

Gateshead Older People's Assembly

'The Voice'

November 2007

Words from our Chair

Dear members

It gives me great pleasure to write this forward for our first Newsletter as

The Gateshead Older People's Assembly

from our new premises
65 High Street, Felling
Gateshead, Tyne and Wear
NE10 9LU
Telephone 0191 438 1721

We have worked very hard to gain the confidence of the Statutory Authorities to prove we were capable of doing this. We want to thank you all for your support which has helped us to keep going through some very rough patches. We want to also **Thank** all the Management Committee Members (past and present) who have worked so hard and gave so much of their time to the Forum.

This, however is a new beginning, we will be more involved with other organisations to ensure the issues and concerns of older people are not only listened to but they are **HEARD**

We will work with **YOU** to make sure **YOU** are represented at meetings etc. We will also keep you informed and involve **YOU** in the work of **The Assembly**.

The recently launched Older People's Strategy will be monitored by **The Assembly** and we will ensure this work is carried out.

This is a very exciting time for us all and I hope we will have your continued support.

My very best wishes to you all
Esther Ward

This Newsletter was produced with help from



All information contained in this Newsletter was correct at time of print
The Assembly cannot be held liable for any incorrect information

New Manager for The Assembly

We have been awarded funding for a Manager for **The Assembly**. We are pleased to announce that **Mr Stephen Young** has been recruited. He started work with us on the 12th November 2007. Stephen was previously employed by the Northumberland Care Trust. He has had lots of experience working with older people. Stephen qualified as a Nurse in 1996 and has worked with Older people ever since. We are looking forward to working with Stephen on the team and developing **The Assembly** in Gateshead.

Gateshead Forum for Older People's last AGM and The Launch of The Gateshead Older People's Assembly

What a fabulous day we all had on the 24th September 2007 at The Swallow Hotel for the launch of **The Gateshead Older People's Assembly**.

The event was attended by over 250 members, guests and many other organisations supporting older people in Gateshead, such as Link Up, Warm Zone, The Gateshead Housing Company, Age Concern, The Pension Services and The Alzheimer's Society.



The day was opened by The Mayor, Cllr David Lynn with the official launch carried out by Cllr Peter Mole, Older Peoples Champion.

Guest Speakers included Sir Bernard Thomlinson and Mrs Elsie Graham who are members of The Assembly. Mrs Graham, aged 85 graced our AGM with moving renditions of her own poems. Our thanks also go to the Geordie Singers.

Looking Forward Festival

Tea Dance

Following on from our successful AGM and launch, **The Assembly** held a Tea Dance the same evening at the Civic Centre. Our thanks to all those who attended even though it was raining. We hope you had a fantastic evening. Our thanks also go to Fred and Shirley Keeble and to Heather Curry for providing the dance music and vocal entertainment



Link Up Information Week Events

Antiques Road Show

The **Assembly** also held an Antiques Road Show on 27th September 2007 at the Masonic Hall, Gateshead. Members were invited to come along with their most treasured items to be valued by Boldon Auction House. There were some lovely surprises on the day for one or two people !!



During the week long Looking Forward Festival, **The Assembly**, were invited along with many other organisation supporting older people, to display our information stand at the Civic Centre in Gateshead. We met some wonderful people and were happy to be able to give out literature providing information and advice on a variety of services supporting older people in Gateshead. We were delighted to have

gained over 70 new members during the festival week.. Over 40 other events were held throughout the week, including a large Information Event held by the Libraries Arts Team, a coffee Morning held by The Alzheimer's Society, Yoga classes held by Age Concern, Canoeing and Archery held by Way Out In Gateshead and Tea Dances and drop in sessions held by many local community groups.



National Falls Awareness Week June 07

This was the last event we held as **The Gateshead Forum for Older People**.

During National Falls Awareness Week in June we displayed a stand in the foyer of the Civic Centre. With the support of Peacocks we offered a free walking stick MOT and ferrule exchange which were fitted by The Falls Team who also were there to offer help and advice, along with The Community Health Team who carried out blood pressure checks and The Gateshead Chiropody Service who again were there to provide advice.



Local News in Brief



Gateshead Crossroads Caring for Carers

Gateshead Crossroads Caring for Carers is a specialist voluntary organisation providing support to carers and those they care for. They operate across the Borough of Gateshead. They are a provider of quality services underpinned by externally assessed quality frameworks.

This is an exciting time in their development having recently relocated, their new contact details are :

Gateshead Crossroads Caring for Carers,

The Old School

Smailes Lane

Highfield, Rowlands Gill,

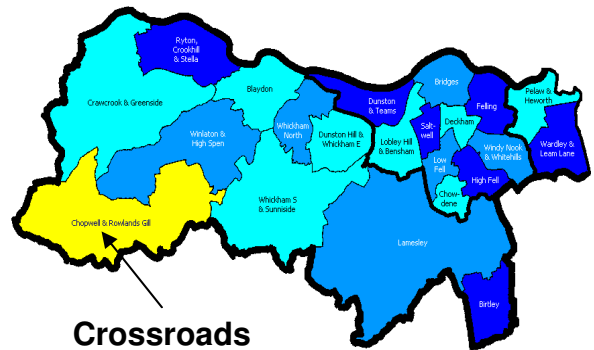
NE39 2DB

Tel: 01207 549 780

Fax: 01207 549 794

Minicom: 01207 549 098

E-mail: enquiries@gatesheadcrossroads.org.uk



NHS Trust - Have your voice heard

Northumberland, Tyne and Wear NHS Trust provides a wide range of mental health, disability and substance misuse services.

The Trust wants to become a NHS Foundation Trust, giving local people more say in the management and development of the services they provide. To help achieve this aim, why don't you get involved and become a member of the Trust ?

As a member you can:

- Receive regular information about the Trust
- Give your views on our plans and how we can make things better
- Get involved, if you wish, in issues that interest you
- Elect people to the Council of Governors which will help run the Trust
- Stand as a Governor yourself

Anyone over 14 years living in Northumberland and Tyne and Wear can join. It doesn't cost anything and you can be involved as much or as little as you want.

There will be three categories of members:

- Service user – for people who have used the Trust's services in the last four years
- Carer – for people who have been a carer for a user of the Trust's services in the last four years
- Public – based on the six main local government areas in Northumberland and Tyne and Wear

Find out more by visiting the Trust's web site at www.ntw.nhs.uk/foundation-trust

or e mail foundation@ntw.nhs.uk or telephone free on 0800 023 2511

Local News in Brief

Is your home ready for winter?



Gateshead Warm Zone is urging pensioners to keep their homes well insulated over the winter months.

Figures show that nearly half of people aged over 60 in the borough live in cold and draughty houses. A cold home can have devastating consequences for the elderly, infirm and vulnerable. Health experts have found a direct link between cold weather and heart and respiratory problems, discomfort and serious illness.

To ensure your home is warm there are many tips you can follow. They include: Setting your thermostat at around 21c (70F) for the rooms you use in the day. If you are unable to do this at least try and keep your living room warm throughout the day and warm your bedroom and bed before going to sleep.

Keep your bedroom window closed during the night, this is when temperatures drop to their lowest.

Wear several layers of thin clothes rather than one thick layer.

Fit draught proofing around windows and doors.

Make sure your hot water tank is properly lagged with a minimum of 80mm jacket. Have your Cavity Wall insulated. Up to 35% of heat is lost through the walls of your home. Insulating walls can save you up to £100 per year.

An non insulated or poorly insulated loft can account for 25% of heat loss from a typical house. Insulating your loft can save £80 -£100 per year.

Gateshead Warm Zone is urging anyone over 60 to act upon improving their insulation. Anyone living in the Gateshead Borough aged 60 or over qualifies for free Cavity Wall and Loft Insulation regardless of their income. If you have any doubts you can speak to us direct.

Gateshead Warm Zone can be reached on (0191) 4771919.

Annual General Meeting

11am-12.30pm Tuesday 27th November 2007

Trinity Centre, High Street, Gateshead



All are welcome to attend the above AGM chaired by the Mayor of Gateshead Cllr David Lynn, to be followed by a presentation by staff, volunteers and clients to give you a snap shot of the work carried out by Age Concern. There will also be opportunity to view displays of their work and the morning will end with a buffet lunch.

'Gaps' in elderly Falls Services

There are gaps in care given to elderly people in England who have fallen and fractured bones, a Royal College of Physicians report says.

It says figures from 157 of the 173 hospital trusts showed nearly a third of hip fracture patients were not treated within the 48-hour target.

Many of the 8,800 people treated for falls did not get assessments to help them avoid future falls, it says.

The Department of Health is issuing new guidance to improve standards.

About a third of people over 65 will fall each year and for over 75s the figure is even higher.

Hip fractures, which occur in about 60,000 people a year who fall, cost the NHS £1.7bn and are associated with up to 14,000 deaths.

The RCP received data from 157 of the 173 hospital trusts on 8,800 patients who were either classed as hip fracture patients or non-hip fractures, which includes wrist, pelvis or vertebra.

It found 31% of hip fracture patients were not given surgery within the recommended 48 hours with one in 10 not treated by the four-day mark.

When they first arrived at hospital, four out of five of these patients spent over two hours in A&E before transfer to a suitable ward.

There were also inconsistencies in the risk assessments offered to patients returning home to stop them falling again.

Two thirds of hip patients were given balance assessments, but the figure among non-hip patients was just 28%.

A fifth of non-hip and 16% of hip patients did not have home hazard assessments performed despite requiring one.

And just a minority of patients - a fifth of non-hip and a third of hip - had osteoporosis risk assessments.

Help the Aged Dangerous Pavements' Postcard Campaign

A recent Help the Aged survey found nearly three in ten people over 65 have fallen because of damaged or uneven pavement, and a third of those who fall have to go into hospital. For many, once they suffer a fall, it limits their normal day to day activities because of fear it will happen again. Campaigners around the country have sent postcards to their local authority asking them to repair faulty or damaged pavements in their area. To get your Help the Aged template Postcard, contact **Campaigns Team, Help The Aged, 207-221 Pentonville Road, London N1 9UZ Telephone 020 7239 1955 or email: campaigns@helptheaged.org.uk or contact Kerry at the Gateshead Older People's Assembly on 0191 438 1721**

The Assembly are very happy to support this campaign as this issue was highlighted in our survey (conducted in 2004) as being the biggest concern effecting older people in Gateshead.

Members Page

Welcome to your page

We would love to here from you. Do you have any tips or advice to share, poems, stories, jokes or points of view? All ideas for **your** page are welcome.

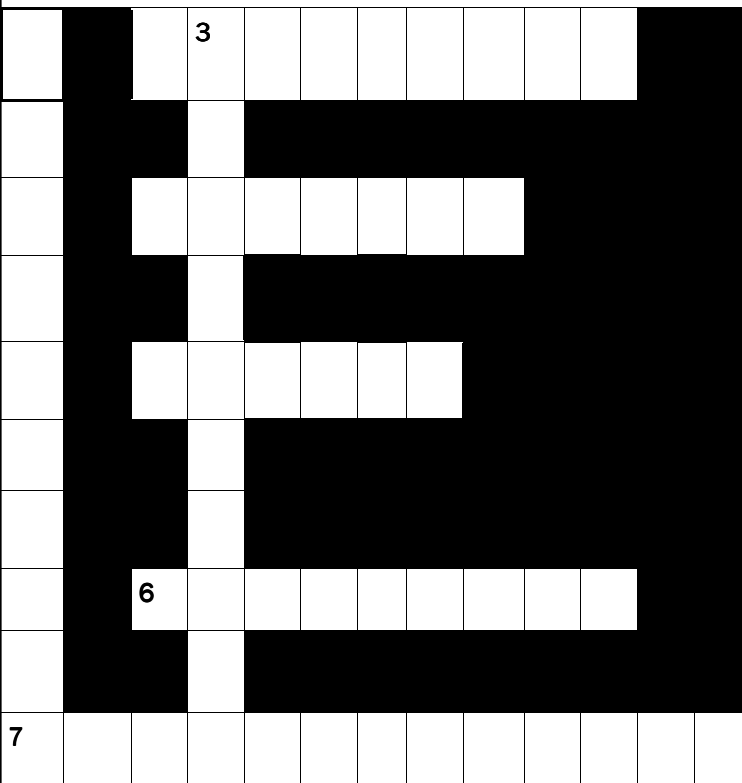
Please contact us at our **new address**:

65 High Street
Felling
Gateshead
Tyne and Wear
NE10 9LU
Telephone 0191 438 1721
Fax 0191 469 6854
Email: admin.assembly@btconnect.com

Membership News

We currently have 1596 members, over 120 new members have joined us since the launch of The Assembly which is fantastic news for us as this allows The Assembly to become a stronger 'Voice' for all older people in Gateshead.

Were you paying attention?



Across

- 2 In a recent survey what was found to be the biggest worry for older people?
- 4 In which area of Gateshead are The Assembly now based ?
- 5 _____ Auction House
- 6 In what month was The Assembly launched ?
- 7 Which campaign was launched on 14th November by The Department of Health ?

Down

- 1 Who is the Chair of The Assembly ?
- 3 Which organisation are holding their AGM on 27th November ?

Gateshead Older People's Assembly

Membership Form

Name: Mr/ Mrs/Ms.....
 Address.....
 Postcode.....Telephone No.....
 Signature.....E Mail

What is your Ethnic Origin.....

For monitoring purposes could you please complete:
 Circle which age band you are in :

50-59	60-69	70-79	80-89	90+
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Would you like to participate in any of the following?

Events	Committee	Office	Focus Groups	Other
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Do you have any special requirements?

Vision	Speech	Hearing	Mobility	Other
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How did you find out about us?

Literature	Event	Word of Mouth	TV / Radio	Web / Other
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**Many thanks, please return form to:
 Gateshead Older People's Assembly
 65 High Street
 Felling, Gateshead
 NE10 9LU
 Charity Reg No : 1101622**