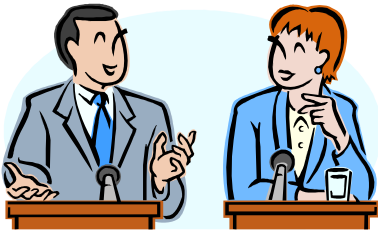


50 + FORUMS

**YOUR VOICE
YOUR CHOICE**



**APRIL 2008
NEWSLETTER**

Contents:

- Top tips for staying healthy
- Insurance
- Care available as you get older
- General Information
- April 50 + Forums (separate sheet)

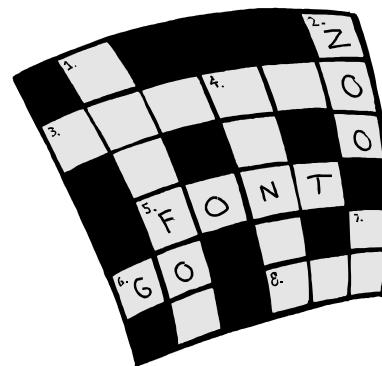
For further information on any item in this newsletter contact:

Susan Urwin, Bradbury Centre,
Stockton Road.
Tel: 0191 5141131
Email: offco@acsunderland.org.uk

Top tips for staying healthy

Read a book or two – helps relaxation and sleep.

Play cards and do crosswords – keep the brain active



Sleep long and get up late – late risers have faster brains and lower stress levels

Go out into the fresh air as often as you can. Vitamin D, which is important for bones teeth and happiness, is boosted by sunlight (but keep the sunscreen on).



Walk and keep physically active – it's good for the heart and lungs.

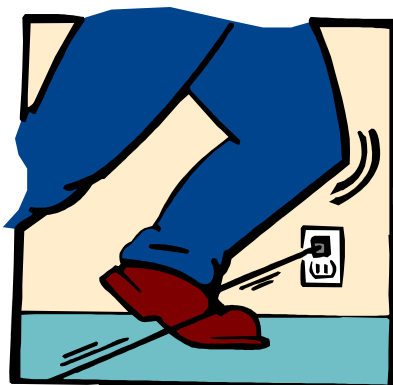
Sing – the breathing control needed for singing is good for combating stress.

Drink at least 6 -8 cups of liquid a day – preferably water or fruit juices – to give

your body a chance to deal with all the toxins we consume on a daily

Eat five portions of fruit and vegetable a day – this will make you enjoy better health and vitality which in turn can make life more enjoyable.

Keep your home safe and free from hazards (floor surfaces, trailing flexes), wear properly fitting slippers and increase the levels of lighting everywhere – this will help you avoid slips, trips and broken hips.



Insurance

Did you know that Age Concern Sunderland offers a comprehensive range of products and services specially designed for people age 50 and over? Please contact the Bradbury Centre for further details.

Care available as you get older

Influencing the Governments care reform agenda is a key priority for Age Concern. To do this we need you views and experiences to build upon our evidence and support the charities call for reform. Age Concern England is looking for people to share their stories of care available as you get older. They are particularly interested in people who need care at home and are not entitled to it and/or are in the process of putting a relative in a home (cost, relatives

being asked to pay top up fees). They are also keen to hear about the care or lack of help available for older people in later life.

If you are able to help by providing your own story about any of the above aspects of care available as you get older please contact me – I will pass on your information to Age Concern England to enable them to contact you directly.

General Information

For those of you who live in St Peters Ward in the North area of the city, St Peter's Development Trust is having their Annual General Meeting on Wednesday 2nd April 10am at Monkwearmouth Library.

Also for those of you who live in the East end of the city there is an East Area Forum to be held on Thursday 3rd April 1pm – 3pm (buffet lunch at 12.30pm – 1pm)

The South Area Forum will meet on Wednesday 26th March at Plains Farm and Humbledon Community Initiative and Wednesday 30th April at St David's. Both meetings are 1pm – 3pm with a buffet lunch from 12pm -1pm.

Whereas Age Concern Forums deal with the issues of the 50 + age group, these forums deal with issues of all ages.

Finally, don't forget, the forums are your chance to have your say. If you have any issues you would like to address please contact me at the number on the front of the newsletter.