

**20 April 2018**

## **NEWS**

Info NOW News

Events and Activities

Dementia Challenge

Growing older with learning disabilities

Driving as you get older

Bowel cancer awareness month

## **REPORTS**

GaN Canny - Newcastle CVS report

## **OPPORTUNITIES FOR ACTION**

- Nexus survey
- Urgent Care report
- Are you coming up to your 70th birthday?

## **RESOURCES**

- Pension Flexibility
- City Guides
- Community Food Grants

## **New on Information NOW this week!**

### **Updated articles & organisations**

Driving as you get older

Help with shopping

Support Groups

Joining Forces Tyne & Wear

Age UK Gateshead

Northumberland Tyne & Wear NHS Foundation Trust

Jesmond Dene and Pets Corner

---

## NEWS

### Info NOW News

In February we said that we'd be making some changes to the e bulletin. This will include some shorter bulletins and themed newsletters that we believe will meet your needs better in the future. We are delighted that some of you have already subscribed to the new Info NOW mail but if you didn't please [click](#) on this link to join our new subscriber list.

### Events and Activities

[Age UK Gateshead](#) will be leading on events and activities for older people in Newcastle following the closure of Age UK Newcastle.

These activities include: Tap dancing, Tai Chi, Exercise for Men and Exercise to Music. Have a look at our website to find something that suits you. Enter 'Age UK Gateshead' into the [search organiser](#) box on the site.

---

### Dementia Challenge

Do you want to raise funds for the [Alzheimer's Society](#)? You can register to take part in the Challenge Dementia Quiz as part of an Awareness week in May. You will need teams and a location to hold the quiz. They will provide you with a free pack to help you organise it.

[Equal Arts](#) has recently showcased its successful Creative Age project for people with dementia at a national Arts in Health conference in London. The project runs daily sessions at North East venues including [National Glass Centre](#), Arts Centre

Washington in Sunderland, [Shipleigh Art Gallery](#) and the [BALTIC](#).

[Silverline memories](#) run a number of events/programmes to support for people with [dementia](#).

---

## **Growing older with learning disabilities**

People growing older with learning disabilities should have the same access to care and support as everyone else. A new guideline from [NICE](#) aims to ensure that people with learning disabilities are given the help they need to access a range of services as they grow older so they can live healthy and fulfilled lives.

---

## **Driving as you get older**

The UK population is getting older. Naturally this means there are more older drivers on our roads. Driving is an important part of our independence. According to the AA, there are 1.2 million full licence holders in their eighties, 100,000 in their nineties and around 250 centenarians in the UK.. All in all there are over four million driving licence holders over the age of 70 in the UK. Have a look at our [article](#) to help you decide whether you still want to drive and what you need to do to be safe on the roads. Within the article we have listed a number of organisations that can help you make a decision or help you adapt the car for safety.

---

## **Bowel cancer awareness month, April 2018.**

[Beating Bowel Cancer](#) and [Bowel Cancer UK](#) have merged and their joint mission is to make sure that no one dies of bowel cancer by 2050. Bowel cancer is the 2nd most common cancer from which people die. However, if it is discovered early enough it can be treated and you may be cured. If you have concerns, visit your [GP](#). The [symptoms](#) and [treatment](#) are described on the charity website and you can also book an awareness talk.

---

## **REPORTS**

## GaN Canny: the views of the voluntary, community and social enterprise sector in Gateshead and Newcastle

[Newcastle CVS](#) has produced their latest study on the status, achievements and challenges for the voluntary and community sector in Newcastle and Gateshead.

Some of the headlines are:

- 7 out of 10 organisations had noted an increase in demand for their services
- Two thirds of organisations had developed new areas of service, projects and initiatives in the last year
- Organisations were partly or wholly reliant on volunteers and retention was becoming more difficult
- There appears to be growing levels of mental illness across the areas
- The impact of welfare reform was noticeable
- Funding was becoming more difficult to access with a third seeing a decrease in income

If you'd like to support a charity or community group read out [volunteering](#) article to help you decide what you'd like to contribute.

---

### OPPORTUNITIES FOR ACTION

[Nexus](#) are asking local users to tell them about using the Metro. It will take you about five minutes. To view and complete the survey click [here](#). Information NOW has articles on [public transport](#), [concessionary travel](#) and [day trips and visits](#).

The [Elders Council](#) will shortly be publishing their 'Outings with a bus pass'.

---

### Urgent Care report

[Newcastle Gateshead CCG](#) conducted an urgent care consultation. The findings have been published and the CCG will let you know what they plan to do as a result of these. Their thanks to everybody who got involved.

---

## Are you coming up to your 70th birthday?

BBC Radio Newcastle is looking for people with a birthday in July who are 70 years old this year. They would like to speak to them about their experience of the NHS ? which also celebrates its 70th anniversary in July 2018.

Please contact [Nicki Hornby](#) for information or get involved.

---

## RESOURCES

### Pension flexibility

[Tax Help for Older People](#) has produced a top tips guide to help you understand how to access your pension pot and the tax implications.

---

### City Guides 2018

If you are interested in heritage walks around the city and surrounding areas, then take a look at the new City Guides brochure.

Coming up is a walk including the medieval castle, a walk following the women who campaigned for the vote and discovering Bensham.

For more [walking activities](#) visit our events and activities pages.

---

### Community Food Grants

**Up to £2500 available. Closing date 15 May.**

This year's Community Food Grant scheme is now open with a total of £10,000 available to local community organisations and schools in Newcastle. You can apply for a Food Grant of between £250 and £2,500. The closing date is Tuesday 15 May 2018 (12:00 noon).

Please note that the start date of the funded programmes is September 2018.

Funded projects should seek to address food related health inequalities which aim to inspire people about good food and have a positive impact on physical health and emotional wellbeing. This year they are particularly keen to encourage applications

that aim to increase food skills and knowledge.

Download The Food Grant application form and guidance notes from [Food Nation](#).

---

## **NEW ON INFORMATION NOW**

## **EVENTS AND ACTIVITIES**

You can search what is going on in Newcastle and the North East by searching [Information NOW](#) in a number of different ways.

You can search on a category, such as [food and drink](#) or [arts and crafts](#)

You can search by day, such as [Monday](#) or [Friday](#)

You can search by organiser, such as [Search](#)

If you have an event, programme, or activity that you want to promote more widely, why not email [Information NOW](#).

## **Articles Updated**

[Driving as you get older](#)

[Help with Shopping](#)

[Support Groups](#)

## **New and updated organisations**

[Joining Forces Tyne & Wear](#)

[Age UK Gateshead](#)

Northumberland Tyne and Wear NHS Foundation Trust

[Jesmond Dene and Pets Corner](#)

Last updated: April 30, 2021

---

## **Recent Newsletters:**

[17 April 2024 InfoNOW News](#)

NEWS Add your events to InfoNOW Started a new group or activity? Would you like to reach a wider audience? Want to increase the reach of your group? Adding your events to InformationNOW can help, with over 800,0...

[Friday 22nd March 2024 InfoNOW News](#)

InformationNOW Did you know you can get directions to an organisation with one click from an organisations page? Did you know you can change the website into over 100 languages? Did you know you can find informa...