

**7 June 2018**

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Ouseburn Trust

Launchpad

ReCoCo: The Recovery College Collective

Tax help for Older People

Volunteer Centre

North East Autism Society

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## NEWS

### General Data Protection Regulation (GDPR) and Information NOW

In April, Information NOW updated its [Privacy and Cookies Policy](#), [Terms and Conditions](#) and introduced an [Acceptable Use policy](#). All this was to make it easier for you to understand what information we collect and why we collect it. It also sets out our standards for content upload and use.

We know that a number of you are registered on our website because you are regular users and we want to reassure you that we hold your data securely.

We also invited you to join our new Info NOW Mail and that is why you are receiving this newsletter today. The new style newsletter will be issued shortly but we wanted to let you know that you can unsubscribe from this newsletter at any time. Any friends or colleagues who did not make the transfer before 25 May 2018 will no longer receive this or the new style newsletter. Please ask them to subscribe on the [News](#) page.

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### Volunteering week

This week is volunteering week and we all know that volunteers contribute an enormous amount to individual projects and services as well as the economy. This week many local and national organisations are saying 'thank you' to their volunteers. Just follow [#volunteersweek2018](#) and you will see the range of volunteering that takes place, from fundraising to administration, from raising awareness to becoming a trustee and taking part in social and health research.

Researchers at the University of Hertfordshire have published a [study](#) which demonstrates that patients and public involved (PPI) in research do not always feel their contribution is valued. This is because they do not get feedback on how their evidence was used or whether it had an impact. Contributors can also be unsure

about how contributions are analysed and how decisions are taken. The NIHR offers guidance on PPI [here](#). 'Thank you' is important but feedback is equally so.

Information NOW has an article on the benefits of [volunteering](#).

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## **Find a job - new job seekers website**

Looking for a job or a job change. The government has launched a new free [recruitment website](#) which replaces Universal Job Match. You can create an account and manage your applications online.

If you need some help looking for work or restarting your career, read our article [Looking for Work](#) and contact some of the local organisations listed.

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## **Tyne and Wear Archaeology Day, 16 June**

Have you got an artefact that you'd like some information about? Why not take it along to get it identified and recorded on the Portable Antiquities website at this [event](#) hosted at the Civic Centre. There will be talks about our heritage in the North East by professional archaeologists covering prehistoric times to the Cold War. You don't need to be an expert in archaeology. Book tickets (£9) in advance and contact 0191 211 6218.

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## **Arranging a funeral and planning ahead.**

Both the Treasury and The Competition and Markets Authority (CMA) have announced that they will be launching separate reviews of the funerals market to ensure that customers are getting a fair deal as the cost of pre-paid plans and funerals rise.

The CMA will be checking that funeral directors are providing fair and transparent pricing. The Treasury is separately proposing that pre-paid funeral plan providers come under the regulation of the [Financial Conduct Authority](#) (FCA). There are claims that elderly people are misled into taking out these plans without a clear understanding of the cost/benefit and there is evidence that some people lose money. It is worth considering whether you could save more effectively with a

savings account and looking at [savings and investments articles](#) on Information NOW.

Information NOW has articles on [When someone dies: a practical guide](#) and [Arranging a Funeral](#) which helps you think about your wishes as well as organising the funeral itself.

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## **June is Scams Awareness Month**

According to [Citizens Advice](#), 72% of people surveyed have been targeted by scammers between 2015-2017, and over a third had been targeted five or more times. This year's campaign - Don't Miss a Trick, Be Scam Aware - aims to raise awareness of how to avoid being scammed and how to report. Read the Information NOW article on [Frauds and Scams](#).

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## **Bus passengers advised of changes to weekend services on Blakett Street this summer**

Newcastle City Council has confirmed that it plans to close Blakett Street for 10 weekends during the Great Exhibition to enable a wide variety of events to take place. These events include cycling and fun activities for all the family.

The first of the weekend closures is planned to take place on Saturday 30 June and Sunday 1 July. After that closures are planned for every weekend up to and including Saturday 1 September and Sunday 2 September. You can keep up-to-date [here](#).

The transport department are looking for volunteers to contribute an online diary of their experience of the closures; the routes affected are: 12; 39 / 40; 62 /63 and the 100, although volunteers are not restricted to being users of these buses.

To find out more and register your interest, please attend the next session in room 7.1 in the Civic Centre on Thursday 14th June 2018 17.00 ? 18.00.

If you would like to attend, please register your attendance for one of the sessions at [transport@newcastle.gov.uk](mailto:transport@newcastle.gov.uk)

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## **RESEARCH & REPORTS**

## Report on digital credit by Newcastle and Durham Universities

[The Digital Credit, Mobile Devices and Indebtedness report](#) by these two local universities shows that online borrowing is often impulsive and the behaviour can be harmful. Amongst other issues they state that 'Digital access to credit increases instances of borrowing because it gives consumers a heightened sense of anonymity and privacy when compared to more traditional face-to-face or telephone-based financial services. This can reinforce secretive behaviours relating to money matters and lead consumers to keep borrowing activity hidden from friends and family.'

Information NOW has articles on [managing your money](#) and [dealing with debt](#) including lists of local support you can access

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## Emergency hospital admissions - Health Foundation findings

The Health Foundation is an independent charity that conducts research and analysis of our health and health provision, as well as funding innovation and research in healthcare. The [findings](#) include:

- One in three patients admitted to hospital in England as an emergency in 2015/16 had five or more health conditions, such as heart disease, stroke, type 2 diabetes, dehydration, hip fracture or dementia. This is up from one in ten in 2006/07.
- Patients arriving at A&E are sicker than ever before, and more likely to need admission. This has grown for patients with multiple health conditions, as well as for older patients aged 85 or over, up by 58.9%.

The briefing also identifies opportunities to reduce emergency admissions including:

- If older patients saw their regular GP two more times out of every ten consultations, this would be associated with a 6% decrease in admissions for ambulatory sensitive conditions (eg asthma).
- Around 26.5% of all unplanned A&E attendances in England (5.77 million per year) were preceded by the patient being unable to obtain a GP appointment that was convenient to them.

Information NOW has an article on choosing [emergency and urgent care](#).

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## OPPORTUNITIES FOR ACTION

## Are you recently retired? - volunteer for a research study

A Research team from the Department of Sport, Exercise and Rehabilitation at Northumbria University wants to explore why some individuals enjoy their [retirement](#) but others do not and experience loneliness, sadness and a loss in identity. The project is focusing on improving our understanding about why that is and what could be promoted to help people have a more positive transition from work to retirement.

They are seeking participants who have retired within the last 12 months or who are planning to retire from paid employment within the next 6 months. Participants will be invited to complete a questionnaire pack (online or paper based) which should take around 45-60 minutes.

For further information please contact [Anastasiia Fadeeva](#) or call 01912437018.

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## RESOURCES

**Digital North - drop in sessions to learn how to use the internet, from 1.00pm to 4.00pm each Tuesday, or 10.00 to noon every Thursday.**

[Disability North](#) has established a new project to help people get online safely. If you are over 50 or disabled and want to get the best out of your computer or tablet, learn to online shop or pay bills, then they can help you. There is parking and regular bus services. Contact: [Beatrix](#) or phone the main number.

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## EVENTS & ACTIVITIES ON INFORMATION NOW

To search for events and activities to suit your needs, just type in one of the [search](#) boxes

Search on day of the week for instance, [Thursday](#)

Search by location eg [Ouseburn](#)

Search by type eg [dementia](#) If you'd like us to include a category of events or you are an organiser that would like to include some of your activities, then contact us at Information NOW

Remember to look at the weekend events too. Coming up there is the [Alnmouth Arts Festival](#) and [Linskill Healthy Walks](#).

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## EVENTS COMING UP SOON

### **MiCarePlan Cup Cake Day - raising awareness about dementia, Thursday 14 June, 2nd floor, The Core**

MiCarePlan are hosting a cup cake day as part of [Alzheimer's Society](#) national event. As well as cupcakes there will be free Mybooklets and ID Cards for people to fill in and take away and they are going to have twiddle muffins available for people to decorate. [Contact](#) or just turn up, make a donation and enjoy your treat.

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### **St Martin's Centre Summer Garden Party, Saturday 16 June**

[St Martin's Centre](#) is hosting their [summer garden party](#) including a gin bar, food and a band. Go along between 12.30 and 4.30 pm. Cost £5. Call to buy a ticket.

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## UPDATES TO INFORMATION NOW

### **Articles Updated**

[Frauds and Scams](#)

New and Updated Organisations

[Ouseburn Trust](#)

[Launchpad](#)

[ReCoCo: The Recovery College Collective](#)

[Tax help for older people](#)

[Volunteer Centre](#)

[North East Autism Society](#)

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