

Coming Soon

Group Meetings

Health - Monday 4 January 2010 at 10.15am
Havelock Street Community Centre
Speaker: Lisa Corfield from the Marie Curie Trust

Promoting Positive Images and Publicity -
Wednesday 6 January 2010 at 10.30am
Havelock Street Community Centre

Focus Group - Tuesday 12 January 2010 at
2pm Havelock Street Community Centre

You are very welcome to come along and observe.

Considerate Parking Task and Finish Group - Friday 29 January 2010 at 2pm
Wesley Court Community Centre

Jane Austen's Christmas

This is your opportunity to see the festive pleasures in the age of elegance. Inspired by the writings of Jane Austen, with details of delicious food, original party games, Regency Christmas gifts and a thrilling ghost story!!

Monday 14th December 2009 at Crown Street Library at 7pm Tickets cost £2.00

To book a place please telephone 01325 462034 or call in at the library and ask a member of the staff.

Forthcoming attractions at the Civic Theatre and Darlington Arts Centre:

Civic

Aladdin - From Saturday 5 December until Sunday 17 January.
Tickets from £11.50

New Year Viennese Spectacular - Monday, 4 January at 7.30pm.

An exciting show with a combination of waltz favourites, romantic songs and special effects.
Tickets from £15.50

Arts Centre

Welcome Yule! - Wednesday, 23 December at 7.30pm
Darlington Concert Band host a concert of music for the festive season, including audience carols and Christmas favourites. In aid of the Cystic Fibrosis Trust.

Tickets £8 but discounts are available. Check out the website for these and other events taking place at the Civic Theatre and Arts Centre:

<http://www.darlington.gov.uk/Culture/Arts/visual/mylesmeehan>

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 another format please contact GOLD on 01325 388845

This document will be made available on request in any format.

Urdu	اگر آپ کو یہ کتابچہ انگریزی کے علاوہ کسی دوسری زبان میں درکار ہو تو براہ مہربانی ٹیلیفون نمبر 388845 پر فون کر کے حوالہ نمبر بتائیں۔
Punjabi	ਜੇ ਇਹ ਪਰਚਾ ਤੁਹਾਨੂੰ ਅੰਗਰੇਜ਼ੀ ਤੋਂ ਬਿਨਾਂ ਕਿਸੇ ਹੋਰ ਭਾਸ਼ਾ ਵਿਚ ਚਾਹੀਦਾ ਹੈ, ਤਾਂ ਕਿਰਪਾ ਕਰਕੇ ਸਾਨੂੰ ਨੰਬਰ 388845 ਤੇ ਫੋਨ ਕਰੋ ਅਤੇ ਰੈਫਰੈਂਸ (ਹਵਾਲਾ) ਨੰਬਰ ਦੱਸੋ।
Hindi	यदि आप यह प्रकाशन अंग्रेज़ी के अलावा अन्य भाषा में चाहते हैं तो कृपया संदर्भ नम्बर (रेफरन्स नम्बर) बताकर सिमिलिखित 388845 पर संपर्क करें।
Cantonese	如果你需要其它语言的版本, 請與以下電話聯係並報出參考號碼: 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 رغبتم الحصول على هذه النشرة بلغة أخرى غير اللغة الإنجليزية نرجو الاتصال بنا على رقم الهاتف التالي: 388845 مع ذكر رقم الإشارة.
Polish	Jeśli chciał(a)by Pan(i) otrzymać polską wersję językową tego dokumentu, proszę zadzwonić pod numer 388845 i podać numer identyfikacyjny dokumentu.

If you have comments or suggestions about this newsletter please contact the GOLD Team - details on page 2



Connecting with Communities

Newsletter 49 • December 2009

GOLD Positive Health Day 2009

The fifth annual Positive Health Day was held on Wednesday, 18 November, at the Northern Echo Stadium and once again has been hailed as a great success.

The event was opened by His Worshipful the Mayor, Councillor Ruck and his Mayoress who visited the stalls and also met the therapists. Audrey Lax, the Vice Chair of GOLD presented the Mayor with a cheque for £54.50 for the Mayor's Charity. This money was raised from the sale of the floral table centres from the Tea Dance which were donated by Carl Banks of Grange Road.

There were 20 information stands with advice and information. These included the Coronary Support Team who did blood pressure testing, the Transport Department who tested people's vision and passed on their suggestions about the results. Melanie Pullen, a 'Colour me Beautiful' consultant, also gave advice on what colours we should wear to make ourselves feel better, and Pam Bracken who told visitors how kinesiology can help establish the root cause of symptoms.



'Colour me beautiful' advice

Eight therapists generously gave their time to provide free 'taster sessions' of a range of complementary and alternative therapies such as Indian and Chinese Head Massage, Swedish Massage, No Hands Massage, Facial Massage, Reflexology, Kinesiology and Bowen. In the main room there were demonstrations of GEM (Get Everyone Motivated) exercises and line dancing provided by Age Concern's dancers for visitors to join in.



Getting advice on driving

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The GOLD Team and the Focus Group Members would like to wish you all a peaceful Christmas and a healthy New Year!



Do you know about the HOME LIBRARY SERVICE?

Do you like to read but are unable to get to the Library or carry heavy books? WRVS works in partnership with Darlington Library to provide a free, monthly delivery service to housebound people in the Darlington area.

Caring volunteers will collect and deliver books, large print books and audio books to eligible people in their homes.

If you think you may be eligible to benefit from this service, please contact:-
Darlington Library on 01325 462034
or WRVS on 01325 366682

Your opportunity to make a difference.

Health Group Members want to get a good picture of people's views and experiences about the Hospital Physiotherapy Services and, though our minds may be on other things at this time of year, our work to make improvements to services and quality of life still goes on.

If you have used the service and can spare a few minutes to complete the enclosed questionnaire it would be greatly appreciated and most useful.

Please return your completed form in the enclosed envelope as soon as possible.

Thank you.

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These are just a few of the many positive comments from visitors to the event.

“Congratulations on a really good day. The stalls were many, varied and informative and the Swedish massage was fantastic!” “I have just had a session of kinesiology and it has released tensions I had not realised were there.” “I have been having physiotherapy on my shoulder but the massage I have had here has made it feel such a lot better.”



Meeting the Mayoral party

The therapists and stall holders also made many positive comments: “Excellent for the ageing population to show what there is out there to help them”, “The chance to talk to the public and network with other organisations and professionals”, “This event helps to raise awareness of our scheme to individuals and other organisations” “I have been at every one of the GOLD Health Days and it is still a delight to meet so many active and interesting older people.”

Our thanks go to everyone who helped to make the day such a success.



Getting fit with GEM

Contact Details

GOLD
 13 Horsemarket
 Darlington
 DL1 5PW

Telephone: (01325) 388845 or 07860 468064
Fax: (01325) 388699
Http:// gold.darlington.org.uk
Email: gold@darlington.gov.uk

What's on

‘Caring with Confidence’ arrives in Darlington - Don't miss out.

Introductory sessions to ‘Caring with Confidence’ which is aimed at empowering carers, will take place in January.

These sessions are **free** to carers over the age of 18 and light refreshments are available at all sessions. Travel and/or alternative care costs can be provided if needed.

To sign up for one of these sessions or to get more information about ‘Caring with Confidence’ please contact:
 D.A.D Carers’ Support Service on 01325 357533.

St Teresa’s Hospice are holding a number of events:

Light Up A Life - the opportunity to celebrate the life of someone special to you. It is open to everyone regardless of their race or religion, whether or not their loved one was cared for by St Teresa’s Hospice.

Venue: Darlington Market Place
Date: Sunday 13 December at 3pm

Christmas Cracker - the Annual Concert involving local choirs and a volunteer Orchestra. A festive family event with audience participation.

Venue: Meadow, Lingfield Point
Date: Saturday, 19 December at 7pm
Tickets £7.50 adults, £5.00 children
 To book contact the Fundraising Office on 01325 254321.

Focus Group Feedback

The **Focus Group** met on Tuesday 10 November and among the issues discussed the main points were:

- Members of the GOLD Focus Group are currently reviewing the first 6 months of the new working arrangements for GOLD.
- Plans are in hand to begin the visits to ‘people who may be becoming frailer or more isolated’ to find out their views and thoughts on the services they receive.
- The GOLD work plan was discussed and feedback was given. The following are some of the actions which have been achieved:
 - The Pupil Referral Unit project, Your Past, Their Future, has come to a close and a book is ready to be printed in the new year;
 - Completed questionnaires are coming back about Access to Information, and will be analysed soon;
 - The Readers’ Group has reviewed information for Bishop Auckland Hospital Rehabilitation Unit, the Joint Action for People with a Mental Health Problem Strategy, and has been invited to work with Adult Social Services on their website;
 - GOLD will be used as a ‘focus group’ to ensure GOLD members have a say and that older people are involved in shaping Mental Health services;
 - GOLD Members attended training run by Connecting With Communities
 - The Health Group are starting to undertake some research about Physiotherapy Services;
 - Members are involved in the consultation about Personalisation of Care.