected by alcohol
- Improving health and well-being of local people
- Aiming to tackle alcohol related crime

Increasing services and activities of disadvantaged people focussing on alcohol prevention and education.

To be eligible, organisations must be constituted and have a bank account in organisations name.

Don't Delay! Grants must be awarded by 31 March 2009.

Contact enquiries@gvoc.org.uk for an application form and guidance notes.

Contact colinroberts@gvoc.org.uk to discuss project ideas.

Contact victoria@gvoc.org.uk for application assistance.

Or GVOC on 0191 478 4103.



“A Carer’s Christmas Wish”



In the run up to Christmas, three seasonal get togethers for people who care for someone who suffers mental distress have been organised jointly by Gateshead Crossroads Caring for Carers, Gateshead Carers



Association, Gateshead NHS Primary Care Trust and Gateshead Council.

The sessions will provide an opportunity for carers to get together socially and enjoy a Christmas buffet as well as a chance to express their views on health and social care services that affect carers in Gateshead.

Carers do not need to be caring for someone who has had a diagnosis of mental illness to come along. Many cared-for people suffer low mood because of a physical illness or disability and many carers themselves feel worn down by their responsibilities.



Carers will be able to share concerns and experiences in a relaxed and informal setting with helpful information and advice on tap, and mince pies and Christmas cheer in abundance as well as free entry in a prize raffle at each event. Travel expenses will be reimbursed in cash at each event.

The first of these events is at Gateshead Crossroads, The Old School, Smailes Lane, Highfield, Rowlands Gill on Tuesday 9th December between 10.00am and 1.00pm.

The second is at Gateshead Carers Association, 11 Regent Terrace on Wednesday 10th December also between 10.00am and 1.00pm, and the third is in the Blaydon Room at the Civic Centre between 6.00pm and 8.00pm on Tuesday 16th December.

To find out more or to get help with transport ring Joe Lewis on 01207 549 780

Access All Areas

We can make ‘The Voice’ available in a number of different formats for example CD or large print. Get in touch with Chris or Kerry at the office if you would like to receive the newsletter in another format.

Current and past editions of our newsletters are available to view on our both Gateshead Council and our own website www.gatesheadolderpeoplesassembly.co.uk

Contact us on 0191 438 1721 or pop into the office at 65 High Street, Felling. Gateshead.

This newsletter was produced with the support of :





ARTHRITIS CARE

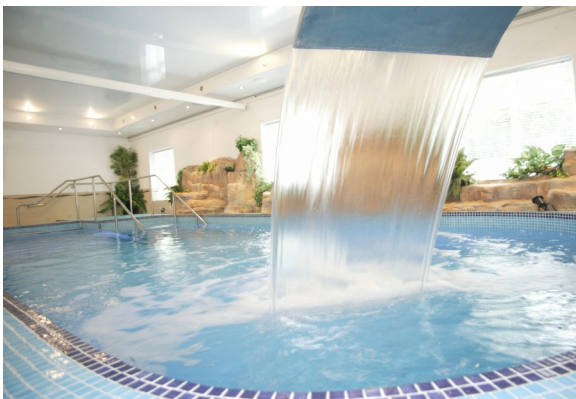
*Empowering
people with arthritis.*

Safe Swimming with Arthritis Care Gateshead

Do you suffer from Arthritis?

Do you have problems or difficulties in using conventional swimming pools?

Arthritis Care Gateshead are looking at holding a regular swimming session at Whickham Villa Health Club, Millfield Road, Whickham starting in the New Year. The health club has been designed specifically as an accessible space for people of all ages and abilities within a high quality and relaxing environment.



The swimming pool is kept at a constant warm temperature, *'it's like getting into a warm bath'* a member stated and the temperature in the changing rooms is also kept very warm. The *'Water Curtain'* (pictured left) is like having a water massage and can be turned on/off as required. Steps with handrails into the pool. The changing rooms also feature a body dryer for those parts you may struggle to reach yourself.

They also offer a Gym, Group Exercise, Flotarium and Beauty Treatments with an excellent café for lunch or coffee with internet access.

Why not join us and meet other members with arthritis, benefit from exercise in a safe environment, make new friends over a coffee or pamper yourself with a beauty treatment or therapy. Other facilities can be utilised depending on interest ie. Gym, Group Exercise

Come along to one of our branch nights.

If you are interested please call Allison on 0191 420 1302, to complete a short questionnaire or see us at www.arthritiscaregateshead.org.uk



Arthritis Care Gateshead Branch (reg charity no. 206563) meets on the first Monday of each month at the Civic Centre Gateshead from 6.30pm – 9.00pm offering a social night with refreshments and a range of speakers, entertainment nights, outings and holidays.

*Please note: there will be a limit to the number of places available for swimming – call us now
Whickham Villa also offer a variety of memberships including a daily rate*

Members Recipes

Walnut & Raisin Pudding

Serves 4



Ingredients

1/2 cup orange juice
1 egg yolk
1 teaspoon honey
1 teaspoon vanilla extract
2/3 cup cooked rice
1/4 cup raisins
1/4 cup chopped walnuts, toasted
3 egg whites
vegetable oil cooking spray

Nutritional Information

1 serving:
Calories 162
Saturated Fat 1g
Total Fat 5g
Sodium 46mg
Cholesterol 53mg
Protein 6g
Carbohydrate 24g
Fibre 1g

Introduction:

Warm and soothing, Walnut-Raisin Pudding is perfect on a cold winter night. Puddings need eggs to help them set. However, you can limit the yolks to one and use more high-protein whites. Bake the pudding in a water bath, or bain-marie, to keep it from cooking too fast and curdling. Adding rice, fruit, nuts, or bread increases flavour and vitamins.

Preparation time: 12 minutes. Cooking time: 30 to 35 minutes.

Step 1:

Preheat oven to 165c gas mark 3. In a large mixing bowl, mix the orange juice with the egg yolk, honey, and vanilla extract.

Step 2:

Stir in the cooked rice, raisins, and toasted walnuts. In another bowl, whip the egg whites until soft peaks form, then carefully fold into the mixture with a large metal spoon.

Step 3:

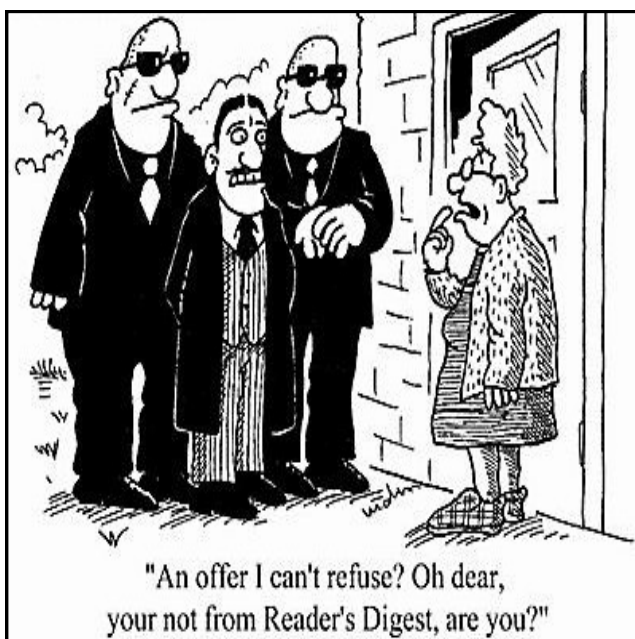
Pour into 4 custard dishes that have been lightly coated with vegetable oil spray or lightly greased with vegetable oil.

Step 4:

Place custard dishes in a 13" x 9" x 2" baking pan and carefully add boiling water to the baking pan to a depth of 1 inch. Bake, uncovered, for 30 to 35 minutes or until just set.

Tip:

Check the water in the bain-marie during cooking, and fill up as necessary to prevent it from boiling away.



Let's Hear YOUR Voice

Do you have any tips or advice to share, poems, stories, jokes or points of view?

Please contact us at our office:



Gateshead Older People's Assembly,
65 High Street, Felling, Gateshead,
Tyne and Wear, NE10 9LU



Telephone: 0191 438 1721
Fax: 0191 469 5648



E-mail: admin.assembly@btconnect.com

This edition produced by Kerry Pattison

Word Search Christmas Puzzle

Can you find the following festive words?

- | | | |
|-----------|-------------|------------|
| Candle | Gift | Reindeer |
| Candy | Gingerbread | Santa |
| Cards | Gloves | Sleds |
| Chestnuts | Jesus | Miles |
| Children | Lights | Snowball |
| Christmas | Merry | Snowflakes |
| Cookies | Mittens | Snowman |
| December | Mouse | Stable |
| Family | Nativity | Star |
| Food | Ornament | Stocking |
| Friends | Pine tree | Winter |
| Fruitcake | Presents | |

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

Christmas Quotes



Anyone who believes men and women are equal has never seen a man trying to wrap a Christmas present.

Never worry about the size of your Christmas Tree, in the eyes of a child they are all 30 feet tall.

He who has no Christmas in his heart will never find it under a tree.

Christmas should not be about opening presents but about opening our hearts,



Monkey Puzzle

The answer as promised in the last issue was 3

Well done if you got it right !!

Did you know?

In the good old times, Chimney Sweeps used to go from door to door on New Years day to wish people Good Luck. Ever since, they are considered as 'The ultimate bringer of Good Luck'.

A Chimney Sweep is a sign of good luck, wealth and happiness. There are several legends why a Chimney Sweep is said to be "The" harbinger of good luck.

One version of the legend has it's origins in old England, where King George was riding horseback in a royal procession. A dog ran from the crowd, barking and nipping at the King's horse. The horse reared, and to the horror of the crowd, almost threw the King! A lone figure, shabbily dressed and filthy, stepped into the road. He caught the horse's halter and calmed the animal. As quickly as he appeared, the man faded back into the crowd. The King, wanting to reward the man, asked his name. No-one knew the man's name, but many told the King that he is just a Chimney Sweep. The King declared that from that day that Chimney Sweeps should be regarded as Lucky!

Gateshead Older People's Assembly Membership Form

Name: Mr / Mrs / Ms:

Address:

Address:

E-mail:

Signature:

Postcode:

Telephone:

What is your Ethnic Origin:

For Monitoring purposes could you please complete the following:
Please tick which age band you are in:

50-59

60-69

70-79

80-89

90+

Would you like to participate in any of the following?

Events

Committee

Office

Focus Groups

Other (Please State)

Do you have any special requirements?

Vision

Speech

Hearing

Mobility

Other (Please State)

How did you hear about us?

Many thanks, please return form to :

Gateshead Older People's Assembly
65 High Street, Felling, Gateshead, NE10 9LU
Telephone : 0191 438 1721 Fax : 0191 469 5648