

## InfoNOW News 19 November 2021

### Help us celebrate InformationNOW's 15th birthday!

**Do you use InformationNOW regularly? Have you just discovered InformationNOW or have you used it for years?**

**We would love you to send us a comment.**

We would like to collect your thoughts on how InformationNOW has been useful to you, either personally or at work. If you would like to send us an email with any good news stories about how InformationNOW has helped you or someone you work with or care for, please let us know! We would love to use any photos or videos too, so please drop us an email at [InformationNOW@newcastle.gov.uk](mailto:InformationNOW@newcastle.gov.uk) Please watch this space. We will be in touch very soon with more about our birthday celebrations

Read more on InformationNOW about [Working with and supporting InformationNOW](#)

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## Adults Caring for Adults Survey 2021 to 2022

Have you received or do you receive care and support through Newcastle City Council?. We want to know about your quality of life and your experience of the services and support that you receive/d. You may complete the survey as a carer or with the person you care for to give both perspectives. We have sent out questionnaires to a random sample of people using our services.

Any carer who receives a questionnaire and needs support to complete it can contact Social Care Direct by email: [scd@newcastle.gov.uk](mailto:scd@newcastle.gov.uk), or phone: 0191 278 8377.

Full findings from the 2012, 2014, 2016 and 2018 [Carers Surveys can be found on the Council's website](#)

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## Coronavirus update

Newcastle Public Health Team remind us that community transmission remain high, and this is putting pressure on several health and social care services.

**Think COVID First approach** It is really important to stay at home when unwell. Whilst the key symptoms of COVID-19 are one or more of the following: a new continuous cough, a high temperature or loss of sense of taste or smell, these symptoms do not always present in each case. Everyone should get a PCR test ASAP if they have any one the key symptoms even if they

are mild.

### **New guidance for 'close contacts' who you don't live with**

It is really important we all stick to hands, face, space, fresh air and make use of a lateral flow test or PCR

- If you are symptomatic get a PCR test.
- [You should also take a PCR test if you are a close contact of a case.](#)
- If a close contact is double vaccinated (14 days since last vaccination) and have a negative PCR they do not need to self-isolate.
- In some settings we are advising they should carry out daily LFDs as an additional precautionary measure.
- All employees should alert their employer if they are a close contact of a case as some health and social care settings, or employers supporting vulnerable people, may need to carry out additional risk assessments before they return to work.
- Some other employers may wish to take a precautionary approach and LFDs are a good monitor to support this and prevent workplace transmission. If the person also has symptoms, then another PCR should be taken.

**Working in the community** In addition to the close contact advice, Public Health are strongly advising council staff and ward members who do face to face (outreach) or non-home based working in communities to do twice weekly Lateral Flow Device (LFD) tests as part of safe public health practice. This is in addition to mask wearing and social distancing. Please find information on how to [order lateral flow tests](#).

**COVID 19 case reporting** If you run an organisation and know or suspect you have cases of COVID-19 you must immediately:

- inform the local Health Protection Team (HPT) on 0300 303 8596 – option 1 or 4, and
- notify the Council' team [using the SPOC form](#)

Please use the [public health guidance email inbox](#) for all covid-19 related Public Health guidance queries

1 in 6 patients in Intensive Care Units are pregnant women who have not been vaccinated. It is more dangerous to have Covid whilst pregnant than to have the vaccinations. [Read the RCOG guidance](#).

The roll-out of the healthy 12 to 15-year old vaccination programme has begun in schools. It is being delivered through the school vaccination service.

[Where to access your Covid-19 vaccination](#) – gives information on locations and the vaccine bus schedule.

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## **'Made with Care' recruitment campaign**



The new adult social care recruitment campaign, 'Made with Care', has now launched and will run continuously until March 2022. Created to support care providers in recruiting the dedicated staff they need, this campaign celebrates the amazing work care workers do for people they support.

Make the most of this campaign by running your own recruitment activity, using the expert advice and templates available on the [campaign resource centre](#) and advertising vacancies on the [DWP 'Find a Job' site](#).

Think you'd like to work in health or social care? [Watch this video](#) and sign up to a [4 week taster training programme](#).

[Watch the social care recruitment advert.](#)

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## New proposals launched to reduce traffic on local streets

New measures to reduce vehicles cutting through local streets in parts of Newcastle have been released. Proposals for three areas in the city, including parts of Arthur's Hill, Fenham and Heaton, will become low traffic neighbourhoods as part of the council's commitment to creating safer, cleaner and greener neighbourhoods. To complement the measures, two School Streets are also proposed for Westgate Hill Primary in Arthur's Hill and Hotspur Primary in Heaton.

The proposals will stop traffic cutting through key local streets in parts of the three areas by using bollards or planters to restrict access. All properties in the areas will still be accessible by vehicles, this includes delivery drivers, refuse trucks and blue light vehicles such as ambulances, police and fire engines. The council are currently sharing these proposals with the emergency services as part of statutory consultation.

As well as reducing the volume of vehicles using local streets, proposals include enhancements to public space, introducing new crossings and tightening junctions to reduce traffic speeds.

[Have your say.](#)

InformationNOW has articles on: [public transport](#), [walking and health](#), [fitness activities](#) and [Living Streets](#)

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## Carers Rights Day 2021, 25 November

Whether you are a new carer or have been caring for someone for a while, we believe that it's important that you understand your rights and are able to access the support that is available to you as soon as you need it. Many people are taking on more caring responsibilities for their relatives and friends who are disabled, ill or older and who need support. Each year, [Carers Rights Day](#) helps us

- ensure carers are aware of their rights
- let carers know where to get help and support
- raise awareness of the needs of carers.

The pandemic has had a significant impact on the lives of carers, affecting access to services, the ability to juggle work and care and much more. This year's Carers Rights Day campaign will focus on raising awareness of the rights that unpaid carers have.

If you are caring for someone and want to know more about your rights, contact [Newcastle Carers](#) and read our [Looking after someone](#) information which gives you a handy list of organisations to contact for help and support.

Would you or your organisation like further training to understand the impact of being a carer on the person and whole family?

Contact Fiona Richardson, Carers Lead Officer on 07970 626 326 or email

[fiona.s.richardson@newcastle.gov.uk](mailto:fiona.s.richardson@newcastle.gov.uk)

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## State of caring, Carers UK Report

[State of Caring 2021 report](#) was published by Carers UK last week. It details the views of over 8000 carers and highlights key areas/themes affecting carers including finances, support and services, assessments, working carers and digital technology.

### State of Caring 2021 – key findings:

In 2021, 8,500 current and former carers shared their experiences and helped inform our *State of Caring 2021* report. Read more in the full report [here](#):

- one in five unpaid carers are worried they may not cope financially over the next 12 months
- one in four carers (23%) may not have enough money to cover their monthly expenses
- carers spend an estimated £1,370 a year on average on services or equipment for the person they care for
- over half of carers (52%) feel anxious or stressed about their finances

It's now more important than ever that we identify carers at the first available opportunity and refer them into support services including Newcastle Carers, British Red Cross Emergency Card

Scheme and PROPS Family Recovery Service as well as our Welfare Rights and Benefits Service

Read more about [Looking after someone on InformationNOW](#). Where you will find more information about the local services and support for carers in Newcastle.

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## Housing support for people on low incomes

Centre for Homelessness Impact [published a report](#) in partnership with the Chartered Institute of Housing looking at how the UK benefits system subsidises the housing costs of people on low incomes. The Department of Work and Pensions spends £30.6 billion a year on housing benefit and the housing element of Universal Credit (UC), which represents around 15% of the benefits budget.

InformationNOW has a section on [support for people on low income](#)

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## North East Ambulance Service (NEAS) Awareness sessions

[NEAS](#) are delivering awareness sessions online and face to face (Covid secure) to community groups and organisations supporting ethnic minority, disabled and LGBTQ+ people.

- do you work with ethnic minority, disabled or LGBTQ+ communities?
- could you or your group benefit from one of their workshops on how to access our services?

Their workshops cover:

- how to contact 111, 999 and the Patient Transport Service
- how to access our interpreting services free of charge
- employment and recruitment opportunities
- volunteering opportunities

Contact: Loveness Scott on 07580 590 185 Email: [loveness.scott@neas.nhs.uk](mailto:loveness.scott@neas.nhs.uk)  
Sophie Hallam on 07814 078 313 Email: [Sophie.hallam@neas.nhs.uk](mailto:Sophie.hallam@neas.nhs.uk)

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## Workshops for children and parents affected by domestic abuse

[Community Counselling Cooperative](#), in partnership with PuppetShip, are providing free puppet workshops for children and parents affected by domestic abuse in Newcastle. These sessions will take place at the Gosforth Civic Theatre between January and February 2022. To request a referral form or for more information please email Simon Campbell [communitycounsellingcoop@gmail.com](mailto:communitycounsellingcoop@gmail.com) or call 07549 698050.

InformationNOW has an article on [domestic abuse](#)

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# Today's Teens Tomorrow's Teens programme

[Children North East](#) has a new programme called Today's Teens Tomorrow's Teens which will empower families to communicate effectively and to have healthy relationships with one another. Delivered by experts in the field of family support, schools have found that this intervention improves school attendance, behaviour and emotional wellbeing. To learn more contact Emily Frewin by email: [emily.frewin@children-ne.org.uk](mailto:emily.frewin@children-ne.org.uk)

InformationNOW has an article on [Family and relationships](#)

## Organisations Updated

- [IE Hub](#)
- [Mary's Place](#)
- [Inspired Support](#)
- [Curious Monkey](#)
- [Good Things Foundation](#)

## Articles Updated

[Adult abuse](#)  
[Family and relationships](#)

Last updated: November 19, 2021

## Recent Newsletters:

[14 January 2022](#)

News Food and Friends InformationNOW We know that lots of you want to get out and about in a safe way, meeting friends and making new ones. At the same time, finances are being squeezed. We have updated our Fo...

[7 January 2022 InfoNOW news](#)

News InformationNOW Happy New Year. To start 2022 off, you may notice a few tweaks to the website with new filters to help you search for items more easily. We'd just like to remind you that we have fourteen ca...