

## 3 Nov Info NOW News

### News

- Emergency readmissions
- The trend in employment for over 50s
- Keeping healthy in the winter
- Moving more, ageing well

### Research & Reports

- Research into volunteering

### Opportunities for Action

- Accessible transport
- Great Exhibition of the North
- Persistent pain
- Active Voices

### Resources

- Alcohol awareness week

## Events and activities at a glance

### New on InformationNOW this week!

- **This week's events & activities at a glance**
- Stall opportunities – budding entrepreneurs
- Harissa Kitchen – meet up over good food
- **Updated articles & organisations**
- Accessible and Public Toilets
- Warm Home Discount Scheme

- [Contact](#)
  - [New Beginnings NE](#)
  - [Skills Hub](#)
  - [Adult Learning Disability and Autism Team](#)
  - [City Community & Information Hub and Library](#)
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## NEWS

### Emergency readmissions

[Healthwatch England](#) has identified cause for concern with the rate of readmissions after discharge from hospital. New figures show that emergency readmissions to hospital have risen by a fifth since 2012/13. Healthwatch England are calling on the health and social care sector to use emergency readmissions data alongside other data they collect, such as delayed transfers of care, to help establish a wider understanding of how well people are being moved between the services that support them. Information NOW has an article on [hospital discharge](#).

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### The trend for employing people over 50 is improving

The UK is facing a huge skills gap and older workers can make a positive contribution. We need more businesses to show leadership and commit to retaining and recruiting the over 50s talent so they can benefit from their abilities and experience.

[Business in the Community](#) are committed to research and policy development which will improve working conditions for all. The data can be found [here](#).

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### Keeping healthy in the winter

[NHS Choices](#) has published their tips for good health this winter.

Tips include: getting a good night's sleep, getting out in the natural light as much as possible, eating fruit and veg, drinking milk, eating a good breakfast and taking exercise. Information NOW has a section on [health and wellbeing](#).

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### Moving more, ageing well

[UK Active](#) and Life Fitness have published a report that demonstrates how important it is to keep active as we get older. They also have strategies to improve the overall health of the nation. In

order to combat long-term, lifestyle related conditions including Type 2 diabetes, heart disease and some cancers we need to take regular exercise for up to an hour and try and raise our heart rates every day. But we may also suffer from ill health if we are lonely, socially isolated or depressed. So, let's all get active and get involved in our communities. Information NOW has [sports and fitness](#) activities across Newcastle and a useful article on ways to [keep fit](#) to whet your appetites.

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## RESEARCH & REPORTS

### Research into volunteering

[The Centre for Ageing Better](#) has launched a call for evidence to capture the views of charities, community groups, organisations, researchers and individuals on how to increase voluntary and community activity amongst people aged 50 and over.

The survey is part of a wider review being conducted in partnership with the Department for Digital, Culture, Media and Sport, and with the support of the Big Lottery Fund, to encourage more people in later life to contribute to their communities and get involved in volunteering.

The Centre for Ageing Better is looking for examples of what encourages and what prevents people from taking part in voluntary and community activity, as well as insights into the particular challenges and barriers faced by underrepresented groups such as people on low incomes and those with long-term health conditions.

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## OPPORTUNITIES FOR ACTION

### Accessible Transport

The [Department for Transport](#) is seeking feedback on a draft accessibility action plan which sets out our proposals to improve the travel experience for people with disabilities. The action plan covers a range of transport modes including:

- Aviation
- Rail
- Buses
- Taxis

While many people retain high levels of fitness and mobility into old age, there is a connection between age and disability (44% of those over Pension Age have a disability). Disability within an ageing population can take many forms, but will often bring a combination of factors, including some loss of vision and hearing, stiffness of joints, and reduction in the ability to walk long distances. The consultation documents (including easy read and BSL) are available on the GOV.UK website – the consultation closes on 15 November 2017. Information NOW has information on [travel and transport](#).

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## Great Exhibition of the North

This [Great Exhibition](#) is an opportunity to tell the story of Newcastle and Gateshead and discover the dynamic story of the North of England – how its innovators, artists and designers shaped our present and are inspiring our future. The full programme will be launched in early 2018 when the national and international marketing campaign will go live. If you would like to volunteer and get involved in the events throughout 2017/2018 contact [Amy Orr](#).

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## Persistent Pain

[NICE](#) are seeking to involve the public in the development of their guidelines on persistent pain. You are eligible if you have personally experienced pain or you are a carer or if you represent a voluntary group or charity. The closing date for applications is 25 November. Information NOW has an article on [Chronic Pain](#).

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## Active Voices – making a difference, 9 November 2017

[Elders Council of Newcastle](#), [Workers Educational Association](#) (WEA) and Newcastle University have come together to offer Active Voices – a short course which aims to develop the skills and knowledge of people who wish to play a part in helping to make their communities more age friendly. It's informal, informative and it's fun! Please contact Anne on 0191 208 2701. The first meeting is on 9 November at [St Martin's Centre](#). Information NOW has an article on [volunteering](#) and making a difference.

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## RESOURCES

### Alcohol Awareness Week, 13 to 19 November

[Alcohol Concern](#) has announced this year's Alcohol Awareness Week theme will be "Alcohol and families." The aim of Alcohol Awareness Week is to get people thinking about alcohol – how it affects us as individuals, families, communities and society as a whole. Alcohol Concern will be sharing information, resources and stories throughout the week on Facebook and Twitter using the hashtag #AAW2017. Family members who have been affected by a relative's drinking can also share their story. Information NOW has articles related to [alcohol](#) and [drugs and alcohol](#) and you may wish to look at our [support groups](#) article.

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## EVENTS AND ACTIVITIES AT A GLANCE

### Monday

[At a glance](#) includes social group, art group, walking and flower arranging.

## Tuesday

[At a glance](#) includes women's gardening, badminton, knit and natter and cuppa and a chat.

## Wednesday

[At a glance](#) includes gardening with the Elderberries, line dancing and making history.

## Thursday

[At a glance](#) includes lunch time concerts, chair based exercise and exercise for men.

## Friday

[At a glance](#) including singing for people affected by dementia, computer club, zumba and tai chi.

## Saturday

[At a glance](#) including plant stall at Armstrong bridge and line dancing in Westerhope.

There is also the Living North [Fair](#) at Exhibition Park where you can start your Christmas shopping.

## Sunday

[At a glance](#) including Sunday Social and Sequence dancing. There is also the Living North [Fair](#) at Exhibition Park where you can start your Christmas shopping.

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## Reviving the Heart of the West End (RHWE) & The Millin Charity offer stall opportunities

[Reviving the Heart of the West End \(RHWE\)](#) & The Millin Charity are offering local people the opportunity to have their own stall as well as support to run a stall if it is their first time. Please contact [Kirsty McDine](#) Tel 0191 272 5115 or Hannah Morrow, Tel 0191 226 7300.**Cruddas Park Winter Market**

Saturday 25th November 11am-3pm

Cruddas Park Shopping Centre, Newcastle upon Tyne**The Beacon Winter Market**

Sunday 26th November 11am-3pm

The Beacon, Westgate Road, Newcastle upon Tyne

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## Harissa Kitchen, 31-35 Starbeck Avenue, Sandyford

Why not meet new people or catch up with old friends at the [Harissa Kitchen](#) on Tuesday from 1 – 3 pm. Donations accepted. If you are wondering where else you can meet friends, read the Information NOW article, [Food with Friends](#).

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## WHAT'S NEW ON INFORMATION NOW THIS WEEK

### Articles Updated

[Accessible and Public Toilets](#)  
[Warm Home Discount Scheme](#)

### Organisations Updated

[Contact](#)  
[New Beginnings NE](#)  
[Skills Hub](#)

[Adult Learning Disability and Autism team](#)  
[City Community & Information Hub and Library](#)

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

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