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NEWS

Launch of Newcastle Vision Support

[Newcastle Vision Support](#) was launched at a conference this week. Formerly Newcastle Society for the Blind, the launch is part of a rebrand which will include a new website which will go live on 12 October 2017, World Site day. The conference, Our VIStory, was supported by Selina Mills, Author of 'Life Unseen' and [Dr Hannah Thompson](#), Lecturer at Royal Holloway, University of London. The speakers and delegates explored how blindness was perceived by past societies before discussing future priorities for the organisation.

Lasting Power of Attorney service

Age UK Newcastle has launched a new service to support you should you lose capacity to make decisions for yourself owing to a long term or onset condition such as dementia or stroke. The Lasting Power of Attorney service allows you to give someone you trust the legal power to make decisions on your behalf about your Finances and/or your Health and Welfare, should you become unable to make decisions for yourself. It may give you peace of mind for the future. The cost is £200 for a single person and £300 for a couple.

Visit our [planning ahead](#) section on Information NOW.

Elders Council AGM and Annual Report

The [Elders Council](#) Annual General Meeting, held on 6 July, was attended by circa 100 people. If you missed it but would like to find out more, you can find their [Annual Report](#) on their website.

Summer first aid kit

Whether you are going abroad or enjoying our local beaches the NHS CCGs are recommending that you carry a first aid kit with you. Sun cream is an essential item but consider this summer first aid kit. For further information go to [NHS Choices](#). Remember to [keep cool in the summer](#), read our article on Information NOW.

RESEARCH and REPORTS

Rise in life expectancy has stalled since 2010

Life expectancy at birth had been going up so fast that women were gaining an extra year of life every five years and men an additional year every three-and-a-half years. However, [new research](#) by Sir Michael Marmot, director of the Institute of Health Equity at University College London, showed the rate of increase in life expectancy had nearly halved since 2010 in England. Whilst there are a number of potential contributing factors to this change in trend, he believes that 'miserly' funding settlements for the NHS and social care, meant the quality of life for older people would have deteriorated and could well affect their life expectancy. To find out more about healthy lifestyles visit our [fitness](#) and [10 tips for good health](#) articles on Information NOW.

Thinking about home adaptations

Elders Council are partners in a research project with Northumbria University and Newcastle University. The project wants to ask people about the impact of home adaptations on their daily lives. This could be anything from, but not limited to, grab rails in the bathroom, a wet room, hand rails for the stairs, a ramp outside your property, electronic garage doors, to a stair lift or reconfiguration of your home. If you have had an adaptation in the last 12 months and are interested in taking part, please [contact Barbara](#) for more information and an Expression of Interest form.

OPPORTUNITIES FOR ACTION

Consumer research for older and disabled people

Would you like to contribute to older people's research? Perhaps you could join RicaWatch, a consumer research panel. RicaWatch consists of older people, people with long term health conditions and disabled people of all ages who assist with consumer research. For instance, you could be a mystery shopper and visit local shops, make enquiries by 'phone or take home visits from salespeople. Alternatively you could take part in a focus group or workshop about issues such as rail passenger assistance services, central heating appliances or safer driving. If you are interested in these activities or would like to complete some online surveys contact [Rica](#).

RESOURCES

Your feedback on Information NOW is valuable

Our latest version of Information NOW was launched in April this year. We have received positive comments about the range and depth of the information and the new features such as the ability to: favourite a page, manage your organisation listing, the improved accessibility provided by Recite Me and our events calendar. But, did you know that you can provide feedback to us just as easily? At the bottom of each page you can '**send us a comment about this page**'. This is an email facility direct to the Information NOW team and it is not made public. This is your opportunity to comment on an article, tell us if something has changed at an organisation and tell us about a technical error such as a broken link or hyperlink. You can also give the article a simple thumbs up or thumbs down. Please keep in touch with Information NOW - we value your feedback and we want the information to be up to date and correct.

Basic computing and money online, Wednesdays from 27 September, City Library, Charles Avison Building, 33 New Bridge Street West, Newcastle upon Tyne, NE1 8AX

Alongside Techy tea party and Learn my way, a new basic computer course will start in September aimed at helping you get online and use online tools and services that may help you save money. All clients will create an online Newcastle City Council account.

For more information and/or to book a place on any of these courses go to the [Newcastle City Library](#) Eventbrite page or call 0191 277 4100.

EVENTS & ACTIVITIES

Summer activities for the family

The summer holidays have begun so here are a few ideas to get you planning:

- The [Discovery Museum](#) is holding [play and invent sessions](#)
- Durham County Council has published a Guide to Summer Fun including Ranger fun, Beamish Wild and the guide includes some competitions as well
- The Elders Council has published a guide to summer outings with a concessionary bus pass
- Consider a trip to the [coast](#). We have lots of wonderful beaches close by, but what about St Mary's Lighthouse for some rock pooling?. Remember to check the tides.

We have lots of suggestions in our articles on Information NOW including: [Day trips and visits](#), [Taking a holiday](#) and [Children's activities](#).

NEW EVENTS & ACTIVITIES

Golf group for men, Tuesdays, Parklands Golf Course, High Gosforth Park, Newcastle upon Tyne NE3 5HQ

Ever wanted to try golf or not swung a club in a while? Then why not join the 'Get into Golf' group for men, organised by the [Active Health](#) team! Sessions are held on a Tuesday at Parklands golf course 5.30-7pm. The cost is £5 per session, with tuition from a PGA coach, along with equipment. Refreshments are provided. For more information, please email [Matty_or Noel](#).

Youth Theatre Festival, Live Garden, Friday 11 August to Sunday 13 August

Looking for something to enjoy with your children or grandchildren? [Live's Youth Theatre](#) are holding *Heroes*, *Villains and Mortals* performances. This is an outdoor,

free event, suitable for 8+ years, approx 50 minutes long. Timings vary but include 4pm and 6 pm. For tickets and information call 0191 232 1232.

Active Football for men on Tuesdays or Thursdays each week

Opportunity to take part in exercise to improve your wellbeing and mood. Contact [Matty](#) or [Noel](#) at the [Active Health](#) team. The sessions start on Tuesday 18 July from 2 - 3 pm at [Walker Activity Dome](#) and on Thursday 20 July from 2- 3 pm at Soccerworld (adjacent to Westgate College Campus). Join at any time.

For more information on [fitness activities](#) visit Information NOW.

Housebound Eucharist and afternoon tea, Holy Cross church, 16 Whittington Grove, Fenham, NE5 2QP

[The Church of the Holy Cross](#) are offering housebound Eucharist and afternoon tea on the 2nd Monday of each month at 2.30pm. The service lasts for forty minutes followed by tea. It may be possible to offer a lift as well. Please contact Sheila McVinnie on 0191 242 1395.

Guided public tours of Sikh Gurdwara Cottenham Street, Newcastle NE4 5QU.

Over the summer the [Sikh Gurdwara](#) at the Big Lamp in Newcastle is offering free guided public tours. Visit on Monday-Thursday at 10am, 2pm and 6pm, and Fridays at 10am and 2pm. No need to book

Articles Updated

[Social Prescribing](#)

[Getting to hospital](#)

Organisations Updated

[Newcastle Emergency Carers Card Scheme](#)

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We look forward to hearing from you soon.

Best Wishes

Kate

Development Manager (Information and advice), Quality of Life Partnership

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