

Issue eight

Search news

Spring 2010

Search is a community based centre for people aged 50 plus living in the West End of Newcastle. We're based on Adelaide Terrace in Benwell.



Pamper your Tootsies with a low cost Pedicure at Search

Every Wednesday afternoon we have foot pampering pedicures including a footbath, toe nail trim and massage at £5 for 20 mins, to book an appointment please call Search. Unfortunately we cannot treat people who have diabetes.

Nordic Walking – what is it?

Nordic walking is an enhancement of ordinary walking – it makes something we can all do twice as effective! Two poles (like ski poles) are used which means that the upper body muscles are exercised as well as the legs, also the poles help to propel the walker along while feeling very stable. It burns 46% more calories than normal walking.

Search is organising FREE taster sessions of Nordic walking at Elswick Park over the coming months so you can try it for yourself. If there's enough interest we will set up a regular Nordic Walking group. Call Search and leave contact details if you are interested.



getting in touch

To find out more about an activity or event and to book a place please contact us at:

Search Project, 74 Adelaide Terrace, Benwell

Call in or telephone 273 7443

between 10.00am – 1.00 pm Monday to Thursday.

Email: searchprojectuk@yahoo.co.uk

www.searchproject.co.uk

Search User Survey 2009 – The Results!

Search regularly carries out User Surveys when we talk to local people who participate in our work. This is a useful way of finding out who is using the project, what benefits they get from being involved, ideas for new developments and other useful feedback. Last year 173 Search users took part in the survey and the results have

now been compiled into a report.

When asked about the benefits of being involved in Search 'meeting people, friendship and company' rated highest (43%). 'Feeling better about yourself' and 'Gaining access to exercise and healthier lifestyles' came second. Copies of the full report are available on request.

Some interesting facts from the report are:-

- ✓ 617 different people took part in Search activities last year.
- ✓ 36 different activities ran on a regular basis plus one-off events.
- ✓ 47% of all groups and activities were volunteer led.
- ✓ 1,547 complementary therapy appointments were given to 167 people.
- ✓ An additional 1,200 clients received advice from Search's advice service.



Shopping online and Music online - New computer courses at Search

There are loads of useful and fun things that you can use your computer for that make life easier such as ordering your shopping to be delivered and downloading or listening to your favourite music. Also keeping in touch and sending photos to distant family and friends. If you're not sure how to or are a complete beginner, then ring and book for training sessions with Jeremy our helpful and patient IT tutor.

An Archive of Change

We are hoping to get funding for a project to look at the local history of Scotswood and Benwell and the many changes that have taken place in the area. The project will involve using archive films and photography of the area over the last century. If funding is successful the project will involve film screenings and a variety of activities bringing together younger and older local people to work together sharing memories and stories about their lives in the area.

Welfare Rights Benefit Checks

Don't forget you can make sure that you're getting your full benefit entitlement including Housing Benefit, Pension Credit, Winter Fuel payments etc. by calling in at Search's Drop-In open:

**Monday to Thursday,
10am - 1pm**

**For more information call
Dee or Kath on 0191 273 7443
between 9am and 4pm.**



St. James' Ark Project – Knit Woolly Animals!

Would you like to knit, crochet, weave, felt (or use wool in any other way) to create a pair of Woolly Animals for a Noah's Ark that will be built at St. James' Church and displayed to the public?

The idea for this project is to involve as many local people, groups and organisations as possible in creating an ark and the animals to go on it with all ages taking part. If you're interested, then decide which animals, birds or other creatures you would like to make and contact Maggy at Search to check that no-one else is already making that particular pair. We've got free donated wool and some other materials you can use at Search. At the end of the project there will be a launch party to bring everyone involved together to admire the finished product!



Make a Big Splash at Elswick Pool – FREE Aqua circuits sessions

The pool was renovated last year and now looks great and has lots of new fitness equipment, exercise bikes etc. definitely worth a look if you're trying to get fit this year.

Our FREE Aquafit class will be slightly different this term as we're trying out Aqua-circuits - a great and safe way of exercising with the support of being immersed in water. Still on Monday mornings from 10 a.m. to 11 a.m. Don't worry, it's not too strenuous, just go at your own level and have fun!

Don't forget - all pools now provide free swimming during public sessions for people aged 60+ as another incentive to get fit!

FREE alarm service for people aged 85+

If you are 85 or over you can have a 6 months free trial of a special alarm unit which connects you to a 24-hour Response Centre when you press an alarm button anywhere in your home. These alarms can help you feel safer, more confident and more secure at home as you can use them whenever you feel unsafe or unwell. There is no obligation to continue after the 6 month period – if you receive Housing Benefit the service may continue to be free.

To find out if you are eligible for this please contact the Community Care Alarm Service on 2116638 and they will tell you all about it.

St. James' Church – our future

Many of you will have taken part in the discussions and consultation about the future of St James' Church in Benwell over the last year. This has shown that the community values St. James' as an important local building of historical significance with many beautiful architectural and artistic features. Residents see it as an important landmark and one of the very few heritage buildings remaining in an area of large-scale regeneration. In the past it was a major venue for social and community activities of all sorts, but it is no longer a comfortable

or accessible building.

St. James' want to develop the church building as a Centre for Culture and Heritage for the west end. The idea is to restore and improve the building to create a venue for events and social happenings such as art, film, music, local history, dance and drama as well as being used for worship. Search already runs a wide range of activities for local



Making angel lanterns at a craft event at St. James' Church.

older people and are keen to support these plans which could lead to a wider range of activities for people of all ages. We think that the west end deserves a high quality venue where people can socialise and enjoy themselves.

Photo: Steve Brock Photography



Current pupils of Atkinson Road Primary School and members of the School Council who were invited to find out what school was like in years gone by



Former school friends meet up at a local history meeting about the history of Atkinson Road School which celebrates its centenary this year.

West End Local History Group

Last year Search started a local history group, with support from the Newcastle Community Heritage Project. The new West End Library provides a comfortable venue for the group which meets on the third Monday of each month at 1 p.m. New participants are very welcome – just turn up.

Forthcoming sessions are:-

Monday 15th February
The coalminer
at home and underground

An illustrated talk about coalmining in the west end of Newcastle.

Monday 15th March
The People's Store
A talk about the history of the Co-op in Newcastle.

Programmes of future local history talks are usually available at Search.

Search Project, 74 Adelaide Terrace, Benwell. Telephone: 0191 273 7443
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