



# The Elders Council of Newcastle

Older People working for Older People

FEBRUARY 2007

## Improving Our Lives

### Elders Council of Newcastle

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**Would you like to contribute to plans to improve the quality of life of older people in Newcastle?**

If the answer is 'yes', join us for an Elders Council event on Friday 2 March 2007 at Gosforth Civic Hall (invitation enclosed – please note this invitation is for **members only**). This event is your opportunity to contribute to Newcastle's first Strategy for Older People and an Ageing Population, which is being developed jointly by Newcastle City Council, the Elders Council and other key partners in the city.

The Elders Council has already made a significant contribution to the Strategy, which has built on our action plan 'The Way Ahead'. However, there are more opportunities for older people to contribute to the Strategy, which is out for consultation until 9 March 2007. If you are unable to come to the event, you can still find out about the Strategy by looking on Information NOW: –

[www.informationnow.org.uk/aboutus](http://www.informationnow.org.uk/aboutus) or request a copy from the office by calling Linda Ward on 0191 233 0200.

The Strategy has five aims:

#### 1. Older people making a positive contribution

By this we mean that older people:

- are involved in making decisions about services and about the kind of city they would like to live in. The work of the Elders Council is an example of this.
- have opportunities to contribute to community life – this may mean running the over-60s group or a youth group, being involved in intergenerational projects or keeping an eye out for a neighbour.



**THE ELDERS COUNCIL  
NEEDS YOU TO HELP  
PROMOTE ITS WORK.**

**PLEASE PASS THIS  
UPDATE ON TO OTHERS  
WHO MIGHT BE  
INTERESTED.**

## Improving Our Lives – cont -

- are respected and free from discrimination, which means that older people are treated with dignity and offered the same opportunities as younger people.

### **2. Older people have access to information, advice and advocacy**

By this we mean making sure that people can get clear information and advice, so that they can make choices.

### **3. Older people enjoy physical and mental health and wellbeing**

By this we mean that older people:

- are encouraged to adopt healthy lifestyles – taking exercise and eating well;
- have good social networks and learning opportunities;
- can access practical services such as gardening, shopping and handyperson schemes which help them to stay independent;
- have good quality health and care services when they need them.

### **4. Older people enjoy older person friendly environments**

By this we mean that older people:

- feel safe in their homes, neighbourhoods and city;
- have decent and appropriate housing with access to a range of local facilities;
- can get out and about easily with good public transport.

### **5. Older people feel financially and materially secure**

By this we mean that older people:

- have the opportunity to prepare for retirement;
- have the opportunity to work if they wish.



Have we got it right? Do you agree with these aims or are there others we need to include? Do you have ideas about the specific actions which should be taken to make these aims a reality?

This is an ambitious strategy, and cannot be delivered by agencies alone. Older people themselves have a big part to play in making Newcastle a good place for older people to live. We would also like to hear about what you are already doing in your community or any ideas you have about how older people can support each other and what help they need to do this.

**This is a real opportunity to help to make Newcastle an older person friendly city – don't miss it! Join us on 2<sup>nd</sup> March or write in with your ideas and comments to our Freepost address.**

# Poetry and Song

## A Winter's Scene

Please take time to travel through  
Our local parks for sites to view  
To see the leaves of many a hue  
As sturdy trees just spread and grew  
To lay a carpet on the ground –  
And all with so very little sound.

Nature has some magic themes  
To change our lives within our dreams  
That mighty oak, ash, poplar, elm  
Less crowning glory – still overwhelm  
To stand so proud though still endowed  
Branches still waving to every cloud.

But soon the land is clothed in white;  
Footprints appear from nowhere – so light:  
Hedgehog, rabbit, cat, dog, that lonely fox,  
Surveyed by our friends in heavenly flocks  
While nature never stops to rest  
Life needs wit and spirit to survive the nest.

Surviving life for one more year.  
Walk (don't run), take lots of care  
Living life for one more season  
Will power, instinct is the reason.  
There is enough food for one and all  
From largest to the very small.

Spring will soon be on the rise  
When sunny days are no surprise.  
Birds will sing, if dove or crow –  
This is just to let us know  
New life will begin again  
For another season to sustain.

**John Reid**



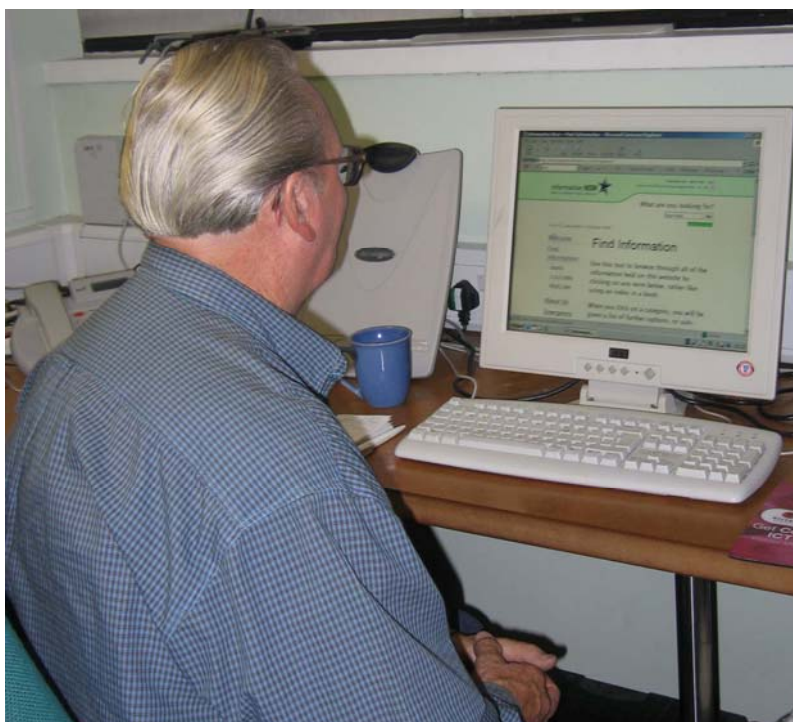
# Information Now

## Better information for older people

[www.informationnow.org.uk](http://www.informationnow.org.uk)

Information NOW (Newcastle Older People's Website) has been available since November and is proving to be very popular already. At the time of going to press, the website has had **over 10,000 visitors viewing over 64,000 pages** of information, which is really positive news.

Hopefully, you will know by now that Information NOW can give you information on benefits, care and carers, health, housing, travel and transport, and people to know and places to go in your local area. However, it doesn't stop there. The information resource is growing all of the time. A new section on consumer issues has recently been added, giving information on topics such as: how to stop getting unwanted junk mail; whether it would be cheaper for you to get a water meter fitted; and how to get help to change your gas or electricity supplier.



Some older people have asked for more information on leisure activities, so we are starting work on a new leisure category. If you have any ideas about things we should be including, such as special offers for older people or places to visit in Newcastle, or if there is a club or activity taking place in your area that you'd like other older people to know about, please contact Claire Horton using the details over page or via the FREEPOST address on the front of this newsletter. You may like to recommend somewhere to visit because you had a really warm welcome there, or because it was especially 'older-person friendly'. If so, please let Claire know.

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## Information Now – cont -

If you haven't been on the website yet, please take a look at: [www.informationnow.org.uk](http://www.informationnow.org.uk)

If you don't know how to do this, haven't got a computer, or are simply terrified, ask someone to help you. This could be at your library or community centre, or a grandchild or neighbour may be able to help. Have a go and let us know what you think, so we can keep improving the information we're giving to help older people in Newcastle.

If you want any more details, please contact Claire Horton at the Quality of Life Partnership on:

Tel: 0191 255 1983 or Email: [claire.horton@qualityoflife.org.uk](mailto:claire.horton@qualityoflife.org.uk)

## Things to do

### Retired?

#### Give others the benefit of your experience

The NE Pre-Retirement Association (a Registered Charity) runs pre-retirement workshops at which expert speakers cover those subjects relevant to retirement. We are looking for people who would act as facilitators at these workshops. Facilitators introduce the workshop, provide participants with ample opportunities to question the speakers and encourage interaction between the participants.

No previous experience is needed as training can be provided. But we would prefer people who can talk about retirement from personal experience.

The workshops span two days and each facilitator would be invited to run no more than two or three workshops per year. All workshops are held in local NE venues. Facilitators would also be invited to join the NE Pre-Retirement Association committee, which meets at roughly monthly intervals.

Facilitators will receive an honorarium of £50 per day plus reasonable out-of-pocket expenses.

If you are interested, please contact Patricia Ward on 01670 860312.



# Wakey! Wakey

When that great Welsh poet Dylan Thomas found that his father was dying, he penned a poem that starts:

*Do not go gentle into that good night,  
Old age should burn and rave at close of day;  
Rage, rage against the dying of the light.*

Living with and surrounded by older people, I often think it is such a pity that so few older people seem to take heed of Dylan Thomas's wise words, especially now that, as we keep being told, the "close of day" is generally so much later.

On the face of it, of course, older people do take heed, because they will be the first to tell you that they are so busy they don't know how they ever had time to go to work. So: "No: sorry, I can't possibly take on that little bit of voluntary work that you talked about to me." However, a common experience for the small minority that do get involved in volunteering and doing something positive is that you keep coming across the same people. Every time a new voluntary or community group is set up, it is a fair bet that it will be organised and run by the "usual suspects".

It is true that older people tend to be in the majority at public meetings such as Ward Committees. But what do they do there? Mainly complain without any thought of making a more positive contribution. Some older people are also at the forefront of those complaining about the difficulty of paying Council Tax. And yet at the same time we keep expecting more and more from our Public Services. Such lobbying can have unexpected and very socially divisive effects, as was recently seen with the campaign for free bus travel. The success of the campaign resulted in grandparents gaining at the expense of their grandchildren. Is that what we really wanted?

And then of course there is the excuse "I'm too old to get involved in anything like that." Winston Churchill was 66 when, as Prime Minister, he played a crucial role in the defeat of the Axis powers. Being too old is simply an attitude of mind and far too many older people undervalue and underestimate their own potential and abilities.

This leads me to ask: where is the evidence of "raving and burning at the close of day"? Why are older people so passive? Or have I missed something? If readers of this newsletter know, perhaps they could write in and tell me.

**Norvell**

# Entertainment

A 98-year-old woman wrote this to her bank. The bank manager thought it amusing enough to have it published in the Times.

Dear Sir,

I am writing to thank you for bouncing my cheque with which I endeavoured to pay my plumber last month.



By my calculations, three 'nanoseconds' must have elapsed between his presenting the cheque and the arrival in my account of the funds needed to honour it. I refer, of course, to the automatic monthly deposit of my Pension, an arrangement which, I admit, has been in place for only eight years. You are to be commended for seizing that brief window of opportunity, and also for debiting my account £30 by way of penalty for the inconvenience caused to your bank.

My thankfulness springs from the manner in which this incident has caused me to rethink my errant financial ways.

I noticed that whereas I personally attend to your telephone calls and letters, when I try to contact you, I am confronted by the impersonal, overcharging, pre-recorded, faceless entity which your bank has become.

From now on, I, like you, choose only to deal with a flesh-and-blood person. My mortgage and loan payments will therefore and hereafter no longer be automatic, but will arrive at your bank by cheque, addressed personally and confidentially to an employee at your bank whom you must nominate.

Be aware that it is an offence under the Postal Act for any other person to open such an envelope. Please find attached an Application Contact Status which I require your chosen employee to complete.

I am sorry it runs to eight pages, but in order that I know as much about him or her as your bank knows about me, there is no alternative.

Please note that all copies of his or her medical history must be countersigned by a Solicitor, and the mandatory details of his/her financial situation (income, debts, assets and liabilities) must be accompanied by documented proof.

In due course, I will issue your employee with a PIN number which he/she must quote in dealings with me.

I regret that it cannot be shorter than 28 digits but, again, I have modelled it on the number of button presses required of me to access my account balance on your phone bank service. As they say, imitation is the sincerest form of flattery.

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## Entertainment – cont -

Let me level the playing field even further. When you call me, press buttons as follows:

1. To make an appointment to see me.
2. To query a missing payment.
3. To transfer the call to my living room in case I am there.
4. To transfer the call to my bedroom in case I am sleeping.
5. To transfer the call to my toilet in case I am attending to nature.
6. To transfer the call to my mobile phone if I am not at home.
7. To leave a message on my computer (a password to access my computer is required. A password will be communicated to you at a later date to the Authorized Contact.)
8. To return to the main menu and to listen to options 1 through 8
9. To make a general complaint or inquiry, the contact will then be put on hold, pending the attention of my automated answering service. While this may, on occasion, involve a lengthy wait, uplifting music will play for the duration of the call.

Regrettably, but again following your example, I must also levy an establishment fee to cover the setting up of this new arrangement.

May I wish you a happy, if ever so slightly less prosperous, New Year.

Your Humble Client

(Remember: This was written by a 98 year old woman; DOESN'T SHE MAKE YOU PROUD!?)

The town's oldest resident was being visited on her 109<sup>th</sup> birthday by the District Nurse. As she was going, the nurse turned and said "Well I hope to be visiting you again on your 110<sup>th</sup> birthday", to which the old lady replied, "I don't see why not; you look young and healthy enough!"



One day I found my four-year-old granddaughter staring at a pair of false teeth soaking in a glass. As I braced myself for the inevitable barrage of questions, she merely turned and whispered, "The tooth fairy will never believe this!"

## Hints and Tips

Do you remember rationing? Do you remember the adverts about the Squanderbug? In these days when inflation is ready to rise again, should we be resurrecting our memories from bygone days?

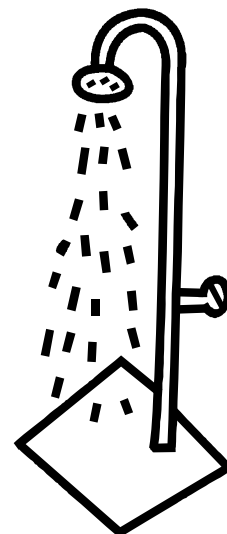
To start off:

Don't soap and shower at the same time.

1. Turn the shower on briefly and wet yourself.
2. Turn the shower off.
3. Soap yourself.
4. Turn the shower back on and rinse.

Do you have any other hints about saving heat or electricity? or about things you can do round the house to avoid waste and save money?

Please write in and let us know.



### Junk mail

Are you fed up of all the junk mail coming through your letterbox? You can reduce it by:

- calling 0845 7300 123; or
- registering online at [www.mpsonline.co.uk](http://www.mpsonline.co.uk)

### Furniture collection

Do you want to get rid of some old furniture? Just ring the Community Furniture Service on 0800 917 4397.

## Information

### Tea with Dorothy:

... a new monthly social for older lesbians, gay men, bisexuals and transgender people who would like to meet folk of a similar age for afternoon tea and chatter.

For further details please contact  
07770 543407 or  
[outreach@mccnewcastle.org.uk](mailto:outreach@mccnewcastle.org.uk)

# Information

## More on keeping warm at home

Your home may need better heating and insulation, but you're not sure who can help or how you can afford it. Maybe you want to know if you can get help with paying your fuel bills, or you want to make a complaint about your energy supplier. Whatever your need is, there are numerous organisations and schemes in place to help you, some of which are described below.



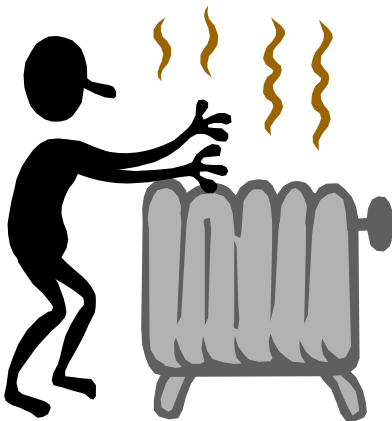
## Insulation and heating improvements

**Newcastle Warm Zone** is a not-for-profit partnership that is currently offering free insulation to any home where somebody living there is 60 or over. This is part of a four-year project running until 2008. They also offer free and confidential advice on benefits and energy efficiency.

Newcastle Warm Zone, Block C, Floor 3, Scottish Life House, Archbold Terrace, Newcastle upon Tyne, NE2 1BZ

Tel: 0191 277 7373

Email: [warm.zone@newcastle.gov.uk](mailto:warm.zone@newcastle.gov.uk)



**The Eaga Partnership** works to offer households grant-funded insulation and heating improvements. They deal with Warm Front Grants, which help people who own their home, or rent from a private landlord, to have work carried out to keep their homes warm and well insulated. The Warm Front Grant covers a package of energy efficiency and heating measures up to the value of £2,700 (except where oil central heating is installed or repaired, where a maximum grant of £4,000 is available).

You may qualify for a grant if you are 60 or over and you receive Council Tax Benefit, Housing Benefit, Income-based Jobseeker's Allowance, and/or Pension Credit. If you are a householder under the age of 60, you may still qualify for a grant if you are in receipt of certain benefits.

Eaga Partnership, Eaga House, Archbold Terrace, Jesmond, Newcastle upon Tyne, NE2 1DB

Tel: 0191 247 3800

## **Advice on changing energy supplier and complaining**

**Energywatch** is the independent watchdog for gas and electricity consumers. They provide free impartial advice on energy issues and will take up complaints on behalf of consumers who are having difficulty resolving a problem with their energy supplier.

You may be able to save money on your bills by changing your energy supplier. This can be time-consuming and difficult. However, Energywatch can also help you with this. They can advise you on changing energy suppliers and can give you price comparisons and a list of the suppliers that operate in Newcastle.

Energywatch North East, 7th Floor, Pearl Assurance House, 7 New Bridge Street, Newcastle upon Tyne, NE1 8AQ  
Tel: 0845 906 0708, Email: [enquiry@energywatch.org.uk](mailto:enquiry@energywatch.org.uk)

## **Repairs and maintenance**

If you need to have repairs or maintenance carried out to your heating system, the **Newcastle Trades Register** may be of use to you. The Trades Register was set up by the Quality of Life Partnership and is coordinated by Anchor Staying Put. The aim is to help people in Newcastle aged 60 years or older to find tradespeople to carry out repairs and maintenance in their homes. The tradespeople have to go through a vetting procedure, have their standard of work assessed by Anchor Staying Put, and ensure that they have indemnity insurance before being accepted onto the Register.

There are two levels to the service:

**Information service** – This free service will provide you with contact details of suitable tradespeople, depending upon your needs.

**Advisory service** – This service will give you comprehensive support when you need to use a tradesperson. This means that Anchor Staying Put will liaise with the tradesperson for you from the start to the end of the job. This costs a flat fee of £25, in addition to the cost of the work.

Newcastle Trades Register, NewcastleGateshead Staying Put, Metropolitan House, Longrigg Road, Swalwell, Gateshead, NE16 3AS  
Tel: 0191 495 6178, Email: [newgatstayingput@anchor.org.uk](mailto:newgatstayingput@anchor.org.uk)

## **Problems paying energy bills**

If you are concerned that you might not be able to afford the gas and electricity that you are using, you should contact your supplier as soon as possible. They may be able to suggest a different payment method that makes you feel more secure. You could also contact Energywatch for independent advice.

# Information

## Patient Advice and Liaison Service (PALS)

PALS provides confidential on-the-spot advice and support for patients, relatives or carers; PALS helps to sort out any concerns about care in the NHS and guides you through the different services available.

PALS acts independently when handling patient and family concerns, liaising with staff, managers and, where appropriate, relevant organisations, to negotiate immediate or prompt solutions. If necessary, they can also refer patients and families to specific local or national support agencies.

PALS is an NHS service and covers hospitals, primary care (including GPs, dentists and pharmacists), mental health and other specialists services.

PALS for Newcastle, North Tyneside and Northumberland and for the North East Ambulance Service can be contacted on:

Free phone 0800-032-02-02

E-mail: [northoftynepals@nhct.nhs.uk](mailto:northoftynepals@nhct.nhs.uk)

Fax: 01670511260

Freepost: RLTC-SGHH-EGXJ

NPALS, The Old Stables, Grey's Yard, Morpeth, NE61 1QD

## Free Complementary Therapies

### Aromatherapy massage, body massage and reflexology ...

... are being offered FREE as part of a pilot project running from December 2006 till June 2007. Foundation degree students from Newcastle College will be delivering the sessions, which are open to anyone aged 18 years and over.

#### **Avondale House**

50 Raby Way, Byker

Monday and Tuesday 9.30am-4pm

To book telephone 0191 2651978

#### **Margaret Collins House**

38 Canterbury Street, Walker

Monday 9.30am-4pm

To book telephone 0191 265 0546



#### **East End Community Health Project**

Thomas Gaughan Centre,

Yelverton Crescent, Walker

Monday and Friday 9.30am-4pm

To book telephone 0191 2760595

# Working Group Updates

## Older Person Friendly City Centre Working Group

Newcastle Heritage Partnership was launched at an event in Discovery Museum on 21 November. Representatives of the Elders Council were there amongst 50 or so information stall holders. The aim was to bring together organisations interested in preserving and safeguarding the City's heritage. As well as answering questions about the Elders Council from visitors to our stall, we were able to circulate and gather information from other stall holders. So we have some suggestions for anyone wanting to know more about the city's heritage. For example, if you have visited the Castle Keep in the past but can't face all the steps to get to the top of the building, perhaps the most important in Newcastle, the Garrison Room on the ground floor is now accessible and there you can have a 'virtual' tour of the building by video. You can't just drop in yet, but have to make an appointment (telephone 0191 232 7938). Of course, there are other places where you can drop in if you want to know more about the history of Newcastle. The Working Group, which has been assessing facilities in the City Centre, recommends the history of Newcastle Gallery at Discovery museum in Blandford Street, and the Art on Tyneside Gallery at the Laing Art Gallery. Admission is free to both these museums; why not go and have a look, and then organise a group visit for friends, family, or members of your club?

## Culture and Learning Working Group

The group has continued monitoring the learning and cultural opportunities available for older people across the city. Our main concern at present is the national reduction in funding for activities that are not work-related or accredited, reinforced by the Leith Report (December 2006). Also the introduction of the Age Discrimination Laws has ironically produced a loss of age-related concessions – an issue being explored by many interested bodies whose work will be affected. If you have direct experience of this, please get in touch. We are discussing these issues with providers, most recently with the largest voluntary one, WEA (The Workers' Educational Association).

On a more optimistic note, we have learned about Audiences Northeast, an agency promoting the activities of local theatres, concert halls, galleries and museums, whose website [www.whatsonnortheast.com](http://www.whatsonnortheast.com) provides details and has occasional discounted seats.

We are also looking at ways in which we can help ourselves through informal learning in groups where the experience and expertise of over-50s can be used to extend lifelong learning. Newcastle U3A (University of the Third Age) already does this for its members (tel. 230 4430), but the model might be adapted for other situations. If you are interested, please come and join in – please ring the office for meeting dates and times on 233 0200.

## Things to do ...

### Are you free on Friday afternoons?



If so, would you like to consider joining the Geoff Walton Orchestra? It meets on Friday afternoons during school terms in Heaton Community Centre, Trewitt Road, Newcastle (off Chillingham Road) from 1.45-3.45 pm.

The orchestra meets purely for pleasure: no auditions are required and no concerts are given. Players of all ages will be warmly welcomed, **particularly the retired**, for whose needs the orchestra was originally designed to cater.

Contact: Mike Bell, tel 252 1328

### Are you aged 75 or over?

Professor John O'Brien, Dr Steve Parry and their team at the Institute of Ageing and Health, University of Newcastle upon Tyne are looking for volunteers to take part in a research project.

**Would you be willing to have a 30-minute Head Scan at the NEW Brain Imaging Centre at Newcastle General Hospital & attend an interview with one of our Research Team?**

We are currently seeking Healthy volunteers:

- Of both sexes
- Aged 75 and over

**to participate as control subjects in a study looking into blood flow within the brains of the 75+ age group**

Many people are familiar with brain scanning using a method called **MRI** (magnetic resonance imaging). The research group at the **Institute for Ageing and Health** have been using these kind of scans to help understand what happens to the brain in Alzheimer's disease and other disorders. The University of Newcastle upon Tyne has decided that **brain scanning is so important for clinical research** that it has built its own Centre for brain scanning. The centre is close to the Institute for Ageing and Health at Newcastle General Hospital and it was opened in March 2006. It allows us to make a wider range of measurements which will aid our understanding of brain diseases.

**WE WOULD PROVIDE TRANSPORT TO GET YOU TO THE HOSPITAL AND THEN TO ALSO GET YOU HOME AGAIN**

***If you are interested in finding out more, please contact Michelle Widdrington or Jean Scott for further information on 0191 256 3316***

# Local News

## Put a spring in your step!

As part of this year's Jesmond Community Festival, the Elders Council is organising an afternoon of fun and frivolity for the over-50s, on Friday 16 March. The venue will be Chapman House, the Junior Department of Central Newcastle High School, Sandyford Road. Doors will open at 1pm, for a prompt 2pm start, and the event will finish at 4pm. The afternoon's entertainment will include a short performance by girls from the school, performances of tap and line dancing by the Age Concern groups, free refreshments, a quiz and an open dance session. The afternoon will be suitable for those who wish to take part in some of the dancing, and those who prefer to watch. The main purpose of the afternoon is to provide a fun afternoon for older people from Jesmond and Sandyford, but there may be a limited number of places available for residents from elsewhere in the city. Transport will be available from key pick up points in Jesmond and Sandyford.

Besides this event, a whole host of other attractions will be taking place in Jesmond throughout the Festival week, 10-17 March. The highlight will be the Festival procession down Osborne Road, Acorn Road and St George's Terrace at mid-day on Saturday 17 March, but there will also be free performances and events at Jesmond Library, Jesmond Pool, Jesmond Methodist Church, St Hilda's and Bells Yard on Saturday afternoon, and a free gala concert at the RGS Performing Arts Centre in Eskdale Terrace on Thursday 15 March at 7.30pm. The full programme is available at any of the above venues, or from Chris Murtagh on 0191 281 6449.

## Community Development

Do you live in the East End? If so, you might be interested in attending a course in community development run by the East End Community Development Alliance (the Alliance), which works with voluntary and community sector (VCS) organisations in the East End of Newcastle. They are now looking to secure funding to provide one of the following courses FREE OF CHARGE to VCS workers, volunteers and residents of the East End who are active in their community:

### Learning about Community Development

This course is accredited by the Open College Network North East Region with 3 credits at Level 2. It runs over 10 x 2½-hour sessions and covers topics such as:

- What are community development work and the national occupational standards?
- How to involve people in community activity
- Identifying resources
- Power, decision-making and conflict in groups

## Community Development – cont -

You will also have to spend about 10 hours working at home.

### Community Development Work

This course is accredited by the National Open College Network at Level 2. It is an 8-day programme aimed at helping you to develop skills in community development. The course will cover the following topics:

- Practice and principles in community development work
- Social justice
- Community development work skills
- Involving people
- Group-work skills

It is expected that you will spend about 15 hours working at home.

If you'd be interested in attending either of the above courses, please contact Angela at the Alliance on 0191 2759477 or email [angela.gray@eastendalliance.org.uk](mailto:angela.gray@eastendalliance.org.uk), saying which course you'd be interested in. Angela will contact you with details of which course will be running when enough responses have been received.

### **NPC CONFERENCE – Save Our National Health Services**

at

Winlaton Hallgarth Club

Monday 2 April, 10.00 am – 3.30 pm

Speakers to include: Dot Gibson, Vice President of NPC

Clare Williams, Unison Health Representative

Dr Mary Parkinson

Includes speakers from Royal College of Nursing, Residential and Hospital Care

**\* \*\* Buffet Provided \* \*\***

Contact Bob Pinkerton, Secretary NPC Northern Region for further details on  
0191 414 4537

## Hot off the Press

### **The Elders Council Website is now LIVE!**

[www.elderscouncil.org.uk](http://www.elderscouncil.org.uk)

The February newsletter is available on-line together with details of our working groups, projects and future events.

If you would like to become a member of the Elders Council, you can join on-line or contact us and become involved with one of our working groups.

We hope you enjoy using our site and find it useful.

