

Coming Soon

Theme Meetings

Positive Images

Wednesday 1st April 2009 10.30 - 12.30 Havelock Street Community Centre

Health

Monday 6th April 2009 10.15 - 12.15 Havelock Street Community Centre

Speaker: Amanda Dexter, NHS Darlington, on NHS Dentistry

Free Swimming for the over 60s.

With effect from Wednesday, 1st April, **everyone** aged 60 or over will be entitled to swim at the Dolphin Centre for free. Swimming is an excellent way of getting exercise and having fun so make the most of this opportunity.



You will need to take along proof of eligibility and the best way of doing this will be to get a LiveDarlington card, which can be obtained free from the Dolphin Centre Reception. To register for LiveDarlington you will need your passport or birth certificate as proof of your age and will need to complete a simple application form. You will then be issued with the LiveDarlington swipe card which will also entitle you to 25% discount on gym usage and some of the classes held in the Dolphin Centre.

There is a superb bistro at the Dolphin Centre serving tea, coffee, scones and cakes, etc. This is a friendly and comfortable venue for an after-swim sit down with friends.

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 01326 388845 .

| | |
|------------------|---|
| Urdu | اپنے زبان پر 388845 سے رابطہ کریں۔ |
| Punjabi | ਜੇ ਇਹ ਪਤਰਕ ਤੁਹਾਡੀ ਮੁੱਢਲੀ ਭਾਸ਼ਾ ਨਹੀਂ ਹੈ ਤਾਂ ਇਸ ਬਾਰੇ ਵੱਧ ਜਾਣਕਾਰੀ ਲਈ 388845 ਨੰਬਰ 'ਤੇ ਸੰਪਰਕ ਕਰੋ। |
| Hindi | यदि आप इस दस्तावेज़ को पढ़ने में कठिनाई महसूस करते हैं तो कृपया हमसे संपर्क करें। (यदि आपका मातृभाषा अंग्रेज़ी नहीं है तो) 388845 पर संपर्क करें। |
| Cantonese | 如閣下欲知詳情，請電：388845 |
| Bengali | যদি আপনার ইংরেজি ভাষা বুঝতে কঠিন হয় তবে আমাদের সাথে যোগাযোগ করুন। 388845 |
| Arabic | إذا رغبت الحصول على هذه النشرة بلغة أخرى غير اللغة الإنجليزية فرجو الاتصال بنا على رقم الهاتف التالي : 388845 مع ذكر رقم النشرة. |
| Polish | Jeśli chcesz uzyskać więcej informacji o tym dokumencie, prosimy o kontakt z numerem 388845 |

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

Large Type **BRaille**



Newsletter 41

March 2009

Be Safe in Darlington Event

On Monday, 9th March, GOLD held their Talking Together Community Safety Event at Bondgate Church Hall.

There were representatives from a large number of organisations and agencies, such as the Police, Fire Safety, Community Safety Partnership, Neighbourhood Watch, Trading Standards, Domestic Abuse, Elder Abuse, Uniformed Wardens, Firewatch, Road Safety, Evolution, Hate Crime and the Police Architectural Liaison Officer.

Staff on the stalls gave personal advice and guidance on safety issues. One person said they would go away and fit a door chain and they also got a personal alarm for their partially sighted wife. People asked about doorstep crime, shoppers' rights, scam charity collections, building work, smoke alarms and adult protection issues. Thank you to all partners who provided stalls, staff, information and freebies.



His Worshipful the Mayor, Councillor Ian Haszeldine, came along to open the event with a very interesting speech and stayed to talk to staff and visitors.

There were free refreshments served by GOLD members who worked very hard, both with the planning and on the day to make this event a success.

The first GOLD Annual General Meeting will take place on Wednesday, 29th April from 6pm until 7.30pm in the Central Hall at the Dolphin Centre. This will be your chance to hear about the changes taking place and how the work will be taken forward.

There will be information stalls from WRVS, Age Concern, Advocacy, Telecare and Wardens from the Sheltered Housing Schemes, and Social Services with their range of equipment for people with hearing and visual impairments.

Councillor Copeland will open the event and Niamh O'Toole from the Age Concern

(continued on page 2)



Coming soon

Talking Together about Parking

Does where you live have a resident's parking scheme?

Have you ever had trouble finding a parking space in Darlington?

Are you a blue badge holder?



Connecting
with
Communities

Darlington Borough Council is applying to take over the enforcement of parking restrictions from Durham Police, in a bid to cut congestion and stop irresponsible drivers. The council hopes to introduce the new system in late 2009.

What do we want residents' views on?

We want residents' views on the Civil Parking Enforcement Procedures. These are the day to day guidelines on how the system will run. The procedures will guide enforcement officers and those processing fines.

We also want residents' views on Darlington's Parking Strategy – this looks at plans for parking provision in Darlington over the next ten years.

Both of these documents can be read in full at www.darlington.gov.uk/parkingconsultation or you can see copies at the Town Hall.

There is a Talking Together Event on Wednesday 22nd April 5pm till 7pm at the Dolphin Centre. If you can't make the event there are other ways you can have your say:

- By post Freepost RRBK-JYEXEHR, Darlington Borough Council, CPE Public Consultation, Town Hall, DL1 5QT
- By e-mail to: talkingcpe@darlington.gov.uk
- By phone on 01325 388799
- On-line – you can join in the debate on the on-line forum at www.darlington.gov.uk/talkingtogether

(continued from page 1)

HEAT campaign will talk about how to ensure that people are getting the best deal from their energy supplier.

Doors will open at 5.30pm for a 6pm start and a light buffet will be served during the evening.

Please come along and take advantage of information given.

Calling all dancers!

Do you fancy line dancing? Age Concern Darlington are holding a new class on Thursday, 16th April at the Friend's Meeting House in Skinnergate. The session starts at 1.30pm **OR** perhaps you prefer something more sedate. There is Sequence Dancing each Thursday at the Dolphin Centre from 2-4pm. For more information please contact Age Concern on 362832.

Film information

There are special screenings for the over 55s every Monday morning.

The forthcoming films:

- 30th March - Defiance
- 6th April - The Reader
- 13th April - Revolutionary Road
- 20th April - Vicky Christina Barcelona
- 27th April - Valkyrie

The doors open at 10.30am, the price is £2.80 with refreshments.



Contact details

GOLD
13 Horsemarket
Darlington
DL1 5PW

Telephone: (01325) 388845
Fax: (01325) 388699
Http:// gold.darlington.org.uk
Email: gold@darlington.gov.uk

What's on

Vision solutions Darlington Exhibition

An Exhibition is being organised by Darlington Borough Council which will focus on demonstrating a wide range of equipment available to assist people with sight loss to carry out daily activities with independence and ease. These range from electronic reading aids or talking kitchen appliances to signature guides, walking canes, watches and clocks.

The event will also provide the opportunity to meet with many of the organisations offering support to people with sight loss and provide an opportunity to find out what they do and what they can offer.

A wide range of organisations will be attending, including: Dolphin Systems, Guide Dogs, Sight and Sound, Visualeyes, Software Express, Humanware, RNIB, Traveleyes, Darlington Borough Council Vane House Resource Centre, Dual Sensory Loss Services, Library, Welfare Rights, Adult Social Services, Arts Centre, and Housing Services, Hospital Low Vision Aids Service, voluntary groups and organisations, and many more.....

This event will be of particular interest to anyone who has sight loss, carers, and those who may come into contact with visually impaired people either through work or social activity, but everyone is welcome to come along.

The event will be officially opened at 11.00am by Alan Milburn MP.

Volunteer Guides will be available throughout the day to show people around the exhibition.

This opportunity to gain a first hand insight into what is on offer is to be held on **Thursday, 16th April, from 10.00am until 3.00pm** at Darlington Arts Centre and Vane House, Vane Terrace, Darlington DL3 7AX.

For further information telephone Janet or Jacky on 01325 388131.

Charitable Organisations for the Blind are conducting a survey of people's opinions regarding whether they would prefer traffic light pedestrian crossings to make a noise to let people know when it is safe to cross the road.

If you would like to put forward your opinions the survey is included with this newsletter. Further copies can be obtained by contacting Julie or Robert on 3462 70.

