

## 14 August 2020

### News

- InformationNOW
- Access to advice for people with mental health problems
- Domestic abuse information and reports
- Bridge closures in Newcastle
- NewcastleGateshead upgrade their website
- North East's young adults warned of nitrous oxide risks

### Research & Reports

- The Psychology of Loneliness report
- Insurers payout during the coronavirus

### Opportunities for Action

- Grants for small and medium sized businesses
- Remembering the forgotten heroes of World War 2
- Eat out to help out

### Resources

- Best Summer Ever
- Government Flu Programme
- Public Health England launch 'Better Health' campaign

#### **New on InformationNOW this week!**

- Hospice Care Northumberland
  - New events from Search and GamCare
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### News

#### InformationNOW

The latest podcast is now loaded onto bottom of the Homepage of InformationNOW. Listen to the interview with Dawn Hodgson, Your Community needs You.

If you are changing your delivery of services or events please let us know at [informationnow@newcastle.gov.uk](mailto:informationnow@newcastle.gov.uk)

### **Access to advice for people with mental health problems**

The Money and Health Policy Institute has published a [report](#) that considers the difficulties that people with mental health problems experience in accessing and acting on debt advice.

### **Domestic abuse information and reports**

Refuge, the UK's largest single provider of specialist domestic abuse services, has reported that it had experienced record highs in demand for its National Domestic Abuse Service Helpline as government lockdown restrictions have eased. The total number of calls and contacts to Refuge's Helpline has been more than 40,000 since the start of the lockdown (this figure includes numbers of women accessing a new 'live chat' service).

Shine produced a short film aimed at LGBTQ+ survivors of domestic abuse for this year's Pride on their Facebook page.

InformationNOW has a domestic abuse article which lists local and national help and support.

### **Workplace Laws for Domestic Abuse Survivors – seeking the views of the PCC Advisory Groups**

The Office of the Police and Crime Commissioner and Northumbria Violence Reduction Unit are seeking the views of key stakeholders in order to respond to the Government's call for evidence on support for victims of domestic abuse in the workplace. They would welcome your views on the specific employment needs of domestic abuse survivors, and how they are met by current employment rights and practices. The right response from employers in ensuring their staff are properly supported in the workplace can make a huge difference to the lives of domestic abuse victims. Contact: [Julie.smith@northumbria-pcc.gov.uk](mailto:Julie.smith@northumbria-pcc.gov.uk) to see the five questions they'd like answering.

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### **Bridge closures in Newcastle**

Legal orders to close five small bridges to traffic will be in place from 13 August as part of Newcastle City Council's plan to reduce traffic levels in local neighbourhoods. The bridges selected are used by inappropriate levels of traffic for small structures, using the bridges as a shortcut through residential streets. By restricting traffic, the council will also meet the rising demand for better walking and cycling in local neighbourhoods. A Newcastle City Council spokesperson said: "Road transport is responsible for a third of our city's carbon emissions and is the main reason for poor air quality. By restricting traffic in these areas, we believe it will help create safer, cleaner and greener neighbourhoods and encourage more walking and cycling which has huge environmental and health benefits for everyone."

The bridges include:

- Salters Bridge, Parklands
- Dene Bridge, Castle Farm Road, Dene and South Gosforth
- Haldane Bridge, South Jesmond
- Argyle Street Bridge, Ouseburn

- Stoneyhurst?Bridge, Dene and South Gosforth

NewcastleGateshead upgrade their website

NewcastleGateshead website has been re-launched with new features which enable you to personalise your visit. So, whether it is information related to coronavirus or shopping and arts and culture, you can create an itinerary.

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## North East's young adults warned of nitrous oxide risks

The risks and dangers associated with a recreational drug have been laid out to raise awareness of the substance.

Often inhaled from balloons using small metal cannisters, nitrous oxide is now second only to cannabis in the most consumed recreational substances by teenagers according to NHS data. It is regularly taken alongside other substances, usually alcohol, which can cause several issues including increasing vulnerability – as well as a range of health harms. Often referred to as laughing gas, it can cause hallucinations, delusions, nausea, a lack of coordination or unconsciousness. It has links to antisocial behaviour and is illegal to supply. [Watch the video](#)

InformationNOW has articles on drugs, alcohol and addictions with organisations that can help.

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## Research & Reports

### The Psychology of Loneliness – new report

The Campaign to End Loneliness' new [report](#) is the first of its kind to look at how psychological approaches can help tackle loneliness. Due to lockdown, more people than ever before are reporting feelings of loneliness. Mindfulness, cognitive behavioural therapy (CBT) and positive psychology are all approaches that can help people who are feeling lonely. This is the first policy report on loneliness and psychology in the UK and there is still much to learn. Nevertheless, the case for action is clear. The report has the backing of the Minister for Loneliness, the British Association for Counselling and Psychotherapy, Cruse Bereavement Care, Relate and the Royal College of Psychiatrists.

Recommendations include:

- to develop public health messaging, that emphasises the importance of meaningful social relationships in later life, with a call to action to pay attention to them as we age
- to ensure social prescribing staff are properly trained on the emotional and psychological aspects of loneliness and how best these can be addressed
- expansion of older people's access to specialist one-to-one counselling, so that older people's access to IAPT is equalised and in line with those of rest of adult population

They call for organisations working with older people to:

- identify which aspects of their work address the psychology of loneliness
  - design future programmes of work to explicitly include psychological approaches to loneliness
  - evaluate the impact of these programmes on reducing loneliness
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### Insurers pay out during the coronavirus

Insurers received 7,000 life insurance claims, and paid £90 million – the equivalent of £980,000 every day – to support the families of people who tragically died due to COVID-19 during the height of the crisis according to latest data issued today by the Association of British Insurers (ABI).

The figures collected by the ABI highlight that between 1 March and 31 May this year:

- 6,689 claims were received under individual protection policies, with 351 claims under group schemes (also including a small number of critical illness and total permanent disability claims), with a total of £90 million paid. These figures equate to 77 claims worth £980,000 every day during the period in which the data was collected.
- every life insurance claim has so far been accepted.
- the average payout on term insurance is expected to be £63,000, with an average payout of £137,000 on group policies

Find out more about insurance.

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## Opportunities for Action

### Grants for small and medium sized businesses

Last week the government announced plans to give small and medium sized businesses access to grants between £1,000 and £5,000 to help them access new technology and other equipment as well as professional, legal and financial or other advice to help get them back up and running following the COVID-19 pandemic.

The £20 million funding is being allocated to regional growth hubs with just over £1.8 million being given to the North East. Activities funded must directly respond to the impact of COVID-19, and can include:

- one-to-many events providing guidance to respond to coronavirus.

Small grants to:

- help businesses access specialist professional advice e.g. HR, accountants, legal, financial, IT/digital
- purchase minor equipment to adapt or adopt new technology in order to continue to deliver business activity or diversify.

Information and a form to express interest will be posted on the [North East Growth Hub](#); apply from week commencing 10th August 2020, all grants must be awarded by 28 February 2021 and all activity fully completed by 31 March 2021.

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### Remembering the forgotten heroes of World War 2

On 15 August 1945, Prime Minister Clement Atlee declared the end of World War 2 in a live broadcast to the nation after Japan surrendered and fighting in the Far East came to an end. Nearly 1.3 million service personnel from the UK, Commonwealth and Allied countries took part in what is commonly known as the Burma Campaign but many of the men and women involved consider themselves to be forgotten as their war was not always given the same importance as the war in Europe.

Newcastle's Lord Mayor, Councillor David Cook, will lead the tributes at a special Service of Remembrance which will be live streamed on the council's Facebook page to allow as many people as possible to watch and pay their respects. Residents are also being asked to share their own stories and tributes on the Facebook group VJ Day 75 Newcastle.

InformationNOW has articles on mental health for veterans, families and carers.

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## **Eat Out to Help Out**

Don't forget you can get 50% off when you eat out in participating venues on Mondays, Tuesdays and Wednesdays during August. You don't need a voucher and there's no limit on the number of times you can dine out using the Eat Out to Help Out scheme. The half price offer does not apply to alcohol and there is a £10 maximum discount per person.

See a list of restaurants, cafes and pubs in Newcastle that are taking part in the scheme

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## **Resources**

### **Best Summer Ever**

Newcastle's Best Summer Ever is back with opportunities for young people to take part in organised and socially distanced activities this summer. It was an outstanding success last year, keeping children busy and fed. Find out more and register.

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### **Government Flu Programme 2020**

This year the Government will roll out the most comprehensive flu vaccination programme in the UK's history. Providers will work to vaccinate more than 30 million people – millions more than received it last year. Expansion includes:

- expanded flu vaccination programme to protect vulnerable people and support the NHS
  - free vaccine to be made available for people aged 50 to 64 later in the year
  - households of those on the shielded patient list eligible for free flu vaccination and school programme expanded to the first year of secondary schools for the first time
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### **Public Health England launch 'Better Health' campaign**

Tackling obesity is one of the greatest long-term health challenges this country faces. Today, around two-thirds (63% of adults are above a healthy weight, and of these half are living with obesity. We have 1 in 3 children leaving primary school who are already overweight or living with obesity with 1 in 5 living with obesity. Obesity prevalence is highest amongst the most deprived groups in society. Children in the most deprived parts of the country are more than twice as likely to be obese as their peers living in the richest areas. This is sowing the seeds of adult diseases and health inequalities in early childhood.

Public Health England has launched a new campaign that aims to seize the moment of a 'national reset moment in health'.

A new package of measures and a 'Better Health' campaign has been announced to help people lose weight, get active and adopt a healthier lifestyle to beat coronavirus (COVID-19) and protect the NHS.

- ban on TV and online adverts for food high in fat, sugar and salt before 9pm
- end of deals like 'buy one get one free' on unhealthy food high in salt, sugar and fat
- calories to be displayed on menus to help people make healthier choices when eating out

- new campaign to help people lose weight, get active and eat better after COVID-19 'wake-up call'

Find the app in Google Play and Apple Store and use the [NHS website](#).

For more information about the Government's Obesity Policy visit: [Tackling Obesity](#): empowering adults and children to lead healthier lives.

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## New on InformationNOW this week

### Hospice Care Northumberland

Hospice Care Northumberland provides palliative care for people living with life limiting diseases such as cancer, Parkinson's, advanced dementia and Motor Neurone Disease. Why not watch the virtual private garden tours of Glanton Pyke, Mindrum House, Blagdon Hall and the Friary Alnmouth to name a few – and make a donation.

## New events and activities

Search has a range of new activities:

Quiz buddies by Post or on Zoom

Picnic and tour of Scotswood community garden

St Jame's Graveyard Picnic

Type in Search on the events and activities section organiser box for their range of activities including telephone advice and shopping.

GamCare has a new series of training sessions about women and gambling

Last updated: June 10, 2021

## Recent Newsletters:

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