

## 17 Nov Info NOW News

### News

- New on Information NOW
- Diabetes Day
- Ask your pharmacy week
- Going into hospital
- Flying from Newcastle? - take the Hidden disabilities passport

### Research & Reports

- Increasing concern about worklessness amongst the over 50s
- Research volunteers needed

### Opportunities for Action

- Care Crisis petition
- Volunteer for the Samaritans
- Streets for People consultation

### What's new on Information NOW this week!

- This week's events & activities at a glance
- Creative Age at Shipley Art Gallery
- Guildhall Tour
- New & updated organisations
- Percy Hedley Foundation
- British Blind Sport
- MS Society - Newcastle and Gateshead
- Age UK Newcastle
-

Age UK Newcastle Day Services

- Foundations

## [New Article](#)

- Self care and disability

## [New and updated Organisations](#)

Percy Hedley Foundation

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MS Society - Newcastle and Gateshead

Age UK Newcastle

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## NEWS

### [\*\*New on Information NOW\*\*](#)

This week is self awareness week and the theme is engaging and empowering people to look after their own health. Information NOW has several articles on looking after yourself including: [10 tips for good health, healthy eating and drinking](#) and [benefits of keeping physically active](#). We would like to introduce a new article to you on [self care and disability](#) which we hope you will find useful as it covers reablement, rehabilitation, sports and fitness including wheelchair sports as well as personal budgets and education.

Information NOW also has a seasonal events and activities category, '[Christmas](#)' which we will keep updating with activities open to the public for the next two weeks.

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### [\*\*Diabetes Day\*\*](#)

This week it was World Diabetes Day. There are 3.8 million people diagnosed with [diabetes](#) in the UK and this is set to rise to over 5 million if we don't embrace the self care messages about staying healthy and keeping fit and active. If you need help and

support contact your GP or [Diabetes UK Newcastle](#). Read our Information NOW article.

Researchers from Newcastle University are carrying out a study that may help people with Type 1 Diabetes receive better care and information when exercising. If you have Type 1 diabetes and would like to take part, please contact: [Guy Taylor](#) or Tel: 0191 2088264.

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## Ask your pharmacy week

This week is also Ask your pharmacy week. There are 11,500 pharmacies in the UK and most of them are between 10 to 20 minutes from your doorstep. Pharmacists can help you with a range of issues including: flu jab, health checks such as [blood pressure](#) and cholesterol as well as advice to [stop smoking](#). Some pharmacies are becoming Health Living Pharmacies which means that their over the counter staff may be trained to offer you health and advice for a wider range of issues about your health. Take the Discover your local Pharmacy quick quiz and learn more about the Pharmacy team.

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## Going into hospital - communicate with family with confidence

When you know that you will have to [go into hospital](#) or you find yourself unexpectedly in hospital then it reduces the stress to be able to communicate with your friends and family easily. [Patient Latest](#) has developed a system to enable you to communicate easily by email. This system will reduce how many times you need to be transferred to a ward telephone to speak to someone and keep the calls to the Ward staff down to a minimum. The patient or their representative signs up to the site for free. Then they list the email addresses of the people they wish to keep updated. The site automatically contacts them and invites them to join so they can be kept updated. They login and are kept updated by you and can also send messages as well. This is a secure site that has been encrypted to the same standard as used for credit cards.

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## Flying from Newcastle? - take the hidden disabilities or autism passport

Newcastle Airport has developed two Hidden disabilities passports intended to support people with a neurological condition and mental health difficulties as well as autism. The aim is to minimise the distress caused by being in a busy and noisy environment, Download and complete the passport. Once you have arrived at the airport, make your way to the PRM assistance desk (located in between check in desk 32 and WHSmith) and a member of staff will validate the Passport. Following security check in you should be able to access a quiet place to wait for your flight.

Browse our [travel and transport](#) category for more advice and information.

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## **Crisis Skylight Christmas**

[Crisis Skylight Newcastle](#) are looking for donations to help them run a fantastic event on Christmas day and Boxing day. If you can help then contact them for details of their wish list and drop off points. Items will be collected between 13 and 19 December. Drop off points include: i8 Lynwood, The Linskill Centre in North Shields, The Forum Shopping Centre, Segedunum Way, but there are others sites including Durham. Items include: food, clothing and Christmas gifts. Contact [Crisis](#) for more information or if you wish to raise money or volunteer or make a difference this Christmas.

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## **RESEARCH & REPORTS**

### **Increasing concern about worklessness amongst the over 50s.**

The Centre for Ageing Better has published their report showing that there is a crisis in employment for people aged 50 to 64 years.

Key points to note are:

- Almost a third of 50-64 year olds in the UK are not in work ? some 3.6 million people.
- 50-64 year olds have an 'economic inactivity' rate of 27% ? more than double that among 35-49 year olds (13%).
- Around one million of these people left work involuntarily due to issues such as ill health, caring responsibilities or redundancy.

- Once out of work, older jobseekers struggle to get back into the labour market. Some 38% of unemployed over 50s have been out of work for over a year, compared to 19% of 18-24 year olds.
  - Employment support available to this age group is currently not working. Only 16% of over 50s referred to the Government's Work Programme are successfully supported into a job ? worse results than for any other group, irrespective of gender, ethnicity or disability.
  - Browse our [work and retirement](#) category for more information and advice.
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## Research volunteers needed

Can we change our thoughts? Lea Martinon from Northumbria University is doing research on wandering/daydreaming and how it changes across the life span.

Volunteers over the age of 60 are needed for this study and will need to be able to attend the University on two separate days, 28 days apart. Please contact [Lea](#) for more information. Read our [volunteering article](#) on Information NOW.

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## OPPORTUNITIES FOR ACTION

### Care Crisis petition

[The Care and Support Alliance](#) representing 80 + members are seeking signatures for their petition to get better support and recognition for the UK's 6.8 million unpaid carers. Did you know that if a petition receives 100,000 signatures then it is more likely to be debated in Parliament?

The Care and Support Alliance represents older people, disabled people and their carers, and has launched a petition to put pressure on the Government to bring forward their proposals to fix the social care system so it helps all those that need it. According to their research over one million older and disabled people are left to struggle each day without the support they need. Very basic support such as help to get out of bed, wash and eat. The numbers of people needing help have gone up by 50% in the past seven years and are only going to get worse. Browse our [care](#)

category on Information NOW.

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## Volunteer for the Samaritans

[The Samaritans](#) need volunteers.

The Samaritans is known for the support they offer their callers on the phone but they also offer support by email, SMS, face to face and through written correspondence. Helping Samaritans in this way is known as being a listening volunteer. They also need volunteers who can support them in many other ways which can include marketing, fundraising, outreach or a variety of administrative roles.

If you want to know more there will be an information session on the evening of Wednesday 22 November and Saturday 2nd December, 2017 at 2pm in Newcastle. If anyone is interested in going along contact [Isabelle](#).

For more information about [volunteering](#) read our Information NOW article.

This week is also Trustee week - for more information and to apply for a role, contact the [Newcastle Volunteer Centre](#).

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## Streets for People consultation

This is your last chance to take part in the The Streets for People consultation which ends on 30 November. Cycle City Ambition Fund have provided up to £3 million for Jesmond, Heaton, Ouseburn, Arthurs Hill and Fenham to find ways of letting our children walk, play and cycle safely in the area. They want the views of local residents.

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## WHAT'S NEW ON INFORMATION NOW

### EVENTS & ACTIVITIES AT A GLANCE

#### Monday

[At a glance](#). Includes: tai chi, water workout, flower arranging, carpet bowls and table tennis.

## **Tuesday**

[At a glance](#). Includes: walking football, lunch club, tea club and drop in IT at the library.

## **Wednesday**

[At a glance](#). Includes: Making History, Ladies Aquafit, sequence dancing, ceroc dancing and computer club at Search.

## **Thursday**

[At a glance](#). Includes: badminton, even fitter, craft groups and chair based exercises.

## **Friday**

[At a glance](#). Includes: games for the brain, zumba, singing group lunch club and dementia cafe.

## **Saturday**

[At a glance](#). Includes Christmas Fair at St Martin's Centre, Plant stall at Armstrong bridge and line dancing.

## **Sunday**

[At a glance](#). Includes: Sunday Social at the Laing Art Gallery, modern sequence dancing and Kenton's First Christmas Tree Festival weekend (1 - 3 December).

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## **Creative Age at Shipley Art Gallery**

[Shipley Art Gallery](#) has started their Creative Age sessions for older people. Held on Tuesday mornings, they are suitable for older people with dementia, long-term health conditions and their carers.

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## **Guildhall Tour, Sunday 3rd December, Quayside, NE1 3AF**

Newcastle City Guides have arranged a winter tour of the Guildhall on the Quayside, on Sunday 3rd December at 2pm. Tickets are £5 per person and booking is essential. This was once the centre of Administration and Justice and is worth a visit.

The Guildhall is also the starting venue for a Boxing Day walk. Meet at 11 am and

Newcastle City Guides will take you across the Millennium Bridge and you will finish St Mary's Heritage Centre with tea/coffee and mince pies. £4 (£3 over 60s), just turn up and pay on the day.

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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 (Information and advice), Quality of Life Partnership  
(maternity leave)

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