

Coming Soon

Themed Meetings

Health

Monday 2nd March 2009 10.15—12.15 Havelock Street Community Centre. Speakers: Barbara Potter, Modern Matron at Darlington Hospital, and Dr Victoria Ononeze about the NHS project work on substance misuse in older people.

Positive Images

Wednesday 4th March 2009 10.30—12.30 Havelock Street Community Centre

There is an extra meeting of the **Health Group** on **Tuesday, 10th March, at 2pm** in Havelock Street Community Centre. Barbara Wilson, Dietician, wishes to consult with members about accessing Dietetic outpatient and community services. If you have experience of using these services, or you may need to use them in the future, or if you have ideas about how health services can be made easier to access, please come along. If possible please let us know you are coming, but we will be very pleased to see you on Tuesday, 10th March.

BE SAFE IN DARLINGTON

Your opportunity to find out more, meet the staff, and talk to them about your experiences.

Find out about safety in your community, what you can do about anti-social behaviour, fire safety, how to report abuse or suspected abuse, and ask the Police questions about policing in your local area.

Monday, 9th March from 3pm to 5.30pm

Bondgate Chapel—for easiest access use the Winston Street entrance.

This event is free with some refreshments and freebies.

Gentlemen—Are you over 50 and at a loose end? Would you like to join Age Concern's mens group which meets once a month? This gives men the opportunity to socialise, listen to speakers and go on outings to a variety of places. For more information contact Karen McGuire on 01325 362832.

An inclusive approach

If English is not your first language and you would like more information about this document, or if you require information in large print, Braille or on tape please contact GOLD on 01325 388845 .

Urdu	اگر آپ کو یہ سہولت چاہیے تو اس کے علاوہ کسی دوسری زبان میں درکار مواد برائے سمیرائی ٹیلیفون نمبر 388845 پر فون کر کے حاصل کیا جا سکتا ہے۔
Punjabi	ਜੇ ਇਹ ਪਰਚਾ ਤੁਹਾਨੂੰ ਅਗਿਆਨਤਾ ਤੋਂ ਬਿਨਾਂ ਕਿਸੇ ਹੋਰ ਭਾਸ਼ਾ ਵਿਚ ਚਾਹੀਦਾ ਹੈ, ਤਾਂ ਕਿਰਪਾ ਕਰਕੇ ਸਾਨੂੰ ਨੰਬਰ 388845 ਤੇ ਫੋਨ ਕਰੋ ਅਤੇ ਹੈਡਰੋਸ (ਹਵਾਲਾ) ਨੰਬਰ ਦੱਸੋ।
Hindi	यदि आप यह प्रकाशन अंग्रेज़ी के अलावा अन्य भाषा में चाहते हैं तो कृपया संदर्भ नम्बर (रेफरन्स नम्बर) बताकर निम्नलिखित 388845 पर संपर्क करें।
Cantonese	如果你需要其他語言的版本，請與以下電話聯絡並報出參考號碼：388845
Bengali	যদি আপনার ইংরেজী ছাড়া অন্য কোন ভাষায় এই প্রকাশনাটির দরকার থাকে, তাহলে নম্বরে ফোন করুন এবং সূত্র নম্বর উল্লেখ করুন। 388845
Arabic	إذا رغبت الحصول على هذه النشرة بلغة أخرى غير اللغة الإنجليزية نرجو الاتصال بنا على رقم الهاتف التالي: 388845 مع ذكر رقم الأثرية.
Polish	Jeśli chciał(a)by Pan(i) otrzymać polską wersję językową tego dokumentu, proszę zadzwonić pod numer 388845 i podać numer identyfikacyjny dokumentu.

This document will be made available on request in Braille, tape or large print.



BRAILLE



Newsletter 40

February 2009

Important changes to the working arrangements of GOLD

You will know from previous newsletters that members have agreed to changes in the working arrangements of GOLD to give more structure to its role.

The changes which have been agreed are:

- There will be a group of 12 elected members who will form the 'GOLD Focus Group'
- The Focus Group will take issues raised by people over the age of 50 in Darlington and commission 'Task and Finish' groups to work on the chosen issues
- The Task and Finish groups will undertake time limited pieces of work to address the issues and, wherever possible, achieve a satisfactory outcome
- The Focus Group will ensure two-way feedback with the members to the Older Person's Partnership Board on progress of work being undertaken

It is hoped that by making these changes we will be able to make more of a difference and obtain more results, ensuring that the voice of older people in Darlington is heard.

Enclosed with this newsletter is a nomination form for membership of the GOLD Focus Group. Any GOLD member can nominate up to 3 other GOLD members. Please check with the person/persons you want to nominate that they wish to be put forward. You cannot self nominate.

We are looking for people with a wide range of interests to ensure that the Focus Group reflects the themed groups of the Sustainable Community Strategy. These themes are:

- Aspiring Darlington
- Greener Darlington
- Safer Darlington
- Prosperous Darlington
- Healthier Darlington

More information about this process and further copies of the nomination forms can be obtained from Claire or Lesley on 01325 388845 or e-mail GOLD@darlington.org.uk



If you have comments or suggestions about this newsletter please contact Lesley on (01325) 388845

Connecting with Communities

Feedback

Budget Consultation

A Talking Together event was held on Tuesday, 10th February, in the Dolphin Centre to find out views and comments on the proposed budget proposals by the Council.

A large number of people attended the event and there were many e-mailed responses. All comments given will be fed into the consultation documentation and given consideration. The final budget will be decided on Thursday February 26th.

Thank you to everyone who took part in the consultation.

There are free art workshops due to start at Age Concern in March. Contact Karen McGuire on 362832 for more information.

Trolley Dance

As we reported in the last newsletter the GOLD Trolley Dance was short-listed for the Best of Darlington awards in the category for 'Putting Darlington on the Map'.

The other entries in this category were 'A1 Steam Locomotive' and Sean Campbell for his work raising funds to erect a statue to Arthur Wharton, Darlington's first black football player.

The win by the A1 Steam Locomotive project was well deserved as they have been working on it for many years.

It was a lovely evening and the Trolley Dancers who attended thoroughly enjoyed themselves.

St Teresa's Hospice forthcoming fund-raising events

On the first Monday of the month, except July and August, St George's Bridge Centre give all players the opportunity to play bridge and take tea whilst supporting St Teresa's Hospice. The venue is St George's Bridge Centre, Whessoe Road, Darlington and the afternoon begins at 1.15pm. Entrance costs £5.00.

There is a Midnight Walk for ladies taking place in the South Park to raise funds on Friday, 20th March at Midnight.

For more information about either of these events please contact the Fundraising Office on 01325 254321.

Another visit to the **Closed Circuit Television Room** at the Town Hall has been arranged for Tuesday, 17th March, at 2pm.

There are still a few places available, so if you would like to take part in this very interesting visit, please contact Claire or Lesley as soon as possible.

It is with great sadness that we learned of the sudden death of Sandy Moore, one of our most enthusiastic members.



Sandy will be greatly missed by many of the people he worked alongside in a number of voluntary groups. He was a keen member of North Road Community Partnership.

We offer his family and friends our sincere condolences.

Contact details

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What's on

Darlington Doorstep Walks is a walking scheme that has been very successful in the past and has the potential to be very successful again in the future. Rachael Pringle is the new Outdoor Activity Co-ordinator for Darlington Borough Council and is looking to develop and promote participation in walking in Darlington.

There are walks currently taking place around the town, and many more due to start in the next couple of months. If you are interested in these walks, please contact Rachael on 01325 388193 for more information. Also if you have any ideas on new walks, or are interested in becoming a voluntary walk leader, please contact Rachael for further details on the number above.

Forthcoming attractions!

The following films will be shown in March:

March 2nd - The Duchess
March 9th - The Changeling
March 16th - Not yet published
March 23rd - Not yet published
March 30th - Not yet published



The doors open at 10.30am and the price is £2.80, including a cup of tea and a biscuit. For more information ring the Odeon cinema on 0871 22 44 007

Can you help?

Would you like to help make improvements to services for people with mental health problems?

We are setting up a small working group so we can work together to make improvements to the quality of services for people with mental health problems.

Do you have any experiences at all, whether for yourself, or someone you care for, or a relative or friend? We will be looking at all aspects of mental health and that will include depression, schizophrenia, dementia and other illnesses. We will first ask people what ideas they have to make services better, then we will ask to speak to some of the staff or managers who can make the changes happen.

Please feel free to contact us to talk about it first, and to let us know if you are interested in coming along. These meetings will be informal, and we would conduct them in a confidential manner. If you would find it difficult to get to a meeting, but would like to be involved, we can take views and ideas to the group on your behalf. So do please give Claire or Lesley a ring on 388845 or 388527, or e-mail us at GOLD@darlington.gov.uk. What matters to us is that people are encouraged to have their say, and we would like to help you do that in a way which is best for you.

If you have any questions please get in touch and we will do our best to help.