

6 October 2017 Info NOW News

News

- Information NOW article on support groups
- Tap and donate contactless donations
- Getting along programme
- National Health Service Choices
- Free Wills Month
- Tyne and Wear Archives and Museums
- Dementia Care Admiral Nurse

Research & Reports

- Living well index
- Enabling people over 50 to contribute to their communities

Opportunities for Action

- Build your team with Newcastle Can
- Stoptober
- Older People and employment
- NHS healthcare community grants

Resources

- Talking about dying
- Self-Help leaflets

New on Information NOW this week!

- [This week's events & activities at a glance](#)
- Virtual Race
-

Swimming and Aqua

- [Updated articles & organisations](#)
 - Contact the Elderly
 - Royal Voluntary Service
 - Support Groups
-

NEWS

Information NOW

Information NOW has published a new article on [support groups](#). This is a vast subject and there is a wide variety of support networks in the City and North East. If you aren't mentioned but you'd like your support group to be included in the article and listing, get in touch with us at [Information NOW](#).

Tap and donate contactless donations

The UK launch of the tap+Donate contactless charity boxes will take place on 23 October. The development of the App has been supported by the Charities Aid Foundation and the Royal Association for Deaf People.

Units will be available for rent (£45 per month) or sale (£250) with a one-time set-up fee per charitable organisation of £250. The units are made up of two parts, a contactless pad (also able to accept Chip & PIN) and a brandable frame. Donate has also agreed a banking arrangement with Barclaycard to ensure that charities can collect funds immediately on receipt of their contactless box rather than having to set-up their own banking acquiring account. [Find out more](#).

Getting along programme

Getting Along is a programme that supports couples to address changes in their relationship that might be brought about by a dementia. There is a very short video you may like to watch. Please contact Innovations in Dementia by [email](#) or call 07927 405 854.

National Health Service Choices (NHS Choices)

[NHS Choices](#) has included health tips and made information available on their [website](#) to support Stay Well This Winter. The campaign is aimed at keeping people informed of how they can stay well during winter to help them avoid having to be admitted to hospital. They are urging older and vulnerable people to arrange to have their flu jab either through their GP practice or their local pharmacy.

October 2017: Free Wills Month

[Free Wills Month](#) brings together a group of charities to offer members of the public aged 55 and over the opportunity to have their wills written or updated free of charge. It's easy to take part, just visit the Free Wills Month website to find out which solicitors are participating in your area, and make an appointment. Charities you will be supporting include: Guide Dogs, Great Ormond Street Hospitals, Stroke Association, Lifeboats and Blue Cross for Pets.

Tyne and Wear Archives and Museums (TWAM)

There are many activities and events across [TWAM](#) in our region. These are just a few: jewellery making at South Shields Museum; Paul Nash Landscapes from WW1 at the Laing Art Gallery; a 'Behind the Scenes Tour' at the Discovery Museum and a Heritage train rides at the Stephenson Railway Museum. Go to their website and subscribe to receive regular bulletins from The Insider.

Dementia Care appoint an Admiral Nurse in the North East

[Dementia Care](#) has appointed the first Admiral Nurse in the North East. Joe Costello will be able to offer advice on assessment and diagnosis as well as options and support regarding end of life care. Joe will offer families one-to-one support, expert guidance and practical solutions.

RESEARCH & REPORTS

Living Well Index

Sainsbury's has launched a [Living Well Index](#) which measures the factors associated with how well we are living, from debt to health, social media and relationships. Key factors associated with living well include good quality sleep and feeling connected with your community and neighbourhood. You can take part in a shorter version of the [Living Well quiz](#) to check your own status.

You may also be interested in thinking about [community wellbeing](#) and the research conducted by What works Centre for Wellbeing.

Information NOW has information on [Family and Relationships](#), [Health](#) and [Leisure and Lifestyle](#).

Enabling people over 50 to contribute to their communities

The Centre for Ageing Better has announced that it will lead a review in partnership with the Department for Digital, Culture, Media and Sport into how to enable more people aged 50 and over to contribute their time, skills and experience to their communities. The review will focus on how to increase voluntary and community activity among under-represented groups, such as people on low incomes and those with long-term health conditions. The review will involve calls for evidence from people with direct experience of volunteering in later life, as well as practitioners and researchers. The organisation will also host a series of round tables chaired by sector leaders and experts and the review will culminate in summer next year with a set of practical recommendations to inform the work of government, funders, voluntary, public and private sectors. Information NOW has an article on [volunteering](#).

OPPORTUNITIES FOR ACTION

Build your Team with Newcastle Can

[Newcastle CAN](#) is a campaign headed by Hugh Fearnley-Whittingstall working with Newcastle City Council 'on a mission to get communities throughout Newcastle working together to take action across the city - at home, at work, on the high street - to make it a healthier, fitter place to live.' Their idea is that the citizens of one city, acting together and supporting each other, could create a new model for making a real impact; the final goal is to collectively losing 100,000lbs in one year. Each person

who signs up gets their own personal food intake diary and weight loss dashboard, lots of information about healthy eating and exercise, as well as details of upcoming events and local resources. Organisations can create a team through the dashboard. Once someone has signed up they can be invited to join a team, promote their organisation and their activities. Information NOW has articles on [healthy lifestyle](#).

Stoptober

Public Health England (PHE) has launched their Stop Smoking campaign. Smoking rates began to drop dramatically in the North East from 2005 when the campaign for a Smoke free North East began. Between 2005 and 2017 we achieved the best drop rates in England. However, there is still work to be done, with 1:10 children exposed to smoke at home and the whole family becoming exposed to harmful toxins such as carbon monoxide, benzene and cyanide. To get help and support read our [Information NOW article](#) and contact the [Newcastle Stop Smoking Service](#). PHE has a limited quantity of hard copy resources available which can be ordered through their campaign website.

Older People and Employment - opportunity to participate

The Women and Equalities Select Committee (WEC) has re-opened its inquiry into older people and employment. The inquiry is looking at current Government policies to help people extend their working lives, and considering further steps which could be taken to tackle issues including age discrimination. The deadline for submissions is 3 November 2017. Questions include:

- What further steps need to be taken to reduce age discrimination in recruitment, and what evidence is there that an employer-led approach will be effective?
- How successful are Government policies on re-training and re-entry likely to be in helping people stay in work or find new employment?
- Have relevant recommendations on reforming Jobcentre Plus and welfare-to-work services been implemented?
- Is the Government's approach addressing the different needs of women, carers, people with long-term health conditions and disabilities and BME groups among the older workforce?

Information NOW has articles and information about [age discrimination](#).

NHS healthcare community grants - up to £2k

If you are a voluntary organisation you may be interested in this opportunity for funding from NHS England.

In your application you will need explain how you have involved patients and citizens in a healthcare project, and how you plan to use the grant to share and showcase your work in a creative way. Closing date: 31st October.

RESOURCES

Talking about dying

[Age UK](#) has launched a useful booklet to support people to have what may seem to be difficult conversations about death. However, planning ahead, preparing your will and understanding the physical changes brought about by dying may help. You can [download](#) this beautifully crafted booklet from the Age UK website.

You may find it useful to [contact Down to Earth](#) about affordable funeral costs.

Information NOW has an [End of life section](#) which covers topics such as making a will, getting legal advice and planning ahead.

Self-help leaflets

Northumberland, Tyne and Wear Foundation Trust has been highly commended by the British Medical Association for its patient information leaflets on Anxiety and on Depression and low mood - a guide for partners. Visit the NTW website to access their range of [self-help leaflets](#).

THIS WEEK'S EVENTS AND ACTIVITIES AT A GLANCE

Mondays

Choose from tap dancing, flowering arrangements and bingo and more.

[At a glance.](#)

Tuesdays

Choose from Badminton, Women's gardening and Rabita Women and more

[At a glance.](#)

Wednesdays

Options include: MAGS (a general interest group), Ladies Aquafit, Making History and Singing for the brain.

[At a glance.](#)

Thursdays

Options include: Mobilise and Socialise, Even Fitter, Basic Computer Training and Mahila Mandal.

[At a glance.](#)

Fridays

Choose from singing, Zumba, Tai Chi and lunchtime recitals.

[At a glance.](#)

Saturdays

This Saturday join [Line Dancing](#) in Westerhope. You don't need a partner.

On Saturday 14th it is [Apple Day](#) at Jesmond Community Orchard.

Sundays

Why not try the [Sunday Social](#) at the Laing Art Gallery or Modern Sequence Dancing in Westerhope.

Virtual race

How would you like to take part in a virtual race of the solar system? Run the Solar system is back after popular demand following its success last March. Provided by the British Science Association you can download the app on iphone or Android.

Swimming and Aqua

Swim England have launched a new report which provides evidence that swimmers live longer and regular swimming helps older people stay mentally and physically fit. Importantly, it also showed that participation in swimming lessons can help children to develop physical, cognitive and social skills quicker than those who do not have lessons.

Read our article (which lists all the pools in Newcastle) about [swimming pools](#) in Newcastle and fill the autumn weekends with family fun and aqua in the pool.

Organisations Updated

[Contact the Elderly](#)

[Royal Voluntary Service](#)

New articles

[Support Groups](#)

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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

Kate

Development Manager (maternity cover)

Information and advice, Quality of Life Partnership

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