



What's on

Newsletter 48 • November 2009

We hope you will find something of interest in this news sheet

Friday, 13th November - 8pm at Darlington Arts Centre .

An Evening with the Humour of Bob Newhart and Tom Lehrer, two American comic legends. This is an entertaining evening of comedy originating from the 1950s and 1960s. Tickets £10.50 - to book contact the Arts Centre on 486555.

Wednesday, 18th November - GOLD Positive Health Day at Darlington Football Stadium in Neasham Road.

You are invited to either of the two sessions to visit the information stands many of which will be interactive, so you could have your blood pressure taken, find out healthy portion sizes or take an eyesight test. The doors open for the morning session at 9.15am for a 9.30 start and finishes at 12.15pm and the afternoon session starts at 1.40pm and the event closes at 4.15pm.

There will be a treasure hunt of information with a prize for the winner! Or you could join in with one of the exercise groups. Free 'taster sessions' of alternative and complementary therapies are available, but as places are limited, you should complete and return the booking form sent to you in October, or telephone the GOLD office on the number overleaf.

Saturday, 21st November - 10am - 1pm - Darlington Social Club for the Blind are holding their Christmas Fair at Darlington YMCA in Middleton Street off Borough Road - Why not come along and see what is on offer? All are welcome.

Monday, 23rd November - 10.30am at Havelock Street Community Centre
Mr Eric Hall from Independent Complaints Advocacy Service.

Mr Hall will explain how the service provides free support for anyone who wishes to make a complaint about the NHS services or treatment they have received. He will explain the processes and how the service, which is confidential, can help you, either now or in the future.

Tuesday, 24th November - 4.30pm to 6.30pm in the Central Hall in the Dolphin Centre.

There is a Talking Together event where you can find out about the Local Transport Plan and will give you the opportunity hear about the Plan and also speak to Officers and put your questions to them. Free refreshments will be available.

Continued

Wednesday, 25th November- 8pm at Darlington Arts Centre

Othello: The Moor of Venice is being performed by South Hill Park Arts Centre with music performed by a live string quartet. Tickets are bookable at the Arts Centre.

Friday, 27th November - 2pm at Wesley Court Community Centre off Yarm Road
The Considerate Parking Task and Finish Group will meet to continue their work on raising awareness of the problems caused by parking in bays reserved for disabled people. If you have an interest in this issue please feel free to drop in.

Monday, 30th November - Central Hall in the Dolphin Centre 6pm - 7.30pm

There is a Talking Together Drop in Event, open to everyone to talk about the Conservation Area of Darlington Town Centre. The Council is proposing to amend the boundary of the Town Centre Conservation Area and bring in four new areas.

Please drop in to share your views.

As part of **Age Concern Darlington's Fit as a Fiddle** program they are currently running sessions of 'Solo Salsa' classes in St Cuthbert's Church Hall on Friday afternoons from 1 - 2pm. No partner is required to take part in this exercise to upbeat music. The cost is £2.00 for existing Fit as a Fiddle participants and £1.50 to all new members.

If you would like to know more about any of the Fit as a Fiddle activities, or more information about other activities organised by Age Concern please contact Gill or Jean on 01325 362832.

'Do you like to dance?' A weekly 'Sequence Dance' is held every Monday afternoon for retired people in St Columba's Church Hall from 1.30pm - 3.30pm, The cost is £2.00 per session and this includes tea and biscuits.

Contact Details

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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 अंग्रेजी के अलावा अन्य भाषा में चाहते हैं तो कृपया संदर्भ नम्बर (रेफरन्स नम्बर) बताकर निम्नलिखित 388845 पर संपर्क करें।

Cantonese 如果你需要其它語言的版本, 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 رغبت 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.