

the voice

**Gateshead
Older People's Assembly**

Your voice in Gateshead - Autumn 09



Visit our website

www.gatesheadolderpeoplesassembly.co.uk

Message from the Chair

Dear Member



Our AGM is here again and it promises to be even bigger and better this year. We are working in partnership with Age Concern Gateshead to plan the Older People's Festival which will be launched on the same day as the AGM. We would like to thank Gateshead Council and the Primary Care Trust for their contribution. Our thanks also go to the Gateshead Housing Company for their support.

Almost all of the planning is now in place and you should all be getting information about the AGM / Festival with this newsletter. We are asking you to let us know if you are able to attend, please return your reply slips, this will enable us to complete all of the final arrangements.

I want to thank the staff and the planning committee for all of their hard work in making this possible. I am sure you will all enjoy the day and we look forward to seeing you at the AGM and many other events throughout the month.

My best wishes to you all

Esther Ward (Chair)

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

The Assembly welcomes our newest member of staff.

Hello,

My name is Helen Cowlyn and I am the new Administration Assistant at the Gateshead Older People's Assembly.

I am here at The Assembly office in Felling part-time from 9.45 am until 2.45 pm from Monday to Thursday, so if you need any help or information just give me a ring.

I have been here since June and I still have a lot to learn about the Assembly and its history.

Meeting the Committee Members, Partners and people who come in to the office is very interesting. It is very enjoyable working here, it is a friendly place and there are different jobs to do every day.

I am looking forward to meeting many more Assembly members at the Annual General Meeting on 1st October, so please come along and say hello.

Helen



LET'S HEAR YOUR VOICE

Would you like to submit a piece for our next Newsletter?

If so, we would love to hear from you.

Would you like to share your stories about your life, maybe you spent time in the services or remember a historical event or have a precious memory to share.

It may be a family recipe or old photographs of places or people.

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

**Whatever it may be, please contact: Kerry Pattison
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



Are you a budding David Bailey?

We are looking for digital photographs featuring local places and people that we can use to grace our front cover.

Please email them to kerry.pattison@btconnect.com



Award for Esther at a Civic Celebration for the Community and Voluntary Sector

In July our very own Chair, Esther Ward was one of ten local heroes who were recognised for the contribution they make to their local community.

The Gateshead Award, presented by The Mayor of Gateshead, Councillor John Eagle on behalf of Gateshead Council, celebrates local people who have made a real difference.

Over the years Esther has been a volunteer for Gateshead Carers and Arthritis Care and was a founder member of Gateshead Forum for Older People, as we were formally known.

On behalf of The Assembly we would like to say 'Well Done Esther, keep up the good work !!'



Years Ahead Conference 21st May



I would like to pass on a sincere thank you from Dr Lynne Corner and her team at Newcastle University to all of our members who attended the Years Ahead Conference on 21st May at the Swallow Hotel, Gateshead.

Your views and opinions are very much appreciated as is your continued support of The North East Regional Forum on Ageing project.

For more information contact:
0191 248 1300 or visit their website
www.yearsahead.org.uk

Our Say, Our Way Conference

We are delighted to say that Gateshead Older People's Assembly have been asked to speak at the upcoming 'Our say, our way' conference in London on 24th November. The event will examine how older citizens can influence the development of local services and experience an improved quality of life. Our Chair Esther Ward will speak on behalf of the Assembly.

National Falls Awareness Day 'Get on Board'

National Falls Awareness Day took place on Tuesday 23rd June.

It aims to improve safety for older passengers and build links with transport operators.

To help highlight the day, Gateshead Older People's Assembly organised a 'No Trip, Trip'



Members were invited to join us for a Bus Trip from Gateshead Interchange to the historical Quayside. There we met up with City Tour Guide Pat Lowery, for an informative and fun walk around the riverside.

The journey began with a talk given by Joe Carr, Driving Standards Manager of transport operators, Stagecoach North East before catching the yellow QuayLink bus to the Newcastle Guild Hall.

Our tour took in the sights of Gateshead / Newcastle Quay, while helping highlight the importance of exercise to improve strength and balance, to aid healthy ageing.

Funding News - UP2U

We are happy to say, that after being successfully shortlisted, to take part in Gateshead Council's Community Cohesion UP2U event, we have been awarded funding, which will allow us to carry on from the very successful Intergenerational Mobile Phone Training Event which we held in February.

The UP2U project is aimed at providing funding to organisations who can help promote a better understanding between different generations or who can help remove barriers to adult learning.



The 2009 Looking Forward Festival

Thursday 1st October sees the start of a month long festival of activities and events known as the Looking Forward Festival. The Festival will be launched at our Annual General Meeting.

Gateshead Older People's Assembly have worked in Partnership with Age Concern Gateshead, The Primary Care Trust, Gateshead Housing Company and Gateshead Council to ensure the second Looking Forward Festival will be bigger and better than the last.

The Assembly have planned a programme of events during the festival.

Thursday 1st October: Annual General Meeting and Launch of The Looking Forward Festival
Venue: Felling Social Club, Nursery Lane off Split Crow Road, Felling
Time: Registration from 10am, event close 3.30pm
Details: Formal business in morning followed by lunch, entertainment and launch of the draft Gateshead Strategy for Older People.

Wednesday 7th October: Quiz Afternoon
Venue: Last Orders Pub, Balmoral Way, Felling,
Time: 1pm to 4.30pm
Details: Cost free but please book on 0191 438 1721.
Light refreshments available.



Thursday 22nd October: Antiques 'Style' Road Show
Venue: St Marys Heritage Centre, Oakwellgate
Time: 11am to 3pm
Details: Millers Auction House will be on hand to appraise your treasures. Maximum of 2 items per person.
Free valuation. No booking required, just turn up.



A full programme of events is available from Age Concern Gateshead, libraries, council offices or from our office in Felling. Please contact 0191 438 1721 for further details.

Thursday 29th October: Silver Tea Dance
Venue: Bewicks Restaurant, Civic Centre, Gateshead
Time: 4pm to 7pm
Details: Dance and refreshments. Please note that this is a free event but admission is by ticket only as places are limited. Please contact The Assembly on 0191 438 1721 to register.



WHAT'S ON

**Martial Arts Centre North East– Leam Lane Community Centre.
Tai Chi Classes every Thursday 9.30am £3.00 per 1 hour session. Contact Mick on 4206286
or 07828431349 for more details.**

Calling all volunteers who want to have fun at the new organic garden at Teams

Would you like to get involved in the development of a new organic garden?

- Vegetables, herbs and flowers are here for you to plant
- Tips for people who want to garden
- Experience the fun and satisfaction of growing fresh things to eat
- Get your garden skills off to a great start with other volunteers
- Teach other people how to get the most enjoyment out of gardening

For further information contact Phillippa Jeffery, at the Tyneview Centre on 0191 433 5074 or 07798572444



Gateshead Council Registered Trader Scheme

What is the scheme?

The Gateshead Council Registered Trader Scheme is designed to encourage and promote fair-trading in home repair businesses across the region and help put Gateshead residents in touch with reliable traders. Businesses who are members of the scheme are therefore vouching that they will abide by the code of practice and attempt to ensure good business practice. This scheme will be promoted and accessible via a wide variety of partners throughout Gateshead. Applicants will go through a series of checks to ensure they have reasonable standards of business practice and on-going review will attempt to ensure such standards are maintained.

For further information contact Gateshead Council Registered Trader Scheme on telephone: 0191 433 3934 or visit www.gateshead.gov.uk

Spotlight onChopwell and Rowlands Gill

Chopwell

On the north bank of the River Derwent, is the beautiful Chopwell Wood and nearby, the village of Chopwell, which was known in the 1920's as 'Little Moscow' because of the extreme political views of its miners. During the General Strike of 1926, the residents of this former mining town went to the extremes of replacing the Union Jack at the local council offices with that of the 'Hammer and Sickle'. They are also said to have removed a copy of the bible from the church and replaced it with the works of Karl Marx. Even the streets of Chopwell were once named after Lenin, Marx and Engels.

Once a thriving coal mining community, Chopwell has a sizeable shopping centre along Derwent Street as well as schools and other town amenities. The countryside around is especially attractive; Chopwell Woods, part of the former estate are still Crown property (the Forestry Commission cares for them) although the rest of the once extensive estate has been split up and sold.

The woods include Chopwell Plantation which extends to High Spenn and Rowlands Gill and whose several hundred acres reach to the Derwent where the sylvan glades fringe the water. West of Chopwell is Milkwell Burn Wood, another area of great beauty and one that extends to the Milkwell Burn, a tributary of the Derwent and the edge of the urban district. Farther north the open hillsides rise to 851 feet, a peak that is close to the lonely roadside inn and cottages at Leadgate.

Rowlands Gill

Rowlands Gill takes its name from the fact that a man named Rowland held land here in the 17th century and that "Gill" is a Norse word for ravine. Modern housing estates have been built here. To the west amid the trees of Chopwell Plantation's eastern tip, is Victoria Garesfield a village built around its now closed colliery. Within this district, too, is the riverside area of Lintzford.

The river scenery here, as at Winlaton Mill, is picturesque with sylvan woods bordering the water and views to be had across to Gibside House and chapel. The chapel is on the lines of a Greek Temple with portico and parapet it is used only for occasional services. In 1964, the owner of the chapel, the Earl of Strathmore, presented it to the nation and it is now maintained by the Civic Trust and is open to the public.

Rowlands Gill Live at Home Scheme - Flu Jab Day Friday 9th October 9am to 3pm

**Rowlands Gill Live at Home Scheme
Community Centre, Strathmore Road, Rowlands Gill
Tyne & Wear, NE39 1JB**

**For further information please contact David Johnson
on 01207 549200 or your local GP.**



Above: Gibside Chapel

Lets make it Personal !!

It has been said that Personalisation is the biggest change to social care since the advent of the welfare state.

What is personalisation?

Personalisation is a way of giving people more control of the services they receive. Every person who receives support, whether funded by Social Services or by themselves, will have ability to choose their own support services.

Independent living is one of the goals of personalisation. It does not mean living on your own or doing things alone, but rather it means having choice and control over the assistance and /or equipment needed to go about your daily life, enabling you to have equal access to housing, transport and mobility, health, employment and education. and training.

Personalised support can take a number of forms, ranging from giving people total control of the money themselves including recruiting support, to Individual Support Funds where people may choose to leave the money with the Social Services but still have a full say in the support provided and how it is provided.

What is the difference between a Direct Payment a Personal Budget and an Individual Budget?

Direct Payment - A Direct Payment is a cash payment from adult social care made to individuals which is based on an assessment of the amount of support they are judged to need.

The person can use the cash payment to meet their support needs. This may include employing personal assistants, buying special equipment, accessing community activities such as going to a gym or any combination of these. With direct payments the person has the full responsibility of spending the money themselves including the responsibilities of employing and paying their staff, although some local authorities provide support with some aspects of this.

Personal Budget - An assessment of support needs is made, following which a payment is made by Adult Social Care Services for the purpose of meeting those needs. A person can choose to either take their personal budget as a direct payment, or, while still choosing how their care needs are met and by whom, leave councils with the responsibility of commissioning the services. A person could also have some combination of the two.

Individual Budget - Following an assessment of needs, an overall budget is set for a range of services with money coming not just from adult social care but also from a number of benefits and grants. A person can again choose to have the money directly themselves or they may decide to use an agent, or broker, to handle it for them, or they may ask the local authority to hold on to the money and commission services for them based on what they say they want.

How can I get more information?

For the Gateshead Personalisation Programme contact:

Penny Gray: Programme Manager – pennygray@gateshead.gov.uk telephone: 0191 433 2480

Paul Gertig: Project Manager – paulgertig@gateshead.gov.uk telephone: 0191 433 2143

Claire Bainbridge: Operational Support Assistant – clairebainbridge@gateshead.gov.uk telephone: 0191 433 2377

For more information on Putting People First and Self Directed support: www.doh.gov.uk
www.in-control.org.uk

To ask for a referral for adult social care contact: Adult Social Care Direct on 433 7033 or look on Gateshead Council Website on www.gateshead.gov.uk



There were warm smiles all around when staff at **Gateshead Warm Zone** celebrated insulating their 20,000th home within the Borough in just over 3 years.

The landmark installation took place in Lobley Hill at the home of Mr. and Mrs. Tatoli. Also present was Esther Ward, Chair of Gateshead Older People's Assembly who was the first person to benefit from Warm Zone's free energy saving measures in 2006.

Since installing cavity wall and loft insulation in Esther's home in Felling, she has noticed that her house is warmer and that her energy bills have decreased. "Anyone who wants to stay warm this winter should contact Warm Zone to see how they can help them, especially as the work is free within Gateshead, South Tyneside and Newcastle," she said. "It's made a big difference and I'm pleased that I was the first to benefit in the area."



Warm Zones are a not for profit partnership with the local Council that provide free or heavily discounted energy saving improvements to help keep local homes warm. The Warm Zones are the only insulation scheme supported and endorsed by the Councils on Tyneside. As well as installing home insulation improvements, Gateshead Warm Zone has completed 50,000 home energy assessments, reduced CO2 emissions by around 13,000 tonnes per year and helped Gateshead residents claim £2.6 million in benefit entitlements.

Regional Director David Connor says, "For the first time we are able to offer free cavity wall insulation to all homes, in Gateshead, South Tyneside and Newcastle, irrespective of their household income. Many people may also qualify for free loft insulation, which can save hundreds of pounds on fuel bills every year" he said. "It's not everyday that people get something for nothing but in this case I would urge anyone who wants to save on their fuel bills to give us a call immediately and we will do what we can to help them."

The Gateshead Warm Zones can be contacted on: 0191 4771919 or for further information visit www.warmzones.co.uk/gateshead

Photo shows Mrs Tatoli , John Leslie of Warm Zone , Esther Ward and the insulation installer



Involving Local People in
Health and Social Care

The Local Involvement Network (LINK) is now operational in Gateshead giving local people in Gateshead a chance to have their views heard about health and social care services. Gateshead LINK will feed back what local people have said, to health and social care service providers so that things can change for the better, or services can be recognised for their good work. Gateshead LINK also gives local people the chance to check how care services are planned and run. Gateshead LINK is made up of individuals and groups who have an interest in, and experience of, local health and social care services.

Gateshead LINK is currently seeking people from across Gateshead to join its working groups and its general steering group. The working groups are:

- Mental Health
- Residential Care
- Hospital Discharge Procedures
- Carers

Gateshead LINK also welcomes the opportunity to meet with groups to gather any issues relating to health and social care provision directly from them. Involvement with Gateshead LINK is free to all.

If you are interested in:

- finding out more about Gateshead LINK
- joining one of the working groups or steering group

If you would like more information please contact Ruth Dodds on 0191 4784103 or e-mail ruthdodds@gvoc.org.uk or visit www.gatesheadlink.org.uk



SWINE FLU PANDEMIC VACCINE PRIORITY FOR MOST AT RISK

The Department of Health announced in August that more than 11 million people from *Priority Groups* will be targeted to receive vaccination in order to reduce the rate or possibility of serious illness from Swine Flu.

The following groups will be prioritised in this order

1. People aged over six months and under 65 years in current seasonal flu vaccine clinical at-risk groups
2. All pregnant women, (subject to licensing)
3. Household contacts of people with compromised immune systems e.g. people in regular close contact with patients on treatment for cancer.
4. People aged 65 and over in the current seasonal flu vaccine clinical at-risk groups. This does not include otherwise healthy over 65s, since they appear to have some natural immunity to the virus.

Vaccination of frontline health and social care workers will begin at the same time as the first at-risk group, and will continue for as long as necessary. This group is at increased risk of infection and of transmitting that infection to susceptible patients. Protecting these people will help the NHS workforce to remain resilient and able to treat sick patients.

People in the priority groups outlined do not need to take any action yet. Further announcements will be made when the vaccination strategy is ready, and people who need a vaccine will be contacted.





Angela Eagle MP, Minister for Pensions and the Ageing Society was in Newcastle recently to launch a campaign urging older people in the North East to claim what is rightfully theirs, Ms Eagle writes:

Our message to older people is: if you are entitled to Pension Credit then this is money that is rightfully yours and we are here to help you get it.

Working with local partners like the Gateshead Older People's Assembly, the government is determined to get more money to older people in the North East. Around 150,000 pensioner households in the region are already getting Pension Credit but we estimate that many more may also be eligible.

But it's not just about what the government or partners can do to help. As Age Concern Research shows, sons and daughters, friends and neighbours are also concerned about older people missing out on benefits. That is why in our latest campaign we urge them to encourage pensioners not to feel worried or embarrassed about applying for extra income.

Some older people are still getting up in the early hours to help with the school run others are giving their time in the local community whether as a treasurer for a social club or volunteering for local charities.

In April the Government introduced the biggest rise in Pension Credit so far, meaning that people aged 60 or over need not live on less than £130 a week or £198 for couples. In addition, many people getting Pension Credit will be entitled to additional support through Housing Benefit and Council Tax Benefit.



Angela Eagle MP pictured with Assembly Management Committee member Margery Scott

The Chancellor announced in this year's Budget that from November 2009 pensioners will be able to have up to £10,000 in savings without it affecting their Pension Credit, an increase from the current threshold of £6,000. Some people still think they won't qualify because they have savings or own their house, but Pension Credit has been designed so that you can still qualify for extra help even if you do. We have also made it even easier for people to claim Pension Credit.

In fact, it takes just one phone call to [0800 731 4811](tel:08007314811) for pensioners to claim Pension Credit, Housing Benefit and Council Tax Benefit.

Older People do have a sense of Humour

Old people can still enjoy a good laugh - but only if the joke is obvious, a recent study suggests.

Researchers in Canada have found that a person's sense of humour remains intact when they grow old. Well fancy that, something we didn't know already !!!

However, they have found that the ability to understand more complex jokes can deteriorate with age.

Writing in the Journal of the International Neuropsychological Society, the researchers suggested ageing of the brain is to blame.

They also showed that people with damage to areas of the brain, from a stroke for instance, were less able to appreciate punch lines and preferred slapstick humour.

Funny findings

In this latest study, they sought to find out if growing old also affected a person's sense of humour.

They carried out tests on older adults, with an average age of 73, and younger adults, with an average age of 28. They were all asked to complete three separate humour tests. They included:

- Sign in a tailor shop: "Please have a fit upstairs"; and
- Sign in a hotel: "Please take advantage of the chambermaid"

The good news is that ageing does not affect emotional responses to humour, we will still enjoy a good laugh when we get the joke.

I wonder if they took into account that as we get older, we may have heard the joke before and it just simply isn't as funny the second time around ??

Source: BBC News

Joke

Worried because they hadn't heard anything for days from their elderly neighbour, Mrs Smith said to her son, "Peter would you go next door and see how old Mrs. Kirkland is?"

A few minutes later, Peter returned.

"Well," asked Mrs. Smith, "is she all right?"

"She's fine, except that she's angry at you."

"At me?" Mrs Smith exclaimed. "Whatever for?"

"She said 'It's none of your business how old she is,'



I suppose you have to have a sense of humour to begin with

Do you know that some of our old British sayings stem from the 1500's ?

Baths consisted of a big tub filled with hot water. The man of the house had the privilege of the nice clean water then it was the turn of all the other sons , then the women and finally the children. Last of all the babies. By then the water was so dirty you could actually lose someone in it. Hence the saying, "Don't throw the baby out with the bath water!"



Houses had thatched roofs-thick straw-piled high, with no wood underneath. It was the only place for animals to get warm, so all the cats and other small animals (mice, bugs) lived in the roof. When it rained it became slippery and sometimes the animals would slip and fall off the roof. Hence the saying "It's raining cats and dogs."

The wealthy had slate floors that would get slippery in the winter when wet, so they spread thresh (straw) on floor to help keep their footing. As the winter wore on, they added more thresh until, when you opened the door, it would all start slipping outside. A piece of wood was placed in the entrance-way. Hence: a "thresh hold".

As mentioned , only the wealthy had something on the floor other than dirt. Hence the saying, "Dirt poor."

In 2007 I lost my husband. My daughter also joined Blaydon College that year and came home with information on a beginners computer course for me.

October 2008 saw me enrol and I began to learning how use a computer, mouse, send emails and access the internet. From there I progressed to I.T and English which is very interesting.

In April I was interviewed and filmed for the College to advertise the 'It's never to late to learn' and can be seen on internet promoting the course.

I have worked through the different subjects on the 'my guide 'list and achieved Level 1 in English. I would advise anyone to try it because it has really changed my life and have met quite a few friends whom I keep in regular contact by email.

I am really looking forward to College starting again in September and would rather go on the computer and browse the internet than watch the rubbish that is on the television, (most of it is repeats)!



The old saying is 'Life begins at 40', but it didn't for me it was 70 because I got my 1st passport, visited Turkey with my daughter Deborah and son-in-law Terry. I was a bit dubious going abroad because I had never been in an aeroplane but I wasn't nervous at all and thoroughly enjoyed it.

It has certainly been worth joining College and as I said before it has certainly changed my life. Hope this write-up inspires others.

Supplied by Mrs Margaret Hollin, Blaydon.

Thank you to Mr James Fitzpatrick from Low Teams who supplied the following funny snippets:

Not very many people have milk delivered now, but years ago it was very common. Some of the notes left out for the Milkman were often very surprising!!

Dear Milkman

'I've just had a baby, please leave another one'

'Please don't leave any more milk, all they do is drink it.'

'When you leave my milk, knock on the bedroom window and wake me up because I want you to give me a hand to turn my mattress.'

'Dear Milkman can you please put the coal on the boiler, let the dog out and put the newspaper inside the screen door. P.S No milk today'

2	3	8	4	7	5	0	8	9	8	3	7	4	1	0
2	8	5	4	2	9	8	3	5	9	2	2	7	9	3
0	6	9	8	2	9	3	8	5	7	4	5	5	9	4
1	2	1	8	1	6	9	1	0	9	8	7	6	4	3
2	3	3	9	1	0	8	3	7	4	9	2	0	1	5
1	0	3	7	3	0	4	8	8	3	8	2	9	8	9
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7	2	8	3	9	2	9	8	3	7	4	3	2	9	4
8	4	8	9	4	7	9	8	4	4	5	4	3	4	5
7	8	7	9	0	7	4	3	8	2	2	4	7	3	1

Digi Numbers Puzzle

Can you find the hidden numbers?

03730, 04687, 10987, 18833,

20121, 28392, 44543, 50898,

57225, 64537, 65345, 79074,

88973, 93327, 94024, 95486.

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