

# the voice

## Gateshead Older People's Assembly

Your voice in Gateshead - Summer 09



*New Look Website Launched*  
[www.gatesheadolderpeoplesassembly.co.uk](http://www.gatesheadolderpeoplesassembly.co.uk)

# Message from the Chair

*Dear Member*



We have started to plan our 'Branch Assemblies' and hope to be visiting community centres and lunch clubs etc. to talk to people about the way we hope to set these up. We want to involve you in our work by seeking your views on issues and concerns you may have. If you would like to help us with this, contact the office, and we will come along and talk to your group and let you know our plans.

We are planning our AGM and are also holding another Older People's Festival in October. We are working in partnership with Age Concern Gateshead to put on a month of events, starting with the AGM on the 1st October. We will keep you informed of venues, events and lots more exciting and fun things that will be happening.

We are also working with Years Ahead, the north east regional forum on ageing. This organisation will be looking to involve older people in research and to consult with them on key issues around ageing. WE MAY NEED YOUR HELP!. Being part of this will be an excellent way to ensure the 'VOICE' of older people is heard.

We look forward to meeting lots of you throughout the summer.

My best wishes to you all

*Esther Ward*

*Chair*

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## Meetings Attended ~ On Your Behalf

Gateshead Strategic Partnership

Community Care Forum

Gateshead Diversity Forum

Gateshead Community Network

Health and Social Care Partnership

Gateshead Older People 's Partnership Board

Local Engagement Board

North East Transport Forum

Gateshead Housing Partnership

Gateshead Health Impact Assessment

Steering Group

Involvement Forum

Physical Disability Sensory Impairment

Board

Gateshead LINK

Become a member of  
Gateshead Older  
People's Assembly  
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Fill in the  
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on the back page

## Meet the Committee - Tom Bryden

My name is Tom Bryden, I was elected onto the Management Committee at the 2008 Annual General Meeting, but I have been a member of the Assembly for a number of years.

Most of my working life was spent in local government as a housing officer, specialising in the private rented sector, homelessness, estate management, and access to services.

I have over 40 years experience of meetings on forums, committees and other organisations especially in planning and development. I have had a seat on the National Advisory Board and for a time was a member of the T.U.C.

I am pleased to be a part of the management team who all pull together to represent the members of the assembly on varied events and meetings. The work can be hard and time consuming, but it is rewarding to know that it will benefit so many others, and I am sure that the management team will echo my words when I say that all we ask in return is your support as members to join in at the many events that are planned and put on for your benefit and enjoyment.



## 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](mailto:admin.assembly@btconnect.com)**



Assembly's **facebook** Forum

[www.facebook.com](http://www.facebook.com)

For those of you who are familiar with the internet, you may want to check out facebook. Facebook is a social network site where you can join common interest groups. We now have a forum group set up for you to join. You can chat to other members and share you views and ideas.

## Healthier You Event 25th March

Well what a **healthy turn out** we had for our 'Healthier You' event held at St Albans Church Hall on Wednesday 25th March. We would like to say a **big** thank you to everyone who attended and took part in the activities. Not only are you supporting The Assembly, but you are supporting the fantastic work of all of the other organisations who came along. We would also like to thank Betty Bell and

the Rev. Sheelagh White for all their support. We hope to be able to follow on from the success of this event by working with St Albans Church to hold another mobile phone training event at the Hall in August, details to follow closer to the time.

## Community Safety Event, Birtley Fire Station, 23rd April

For those of you who were not able to attend our Community safety event held at Birtley Fire Station, you missed an eye opening experience when members of the Tyne and Wear Rescue Service held a chip pan fire demonstration to highlight the dangers of leaving hot oil unattended.

It brought home the message of fire safety. For those of you who may still possess a chip pan or do not have smoke alarms, or for those of you who would like further fire safety advice please contact the Community Safety Department at Dryden Road Fire Station, Low Fell on 0191 444 1404 (answer phone) to request a free Home Fire Risk Assessment, or contact us at the Assembly for an application form on 0191 438 1721



## National Falls Awareness Day Tuesday 23rd June 2009

The Theme for this years National Falls Awareness Day is


### ***'Get on Board'***

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

To help highlight the day, Gateshead Older People's Assembly have organised a

### ***'No Trip, Trip'***

We are inviting you to join us for a Bus Trip from Gateshead Interchange to the historical Quayside. There we will meet up with City Tour Guides, for an informative and fun walk around the riverside.

Before our journey begins, we will have a chance to talk to transport operators,  before catching the yellow QuayLink bus to the Newcastle Guild Hall.

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

This is a **free** event however places are limited. To book, please contact: **Kerry Pattison at Gateshead Older People's Assembly on 0191 438 1721**

## ***UPCOMING EVENTS***

**Gateshead Crossroads Caring for Carers - Cares Rights Week, 11th June**  
Carers Information Event, The Old School, Smailes Lane, Highfield, Rowlands Gill. Contact Martin on 01207 549 780 for more details.

**Saltwell Festival - 21st June.** Brighton Avenue School, Liddell Terrace, Bensham, Gateshead. Free community Festival. Contact Chris Toole on 0191 433 6450 for further details.

**Gateshead Summer Flower Show - 31st July to 2nd August.** Gateshead Central Nursery, Whickham Highway, Lobley Hill, Gateshead, NE11 9RQ

**Felling Festival - 8th August.** Bankies, Felling, Gateshead. Free Community Event.

**Gateshead Older People's Festival - Join us in a month long celebration of events starting on 1st October 09 to mark International Day of Older Persons.** Further details of upcoming events can be obtained from Age Concern on 0191 4773559

## Spotlight on .....Felling !!

Felling is situated in the East of Gateshead. Originally Felling was one of several isolated villages ruled by the parish of Heworth. From the time of Elizabeth I, the parish was local government and under the control of the Anglican Parson who in turn was answerable to the local Justices of the Peace.

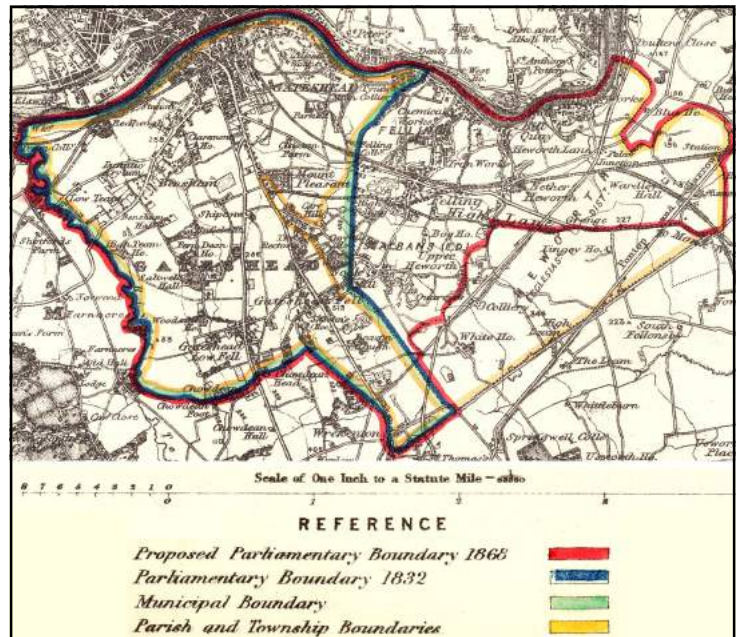
The earliest reference to the area is 1248 when the area was a hunting ground for the Bishops of Durham. The name Felling is derived from the Anglo-Saxon word 'feallan' meaning ' a place where trees were felled'.

Until the end of the 18th century, Felling was largely an agricultural area. By the middle of the 19th century it had become a busy industrial area with chemical works, paint works, paper mill, lead refining, foundries and small scale boat building. Most of these businesses used the river for transport therefore most of this development was confined to the riverside area.

In 1868 an order was passed forming 'The Felling District' and in 1876 these boundaries were extended to include all of the area under the control of the Heworth Parish. In 1801 the population of this area was less than 3,000 but by 1901 it had increased to nearly 30,000.

Today, Felling is a busy residential area. The local Holly Hill shopping centre has seen a decline over the past few years, with the loss of the Kwik Save Store. However, local traders are determined to fight to ensure the survival of The Felling and to remind local residents that they are very much still in business.

The past year as seen the opening of a new Cafe, Ladies Clothing Store, two new card shops and even a Spiritualist!! You can also find a Butchers, Printers, and of course Gateshead Older People's Assembly !!



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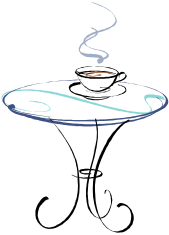
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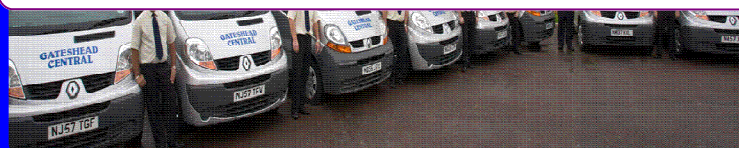
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## Blaydon Walk in Centre and Health Centre Opened 1st June 2009

Following consultation carried out last summer, the Primary Care Trust are please to announce the opening of a new Walk In Centre and Health Centre at Blaydon Clinic, Shibdon Road, Blaydon.

This will be a temporary site, until a new building is completed, which will be on the old school site in Blaydon.

At the Walk In Centre treatment will be given by an experience nurse who will have access to medical support if required. This will enhance the service offered within the Walk in Centre by providing access to a general practitioner if appropriate.

Staff at the Centre will be able to treat you for:

- Coughs, colds and flu like symptoms ■ Stomach upsets ■ Minor eye conditions and infections
- Bites and stings ■ Minor skin infections and rashes ■ Cuts and bruises ■ Ear and throat infections
- Emergency contraception ■ Minor scalds and burns

**Opening hours will be 8am to 8pm 7 days a week. No appointment is needed.  
Children under the age of two cannot be treated at the Walk In Centre.**

## Gateshead Health became an NHS Foundation Trust on 5<sup>th</sup> January 2005.

NHS Foundation Trusts are free from government control and are able to develop services to suit the needs of their local community. They are still part of the NHS family and continue to be subject to NHS quality standards, performance ratings and systems of inspections.

Members can make a real difference to the way in which we operate. By becoming a member you can:

- receive regular information
- vote in elections to the Council of Governors
- stand for election to the Council of Governors
- attend regular meetings

Gateshead Health   
NHS Foundation Trust

How involved you become is entirely up to you – there is no requirement to attend meetings or take part in elections. You may simply wish to be kept informed of developments and issues via the newsletter. Membership is **FREE** and does not give any preferential access to services, as this would be contrary to the principles of the NHS. Members can of course continue to receive care and treatment at any NHS Trust.

We do hope you will decide to become involved with the NHS Foundation Trust in Gateshead and become a member. Your views matter to us and future services will benefit from being influenced by local people like you. We also hold regular events for members on various healthcare topics. The next sessions we have arranged are as follows:

Wednesday 8th July - Healthy Heart  
Wednesday 14th October - Breast Cancer

The events are held at 6.00 pm in the Lecture Theatre at the Queen Elizabeth Hospital.

If you would like further information on how you can become a member of the Trust, please contact the Membership Co-ordinator on 0191 4453713 or via email to [joanne.williamson@ghnt.nhs.uk](mailto:joanne.williamson@ghnt.nhs.uk) to request a membership application form.





## Swallwell Community Fire Station Open Day

On the 4th July Swallwell Community Fire Station will be holding Gateshead District's Annual 'Community Open Day'.

The main theme behind the event is to promote community safety in a number of ways. Advice will be available from a number of partner agencies as well as from their own personnel on home fire safety.

There will be a number of attractions including the combined displays from the fire and rescue, ambulance and police service. There will also be free fun rides for the children and food and refreshments will be available. For further details contact the station on: 0191 444 1430

## Trial drugs 'reverse' Alzheimer's

**US scientists say they have successfully reversed the effects of Alzheimer's with experimental drugs.**

The drugs target and boost the function of a newly pinpointed gene involved in the brain's memory formation. In mice, the treatment helped restore long-term memory and improve learning for new tasks. The same drugs - HDAC inhibitors - are currently being tested to treat Huntington's disease and are on the market to treat some cancers.

They reshape the DNA that supports and controls the expression of genes in the brain. The Alzheimer's gene the drugs act upon, regulates the expression of a plethora of genes implicated in plasticity - the brain's ability to change in response to experience - and memory formation.



Lead researcher Professor Li-Huei Tsai explained: "It brings about long-lasting changes in how other genes are expressed, which is probably necessary to increase numbers of synapses and restructure neural circuits, thereby enhancing memory. "To our knowledge, HDAC inhibitors have not been used to treat Alzheimer's disease or dementia. "But now that we know that inhibiting HDAC2 has the potential to boost synaptic plasticity, synapse formation and memory formation. "In the next step, we will develop new HDAC2-selective inhibitors and test their function for human diseases associated with memory impairment to treat neurodegenerative diseases."

### Future hope

HDAC inhibitor treatment for humans with Alzheimer's disease is still a decade or more away, she said. The chief executive of the Alzheimer's Research Trust, Rebecca Wood, said: "This is promising research which improves our understanding of memory loss in Alzheimer's. "We need to do more research to investigate whether developing treatments that control this gene could benefit people with Alzheimer's. "We desperately need to fund more research to head off a forecast doubling the UK population living with dementia."

Julie Williams, an expert in the genetics of Alzheimer's for the trust, said scientists were on the brink of finding a number of candidate genes that increase the risk of developing Alzheimer's.

"If we can find the triggers and causes then we can hopefully prevent them. That is the great ambition."

Source BBC News.

## Driving Tips

### What happens when you reach 70 and your licence expires?

Many people believe that when this happens, all drivers have to retake their driving tests in order to get a new licence and keep on driving. This is actually a myth – if you are 70, you *don't* have to take a test, all you have to do is renew your licence.

### Renewing your licence

There is no legal age at which you have to stop driving, so whether you renew your licence is totally up to the individual. It is your responsibility to decide whether you are still fit enough to drive. By law, you have to renew your licence when you reach the age of seventy, and then every three years after that. Around three months before your 70<sup>th</sup> birthday, the DVLA should send you a D46P '*Application for renewal of a driving licence*'. You can either fill this in and return it by post, or you can use the DVLA online service to renew. It does not cost anything to renew your licence.



### You know best

Driving can be a lifeline to many older people, allowing them to get on with their lives, and deciding to stop driving can have a detrimental effect. As mentioned above, the decision is entirely in your hands and there is no legal requirement to stop. However, if you find that you are having trouble driving, you don't feel as confident or safe or are simply not comfortable driving, then maybe you should reconsider. The last thing you would want is to be in, or to cause, an accident.

### Are you still a good driver?

As people get older, it's possible that they have developed what might be considered 'bad habits' – after all, if you are seventy and passed your test when you were twenty-five, it's been fifty years since your driving was professionally assessed.

No matter what age you are, if you are concerned about your driving then you can book an Experienced Driver Assessment with the Royal Society for the Prevention of Accidents. This costs £35 and is not a 'test' – you will be assessed by a RoSPA-qualified driver who will give you a report on your driving and advise you on how you can improve your skills or drive more safely. If you would like more information about this, please contact:

**Chris at Gateshead Older People's Assembly. 0191 438 1721**

## BUDGET FOR THE ELDERLY

It seems that the Chancellor has remembered the elderly community in his latest budget promising to keep the Winter Fuel Allowance at last years higher level. This will last for another year and works out at £250 for over 60s and £400 for over-80s.

In addition, despite inflation rates, the basic state pension will rise by at least 2.5 per cent. The limit for savings that are means-tested rises by £4,000.

What this means is that approximately 540,000 Pension Credit claimants will be better off to the tune of around £4 per week. For those claiming Pension Credit, the level of savings they can have goes from £6,000 to £10,000 from December. However, in a comment by The National Pensioners Convention (NPC) the rise in the state pension will only give pensioners an extra weekly amount of £2.40 a week and women pensioners will benefit by only £1.45.

"Mr Darling's proposed 2.5 per cent rise in the state pension next year fails to address the pressures older people face now from the economic crisis," said Dot Gibson, the NPC general secretary.

However, what was welcomed was the recognition made of grandparents of working age who care for their grandchildren as this caring work will count towards their entitlement for the basic state pension from April 2011.

## EAT OR HEAT ?

***Older people are being forced to skip meals and cut back on essential items due to a lack of money during the recession, research claims.***

A study by Age Concern and Help the Aged shows a fifth of people over 60 were purposefully missing meals in order to save money, while two in five were struggling to afford basic provisions.

The poll of 1,200 people found most had no confidence that the Government would help them through the recession, with many instead resorting to extreme measure just to make ends meet - and putting their health at risk in the process.

The newly-merged charity said high prices meant many pensioners were forced to cut back on socialising as they struggled to afford such basics as food, electricity and gas.

The group's charity director Michelle Mitchell said: 'Many older people are being clobbered by high prices and are being pushed to extreme measures to cope financially. The Government cannot sit by while older people skip meals and put their health at risk. The oldest and poorest pensioners are being hit particularly hard.'

'The state of the economy is the defining issue of our times and this year's Budget will have many demands on it, but the challenge to Government is to ensure that older people, and older voters, aren't forgotten.'

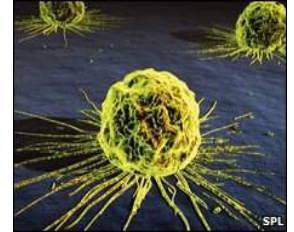
Source: [www.nursingtimes.co.uk](http://www.nursingtimes.co.uk)

## Smear tests important in over 50s

**Cervical screening continues to pick up abnormalities in women over 50, say UK researchers, despite calls to cut the programme in older women.**

There has been "much discussion" about whether to continue smear tests in 50 to 64 year olds, the Institute of Cancer Research team said. But a study of two million women found serious cases would not be picked up if screening was removed in this group.

Around 2,700 women are diagnosed with cervical cancer each year in the UK. The disease is the second most common cancer in women Under 35 and in 99% of cases is caused by the common sexually transmitted infection HPV. The idea behind screening is to pick up pre-cancerous changes and treat them before they become an invasive disease.



Women over 50 have a lower incidence of these changes or "lesions" with 10% of women in their 20s having abnormalities but only 1% in those over 50.

Previous studies have concluded that because the risk is lower in older women, screening may be causing more harm than good.

But a study of smear tests done in women aged 20 to 64 years between 1988 and 2003 found that screening does in fact pick up serious abnormalities, the British Journal of Cancer reported.

It showed two-thirds of abnormal smears were picked up in women who had two previous negative results in their 40s.

Removing screening in older women, even in those who have had no prior signs of lesions, would miss a group of women who develop abnormalities later in life, the researchers said.

### Missed cases

The study was carried out in the south of England where the risk of cervical cancer is less than average and so even more cases might be missed in other areas of the country they said.

Currently, women aged 25 to 49 are invited for screening every three years, and 50 to 64 every five years in England.

The government is reviewing the age at which screening starts as women are invited for tests at age 20 in other UK countries.

Study leader Dr Roger Blanks said if you could stop screening at 50 that would save a huge amount of money and anxiety.

"But the data we have is there is not this dramatic decrease so we can't say they are no longer at risk."

He added further research was needed to see if there were any "very low risk groups" where screening could be stopped.

## Fashion of the 50's

In the 1950s American culture became very dominant in Britain. The influence of movie films and the prominence of film stars set the fashion in manners, make-up, hair and clothes. Women, girls, men and youths all desired look-alike copies of outfits, accessories and jewellery worn by the most popular screen idols. It was widely believed that Hollywood glamour would rub off on you if you had the clothes and developed the look. One way to achieve the look was to make your own clothes and customise them so they had a similar look to fashions worn by celebrities of the day.

By the mid 50s dressmaking patterns made by pattern companies like Butterick, McCalls, Simplicity and Vogue were vastly improved. The little dressmaker had all but vanished, so many women began to take up dressmaking as a useful hobby.

One such lady, was our Management Committee Member Iris Dodds, seen below in a selection of dresses she made in the 1950's.



Gardens on Douglas Sea Front, Isle of Man taken August 1954



Somewhere near London taken in 1956



Gardens on Douglas Sea Front, Isle of Man taken August 1954



More 1950's fashion



What are collective nouns for the following living creatures:

- a) \_\_\_\_\_ of ponies
- b) \_\_\_\_\_ of peacocks
- c) \_\_\_\_\_ of jellyfish
- d) \_\_\_\_\_ of doves
- e) \_\_\_\_\_ of rhinoceroses
- f) \_\_\_\_\_ of ravens
- g) \_\_\_\_\_ of starlings
- h) \_\_\_\_\_ of cattle
- i) \_\_\_\_\_ of seals
- j) \_\_\_\_\_ of crows
- k) \_\_\_\_\_ of toads
- l) \_\_\_\_\_ of ants
- m) \_\_\_\_\_ of flies
- n) \_\_\_\_\_ of hens
- o) \_\_\_\_\_ of apes
- p) \_\_\_\_\_ of fish
- q) \_\_\_\_\_ of herons



**Answers:** ) String, b) Ostentation c) Smack d) Pitying  
 e) Crash f) Unkindness g) Murruration h) Drove i) Pod  
 j) Murder k) Knot l) Colony m) Grist n) Brood o) Shrewdness  
 p) School q) Siege

## Buttered Fruit Loaf

### INGREDIENTS

4 OZ MARGARINE, CUP OF MILK, CUP OF SUGAR  
 CUP AND A HALF OF MIXED DRIED FRUIT, 1 EGG,  
 2 CUPS OF SELF RAISING FLOUR

### METHOD

Put the margarine, milk, sugar, and mixed fruit into a large pan and bring to boil.

Let the mixture cool, mix in the beaten egg and the flour.

Grease a 2lb loaf tin and then add the mixture to the tin.

Bake on the middle shelf of the oven for 75 minuets.

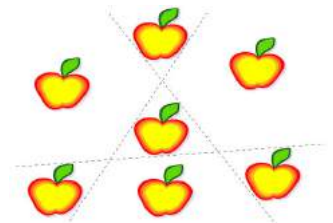
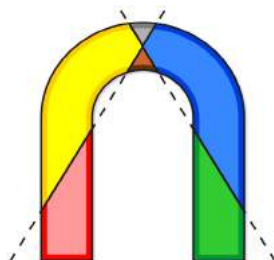
Gas mark 5 or 190c. This loaf tastes better after a Couple of days spread with butter.

Submitted by Chris Barker



"They never phone, they never visit, they never text message..."

Here are the answers from last issue:



## Trivia For Tea Time

1. Which famous leader's first name of Mohandas is commonly replaced by a first name that means 'great soul'?
2. Paul McGann, Peter Davidson and William Hartnell have each played the same famous sci-fi role. What's the character's name?
3. With what papers do you associate Sam Weller?
4. What do these Shakespeare plays have in common?... Julius Caesar, Richard III, Hamlet, Macbeth.
5. Where was Britain's first escalator installed?
6. A pair of red shoes were sold at auction in 1988 for £90,000. What made them special?



*Answers at the bottom of the page.... No cheating !!*

**Answers at the bottom of the page..... No cheating !!!!**

### Older One's

When I see grey hair and wrinkles, I want to cringe at the sight.  
When I see the elderly put up a fight, I want to say go home, bury your head out of sight.  
When I see an old person walking slow, I want to give them a push, and tell them to go.  
When I see an old person wanting a seat, I just put up my feet.  
That is what I see everyday, people treating the old with dismay.  
The young having their way, while the older person can't have their say.  
How can I change the way of the young, when all their friends laugh at their jokes and fun.  
The world will still turn, and people will still continue to make fun  
But I will carry on my work, to try and change people that lurk.  
My grandmother would be proud, of her granddaughter now,  
For her words of wisdom haunt my soul, and I am glad to have told.

**ANSWERS:**

1. Mahatma Gandhi (Mohandas Karamchand Gandhi, 1869-1948, Indian statesman and spiritual leader).
2. 'The Doctor', or 'Doctor', (Not Dr Who. Dr Who is the name of the series. The character is called The Doctor).
3. Sam Weller is a character in the book *The Pickwick Papers*, by Charles Dickens.
4. Each features a ghost.
5. Harrods department store, Knightsbridge London, around 1900
6. They were worn by Judy Garland in the film *The Wizard of Oz*.

## 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