



September 2009 Issue

Forums For September

Listed below are the forum dates and venues for September. The theme this month is health. With this in mind there will be Health Trainers will be attending to do mini health checks and give advice on staying fit and healthy.

Venue	Date	Time
Gilwood Court Penshaw	8 th September 2009	10.30am
Burn Promenade Houghton	9 th September 2009	10.30am
Chillingham House Roker	10 th September 2009	2.30pm
Bellingham House Pennywell	16 th September 2009	2.00pm
Beaumont Lodge Toward Rd.	17 th September 2009	10.15am
Bradbury Centre Stockton Rd. 18 th September 2009 10.00am Please Note: There will not be Health Checks at this Forum meeting topic to be confirmed		
St. Margaret's Court Castletown	28 th September 2009	9.00am

Have you got something to say?

Would you like to have a letter or article published in the next Newsletter?

If so, please send it to me,


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ActivAge Activities
Enrolment Days

The new autumn programme of activities starts again on 21st September 2009. There is a wide variety of courses to choose from and a number of venues to attend.



There is a diverse range of courses from Craft to Computing, Growing Herbs & Plants to Healthy Living and Scrabble to Salsa.



If you are looking to keep your mind or body active pick up an ActivAge Autumn Programme of Activities Leaflet at the Bradbury Centre or pop in to Number 26 Information Café.



Enrolment for courses are at the Bradbury Centre on Stockton Road (just round the corner from Park Lane interchange) on Wednesday, 16th, Thursday 17th and Friday 18th September 2009 from 10.00am until 3.00pm.

It is strictly on a "first come, first served" basis. You will need to bring with you your National Insurance Number, proof of your age and if you are in receipt of any means tested benefit, a current letter confirming the benefit you receive.

For more information please contact the ActivAge Staff on 0191 514 1131 or e-mail: learning@acsunderland.org.uk

Fatherhood Memories Wanted!

The BBC is making a documentary charting a century of fatherhood in Great Britain, it is to be shown on Channel 4 next year

They are looking for lively characters with a story to tell either about being a dad or memories of their own fathers. It will be wonderful to record the thoughts and feelings of men now in their 60's, 70's, 80's 90's or even older!

They would like to find out simple things- like whether you were present at the birth, what games you played with your children, whether you were affectionate dads, and the challenges of discipline, education, rebellious kids, and the joys - giving daughters away on their wedding days, dressing up as Santa and family holidays.

WW2 Dads wanted

We'd really like to talk to men who were dads during the Second World War

Whether you had to leave your young children behind to go off to fight, or you worked on the home front during the blitz, it must have been a worrying time to be a dad, not knowing what might happen to you and your family.

Children of WW1 veterans

Also as part of the series, we want to explore the effect that World War One had on fathers in this country – and particularly those from the towns and cities like yours, which formed Pals Battalions at the beginning of the war.

Of course all the veterans have now passed away (in fact we filmed the first ever interview with Harry Patch over ten years ago), but there is a story that we're hoping we might be able find. It will be uncommon, but we're sure it will be out there somewhere.

If you have an interesting story or memories to pass on, please get in touch with me as soon as possible and I will pass your details on to the film makers. My contact details are on the front page.

Older Person's Conference

A conference has been organised by Gentoo at the Stadium of Light on 1st October 2009.

Gentoo have offered us a limited number of places for Forum Members to attend. You do not have to be a Gentoo tenant as they would like to hear from older people from all walks of life to help shape the services provided for older people.

There will be a number of speakers on the day discussing the challenges and opportunities that living in an ageing society affords us, empowering older people and recognising that retirement doesn't mean that people can't continue to learn, grow and contribute.

Throughout the day there will be a number of discussion workshops, you are asked to take part in two, one before lunch and one after.

The titles of the discussions are:

- **I have a dream...** this is about what your hopes and aspirations are for the future.
- **Housing options for the future...** this is your chance to have your say on what your housing needs are as you get older.
- **Support options for the future...** find out the options and have your say about the government's plans for care and support for older people.
- **How do we live well in later life?** What actions can we take to have a better quality of life as we age.

Lunch is provided and we will also be celebrating International Older Person day with some sherry, cake and entertainment from the Tees Valley Jazzmen.

If you would like to attend, please let me know by 11th September at the latest. When you contact me please let me know which two workshops you would like to attend. **Places are limited so act quickly. Tel: 514 1131**

Adrienne Rowly