

19th May InfoNOW News

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Please help to share InformationNOW

Do you know anyone who would benefit from using InformationNOW?

Do you support or work with people who might enjoy finding out about what's going on in Newcastle and support available?

Here are 4 easy ways to share the joy

- Show them the [InformationNOW website](#) and our handy '[How to get the most out of InformationNOW video](#)
 - Email or print out a useful page of information
 - Pass on a postcard or bookmark to someone who needs it. Download a [bookmark](#) or [postcard](#) here.
 - Do you have access to plasma screens that your team or the public use? Please display [our slides](#) or [videos](#) to help raise awareness.
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Welcome to Kate our new Development Manager (Maternity Cover)

Hello and welcome to Kate Bowman who has joined InformationNOW this week as the new Development Manager while Lauren is away on maternity leave.

Over the next few week's Kate will be taking the reigns as Lauren prepares to leave on 16th June. Kate is working full time Monday to Friday. Her contact details are Kate.Bowman@newcastle.gov.uk and Tel 0191 208 2703.

Please direct all InformationNOW enquiries to the team on informationnow@newcastle.gov.uk

Three easy ways to boost your retirement income

[RetireEasy](#) have published a new blog on [3 easy ways to boost your retirement income](#) by Tony Watts OBE, Director.

[Read more on InformationNow on retirement](#)

Priority actions for better later lives

Centre for Ageing Better launches its manifesto for General Election 2017

By 2024, more than one in four of us will be over 60. Our longer lives are one of society's greatest achievements. But while many already enjoy a good later life, others risk ill health, poverty and loneliness. At the same time, many in mid-life are struggling to get by and aren't in a position to think about or plan for later life.

Read in full here

Protect yourself from ransomware attacks

Here are some helpful tips to help protect your computer from future attacks from the ransomware virus that recently attacked NHS computers.

- Update your system and applications ? Keep your local windows PCs & Laptops up-to-date by enabling Windows Updates
- Install and enable anti virus software and firewalls
- Use secure passwords and change them frequently
- Only open emails from people you know.

[Read more on Information now about staying safe online](#)

An Alternative General Election

4 June, 1.00pm to 4.00pm at Northern Stage, Barras Bridge, Newcastle upon Tyne

Newcastle Council for Voluntary Service is organising an Alternative General Election Hustings. This is your opportunity to say what you think are the most important issues for local communities and those who work in Newcastle and Gateshead.

[Book your place here](#) or follow on [#VCSGE2017](#)

First Aid Training

Monday 22nd MAY, 10am ? 12pm

Broadacre House, Room 11,Market Street, Newcastle Upon Tyne, NE1 6HQ

Places are still available to learn about how to act when someone elderly slips, trips and falls.

Please contact Jade Bambrough on 07961295837 or jade.bambrough@keyring.org

This week's activities at a glance on InformationNOW

Monday 22nd May

- Tap Dancing
- Newcastle Local History Month
- Craft Group at Byker Community Centre

Tuesday 23rd May

- Keep Fit
- Newcastle Local History Month
- Rabita Women

Wednesday 24 May

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

Thursday 25 May

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

Friday 26 May

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

Walkergate over 55s club includes chair exercises

Would you like to do some regular gentle exercise including chair exercises?

[Walkerville Community Centre](#) is hosting some regular sessions. Contact Gwen Smee on 07500623864.

Read more about chair fitness activities in Newcastle.

Canasta Club

Job Bullman (Weatherspoon's pub, off Gosforth high street)

Sessions start on 13th June. Contact Jude at [Chain Reaction](#) on 0300 300 7070

Beginners are welcome at this free session.

Jesmond Community Festival

Jesmond's annual communitiy fesitval is back with a full programme of events and activities.

Find out what's going on here

Dementia Community Roadshow

The Alzheimer's Society are hosting an event to give you the opportunity to ask questions and find support. Come and join them on: 23rd May,

10 - 4 pm at:

23-24 Northumberland Street (by NatWest)

Newcastle upon Tyne

NE1 7DE

Find out what's going on here

The Late Shows

The Late Shows are on this weekend. Enjoy a weekend of free activities on 19 and 20 May from 7pm. Ouseburn area has a regular shuttle bus and you can jump on board the city sightseeing buses. Find out more and download the routes [here](#)

Updated this week on InformationNOW.

Articles Updated

- [How to tailor information Now to your access needs](#)
- [Gas Safety](#)
- [Care and Support](#)
- [Carers Assessments](#)
- [Affordable furniture](#)

Organisations Updated

- [Hearing the voice Durham University](#)
 - [Friends of Jesmond Dene](#)
 - [Victim Support](#)
 - [Newcastle Can](#)
 - [Throckley Community Hall](#)
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Thanks for reading InformationNOW News

Found this useful?

Forward it on to a friend or colleague using the buttons below.

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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