



# gold

Growing Older Living in Darlington

Winter 2021

## A message from GOLD's Chair

*Sometime has passed since I last reported on GOLD activities, due to the COVID situation. I hope you are all safe and well.*

*Nearly two years have elapsed since we were able to enjoy each other's company. The members of the Focus Group have been unable to meet due to the current restrictions and we have all missed out on the events we look forward to.*

*Our last Tea Dance was held in August 2019 luckily the weather was fine for us albeit the wind caused havoc with the gazebos but we all enjoyed the day.*

*The Christmas Party is another event everyone looks forward to, again the last time we met for this event was December 2019.*

*The GOLD Health Group was particularly interesting, informative and popular.*

*We have all missed out on meeting and chatting with friends – lock down has been particularly hard for all of us.*

*We hope that in the future we can all meet up again socially and continue our work supporting older people to realise the help and information that's available.*

*Things are starting to look brighter now we have had our jabs so, hopefully, we can look forward to a more normal 2022 – I do hope so.*

*Please continue to take care and look after yourselves and everyone else so we can all meet again shortly.*

**KEEP WASHING YOUR HANDS AND WEARING MASKS – PLEASE KEEP SAFE**

*Audrey*





## STAY WELL THIS WINTER

- \* Feeling like something is not right ? Seek advice from your local pharmacy and/ or GP.
- \* Make sure your immunisations are up to date– This includes your winter flu jab, both of your COVID-19 jabs as well as the booster and the Pneumococcal vaccine.
- \* Follow up to date coronavirus advice - More information can be found at: <https://www.gov.uk/coronavirus> & <https://www.nhs.uk/conditions/coronavirus-covid-19/>

- \* Keeping comfortably warm– Both outside and inside. Wrap up when you go out, keep the temperature up at home . This aids in preventing winter illnesses and other health conditions.
- \* Look out for each other - Older neighbours, family members and friends may need extra assistance during this time-help out if you can !
- \* Prescriptions – Check you have winter medications prescribed and non-prescribed to get you through the winter months .

Darlington Carers Support offers a variety of different services to local carers.

They can work with you to help you find the information you need to care for someone and can inform you about other services to help you look after yourself. They can provide:

- Information and Advice
- Carer Breaks
- Carer Support Groups
- Counselling
- Training
- A Chance to have your say

The project is part of Durham County Carers Support and is funded by Darlington Borough Council and Darlington Clinical Commission Group



## Could it be a scam?

**Be #ScamAware**

Contact the Citizens Advice consumer service online or at **0808 223 1133** for advice.

**Watch out for coronavirus scams—** whether that's emails pretending to be from the government, adverts selling face masks at high prices, or someone knocking at your door asking for money for a fake charity.

**Don't give money or personal details to anyone you don't know or trust, and don't click on any links they send you.**



# VOLUNTEER WITH GOLD

There are many benefits to volunteering. Volunteering allows you to connect to your community and make it a better place. Even helping out with the smallest tasks can make a real difference to the lives of those around you, and organisations in need. Volunteering works two ways - it can benefit you as much as the cause you choose to help.

Dedicating your time as a volunteer helps you make new friends, expand your network, and boost your social skills. **GOLD** is looking for volunteers to get involved in helping to organise events, create fundraising opportunities and represent the views of older people. If you can make a difference to your community and want to get involved please contact us.

Darlington Citizens Advice  
The CORE, Church Row, Darlington  
Phone 01325 26688 ext 121  
Email [gold@darlingtoncab.co.uk](mailto:gold@darlingtoncab.co.uk)





Darlington



## Are you ready for winter?

Citizens Advice Darlington can help you keep warm and well



**If you are struggling to pay fuel bills; or worried about keeping warm this winter, we can help with:**

- advice and support for cold homes
- debt, welfare and benefits
- energy debt and switching energy

**We can help — call us today:**  
**01325 266888 Ext 120**

Or text us on  
**07394 187585**

Or email us on  
[energy@darlingtoncab.co.uk](mailto:energy@darlingtoncab.co.uk)

And we'll call you back as soon as we can

---

**Lines are open Monday-Friday 10am-4pm**

## MONDAY MOVERS

From 9:30AM to 11:30AM,  
29 November  
13 December

**Venue: Darlington Hippodrome**

Evolved from the pilot scheme, Falling on Your Feet, which was run by Helix Arts and delivered by The D Project, Monday Movers is a movement and dance class aimed at people aged 65+ who are living independently, although any age is welcome.

The class includes some chair-based exercises and optional movement within the space. Participants create beautiful art, develop balance and coordination, and make new friends.

**FIRST CLASS FREE!**

Supported using public funding by the National Lottery through Arts Council England.

[www.darlingtonhippodrome.co.uk/whats-on/Monday-Movers](http://www.darlingtonhippodrome.co.uk/whats-on/Monday-Movers)



**YOUR LIBRARY  
YOUR WAY**

**Library Home  
Delivery Service**



Residents of Darlington, aged 60 and over, can request a delivery of books to their home.

The books will be selected based on your reading interests and will be delivered to your home every month.

To enquire about this service please ring the Library on **01325 349610**.

Phone lines are open Monday to Friday.



## **Darlington Libraries Home Library Service**

**We bring your books to your home**

### **What is the Home Library Service?**

The service is for Darlington residents of all ages, who are unable to access their Libraries because of ill health, disability or frailty, or if you find it difficult to visit the library or carry books

We offer free access to

**Books | Large Print | Audio Books on CD  
| Music on CD | Children's Books | Information  
| Digital eBooks and eMagazines** via our website

Books are available as hardback and paperback, in both standard and large print

Audio books play on any CD player

**Free Home Delivery**—Our friendly staff will deliver your books to you once a month

**It's easy to join**—Just telephone or email us

We will contact you to discuss your reading interests, and then choose books to suit you  
You can request your favourite books and authors

To find out more contact us

**Darlington Library | 01325 349610**

**e-mail | [library@darlington.gov.uk](mailto:library@darlington.gov.uk)**



*We wanted to take a moment to thank you for your continued support & look forward to seeing you hopefully, over the coming year.*

*Wishing you a safe and happy festive season.*

*With Warm Wishes from all at GOLD*



The CORE, Church Row, Darlington, DL1 5QD

Telephone: 01325 266888

Email: [gold@darlingtocab.co.uk](mailto:gold@darlingtocab.co.uk)

Website: [www.darlingtongold.co.uk](http://www.darlingtongold.co.uk)

Facebook: [golddarlington](https://www.facebook.com/golddarlington)