

Create at
home

equal
arts

Get involved in Age Proud Newcastle

Your activity pack filled with have-a-go activities,
news and creative ideas to help keep connected.



Collage by Tony Wilkinson of the Carers' Cultural Adventures group

Issue 6

Hello from Age Friendly Newcastle

With autumn comes not only the 'back to school, new start' feeling and the dropping of conkers but the United Nations Day of Older Persons.

This month is an opportunity to stop and recognise people's contributions, consider what it means to age well, and what we across our communities can do to support each other and drive change.

Putting a global spotlight on getting older, the World Health Organisation has this year launched its Decade of Healthy Ageing (2020-2030), looking at how people can fulfil their potential in dignity and equality in a healthy environment.

The onset of Covid-19 this year has had a huge impact with services quickly adapting to meet varying needs. Those already at risk of loneliness were exposed to greater isolation while others rallied with neighbours and made new connections to weather the unprecedented few months.

What's apparent is the need for a fair and equal recovery looking at people's digital capabilities and access, wellbeing and how we connect communities to continue providing opportunities to age well in Newcastle.

The Age Friendly Newcastle partners, which include the local authority, academic partners and voluntary and community organisations, are working together to highlight just some of the services and opportunities you can get involved in this October and throughout 2020.

In light of developing Government restrictions linked to Covid-19 please contact individual organisations to confirm events.



This month's activity pack includes:

04 Multiverse Lab

06 Creative writing

08 Getting online

10 What's on

12 Leaf print cushion

14 Keeping active

Poetry at Home with Daisy Barrett-Nash

Please read all instructions before beginning and then refer back to step one to get started with your activity.

You will need:

- Paper and pen
- Your favourite painting or picture or even a pattern in the carpet.
- Egg timer or alarm clock

1	Play some soft music preferably without lyrics and find a comfortable sitting position. Get your paper and pen ready at a desk or table or on your lap.
2	Set your timer for five minutes and write whatever thoughts are in your head onto the paper without judgement, continuously. This will help you free your mind and writing hand. Write anything; what you've done today, how you're feeling emotionally or physically, what you fancy eating later, about how you feel silly writing aimlessly...
3	If you get stuck, or don't know what else to write, repeat writing the last word that you were on until a new thought comes, keep going until the timer chimes.
4	Discard this writing, find a new page and have your painting or picture in front of you.
5	Look at the painting and repeat the above task but set a 10-minute timer, write your thoughts about the painting but describe it in detail, use as many imaginative describing words as possible.
6	When the timer chimes, read over your work and underline any words and phrases that are pleasing.
7	Find a new piece of paper and write down these words and phrases in an order that is pleasing to you, while adding or changing some words to find rhymes or similar sounds or alliteration (beautiful, billowing balloon).
8	Write it out as many times as you need, adding and changing until you're pleased and you have your poem! Be proud of your creation and share it!

Newcastle is committed to becoming a dementia-friendly city. This summer a series of webinars and podcasts called 'Navigating the Maze – Living Well with Dementia in Newcastle' was launched. You can listen back at www.youtube.com/watch?v=E3qOxAE-PuE

Newcastle City Council is working in partnership with local communities, the voluntary sector and businesses to support people with dementia and their carers to feel safe and live in the way they want to within their community.

To find out more visit www.informationnow.org.uk/article/dementia-friendly-newcastle/

What is the health research breakthrough you hope to see in your lifetime?

Multiverse Lab is a new online experience aiming to reach more than 2,000 people to find out what matters most to them and to shape future health research.

During October and November the Multiverse Team, led by National Institute for Health Research's Newcastle Biomedical Research Centre, are available to come out and talk to you - whether a doorstep visit or at small community groups, with the necessary technology so you can experience the Multiverse Lab.

This specially designed website is like stepping into an interactive lab - a lab of many voices.

You can explore a map of North East health stories, see a timeline of the last 100 years of health breakthroughs and listen to other people's answers.

On the interactive website you are invited to record your own answer to the question and add your voice to the Multiverse Lab. Your voice makes waves!

To get involved please contact Michael on 07842 855761 or email michael@unfoldingtheatre.co.uk



If you would like to know more about Age Friendly Newcastle and the partners involved, please contact Elders Council.



Elders Council of Newcastle is delighted to support #AgeProudNewcastle as a way of showcasing the wide variety of interests and talents of older people in the city and the fantastic work which organisations in the city have been doing to keep the show on the road.

Through our fortnightly e-bulletin, quarterly magazine, fortnightly radio programme 'Older Voices' on Nova Radio, our Facebook page, Twitter and a good, old-fashioned telephone call, we are trying to keep older people informed and engaged during lockdown. We are also interested in hearing about what has happened to you during lockdown and what you think could be done better. If you want to know more about us go to www.elderscouncil.org.uk, call 0191 208 2701 or email info@elderscouncil.org.uk.

An online exhibition celebrating ageing intelligence goes live this month.

Throughout the pandemic, portrait photographer Christopher James Owens (pictured right with one of his subjects) has photographed several notable professionals. Each remotely taken photograph raises awareness of the Ageing Intelligence approach created by the National Innovation Centre for Ageing in Newcastle which drives the vision to create a world in which we all live better, for longer. View the exhibition at ncl.ac.uk/nica Image copyright of NICA and Newcastle University.





Dried pea planting with Scotswood Garden



Pea shoots are great for small spaces. They grow fast, taste delicious and are rich in Vitamin C. You'll need a container at least three inches deep with drainage holes in the bottom.

1	Take the dried peas (available at supermarkets) and soak them in water for 6 to 8 hours.
2	Add 2 inches of compost to the container and water lightly.
3	Sow the seeds closely together on top of the compost.
4	Cover with a thin layer of compost.
5	Keep moist over the next few days.
6	Once the shoots are 2 to 4 inches tall you can pinch off each shoot to eat.
7	Leave for another few weeks, keeping moist, and you should get a second crop.

Scotswood Garden Elderberries

We're making some small steps towards being back... here's what we can safely offer our local, older community at the moment...

Call us to book a time to visit the garden, safe in the knowledge that you will be able to socially distance well. Enjoy spending some safe time in nature, and still have access to a loo!

Come along to one of our socially distanced workshops held at the Garden - booking essential due to very limited spaces.
There are 2 sessions each day - 10.15am-11.30am and 1.30pm-2.45pm

2nd October - Botanical printing
16th October - Hedgehog awareness
23rd October - The art of Pyrography



Please contact Leanne before setting out for workshops. All sessions must be booked on 0191 275 0000 or leanne@sncg.org.uk

Creative Writing - Staying Alive with Ceinwen Haydon

This activity sequence follows the theme of what it means to each of us to age well. First looking at getting older, read the pieces below to help inspire thoughts about your own experiences. If you'd like to share your writing with us please email information@equalarts.org or send by post to Equal Arts, Newcastle City Library, 33 New Bridge Street West, NE1 8AX.

You will need:

- A pen
- Blank pieces of paper.

The first surprise: I like it.

**Whatever happens now, some things
that used to terrify have not:**

**I didn't die young, for instance. Or lose
my only love. My three children
never had to run away from anyone.**


Don't tell me this gratitude is complacent.

We all approach the edge of the same

blackness which for me is silent.

**Knowing as much sharpens
my delight in January freesia,
hot coffee, winter sunlight. So we say
as we lie close on some gentle occasion:
every day won from such
darkness is a celebration.**

Getting Older by Elaine Feinstein



"At some point ... I began to realise that being an old man was not, after all, a posthumous existence; it was merely a life of a different kind and I had better make the most of it while it lasted.

My body may have been falling apart, but in some ways I had never felt more alive, and the world had never seemed more beautiful, more desirable, more poignant."

AL ALVAREZ, FROM 'POND LIFE - A SWIMMER'S JOURNAL'

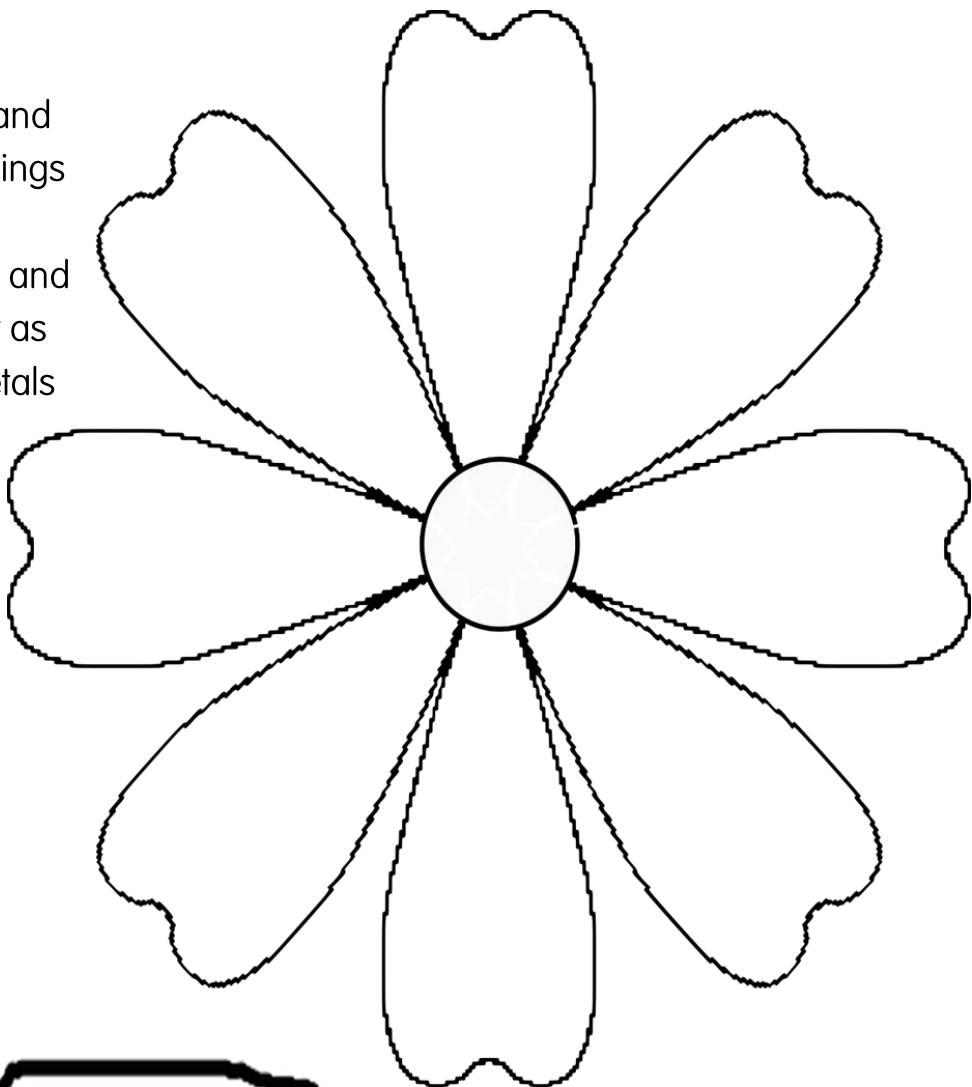


Activity 1

Can you think about yourself at the age of fifty? I'd like you to write a letter to your fifty-year-old self. In your letter could you write about anything you think may have helped you over the years, if only you'd known it at the time.

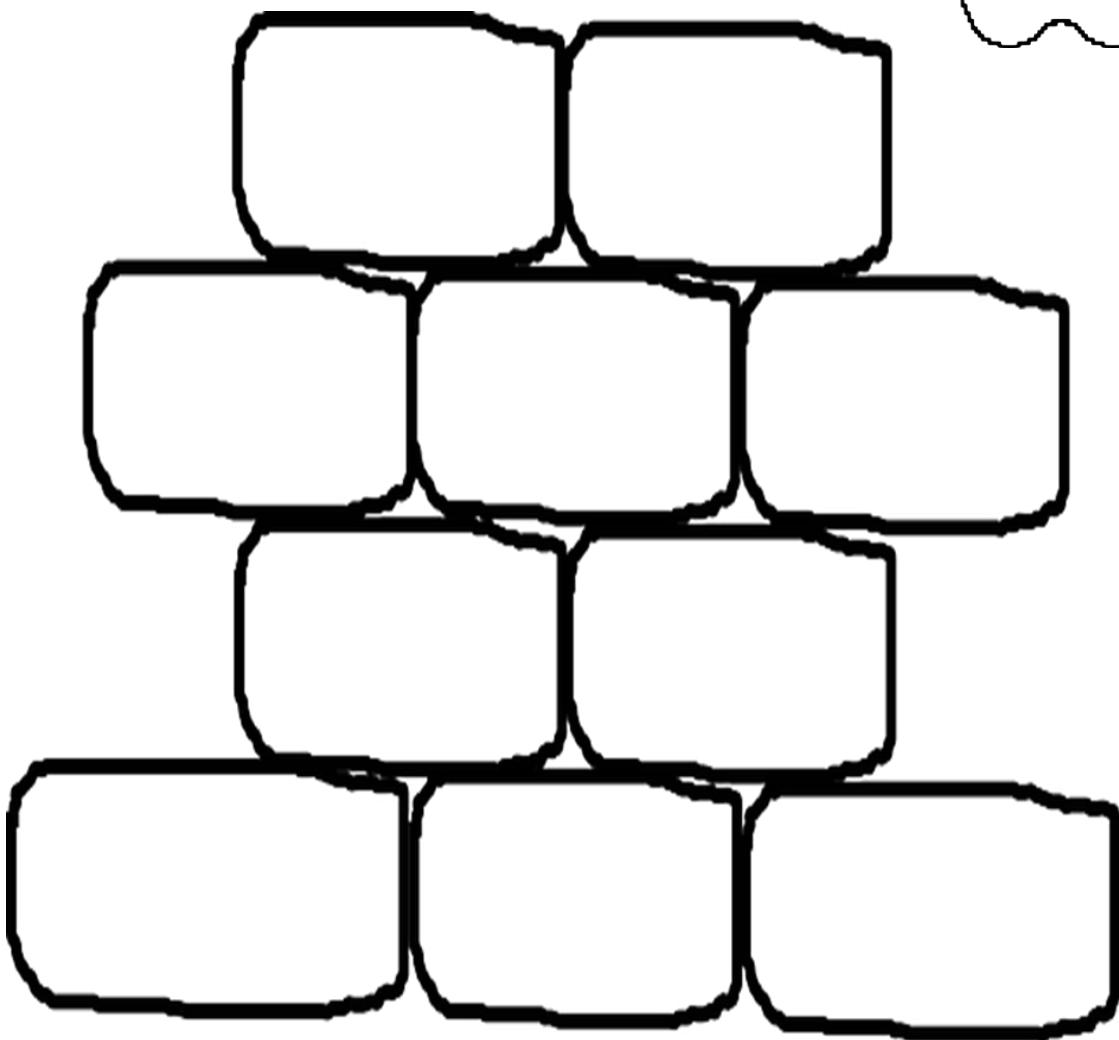
Late Flowering

Take five minutes to write words and phrases that express the good things in your life, at the present time. Afterwards, look through your list and underline the ones that stand out as important. Write these into the petals of the flower. You might like to colour the picture, as well.



My Strengths

I hope that you are feeling in touch with some of the positives in your life, amidst all the challenges. In our next exercise, could you write into the wall anything that makes you smile or laugh.



List for Life

Our last activity is to write a list poem. It doesn't have to rhyme or be complicated but should express your feelings about what is important to you. On your blank paper begin with the phrase 'I like my life because.....' and write each thought on a new line – like a list! It can be as long or as short as you like. The important thing is that it lets us hear your voice.

Beginner's Guide to the Internet

Digital technology continues to change our lives. It has become an important part of how we communicate, work, access services and spend our spare time.

During these difficult times it has become even more important for older people to have the digital access, skills and confidence they need to live an included and independent life, where they can keep in contact with loved ones, stay safe by shopping online and pursue hobbies.

You don't need the latest or most expensive technology or expensive subscriptions to access the internet.

You will need a Digital Device and an Internet Service Provider (ISP).

Digital Devices you can use to get online are:

- **Desktop PCs (personal computers) and laptops**
- **Tablet computers such as iPads or Android tablets**
- **Smartphones such as an Android mobile phone or an iPhone.**

TIP: If you shop for "refurbished" devices, you can find some decent second-hand devices that will be less expensive but, still work very well and be set up as if they're brand new for you.

Internet Service Providers

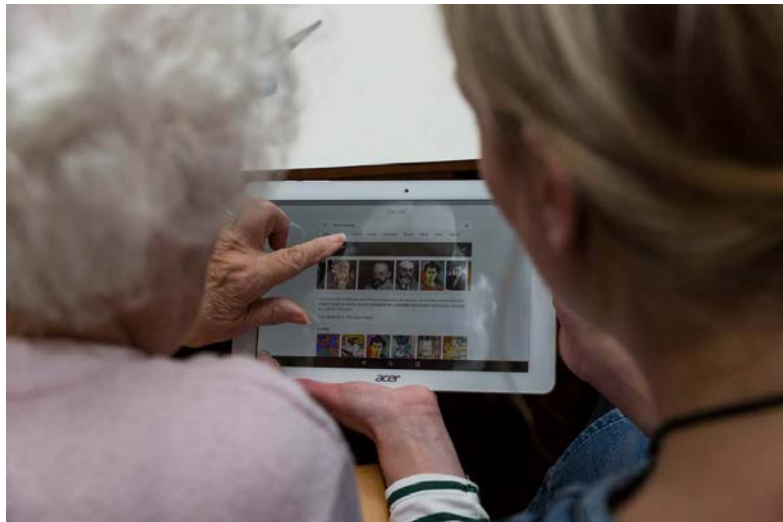
When you sign up for a "broadband" plan with an ISP like BT, Sky, Virgin or Plusnet, a technician will come to your house to install a device called a "WiFi router" that allows you to go online. These internet connections are fast and allow you to connect with any digital device, but can be expensive.

The average price is about £30 per month. The least expensive connections cost about £15 per month. If you already have a telephone provider, they should be able to upgrade your package to include internet access for an increased price.

Mobile Internet

You could sign up for "mobile internet" with companies like GiffGaff, EE or O2. All smartphones and some tablets can connect to mobile internet directly via a radio tower in your neighbourhood.

There is no need for a technician to come to your house. You just need the right plan for your phone to connect to this signal. It can be the most affordable (as little as £6 per month) and a user-friendly way to go online if you select the right plan for you.



Request a digital buddies doorstep visit

Together with Search Newcastle, Digital Voice is training volunteers to be digital buddies.

Digital Buddies will visit you, answer any questions and support you to get online so you can keep in touch with friends and family, shop online and explore new activities.

The scheme, which also loans out iPads, is made possible with National Lottery funding.

To register your interest in receiving a visit ring 0191 273 7443.

Glossary

Broadband

A fast internet connection.

Router

A device that connects your computer to a broadband-enabled telephone line and emits your home internet signal.

WiFi

The term WiFi stands for Wireless Fidelity, but really just means wireless internet. It is a radio signal that you can use to connect your device like a computer, a phone or a tablet via a device called a "router" to the internet. You can get a WiFi signal in your home, but it is also available for free in public areas like in the city centre of Newcastle.

Tablet (computer)

Is a portable computer about the size of a book you can use to go online. All tablets have touch screens. All tablets can connect to Wifi signals, but only some can connect to 3G, 4G or 5G mobile internet. The two most popular types are "iPads" and "Android tablets".

Apps (short for applications)

A type of computer program that you can download for your computer, tablet or mobile phone. There are hundreds of different apps available, some for free, which do lots of different things, from playing games and puzzles, to helping you remember to take your medications, or allowing you to access your bank account.

3G, 4G, 5G/Mobile Internet

3G, 4G, 5G are all different types of mobile internet. It is a radio signal that your phone or your tablet can use to connect to the internet directly via a radio tower in your neighbourhood. 4G and 5G are just faster versions of 3G. Recently some people have claimed 5G is dangerous, but there is no scientific evidence that this radio signal is harmful to people.

SIM (card)

Is a little chip like the one in your debit card. When you sign up for a plan with a company like EE, GiffGaff, O2 or Vodafone they will send you a chip like this in the mail. This chip will allow you to make calls and go online. It will fit in a little slot either on the side or behind the battery on the inside of your phone. Your phone's user manual will explain how to insert this chip.

MB (short for Megabyte) and GB (short for Gigabyte)

These are measures to describe amounts of digital information. Some Internet Providers will limit the amount of information you can access or "download" every month from the internet.



 **Find information**

 **Search for local services**

 **Discover activities near you**

 **Make calls straight from your smart phone**



The InformationNOW Newcastle website has a wealth of information and links to organisations that can help and support you locally and nationally. There is also a local community events and activities section, so you can find affordable things to do. Any page of the website can be printed out for use.

Take part in city art this Autumn

Newcastle Arts Team are currently looking for people aged 50+ to get involved with their new artist residencies beginning this month.

Now until June 2021 the team have commissioned a filmmaker to engage people across Newcastle communities in the creation of several short films based on the theme of ageing through the pandemic – the challenges, the benefits and discrimination.

They will explore the power of language, cultural

differences, online engagement, community support and health and wellbeing.

The second project, entitled Intergenerational Words & Worlds, will see two writers/artists working with people of all ages to explore their different lockdown experiences. This residency will explore the changes, good or bad, people have had to make. Participants will take part in creative writing sessions to support them to express their feelings and share their life experiences of lockdown.

If you'd like to take part or would like the writers to get in touch with you, via Zoom, letter, phone or WhatsApp, please contact the team on 07917 271331 or email alison.flanaganwood@newcastle.gov.uk

Age Proud Newcastle this October - What's On

Wellbeing for Life

The Friends of Jesmond Library and the Elders Council of Newcastle are re-launching their "Wellbeing for Life" sessions via Zoom for people aged 50+. The online session on Wednesday, **October 7**, will be at 10.30am with the theme My 2020 Holiday. To take part email events@jesmondlibrary.org. Unsure about Zoom? Email pamela.denham@hotmail.co.uk for an online coffee morning exploring how to use the app.

Equal Arts Creative Workshops

October 8, 22 and 29, 1.30pm - 3pm. Charity Equal Arts is running a series of accessible art sessions throughout October via Zoom. To register and receive the session links please call 0191 261 1619 or email information@equalarts.org.uk

Silverline Sings with Kayley

Monday, **October 5**, 1pm to 2pm. Silverline Memories are offering a variety of activities via Zoom. These activities are for people living with dementia and/or their carers. Ring 0191 603 0095.

Activities with Search - Booking Essential

Coffee morning and quiz viz Zoom on Thursday, **October 1**, at 10am. The same day join Search at 2pm for card-making via Zoom. Kits can be dropped off at your home.

Afternoon tea delivered to your home on Monday, **October 5**. Search can also deliver a variety of craft packs to your door. Book on 0191 273 7443.

Singing Hinnies doorstep performances

Equal Arts' Singing Hinnies will be out having a socially-distanced sing across Newcastle. Listen out for them on;

October 5: North View, Heaton, 12.30pm - 1.15pm and St Anthony's Road, Walker, 1.30pm - 2.15pm.

October 12: Appian Place, Throckley, 12.30pm - 1.15pm and Mayfield Avenue, Throckley, 1.30pm - 2.15pm.

October 19: Mount Pleasant Court, Throckley, 12.30pm - 1.15pm and Coquet Grove, Throckley, 1.30pm - 2.15pm.

Bring a song and a smile to your doorstep with Singing Hinnies.

equal arts



Book a visit on 0191 261 1619.



KEEP MOVING

Mondays 10.45-11.30am

Stay healthy, energetic and independent with our fun, low impact exercise class.

Classes are limited to 12 people. Please call us to book your space.

Call us!
0191 264 1959

Visit us!
The Lemington Centre
NE15 8RZ



**Healthworks
Gym**

www.healthworksnewcastle.org.uk

Autumn leaf printed cushion with Hannah Shaw

With the darker evenings drawing in, why not create an attractive new cushion to snuggle up with and add a touch of autumn's magic to your own home.

The cushion can be made to any size you choose and you can easily make use of old cotton or linen tablecloths, tea towels or pillowcases. It really can be a 'make do and mend' craft using what you already have around the home.

You will need:

- Newspaper
- An old cotton or linen tea towel or other piece of plain fabric
- Needle and thread
- Paint - this can be either fabric paint, acrylic or even emulsion but if using non-fabric paints the cushion will not be washable
- Paint brush
- Scissors
- A cushion pad. You may want to make your cushion cover the same size as one of your existing cushions so you can borrow the pad inside
- A selection of leaves.

1	Cut your fabric into two equal sized squares or rectangles. Prepare your work area by laying out sheets of newspaper and place one piece of fabric on top. Set aside.
2	Mix together your colours, if you don't have a large array of colours try mixing shades like yellow and blue to make green and red, blue and yellow to make browns, adding more red to make autumnal shades.
3	Turn your leaf so that the textured side (veins) are showing and apply an even coverage of paint.
4	Picking up the leaf by its stalk, place face downwards onto your fabric and apply even pressure using the back of your hand being careful not to move the leaf.
5	Continue using a selection of leaf shapes and paint colours until you are happy with your final design.



6	Allow to dry.
7	If using fabric paints it is a good idea to fix with an iron.
8	Now with your printed design facing up, place the other square of fabric on top of it edge to edge (so the painted side is covered). Using a simple running stitch or backstitch, sew around three edges and corners of your fabric 1cm from the edge. Make sure to leave an opening large enough for a cushion pad to be inserted.
9	Turn your cushion cover inside out (so your painted design is now on the outside).
10	Pop your cushion pad inside and folding the fabric seams inside, stitch along the opening to close the gap.



Home Exercise

A simple exercise plan to help keep you moving



Things to note before you start

Safety

Most people can exercise without needing to speak to their GP first. However, if you are unsure, have a medical condition that is not under control or you are showing symptoms - please consult your GP before starting.

Create a safe environment

Make sure you clear a space for activity to avoid any trip hazards. Check equipment (chair / table) is sturdy if you are using it. Wear comfortable clothing and fitting footwear. Have a phone close by if you are exercising on your own. Have some water ready for you to sip during exercise.

Working at your level

Be mindful of your body and own ability - start easy, aiming for realistic and gradual progression to avoid any injuries. Make sure to take breaks when you need it. If you experience pain or discomfort during any of the exercises, please stop immediately.

What to expect after exercise

It is common for muscles to feel a bit sore or stiff for a few days after exercise, this is called Delayed Onset of Muscle Soreness (DOMS). This is the body's natural response in recovery to repair and build stronger muscles.

Warm Up

Always warm up before exercising, it helps prepare your body for activity. It's as simple as marching on the spot or in a chair, and if able, with arm movements. Do it until you feel warmer and breathing a little harder (3-5 minutes) then you are ready to start!

Cool down

After a great workout, take some deep breaths and do gentle movements (e.g. arm swings, side-to-side steps) to bring down your heart rate. Then gently stretch the muscles you've worked.

Strength and Balance

Here is a simple set of six exercises designed by experts at the Chartered Society of Physiotherapy to help with your strength and balance. You could aim to do this routine 2-3 times per week, progressing gradually to daily.

With each of the exercises, repeat 10 times or to your own ability and gradually progress.



Sit to stand

Sit tall near the front of a chair with your feet slightly back. Lean forwards slightly and stand up (with hands on the chair if needed). Step back until your legs touch the chair then slowly lower yourself back into the chair.



Heel raises

Stand tall, holding the back of a sturdy kitchen type chair or kitchen sink, then lift your heels off the floor, taking your weight onto your big toes. Hold for three seconds, then lower with control.



Toe raises

Stand tall holding the same support, then raise your toes – taking your weight on your heels. Don't stick your bottom out. Hold for three seconds, then lower with control.



One leg stand

Stand close to your support and hold it with one hand. Balance on one leg, keeping the support knee soft and your posture upright. Hold the position for 10 seconds. Repeat on the other leg.



Heel-toe stand

Stand tall, with one hand on your support. Put one foot directly in front of the other to make a straight line. Look ahead, take your hand off the support and balance for 10 seconds. Take the front foot back to hip width apart and place the other foot in front.



Heel-toe walking

Stand tall, with one hand on a support like a kitchen cabinet. Look ahead and walk 10 steps forwards, placing one foot directly in front of the other so that the feet form a straight line. Aim for a steady walking action.

Take the feet back to hip width apart, turn around and repeat the steps in the other direction.

A new resource will draw on museums and their collections to provide quality of life activities with older people.

It's been developed by Tyne & Wear Archives & Museums (TWAM) and Northumbria University, Newcastle, and aims to support health and social care professionals to use museums as part of a care practice.

It suggests and highlights how different heritage activities could specifically support quality of life, health and wellbeing in older people, for example: pain management, speech, cognitive stimulation, mental health, and social interaction.

Uniquely, it features searchable clinical and care outcomes that have been coded to

categories such as Physical/Mobility, Social, Cognitive/Knowledge/Learning and Mindful/Emotional.

In addition to the resource pack the team are currently developing more activities for the Museums, Health & Social Care Service (MHSCS). These include online and in-person training, instructional films, venue visits, teaching for nursing students and activity loan boxes. Below is one of the resource activities. To find out more please contact Joanne Charlton on 07921 198689 or email joanne.charlton@twmuseums.org.uk

Roman Herb Garden

The Romans grew a lot of herbs for various uses. Not just for cooking, but for medicine and general use. Here are a few examples:

Lavender - Used as an antiseptic and soothed headaches, burns and faintness.

Apple Mint - Sweetened the breath, cured earaches and aided digestion.

Rosemary - Used as an antiseptic. Scholars also wore wreaths of rosemary to improve their memory.

Parsley - Prevented drunkenness.

Sweet Violet - To perfume homes.

Elder - Used as hair dye.

Thyme - Used in massage oil.

Fennel - Eaten by gladiators to make them stronger and more courageous. Also used to treat eye complaints, stomach problems, sore throats and blocked noses and as a slimming aid.

Chives - Stopped bleeding.

Poppy - For pain relief.

Borage - Treated weak hearts, hallucinations and rheumatism. It also made people happier.

Soapwort - To clean and bleach wool.

Marsh Marigold - To dye fabrics.

Herbs such as lavender, parsley, mint and basil are readily available from supermarkets. Why not take 10 minutes to have a go at making mint sauce, the way the Romans made it!

You will need:

- A pestle and mortar to crush the mint or use a bowl and spoon
- A bunch of mint leaves
- A pinch of salt
- 1 level tablespoon of caster sugar
- 4 tablespoons white wine vinegar
- 1 tablespoon of boiling water.

1	Tear off the mint leaves, sprinkle with salt and crush the leaves using the pestle and mortar or your bowl and spoon.
2	Place into a jug, add the sugar and pour over the boiling water, stir and leave to cool. Crush the leaves again if needed.
3	Stir in the vinegar and taste.

<https://www.twmuseums.org.uk/museums-health-and-social-care-service>

On October 15, 2pm - 3.30pm join an online discussion with Equal Arts looking at how creativity could support people aged 50+ back into training and work. We'd love to hear your views. Dr Virginia Tandy will chair the conversation involving Rebecca Blackman - Arts Council England, Cllr Joyce McCarty - Deputy Leader of Newcastle City Council, Steve McCall - Employer Relations & Partnerships Manager DWP, Newcastle, and Karen Ross - Prof of Gender & Media, Newcastle University.

To book your free ticket visit <https://thinkcreative.eventbrite.co.uk>



Join Creative Friends

Equal Arts' friendly and informal groups explore different artforms each week with professional artists.

To take part ring 0191 261 1619.

Equal Arts is a Newcastle based charity providing creative opportunities for older people and those living with dementia.

Please get in touch to find out more about our art workshops, groups and training around dementia and communication.

0191 261 1619

information@equalarts.org.uk

Equal Arts, Level 3 Newcastle City Library, 33 New Bridge Street West, Newcastle, NE1 8AX.

The Workers' Educational Association (WEA) is the largest voluntary sector adult education organisation in the country and represents true commitment to high quality and genuinely lifelong learning. In 2019, we helped to celebrate Older People's Day by creating songs and placards to make our voices heard throughout Newcastle City

Centre. This was part of the Comic Relief funded Active Voices project, developed in partnership with the Elders Council and Newcastle University. This year, the pandemic means we can't be quite so noisy in busting myths about ageing, however, Rosie, the marvellous Vice Chair of our North East History and Heritage Branch has contributed this piece about a fascinating woman who remained indomitable throughout her long life.

Find out more at www.wea.org.uk

Charlotte Despard by Rosie Serdiville, WEA NE History and Heritage Branch



There is a pub in London called 'The Charlotte Despard'. I've not been there for a while. The sign outside used to show a dark haired woman with a beaky nose and a Victorian blouse. There can't be many watering holes named after teetotal radical suffragettes.

Though there may be a few named after vegetarians (as Charlotte was).

The irony is that Charlotte ran her own pub. The Despard Arms in Battersea was part of her efforts to help the area's poor. Here non-alcoholic drinks and food were served all day, entertainment was provided and there were bathrooms and some residential accommodation.

She came to the area when she was widowed in 1890 at the age of 46. She'd had a long and happy marriage: Maximilian Despard came from the same wealthy Anglo Irish background and shared her belief in progressive causes. Now she planned to put her inheritance to good use – the activist stage of her life had begun.

It was to last for the next 49 years of her life.

To the end of her life no cause was too radical for Charlotte. A friend once said: 'I've only got to send a telegram to Mrs Despard to say, "Tomorrow noon I'm going to attack Battersea Town Hall," and she'd be there, she won't ask me why.'

A suffragette, she came to feel that the Women's Social and Political Union under the control of the Pankhursts was undemocratic so formed the Women's Freedom League. She was a lifelong pacifist. Renamed the Women's League for Peace and Freedom when war broke out in 1914, they were convinced that women could end the fighting. They organised a number of international peace conferences bringing together women from both sides. It was not a move approved of by the British Government – Charlotte had to be smuggled out of the country to attend such gatherings.

She was not afraid to confront the opposition. Pacifists were not popular, especially those espousing radical socialist beliefs. She stood her ground with rowdy opponents, saying 'I am not afraid of Englishmen. None of you will hurt me.' Apparently one journalist described her as seeming to 'belong to an age of samplers, embroidery, and wax fruits, to have strayed from the pages of

Cranford.' A superficial assessment of her appearance, not her intelligence and commitment. The 1920s saw her espouse the causes of communism and Irish Independence, speaking out in support of republicanism to the fury of her brother – who happened to be Lord Lieutenant of Ireland. He must have been used to disagreements with Charlotte – he had been Commander in Chief of the British army on the Western Front during World War 1.



My favourite image of her is one taken in Trafalgar Square in the 1930s. Fist clenched, facing down a heckler and still wearing her lace mantilla, 90-year-old Charlotte is explaining why the British Union of Fascists must be stopped at all costs. She looks as if she could do it single-handed.

Are you interested in radio and audio broadcasting – would you like to try it, get involved in the technical side, chat to a radio interviewer, or speak on a subject you feel strongly about?



Partners from InformationNOW, Elders Council, Radio Tyneside and further afield including East London Radio and Sonder Radio Manchester have come together to form the Later Life Audio and Radio Cooperative.

Interested, want to contribute to our work? Contact Kate at informationnow@newcastle.gov.uk or email llarnetwork@gmail.com

You can also follow us on Twitter @LLARNetwork or call Elders Council on 0191 208 2701 for more information.

Listen to our latest series for Newcastle on #HousingMatters inspired by the local film, Doorbells, <https://www.mixcloud.com/LLARN/playlists/housing-matters/>

Our aim is to:

- promote positive views and challenge negative views of age and ageing by providing talk-based audio and radio content created by diverse groups of older adults.
- strengthen the visibility of content created by older adults in media and encourage the expansion of radio programming related to ageing and relationships between the generations.
- engage older adults in broadcasting, facilitate skill development and build communities by enabling discussion of a wide range of topics.

Pick a letter and get creative! Send your clips or images to antnhec@gmail.com

No internet? We're filming this month in Newcastle, to take part and request a doorstep visit ring 0191 261 1619.



A - Z of Ageing Well Gif Wall

<https://azofageing.wordpress.com/>

equal
arts

IT STARTS WITH YOU.

SHARE POEMS, LETTERS AND ART WITH HENPALS.

To receive or send HenPals post please ring 0191 261 1619 or email information@equalarts.org.uk

Viva Las Cruddas

Earlier this year a touch of Vegas headed to Cruddas Park House and the Larches.

As part of a Newcastle City Council artist residency, and in partnership with Search, Karen Underhill set up a creative hub and

drop-in in the shopping centre for people aged 50+.

The project aimed to tackle issues of isolation and bring people together with opportunities for music, filming and arts projects.

Click here to see their final film.



Home Alone

For eight months during 2019, artist Sharon Bailey visited 12 older people living by themselves.

Spending hours together, she recorded their conversations as they created making drawings, clay works, digital films and paintings. 'Home Alone' brings their untold stories and images out of the houses and into busy public spaces.

Before the onset of Covid-19, Sharon toured an exhibition of the stories and portraits at public venues across Tyne and Wear.

To hear Colin's experience of living alone visit <https://youtu.be/foTeamANLtk>



NEXT STEPS

Mondays 10.30-11.15am
Tuesdays 1.00-1.45pm
Wednesdays 10.30-11.15am
Thursdays 10.30-11.15am

Classes are limited to 9 people.
Please call us to book your space.

Call us!
0191 272 4244

Visit us!
The Health Resource Centre
NE4 8BE

 **Healthworks**
Gym

www.healthworksnewcastle.org.uk

Newcastle's Age Proud Champions

Send us your
nominations



This autumn we're shining a light on the often unsung differences older people are making within the communities they live.

Do you know someone who is a great example of ageing well or has helped those around them? Perhaps they're a volunteer, have supported you through the past six months or simply have an inspiring attitude to life.

We'd love to hear about your Newcastle's Age Proud Champions and share their stories.

Send your nominations to us by December 5, 2020. You can fill in the form below and post it to us at: Age Proud Champions, Equal Arts, Newcastle City Library, 33 New Bridge Street West, Newcastle, NE1 8AX or enter online at www.equalarts.org.uk/age-proud-champions

We will seek consent to feature nominees in our Age Proud Newcastle campaign during 2020/21.

***Nominee's name:**

***Contact number:**

Nominee's email address:

***Your nomination:** Please tell us why you are nominating this person. Include any positive differences they have made that you'd like to share.

Nominee's address:

***Your Name:**

Address:

Email address: *(if applicable)*

***Contact number:**

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☐

With funding support from

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Research Centre