

Coming Soon

Theme Groups

Positive Images

Wednesday 1st October 10.30—12.30 Havelock Street Community Centre

Health

Monday 6th October 10.15—12.15 Havelock Street Community Centre

Community Safety

Monday 13th October 10.15—12.15 Havelock Street Community Centre

Economy & Environment

Wednesday 15th October 10.30—12.30 Havelock Street Community Centre

Get Together

Wednesday, 21st October 2.00—4.00pm Wesley Court Community Centre

Transport

The Talking Together 'Listening Event' takes place on Thursday, 30th October in Bondgate Church Hall. The regular meeting scheduled for Friday, 31st October will not take place.

Kate Adie is coming to the Dolphin Centre on Sunday, 19th October at 2pm, to talk about her new book 'Into Danger: Risking your life for work.' Tickets cost £4. To book please ring 01325 349610.

Pension Credit rules change: The rules for claiming Pension Credit will change from 6th October 2008 and with effect from that date the amount of time that a claim can be back dated with fall to 3 months.

If you think you may be eligible to claim Pension Credit telephone free on 0800 99 1234 where someone can assist you to make your claim.

GOLD are planning another visit to the CCTV Unit in October—if you would be interested in learning what the unit does then contact Lesley or Claire on the number below.

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 کتابچہ انگریزی کے علاوہ کسی دوسری زبان میں درکار ہو تو براہ کرم ہماری سہ ماہی ٹیلیفون پر 388845 پر فون کر کے خبر پتہ کریں۔

Punjabi ਜੇ ਇਹ ਪਰਚਾ ਤੁਹਾਨੂੰ ਅੰਗਰੇਜ਼ੀ ਤੋਂ ਬਿਨਾਂ ਕਿਸੇ ਹੋਰ ਭਾਸ਼ਾ ਵਿਚ ਚਾਹੀਦਾ ਹੈ, ਤਾਂ ਕਿਰਪਾ ਕਰਕੇ ਸਾਨੂੰ ਨੰਬਰ 388845 ਤੇ ਫੋਨ ਕਰੋ ਅਤੇ ਰੋਡਰੈੱਸ (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 الأمانة.

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 36

September 2008

Tea Dance and Positive Health Day

Tea Dance

Once again we were lucky with the weather for the Tea Dance and well over 550 people came along to enjoy the day in the sunshine.

His Worship the Mayor, Councillor Ian Haszeldine, opened the event. The music was provided by George and his mini-orchestra, with spot prizes for dancers and free cream teas for everyone. There were representatives from a variety of organisations on hand with advice and information on a wide range of topics relevant to older people.

A group of volunteers from the YMCA joined the GOLD members to help set up the event and to distribute the reusable carriers bags containing the teas.

Everyone worked very hard both with the preparation and on the day.

GOLD wishes to thank Blairs, Prest and Villiers, Nattrass, Sainsburys, The Pennyweight, Café Nero, The Dolphin Centre, Foffano's, Evolution and S Galloway for their generous donations which helped to make the event such a success.



Positive Health Day

Once again many people attended the now very popular Positive Health Day which was held at Darlington Football Stadium.

There were a number of therapies to try ranging from Head Massages to 'No Hands' Massage and 75 people had free taster sessions.

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

Feedback

(continued from page 1)

There were demonstrations of Kurling, Boccia (a form of French Boules which can be played by able bodied and not so able alike), Tai Chi and GEM exercises. Willing volunteers joined in with all these demonstrations and enjoyed the Exercise.



There were a wide range of health related professionals on hand giving information and advice, and many people who attended took the opportunity to have their blood pressure taken.

Everyone who attended agreed that it had been an interesting and enjoyable event, where they hopefully had found information or facts that will improve their quality of life.

Podiatry Services in Darlington

The GOLD Health Group have recently revisited the Podiatry survey undertaken in 2005 to find out how people feel about the current Podiatry service in Darlington.

Copies of the questionnaires were sent out to all GOLD members and some were given to visitors and service users at Age Concern at Bradbury House to complete and return.

GOLD members attended the Podiatry Clinic to talk to patients and offer support to complete the forms.

The results of this survey will be analysed and the resulting report will be shared with the Primary Care Trust, who are currently reviewing this service and a special consultation meeting has been held at which 14 members of the Health Group gave their views.

When the report is completed it will be available for anyone wishing to know the result of the survey by contacting Claire on 388845 or on the GOLD website gold.darlington.org.uk

Contact details

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Email: gold@darlington.gov.uk

Transport Group

The GOLD transport group have recently been involved in the Cycling Disability Impact Assessment with the Transport Department of the Council, and have also had the opportunity to talk to Tim Crawshaw, Project Manager for the Feethams Re-development Project.

A 'Talking Together' transport listening event is being held on October 30th when Alan Milburn, Transport Officers and Officials will be present to answer questions which will be put together in advance so they can be answered at the event.

Places at the event are limited but if you have any questions please send them to the GOLD Team as soon as possible.

More details will be sent out in due course.



What's on

Would you like to become a 'Street Champion'?

Street Champions is a project run in partnership with Darlington Borough Council and Groundwork West Durham and Darlington, which aims to encourage residents to report environmental issues to Street Scene. There are currently 155 Street Champions across the borough and we would like more residents to join us and report problems such as litter, fly tipping, graffiti, dog fouling, broken street furniture.

The role should not be time-consuming and Street Champions do not have to be high profile. By reporting these issues Street Champions will effectively improve their local environment and make a difference.

If you would like to become a Street Champion please contact Becky at Groundwork on becky.waring@groundwork.org.uk or (01325) 353791.



Opportunities for Third Sector

Darlington Borough Council are pleased to invite Third Sector organisations to have articles and events included in the Town Crier free of charge depending on space available. Don't worry if you are not used to writing press articles, Steve Jones, Head of Communications has offered to write them for you if you just send him bullet points and pictorial material. If you are uncertain or need some help please do not hesitate to give Steve a ring on 01325 388012 or e-mail him on steve.jones@darlington.gov.uk

Steve is happy to receive articles at any time but to give you an understanding of timescales the November edition is now being finalised (1st October) and it will contain event information for mid November to mid December.

This is an opportunity for organisations of all sizes to let everyone in Darlington know how they can improve their lives. Good news stories are very welcome and will help people understand the value of the voluntary sector.

Housing—The Council has one bedroomed first floor flats in Windsor Court, Branksome and Mowden Terrace available for rent to anyone over the age of 60. Sorry no pets allowed. For more details please contact Angela on 388530.

Joke of the month—I have got a pet newt I call him 'Tiny' because he's my newt!

Darlington Pensioners Forum

This forum meets on the first Wednesday of every month at 2pm in St Cuthberts Church Hall.

Free Legal Advice

The North East has been chosen to hold a trial of a free legal advice service. The Community Legal Advice helpline is offering appointments as part of its publicly-funded service.

You can call 0845 3454345 to get specialist advice, either over the telephone or by making an personal appointment.

The group campaign on a variety of issues, with their current one being about transport.

If you are interested in becoming involved or want more information please contact Barbara Marley on 252824.