

12th May InfoNOW News

Thank you for supporting the new InformationNOW!

Thank you to everyone who came along to the [InformationNOW](#) launch event. It was great to celebrate with you and talk to you. We've had such a fantastic response about the new website and now have 80 new users registered on the site!

You don't need to register to use InformationNOW but if you'd like to receive updates from us and save your favourite pages for later you can [register or log in here](#).

If you were unable to join us for the launch event you can find out more about the new website on our short video [Getting the most out of InformationNOW](#)

Please share this with your friends, colleagues and anyone who might find it useful.

If you'd like to hear more about InformationNOW we will be presenting at the Wellbeing and Health Open Forum on Health and Social Care Integration

Tuesday 16 May, 1.45pm to 4.00pm at Broadacre House, Newcastle. Find out more or book your place here.

Elders Council News out now!

[May to June 2017 edition of the Elders Council Newsletter is now available](#). Read more about

- The monthly Coffee Mornings at the Milecastle
- Changes to the [Elders Council](#)
- Elders Council monthly radio show
- Where to get benefits advice in Newcastle
- Hot topics that the Elders Council have been working on to help older people in Newcastle

- Activities that are coming soon
- and much much more!

Read more on InformationNOW about [Older People's Forums in Newcastle](#)

Moneywise Credit Union April and May offer

[Moneywise Credit Union Ltd](#) now have over £3 million in shares and are launching a series of campaigns to boost membership even further. Credit Unions cater for a wide audience of people from low to high income and are a completely safe way of saving and borrowing. Everyone who joins is a shareholder (member) and profits will be shared with each shareholder in the form of a dividend paid once a year. Anyone who is not a member yet can [join online](#) and get access to ethical savings and loans from as little as £50 and up to £15,000 with rates up to 3% per month. Moneywise Credit Union can offer a range of loans of up to £15,000 with typical Annual Percentage Rates (APR) ranging from 9% to 24%. New member loans under £2,000 can enjoy rates of up to 18% APR and existing members can benefit from rates starting at 6%. Long-standing members can apply for loans up to £15,000. Moneywise Credit Union can also match a loan offer from a high-street bank for members that pay into their savings by payroll deduction - if your employer is part of our payroll savings scheme then visit their website for details of how to set a payment up. Please note that all loans are subject to usual terms and conditions and subject to credit checks are will depend on your individual circumstances.

Moneywise Credit Union is also looking for more employers to join its payroll savings scheme so why not ask your employer to join the scheme ? contact symon.agnew@moneywise.org.uk for more details.

A payroll savings scheme can help employers provide a great benefit to employees and best of all **it's free**. We all worry about money at some point in our lives, debt can cause stress and depression, which can lead to reduced productivity and even absences - a terrible cycle that leaves everyone worse off. Building savings through a salary deduction can support people when they're hit with an unexpected expense and give access to affordable loans to help with those special purchases.

Read more on InformationNOW about [Credit Unions](#)

National Walking Month

With National Walking Month taking place in May [Active Newcastle](#) are hoping to ramp up the noise about walking, and they want YOUR help to do this!

This May they're asking members of the public to [#Try20](#) ? that is to try walking for 20 minutes every day. Walking helps us become fitter, happier and helps improve our local air quality and economies. Active Newcastle offer a whole host of walks. All walks are free to everyone, so why not get in involved and [#Try20](#)!

For more information about Active Newcastle walks contact

David.Luke@newcastle.gov.uk **Read more on InformationNOW about [Fitness activities](#)**

Shopmobility ? making the city centre accessible for all

[Newcastle Shopmobility](#) allows anyone with mobility issues full access to the city centre, including Eldon Square and Eldon Gardens shopping centre and other places such as the Grainger Market.

So whether shopping, sightseeing, going for a drink or something to eat with friends the powered scooters, wheelchairs and other mobility aids can help with independent movement. The service is based in Eldon Gardens and the £25 annual charge gives unlimited use and access to the dedicated parking spaces on Level 4 of the car park whilst using the service. Opening hours are Monday to Friday (9.30am to 5pm), and full training is provided so everyone feels comfortable with the equipment.

Visit their website for more information.

Read more on InformationNOW about [Mobility scooters](#)

A new home for the Housing Options Centre

[Your Homes Newcastle \(YHN\)](#)'s Housing Options Centre is moving to Level 1 of the City Library from Monday 8 May 2017. Residents looking for a home will be able to register and search for properties online with staff on hand to help with any queries.

In preparation for the move, the office on Saville Row will close on 28 April 2017. The team's phone lines and email address will be monitored throughout the move though so customers and colleagues can still contact the team if they need to on 0191

Tree Top Village, Walker ? last remaining properties

Located in the heart of Central Walker on Walker Road, Tree Top Village is [Your Homes Newcastle \(YHN\)](#)'s brand new development exclusively for people over 55. All homes are light and airy with excellent space standards, modern fixtures and fittings and private outdoor space.

The last remaining one and two bedroom apartments are available to rent now from £145 per week with:

- No fees or deposit to pay
- Secure door entry system as standard
- Furnished option available on request
- All repair and maintenance costs covered
- Car parking available
- Sheltered housing service

Call 0191 278 8585 or email yourtimeyourspace@yhn.org.uk for information or to arrange a viewing before it's too late.

Read more on InformationNOW about [Housing for older people](#)

Unusual Perceptions Survey ? Participants Needed!

Researchers at Durham University are conducting a new study investigating unusual experiences and perceptions, i.e. hearing or seeing things that other people cannot hear or see. The aim of the study is to understand more about unusual experiences in older adults, the factors that cause them, and how they might differ between younger and older people.

Anyone aged 18 - 30 and 60 - 75 can take part. The online survey involves answering some questions about unusual experiences and then completing a short survey about some other topics. These will include things such as sleep, personality, and general health. The survey will take around 15 to 20 minutes to complete.

The survey will ask for you to supply your email address to be entered into a prize draw to win a £10 Marks and Spencer or Amazon gift voucher. This is entirely optional and all survey responses will still be kept anonymous.

If you have any further questions, please contact Rebecca Finnigan (rebecca.l.finnigan@durham.ac.uk). The supervisor for this project is Dr Ben Alderson-Day (benjamin.alderon-day@durham.ac.uk).

To complete the survey online [here](#).

More information on the study, you can also read Rebecca's [blog](#) on the topic.

BBC1 are looking for people for a new programme for the Newcastle Can campaign

Keo Films are making a new BBC1 series presented by chef and campaigner Hugh Fearnley- Whittingstall which is about getting Newcastle healthier and they are looking for families, couples and individuals who would like to take part in the programme.

Are you an older, possibly retired person or couple (50s- 60s) who has had a change of pace in your life. Are you less active than they used to be and would like some help to change this?

The programme is being made in conjunction with a citywide health campaign called 'Newcastle Can,' which is endorsed by the City Council and is all about the people of Newcastle working together to adopt a healthier lifestyle and get into better shape. The ultimate goal is for the city to collectively lose 100,000 pounds in weight over the course of this year. Individuals, businesses and teams can sign up to be part of the Newcastle Can campaign on the website www.newcastlecan.com

Interested? Contact Amber on 07909 904669 amber.comerford@keofilms.com

This week's Events & Activities at a glance

Monday 15th May

- Newcastle Local History Month
- Tap Dancing

- Craft Group at Byker Community Centre

Tuesday 16th May

- Newcastle Local History Month
- Volunteer Open Day at Jesmond Dene
- Keep Fit

Wednesday 17th May

- Newcastle Local History Month
- Gentle gardening sessions
- Line Dancing

Thursday 18th May

- Newcastle Local History Month
- Dementia Friendly Reading Group
- Even Fitter

Friday 19th May

- Newcastle Local History Month
- Computer Club at Search
- Dementia Cafe at Great Park

New Craft Group at Byker Community-Centre Byker Community-Centre,
Headlam Street, Byker, NE6 2DX

9.45 until 11.45 am starting Monday 8th May 2017

Refreshments provided Have you always wanted to use a sewing machine? Understand a pattern? Would just like to sew something by hand? Whatever it is you are thinking of you can call along to the group, have a cuppa and find out more! This group will meet on a weekly basis.

Equipment and material will be provided, or you can bring something you are working on and ask for advice For further information please contact Age UK Newcastle on 0191 2326488

[Read more on InformationNOW](#)

Dementia Friendly Cinema

[Tyneside Cinema](#) have released a new programme of dementia friendly film screenings.

Read more on InformationNOW about [Cinemas](#)

Newcastle Local History month

History enthusiasts and anyone who is interested in researching their family tree are invited to come along to the City Library to celebrate Local History Month. Some of the events taking place during the month include an exhibition on Charles Dickens, a visit from staff at the General Register Office, author talks and a vintage fashion show. You can even learn how to create your own hooky mat with a special talk about mat making in North East England.

During the special month the City Library will be celebrating Newcastle Fashion week from Saturday, 26 May to Saturday, 2 June which includes 'From hotpants to Adam Ant' on Monday 28 May. The fashions of the 70s will be on display as vintage garments take to the catwalk with a talk by cultural historian Hilary Fawcett. Other libraries throughout the city will also be hosting events.

If you want to see the region's history close up you can book yourself onto one of the city's tours which take in Grey's Monument, the town walls, Blackfriars and Exhibition Park.

[Find out more](#)

What's new this week on InformationNOW?

Organisations Updated

- [Hearing the Voice, Durham University](#)
- [Friends of Jesmond Dene](#)
- [Victim Support](#)

- [Newcastle Can](#)
- [Throckley Community Hall](#)

Articles Updated

- [How to tailor InformationNOW to your access needs](#)
 - [Gas safety](#)
 - [Care and support](#)
 - [Carers assessments](#)
 - [Affordable furniture](#)
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They can [subscribe](#) to receive the E news directly.

Want to share your information?

If you would like to submit information to be included in the next E News please [contact us](#) or [register your service/organisation](#) on InformationNOW.

We look forward to hearing from you soon.

Best Wishes

Lauren

Development Manager (Information and advice), Quality of Life Partnership

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click from an organisations page? Did you know you can change the website into over 100 languages? Did you know you can find informa...

[InfoNOW News Wednesday 6th March 2024](#)

InformationNOW Updated User dashboard When you log into your dashboard as an organisation, you will now see a message 'Please send us your events using this from'. Clicking on the 'this form'...