



Sunderland

**50 + FORUMS  
SEPTEMBER 2007  
NEWSLETTER**

First of all, let me begin with an apology to all those who turned up to the forum on July 26<sup>th</sup> at Washington Library to find the meeting cancelled. Sadly this was due to a family bereavement.

Also the launch of the 'Feet for Purpose' has been delayed as the offices were badly flooded and significant quantities of campaign materials were lost. Hopefully it won't be too long before the campaign is back on track. Many thanks to those of you who contacted me with stories for the campaign.

Enough of the bad news!!!

**There are busy times ahead.**

ActivAge begins a new academic year in September with two weeks of taster sessions beginning on the Monday 3<sup>rd</sup>. You can call in and enroll and/or take part in a wide variety of classes. Please refer to the enclosed poster for details.

You have lots of leaflets enclosed this month:

- A list of the September Forums
- ActivAge taster sessions
- ActivAge Autumn classes
- Posters for your local forum, the seminar, and the consultation on Health, Housing and Adult Services
- A list of dates and venues for the October events and conference. The conference will focus on wellness, and how we can make Sunderland an 'Age Friendly' city. We are hoping to have a speaker from the World health organization.

I know this is a lot of information all at once but there are important things going on in the city involving older people. It is important that our views are heard. Remember we want to make Sunderland an 'Age Friendly' city, so please take time to read the enclosed leaflets.

Monday 10<sup>th</sup> September is a very busy day. In the morning we have a chiropodist who is going to tell us the best way of looking after our feet and in the afternoon we have representatives from Health, Housing and Adult Services who want to find out what prevents some people ever using Council services. This is a chance for **YOU** to put forward **YOUR** opinions. Why don't you bring along a packed lunch and make a day of it.

I'll leave you to read and digest all the information.

October will be an exciting and busy month, so keep the diary dates of the venues free.

If you would like to attend the conference please let me know as soon as possible as there are limited places.

For further information please contact:

Susan Urwin, 50 + Forum Co-ordinator, Bradbury Centre, Stockton Road.

Tel: 0191 5141131

### SEPTEMBER FORUMS

AREA	VENUE	TOPIC	DAY/DATE
SOUTH	Tom Urwin House	The importance of small equipment in remaining independent	Wednesday 5 <sup>th</sup> 2pm
EAST	Bradbury Centre	Feat not Feet  Health, Housing and Adult Services Consultation	Monday 10 <sup>th</sup> 10am  Monday 10 <sup>th</sup> 2-15pm
NORTH	Chillingham House	Hand hygiene and its importance in the prevention of infection	Thursday 13 <sup>th</sup> 2pm
WEST	High Grindon House	Health MOTs	Tuesday 18 <sup>th</sup> 10am
WASHINGTON	Washington Town Centre library	Health Trainer Presentation	Thursday 20 <sup>th</sup> 2pm
COALFIELDS	Burn Promenade	The importance of small equipment in remaining independent	Thursday 27 <sup>th</sup> 2pm

