

Newsletter **Search Newcastle**

September 2023

0191 273 7443

Supporting older people in Newcastle

Pop In Centre



On the 14th August we opened Our Pop In Centre on Adelaide Terrace in Benwell. The Centre is open 9.30am until 4pm Monday to Friday. We welcome everyone aged 50+ to call in whether you are seeking advice, support, or just a cuppa with a friendly face our staff and volunteers will

be there to welcome you. We will be developing some fun activities and groups each afternoon, we would welcome your ideas for groups and activities to make sure that this resource is meeting the needs of older people in Newcastle.



Search@Home - Handy Help



My name is Ian Mellish and I am the new Handy Person for Search Newcastle. I am here to carry on with the great work, formerly carried out by William (Bill) Clark, who has moved to another role but is still available from time to time. I am looking forward to getting to know the area and the people that Search Newcastle covers for this project. I have already been working on the new Pop-in Shop on Adelaide Terrace. It is true to say you never stop learning new skills, from putting up curtain rails and adding new skirting boards, shelves and handrails, plastering and painting, To fitting windows and guttering, building walls and making new furniture. Whether it be landscaping, planting, pruning, weeding, laying new paths and grass cutting I can do this. (I can't conduct any electrical or plumbing work but I can turn my hand to most things.) Call Search@home on 0191 273 7443 to enquire.



Activities

Summer Evening Social - Summery live music, nibbles and refreshments. Tuesday 12th September, 6pm-9pm

Carnegie Building, Atkinson Road, NE4 8XS

Suggested donation £3.

Gentle Seated Exercise to Music - Every Monday

10.30am-11.30am at Robert Stewart Memorial Church,

Wingrove Road, NE4 9BU. Suggested donation £2

Coffee Afternoon - 2nd Thursday of each month 1pm-3pm at Broadmead Church, Broadmead Way, NE15 6TS.

Singing for your brain - 3rd Wednesday of the month (not September)

10.30am-12pm at Cruddas Park Surgery, Westmorland Road, NE4 7JT

Search Sings Choir (Our Choir is a fun group that welcomes people of all abilities.) - Last Monday of every month 2pm-4pm at Cruddas Park Surgery, Westmoreland Road, NE4 7JT.



Buy and Bite - Morrisons West Denton



Buy and Bite is a great opportunity to meet new people, we send a taxi to pick you up at 10.45am and you will arrive at Morrisons West Denton for 11am. Staff and volunteers then help you do your shopping if you require, but you can browse Morrisons on your own as its a big shop and has a clothing section. The group then all meet and eat in the café and have a good chat. We book taxis to take everyone home and assist you with your shopping to the taxi. We have been told it's a lovely way to spend 2 hours. Cost £9.

'A Ribbon for Your Thoughts'

To mark World Mental Health Day, and the work we do in partnership with Newcastle Talking Therapies, staff will be hosting a ribbon making group session with refreshments and a slice of cake at our Pop in Centre on the afternoon of 10th October, so come along and get creative! (If you feel up to it, why not wear a little green to support the cause?) At Search, we continue to promote the benefits of having a conversation and creating a safe space for our Search Friends, a healthy way to help combat stress and anxiety. We understand the importance of the experiences of people over 50, and how these experiences shape lives. Search strives to consistently provide a helping hand to those across Newcastle to access reliable and friendly services, raising awareness around emotional wellbeing. To get involved, just drop by, or give us a call for more information.



West End Warmers

West End Warmers continue to offer support in the West End for both Energy Advice and Small Energy Measures which be assessed in your home.

A home appointment can be made and depending on your needs, small measures ranging from LED light bulbs, foil to be placed behind your radiator and draught proofing all for free can be fitted.

All measures will be installed by our own in-house handyperson.

Energy bills that seem to be insurmountable can be addressed with a simple telephone call to Search and an appointment made with the Energy Adviser to help you through it.

Please note that this service is funded to cover Post Codes NE4, 5, and 15.

Winter is rolling in – be prepared to heat and eat and save a few £'s !!!!



Volunteering

My name is Aimi, I am search's new volunteer Coordinator at Search, we have a variety of volunteering opportunities from helping in our new pop in centre, supporting activities, lunch clubs, home from hospital, admin support, activities support and Pioneer groups. We really value the efforts of our volunteers, and appreciate the time they give to Search. Search have recently opened a new pop in centre on Adelaide terrace, we offer a space for people to drop in for a cuppa, benefits advice and group activities. Our volunteers have played an instrumental part in the day to day running of our new space.



We would like to extend a massive thankyou to them for their time and dedication. Without the time our volunteers give us across search we wouldn't be able to continue the amazing work we do across the west end of Newcastle. If you would like to join the search family as a volunteer give us a call on 0191 2737443 or email info@searchnewcastle.org.uk and discuss the volunteering opportunities we can offer you.

Make your Mark

This September we are excited to be starting a new history project, capturing your memories and stories from Benwell and Scotswood in days gone by. If you have lived, shopped, worked or have fond memories of visiting Benwell and Scotswood over the years we would love you to share your stories with us, you may have photos or objects from the area you wish to show us too. To be part of this project please ring us to register your interest and we will let you know how you can join the fun and reminiscence.



Chain Reaction – Pioneers

Within Search we have a small team that encourages people to live happy and healthy lives – we are called Pioneers because this approach of ‘wellness’ rather than ‘illness’ is considered to be pioneering! We understand that for many different reasons not everyone finds things easy as they get older – and that includes finding people to talk to. Part of our job is to run a number of smaller groups where we go out of our way to offer a warm welcome and where we have time to talk and listen to everyone. And if needed we can help people draw up an action plan on how to plot a way through the various challenges of getting older. To find out more why don't you chat to us on Monday afternoons at Search's new Pop In Centre on Adelaide Terrace.

HOW YOU CAN HELP TO....

Spread a little Sunshine

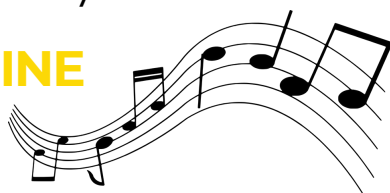
Get involved with Search's Spread a Little Sunshine Campaign.

Email nicola.robsonbortun@searchnewcastle.org.uk to find out how...

DARE TO WEAR YELLOW SEPTEMBER 2023

There are so many ways to Dare to Wear Yellow in September! Zipwire, run, walk, at work or on social media. As long as you're wearing yellow and raising awareness and funds for search then you're a Dare to Wear Yellow hero! Contact us to let us know what you will be doing and when, and we will be in touch with advice and support for your fundraiser...

SING A LITTLE SUNSHINE CHRISTMAS 2023



We know it's still the summer (or so we've been told), but we are already starting to think about and plan ahead about how we can continue to spread a little sunshine into the winter months. This year we will be arranging a number of Carol Singing Sessions during December across Newcastle, venues and dates to be confirmed very soon.

BUT WE NEED YOU! We need to recruit keen Singing Volunteers to help up carol sing, and raise money at our various Carol Singing Events. If you are interested please do talk to a member of staff or contact Nicola on nicola.robsonbortun@searchnewcastle.org.uk or call 0191 2737443.