

August 2009 Issue



Forums For August

At the August Forum meetings there will be an update from Sunderland City Council's Planning Department on the Sea Front Regeneration plans and what the plans are so far! It is a follow up from the consultation that Susan did back in March 2009, so please come along and find out what is happening to YOUR sea front.

Venue	Date	Time
Beaumont Lodge Toward Rd.	Thursday, 13 th August 2009	10.15am
St. Margaret's Court Castletown	Monday, 24 th August 2009	9.30am
Croftside House Doxford Pk.	Monday, 24 th August 2009	2.00pm
Gilwood Court Penshaw	Tuesday, 25 th August 2009	10.30am
Burn Promenade Houghton	Wednesday, 26 th August 2009	10.30am
Bellingham House Pennywell	Wednesday, 26 th August 2009	2.00pm
Chillingham House Roker	Thursday, 27 th August 2009	2.30pm
Bradbury Centre StocktonRd.	Friday, 28 th August 2009	10.00am

Welcome to our newest Forum Group that will be meeting in the Bradbury Centre on 28th August at 10.00 am. If you cannot make any of the other Forums why not come along to the one at Age Concern Sunderland's Bradbury Centre? You will find a warm welcome there!



Free Swimming for Over 60's

Why not take advantage of the warmer weather and the new initiative to get older people swimming?

If you are over 60 you can swim for free at any of Sunderland Council's Swimming Pools.

You do need to register with them and get a "Life" card. It costs £2.00 a year and you will need to prove you are over sixty and that you are a resident of Sunderland. After that you can swim at any of their pools at any time for free.

The only exception is the Raich Carter Centre where you can still swim for free but you must become a member there and get a "Connect" card which will cost you £6.00 per year.

If you can't swim, it's never too late to learn. Call the Raich Carter Centre on 553 2333 or the Aquatic Centre on 561 6161 for details of the Learn to swim courses. Charges will apply.

There are ten main benefits of swimming for older people;

1. improved cardiovascular conditioning
2. improved flexibility
3. improved physical appearance due to muscle toning
4. improved posture
5. increased muscle strength
6. eased muscle tension
7. improved balance
8. weight and appetite control
9. stress reduction
10. reduced risk of osteoporosis



Drop In Information Morning

**Tuesday 11th August 2009 from
10:30am till 12pm**

**Come along and meet Carly King,
Age Concern Sunderland's
Marketing and Promotions Officer,
at No. 26 Information Café, Stockton
Road, Sunderland**

**Carly will be available to give out
general information and answer any
questions you may have regarding
any of Age Concern's products and
services**

Information will include:

- **How we could save you money on your Home and Contents Insurance!**
- **Information on our Escorted Holidays**
- **If you are going on holiday home or abroad we can quote you for Travel Insurance!**
- **Clubs and courses we run for your enjoyment and much much more.....**



A Warm Welcome on Energy Day

Friday 25th September 2009

The Energy Day will show people how to save money while conserving energy over the coming winter months. Trained Age Concern staff will be on hand to speak to people in person and lend their expertise on a range of key issues important to older people when the temperature begins to drop.

We'll be giving a big, warm welcome to all who take the time to pop in and see us, and we'll also have staff available to talk through our Energy Services package, developed in association with E.ON which is specifically designed to meet the needs of the older person and aims to help improve energy efficiency in the home.

If customers opt to switch to Age Concern Energy Services, they will receive a welcome pack including; free energy-saving light bulbs, a free carbon monoxide alarm worth £20, a free hypothermia thermometer and useful energy saving tips.



As temperatures start to plummet and the heating is turned on for the first time this winter, Age Concern advises that all boilers and fires are inspected and serviced regularly. Poorly maintained gas appliances can produce deadly carbon monoxide, which is why Age Concern and E.ON have introduced a free carbon monoxide alarm within the welcome pack. The alarm will alert people to the presence of carbon monoxide within the home and help keep Age Concern Energy Services customers safe.

**To find out more about the Energy Day,
call 0191 514 8324/ 514 1131 or visit Age
Concern Sunderland at the Bradbury
Centre, Stockton Road, Sunderland.
Alternatively, for more information about
Age Concern Energy Services call 0800
401 5101 or visit**

www.ageconcern.org.uk/energy.