

16 Feb 2018

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If I should die

NEWS

Info NOW News

We will be making some changes to Info NOW News over the next few months. This will include some shorter bulletins and themed newsletters that we believe will meet your needs better in the future. We will continue with our regular fortnightly newsletter for a short while but we will phase it out. Please [click](#) on this link to join our new subscriber list.

Finding the best travel Insurance

[RICA](#) conduct research for older and disabled people. If you are thinking of [taking a holiday](#), RICA have recently undertaken a [review of travel insurance](#) that is available this year. They offer advice on standard tariffs and they recommend that you read the [Which article](#) which helps you understand what needs to be declared about your medical condition, such as diabetes, heart disease or high blood pressure, and what to do if you think you have been treated unfairly when claiming.

Independent Review of the Mental Health Act - people affected by dementia should act now

If you have experience of being sectioned or of caring for someone who has been sectioned under the Mental Health Act then you have the opportunity to take part in an online survey or you can download it and post it.

[The Alzheimer's Society](#) are keen that people [affected by dementia](#) take part in the review. Dementia falls within the definition of 'mental disorder' used within the Mental Health Act. This means that in some cases, people with dementia are detained, assessed and treated under the law.

NHS Care Heroes - celebrating 70 years of the NHS

The NHS is marking 70 years of the NHS by announcing awards for health care heroes. Do you know or remember someone who made a significant difference to your care or to a lot of people. There are a number of categories and [MPs will put forward the local nominations](#). Nominations close on 23 March 2018.

Information NOW - Donating blood or an organ

Information NOW is continually updating its articles to ensure they are correct and relevant to you. We have just reviewed our donating blood or an organ article.

[Giving blood or registering as an organ donor](#) is simple to do and could save lives. The blood you give is a lifeline in an emergency and for people who need long-term treatments. Organ donation means taking healthy organs and tissues from one person for transplantation into another.

RESEARCH AND REPORTS

Commission on dementia and music

A new report has been released and it shows that music makes a contribution to the wellbeing of people with [dementia](#). The evidence shows that music helps to minimise some of the symptoms of dementia, such as agitation, and can help to tackle anxiety and depression. It appears that people with dementia retain the clearest memories for music that they enjoyed and heard between roughly the ages of 10 and 30. It is hoped that the public sector and charities as well as those in the care sector will consider this in their future development to support people with dementia.

OPPORTUNITIES FOR ACTION

Dance city - get involved

[Dance City](#) are hosting the first 'Unity Dance Platform' and welcome dance groups of all ages: 7+ to adult that dance in any style to come and perform in their theatre on Saturday 2 June 2018.

If you have a dance group already you are eligible, or if you are a group of people who would like to [dance](#) ? they will work with you at your venue to create a new piece.

They are looking for groups who are based in and around Newcastle/ Gateshead who have never danced on their stage before. Contact their dance Coordinator or telephone: 0191 2695576.

Volunteering opportunities, Tuesday 27 February, 10.30 to 1.30 pm

[Voice](#) are running a workshop on keeping patients and the public safer which touches on use of radiation and chemicals. To volunteer, register on their site. If you want to get involved either online or by attending sessions for any other Voice activities, then browse the options here.

EVENTS & ACTIVITIES

Computer classes and support at the City Library and West End Library

The **Basic Computer Skills** course supports people to develop basic skills including how to access and use the internet, how to send an email, search the internet for information and attach their CV to emails. There will also be one to one support. This course is free and runs at the [City Library](#) on 21 and 22 February and 28 February and 1st March from 10.30 to 1 pm, Room 5 on level 4. Expenses of £4.00 will be paid on production of a valid day travel ticket.

The same Basic Skills course is also running at [West End Library](#), Condercum Road on Tuesday 20 and 27 February from 10.30 ? 1pm.

Microsoft Word course, 1 ? 3 pm at the City Library, Room 5 on Level 4

This free course, delivered by [Newcastle City Learning](#), is designed for anyone wanting to learn how to use Microsoft Word. You will learn how to create a word document and/or how to update your CV or covering letters. They will also show you how to cut and paste text to put into different documents, forms and emails. To get the most out of this course you will need to attend both sessions. If you want help with your CV, please take it with you, a paper copy is fine but an electronic format would be even better. The course is held on a Tuesday as follows: 20 and 27 February, 6 and 13 March, 20 and 27 March at the City Library.

To book a place on any of these courses visit or call 0191 277 4100. You can also email [Your E-ticket can be posted to you.](#) Other courses you can book on this

[site](#) include Interview tips, safer Internet training and sessions on literature and authors.

Visit our [getting online](#) section and our [events and activities](#) pages for more computer training options including support from [Search](#).

EVENTS & ACTIVITIES ON INFORMATION NOW

- You can search by [day](#)
- You can search by category for example, celebrations.
- You can search by organiser, for example Age UK.

The BBC Radio 3 Free Thinking Festival 2018, Sage Gateshead, Friday 9?Sunday 11 March.

The BBC Radio 3 Free Thinking Festival is back from 9 March. The festival brings together leading thinkers for a free weekend of provocative debate, new ideas, music and performance.

Phase 2: tickets are available from 12 noon on Monday 19 February.

Exhibition and Brandling Park exhibition

The Café in [Exhibition Park](#) are keen to display a timeline of the history of the Park. Do you have photographs, drawings, paintings or memorabilia of Exhibition and Brandling Parks you would like to share? You may have something from the days of the Bull Park before the 'The Royal Mining Engineering Jubilee Exhibition 1887' through to the North East Coast Exhibition of 1929; or related to the Tyneside Summer Exhibition between 1963 and 1987; or from the 90s to the current day? Maybe you have photos from cycling events or the [Park Run](#)? If you have items which you would like to share, please get in touch. Items will be scanned so that you can keep the originals.

Articles Updated[Attendance Allowance](#)

[Social prescribing](#)

Organisations Updated

[NIWE Eating Distress Service](#)

[Spinal Injuries Association](#)

[If I should die](#)

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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

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

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