



APRIL/MAY 2023



Hello from NEFA

FROM THE NEFA CHAIR: Sue Taylor, North East Forum on Ageing (NEFA) aims, through its partners and members, to listen to the voice of older people and working together with them to ensure those voices are heard. NEFA is working with universities, local authorities, the nhs, and Healthwatch to raise the concerns of older people, and will be publishing reports highlighting issues.

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Promotion of activities in Wellbeing Hubs

Many people are worried about the cost-of-living crisis and how they will manage daily. Local churches, faith groups and community centres have taken part in the Winter Wellbeing Hub programme, opening their doors to allow people to come and use their spaces. With the better weather these Hubs will continue to offer help to residents.

Winter Wellbeing Hubs have been created in partnership with charities, organisations, and community groups to offer a variety of services and activities for residents in many areas of the north east of England. For example there are 92 of these hubs in Newcastle. Some of the services that are offered include help with food including free hot meals and food parcels, energy advice, advice on benefits and financial support, arts and crafts, training, sports activities, signposting and more. More details and opening times offered by Wellbeing Hubs vary and more information can be found on [Directory - Public Health \(newcastle.gov.uk\)](https://www.newcastle.gov.uk) For other areas see the Council websites of Sunderland, Middlesbrough, Durham, Hartlepool and also Healthwatch websites.

Health check and vaccination clinics (INFORMATION FROM

THE NEWCASTLE COMMUNITY CHAMPIONS)

Please find below a list of clinic locations for health checks and vaccinations.

Please see our website for further information:

[How to get your Covid-19 Vaccination in Newcastle | Newcastle City Council](#)

Tuesday	25-Apr	Bus Clinic	100 Bus stop, Old Eldon Square 09.00-17.00
Wednesday	26-Apr	Bus Clinic	Benwell Lane, NE15 6RS (next to the St James church opposite Lidl car park) 9.00-17.00
Wednesday	26-Apr	Pop up Clinic	Grainger Market 9.00-17.00
Thursday	27-Apr	Pop up Clinic	City Library Room 8 Level 6 10.30-18.30
Friday	28-Apr	Bus Clinic	Newcastle Central Bilal Jamia Mosque, NE4 6SU. 10:00-16:00 (Yellow)
Wednesday	03-May	Pop up Clinic	Grainger Market 9.00-17.00
Friday	05-May	Pop up Clinic	Northumberland Street South (outside soccer sports) 9.00-17.00
Wednesday	10-May	Bus Clinic	100 bus stop, Old Eldon Square 9.00-17.00
Thursday	11-May	Bus Clinic	100 bus stop, Old Eldon Square 9.00-17.00
Friday	12-May	Bus Clinic	Northumberland Street South (outside soccer sports) 9.00-17.00
Wednesday	17-May	Bus Clinic	100 bus stop, Old Eldon Square 9.00-17.00
Thursday	18-May	Pop up Clinic	City Library Room 8 Level 6 10.30-18.30
Friday	19-May	Bus Clinic	Northumberland Street South (outside soccer sports) 9.00-17.00
Wednesday	24-May	Pop up Clinic	Grainger Market 9.00-17.00
Thursday	25-May	Bus Clinic	100 bus stop, Old Eldon Square 9.00-17.00
Friday	26-May	Bus Clinic	Northumberland Street South (outside soccer sports) 9.00-17.00
Wednesday	31-May	Pop up Clinic	Grainger Market 9.00-17.00

Green clinics will offer Height, checks, weight & BMI calculation. Blood pressure test, Blood glucose test. Yellow clinics will offer: Flu vaccines COVID 1st and 2nd doses. Blood pressure checks.

NEWS IN BRIEF

NHS COVID-19 vaccinations The NHS is now offering [spring COVID-19 vaccinations](#) to those at greatest risk. Those aged 75 and above or with a weakened immune system can [book an appointment online](#), through the NHS App or by phoning 119. The NHS is also visiting older adult care homes to vaccinate their residents. **Spring vaccinations will be offered until 30 June.** For those who have never had a vaccination – or have had just one – the current offer of two vaccinations for all healthy adults (and many children) will also end on 30 June. A more targeted offer to those at higher risk will replace this, usually during seasonal campaigns.

Elections and voter ID cards

You will need to photo identity. This is so that staff at the polling station can verify that you are who you say you are.

You can only use accepted forms of ID such as a passport, a driving licence or concessionary travel card. For more information on acceptable forms of ID, please visit <http://www.electoralcommission.org.uk/voterID>

If you choose to vote by post, this will not affect you. There is no change to the way you vote by post.

CQC ONLINE PARTICIPATION FOR CARE PROVIDERS AND PATIENTS.

The CQC regularly consult on a range of projects, and you can have your say via CitizenLab – their online participation platform. Sign up today and you can share your ideas and comment on live projects. They are currently looking for feedback on:

- [How primary care providers can better accommodate the needs of autistic people using services.](#)
- [How we gather feedback from staff across health and social care who may be more likely to face inequalities in the workplace.](#)
- [The way we plan to present reports and ratings on our website.](#)
- [How oral health in care homes can be improved.](#)

Photography competition Celebrate the 75th birthday of the NHS, to recognise the extraordinary dedication of those who work or volunteer alongside them, who make the NHS what it is today. The [photography competition](#), open to staff and volunteers, is an opportunity to share your unique story of what the NHS means to you. The winning photos, along with 70 commended entries, will be displayed in a dedicated exhibition in London. Entries closes on Wednesday 31 May.

George cross to tour the nation

The George Cross medal, awarded to the NHS in England last year by the late Queen, is set to [tour the nation from July](#). As part of the NHS 75th birthday celebrations, the gallantry medal will be displayed in Science Museums across England, after it was bestowed on staff for their exceptional efforts, particularly during the pandemic.

The MacMillan Online Support Platform 24/7

Aims of the MacMillan Online Platform-to provide a support area for those affected by Cancer, both patients, their families and Carers. Open 24/7. A SUPPORT NETWORK On the platform individuals can browse without having an account. Ask questions look at blogs.

There are many topics on which members can comment even during the night, an example was given of one area which is often used between the hours of 1 and 3am. The comments and questions are anonymous, individuals do not put their names online or their email addresses, only Macmillan have those. The Platform has 64,000 members, 75 forums. Each day there are 1,700 new members and in January this year 2,477 people joined.

Save the date: Making Every Contact Count: How do you reach 3 million people?

Wednesday 21 June 2023

9am until 4.30pm

Teaching and Learning Centre at Durham University

This free event will provide an opportunity to critically explore Making Every Contact Count (MECC) through interactive sessions delivered by researchers and professionals showcasing current work from the North East and North Cumbria, recommendations and scoping priority areas for further development.

This is an inclusive event and anyone with an interest in ill health prevention, and promotion of good health would be encouraged to attend.

Email: arcnenc@cntw.nhs.uk

Parking and Digital Inclusion.- Beware of these changes.

Many Councils are now changing their Car Parking payment methods because the equipment will need newer communications due to mobile phones working on the G3 network being switched off. Replacement of parking machines is expensive and there can be vandalism problems. Therefore many car parks want customers to download Apps and cash is no longer to be used. This means smartphones need to be used.

NEWS ABOUT GRANTS.

Most councils in the North East can supply small grants to community groups, either via local ward committees or special community grants schemes. These are not for the individual but for groups who can show how the grant will benefit the community in which they live.

For example in Middlesbrough, the council advise to email them at email: community.grants@middlesbrough.gov.uk.

Any individual who needs help personally is advised to get in touch via the Community Support Hubs. Grants for Street Parties to celebrate the Coronation are advised to visit the National Lottery website

NEWS ABOUT GRANTS.

The Cedarwood Trust has received a significant grant to help it go green in its bid to eradicate food poverty in the North East.

Supporting Summer playschemes to address school holiday hunger

Fund name: The Playschemes Fund

Fund Location(s): Gateshead, Newcastle, Northumberland, North Tyneside, South Tyneside, Sunderland

Max grant size: £8,000

Closing Date: 29/05/2023

Supporting work that enables active ageing

Fund name: The Kellett Fund

Fund Location(s): County Durham, Gateshead, Newcastle, Northumberland, North Tyneside, South Tyneside, Sunderland

Max grant size: £50,000

Closing Date: 08/05/2023

NEWS FROM THE AGE ACTION ALLIANCE

Free resources launched to help older people speak up for themselves

There is a growing number of people who are ageing without children or close adult supporters, or for those whose close contacts are simply not the right people to help them, there is a huge gap in simple, practical support. The Older People's Advocacy Alliance (OPAAL) now has launched a series of free resources to enable older people to better speak up for themselves, or to find someone within their network to help them do so. **The National Development Team for Inclusion** have launched a new piece of research about the care options for older people and want to hear about these from Commissioners in local areas. **Packeting can be Ageist** -there is now a petition been setup in regard what many people see as an ageist policy on behalf of business who do not consider accessibility for older people when opening food stuffs particularly.

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