

Coming Soon

Group Meetings

Focus Group - Tuesday 13 October at 2pm, Havelock Street Community Centre

You are very welcome to come along and observe.

Considerate Parking Task and Finish Group - Friday 30th October at 2pm Wesley Court Community Centre

Health - Monday 2 November 2009 at 10.15am, Havelock Street Community Centre. Speaker: Diane Lax from LINKs to talk about their work and action plan

Promoting Positive Images and Publicity - Wednesday 4 November 2009 at 10.30am, Havelock Street Community Centre

Darlington Communities International Day 2009

Sunday, 18th October at The Forum Music Centre in Borough Road between 12 noon and 8pm.

Come and join in celebrating arts, crafts, music, performance as well as delicious food from around the world. There is something for everybody to enjoy! For more details contact Iris Pichl-Mordue on 01325 486748.



Forthcoming attractions at Darlington Arts Centre:

The Arts Centre are currently showing an exhibition called Flaw by Derek Hill in the Myles Meehan Gallery, which runs until Saturday 17th October.

Would you like to come to participate in a workshop based around the exhibition?

Flaw is the artist's take on the unenviable task of pursuing the art of perfection. His paintings are created using industrial paint and solvents with traditional oil painting, a technique that has evolved into a language of its own.

For more information about the workshop please contact Bonnie Davies on 01325 348484 or email Bonnie.Davies@darlington.gov.uk

To reserve a place on the workshop please contact GOLD on 01325 388845.

Check out the website for this and other events taking place at the 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 अंग्रेजी के अलावा अन्य भाषा में चाहते हैं तो कृपया संदर्भ नम्बर (रेफरेंस नम्बर) बताकर सिमिलिखित 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 আপনাদের 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.

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



Connecting with Communities

Newsletter 47 • October 2009



Talking Together

Talking Together Events

Darlington Borough Council continue to give all residents the opportunity to give their views on important issues. Talking Together Events are organised to give this opportunity and an event has been organised on Tuesday, 24 November 2009, from 6pm until 7.30pm in Central Hall at the Dolphin Centre. This event is to look at developing a new Local Transport Plan for Darlington.

Your comments, views and suggestions will be recorded and taken into consideration in the plan's development.

More details about the Local Transport Plan consultation will be given in the November 'What's on' news sheet. A recent Talking Together event at the Dolphin Centre was held to discuss Dog Control Orders.

People who attended had the chance to find out more about the areas which will be affected and ask questions about how their local area would be affected.

If you would like to find out more about Talking Together events you can ring 01325 388527 or e-mail connectng@darlington.gov.uk or join the online forum www.darlington.gov.uk/connectingwithcommunities/talkingtogether.

The GOLD Tea Dance

was once again a resounding success with well over 600 people taking part!



Many of the people who came along joined in the dancing which ranged from old-time to rock and roll. Those who didn't wish to dance could just sit and enjoy the music. Members of GOLD prepared the free cream

teas and volunteers from the YMCA helped with the preparations and to distribute the teas throughout the day.

Darlington One Life had some exercise equipment on display for people to try and there were demonstrations of GEM (Get Everyone Motivated) exercises and a very energetic performance from the Red Hall Dance Troupe.



The event was opened by His Worshipful the Mayor, Councillor Jim Ruck and his lady Mayoress, who led off the dancing. His opening speech was delayed by a surprise visit from three 'ladies' who

performed an impromptu dance on their 'shopping trolleys'.

The information givers reported "a much higher interest than in previous years".

Everyone is looking forward to next year's event.

Changes to bus services

We have been advised by the Transport Section that some changes to bus services will take place with effect from 1 November 2009.

Supported Bus Services

Arriva, on behalf of Darlington Borough Council will be diverting the current commercial service 6a/b via Glebe Road Monday to Sunday. There will also be an additional evening 6a/b supported service, operated by Arriva, from the Town Centre to Whinfield via Harrowgate Hill and Glebe Road.

The service 30/31a will no longer operate to Skerne Park on a Sunday during the daytime, whilst Skerne Park is served by the commercial service 14. This will improve the reliability of the 30/31a service in Mowden, Albert Hill etc.

The evening Monday to Saturday service 12 from Neasham/Hurworth, Town Centre to Trees Park Village will be operated by Scarlet Band and not Arriva.

Multi Operator Ticket

A weekly and four weekly Multi Operator Ticket will be available from 1 November 2009. The tickets can be used on any service in Darlington Borough. The weekly ticket can be purchased from drivers for £16, and the four weekly ticket can be purchased from the Tourist Information Centre for £55. Child tickets can be purchased for half the adult price.

This offers a substantial discount for anyone travelling regularly on both Scarlet Band and Arriva services within the Borough.

Stand Allocation

The Arriva service X66 from the Town Centre to Middlesbrough will operate from Stand L, instead of Stand F. This will help to relieve the situation on Prebend Row during peak times. Timetables for all services are available at the Tourist Information centre, the Library and on-line at www.dothelocalmotion.co.uk

Feedback from the GOLD Health Group

The Health Group's speaker in September was Fred Marrin of the Council's Intermediate Care Team. Fred explained how the Intermediate Care Service works to provide a range of services at home or in other selected places. The staff support people to remain at home rather than spending unnecessary time in hospital. Members questioned Fred about developments in the service and about how information is provided to the public.

Members were pleased to note that the Hospital is doing a big campaign about 'Dignity in Care', promoting more respect and dignity for patients, and members will be having their say.

The group has begun a workplan to look at whether a range of services are meeting the needs of the older population, and work should begin very shortly.

Future speakers include Diane Lax of LINKs (the Local Involvement Network), Fiona Day of the Hospitals PALS Service (Patient Advice and Liaison Service) and Carol Heslehurst of the Macmillan Information and Support Centre based at the Memorial Hospital.

Please come along to a meeting or telephone Claire or Lesley to ask for any further details.

Get ready for Christmas!

The GOLD Christmas Party is being held on Saturday, 5th December at Darlington and Simpson Rolling Mills Club in Longfield Road. More details will be sent out soon.

What's on

Getting a taste for a healthier life

People over the age of 50 wanting to embrace a healthier lifestyle are invited to come along to a special event being staged in Darlington.

The GOLD group has organised their fifth annual Positive Health Day at Darlington

Free testing of your electric blanket or small electrical appliances

Age Concern Darlington and Darlington Borough Council are organising an Electric Blanket Safety Testing Campaign at Bradbury House in Beaumont Street West on Wednesday and Thursday 28 and 29 October.

This is the first time you have been able to have articles such as kettles or toasters tested. Why not make an appointment to have your equipment tested free of charge and have a cup of tea while you wait? Appointment times will be between 9am and 4pm, but you need to make a separate appointment for each piece of equipment. To book your appointment contact Age Concern on 01325 362832. Make sure you are safe this winter.



Football Stadium, in Neasham Road, on Wednesday, November 18th.

There will be the opportunity to try out a 'taster session' of a variety of alternative therapies and you will be able to join in some line dancing, Yoga or GEM exercises throughout the sessions. Representatives from a wide variety of health related organisations will be on hand to answer any queries you may have.

These will include Books on Prescription, Coronary Care, the Food and Health team, Adult Services and many more...

There will even be a 'Treasure Hunt' of information with a prize for the winner!

You are invited to either of the two sessions which run from 9.30am to 12.15pm, and 1.40pm to 4.15pm.

The doors will open at 9.15am.

For further information, contact Lesley or Claire at GOLD on (01325) 388845.



Members trying Tai Chi



Blood pressure checking

Focus Group Feedback

The Focus Group met on Tuesday 8 September and among the issues discussed the main points were:

- Warren Tweed, Joint Commissioning Manager, spoke about how people get in touch with Adult Services for the first time. He wants to get the message out to people what support is available before they reach a crisis point, for example a hospital admission or fall.
- It was agreed that the team could start visiting 'frailer, older people' and begin to involve and engage them in having their say.
- The GOLD work plan was discussed and members learned of the areas within the plan where progress has already been achieved, for example the changes to bus services following the transport event and the Annual Tea Dance.

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