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New on Information NOW this week!

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New and Updated articles & organisations

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- Galafield Learning Hive
- Kenton Park Sports Centre
- Newcastle Trampoline Park and Gym
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Walker Activity Dome

- To bequeath a body
 - Tyneside Cinema
 - The Church of the Holy Nativity
 - Huntington's Disease Association
 - Leisure centres in Newcastle
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NEWS

Information NOW

Take advantage of [Information NOW](#) this Winter to keep up to date about [events and activities](#) that will keep you mentally and physically active. We have a wide range of categories including: opportunities to make music or attend concerts, sports and fitness such as football, bowls and tai chi as well as computer classes to build your confidence to go online. Keep an eye on our [hobbies](#) article, [leisure centres](#) article and visit our [leisure and lifestyle](#) category.

Don't forget to keep up to date with [Christmas activities](#) too.

Community Christmas

Community Christmas is a website that holds information about events held on Christmas day to make sure that elderly people are not alone. Type in your postcode and you can find an event that is near you.

Communities are encouraged to provide companionship to older people on Christmas Day by running a community event, joining up with others at a local pub or restaurant, popping around for tea or arranging to show a film. The Charity aims to:

- ? provide support and guidance to those starting something new on Christmas Day,
- ? give a free listing to any events or activities wishing to maximise their reach into the

community and

? guide older people, those who care about them, or those that want to help them, towards activities in their area.

Those organisations who wish to promote their Christmas day event can register their events on the site.

Thinking about what to buy older relatives this Christmas?

This is the time of year when we think about how to keep our older relatives connected and safe. Whilst younger people are whizzing around using technology without another thought, some of us are unsure about the world of internet and Wi Fi, iPad and fitness tracker. [RICA](#) have published some research that suggests that there may be benefits from connected technologies such as the Hive, Echo and fitness trackers. Have a look at our getting online section.

North East Ambulance Service End of Life Project

Did you know that terminally ill patients have the option to be transported to their preferred place to die thanks to a new service launched by NEAS in 2015? Their service has won the Enhancing Patient Dignity Award at this year's Nursing Times Awards, held in London on 2 November. The service has now transported more than 2,200 patients to their chosen location since its launch in October 2015. The majority of these patients were picked up from hospital and taken home to die. Browse our [end of life category](#) on Information NOW.

Donations for Christmas

[Crisis](#) are looking for a range of donations including food, toiletries and clothes by 20 December please. Their donation drop off points can be found here or [email](#) for a list of options:

- ? Warm winter coats
- ? Shoes & trainers (clean and wearable)

- ? Jumpers & T-Shirts
 - ? Hats, Gloves & Scarves
 - ? Warm socks (huge demand!)
 - ? Underwear (must be in original packaging)
 - ? Jeans & tracksuit bottoms
-

Want to save money on your energy bills?

Age UK Newcastle are offering to run information sessions for groups to help them save money on gas and electricity by switching supplier. You could also find out about the Warm Home discount, insulation and replacing your boiler. Ring or email Julie or Linda.

Find out more about consumer issues on [Information NOW](#).

RESEARCH & REPORTS

Research into changes in household incomes

Joseph Rowntree Trust have published their research on the Minimum Income Standard (socially acceptable standard of living) based on data from 2008, 2013/4 and 2015. In particular, the findings show that pensioners became more likely to fall below the MIS and single pensioners were the worse off because had risen well above their income. They recommend that As pensioner costs also increase, pensioner benefits should continue to be uprated at least in line with prices, and should continue to keep pace with increases in earnings over the long term. Browse our [work and retirement](#) section and our [pension](#) articles on Information NOW.

We're living longer but we have poorer health

Life expectancy is increasing, but the number of years of healthy life in retirement is not keeping up and there are significant variations seen across the country. This report has been published by the International Longevity Centre, a think tank focused on ageing and population change. Inequalities from age 65 by local authority have

been rising, particularly for women. These inequalities are strongly related to local differences in health and disability, education, skills and training and employment. Gateshead (representing the North East) shows health life expectancy at age 65 of just eight years. For more information on healthy ageing and self care browse our [leisure and lifestyle](#) category on Information NOW.

OPPORTUNITIES TO TAKE ACTION

Urgent Care Consultation

[Urgent Care](#) is a term that is used by the health service to identify people who need quick access to help and support but their needs are not life threatening and therefore they do not require access to A&E. These services include:

- How you can look after yourself (self-care)
- NHS 111 ? the non-emergency telephone number for NHS services
- GP practices
- GP out of hours (for when GP practices are shut)
- Community pharmacies (or chemists)
- Walk-in centres

Newcastle Gateshead Clinical Commissioning Group (CCG) would like [to ask you](#) what you need from these urgent care services so that they can shape them appropriately. The consultation takes place from 20 November to 10 January 2018. You can also attend an event, the details are on the survey page, write to them or email them.

Do you like Newcastle Brown Ale?

[Voice North](#) want to research 'Understanding Newcastle's urban history: exploring Geordie identity and consumption of Newcastle Brown Ale' as part of their Culture & Society research. To take part you must be from Newcastle and have drunk Newcastle Brown Ale at some point. The project will also explore social and economic changes in Newcastle's history, focusing on the decline of heavy industry and the rise of the tertiary sector. Appointments will be arranged between the researcher and participants between 16 and 21 December or 3 to 6 January. To take part register on

their site.

RESOURCES

Are you interested in studying online?

If you are interested in online studying then [Future Learn](#) can provide lots of opportunities. Just register on their site and choose your area of interest. Options include: health and psychology, technologies, business and management and teaching.

NEW ON INFORMATION NOW New and Updated articles and organisation

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- [Galafield Learning Hive](#)
- [Kenton Park Sports Centre](#)
- [Newcastle Trampoline Park and Gym](#)
- [Walker Activity Dome](#)
- [To bequeath a body](#)
- [Tyneside Cinema](#)
- [The Church of the Holy Nativity](#)
- [Huntington's Disease Association](#)
- [Leisure centres in Newcastle](#)

Browse our events and activities [here](#).

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