

Dementia Action Week and Oral Health 14 May 2021

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New on InformationNOW this week!

This week's events & activities at a glance

Jesmond Food Market 15th May
Sew Sisters guided course
Online public lectures at Newcastle University
Cafe Culture online discussions
Greening Wingrove market stalls at the bike garden, 16 May, 10 to 3pm

Updated articles & organisations

Articles Updated
Choosing a care home

NEWS

Just one thing....

We want to suggest a few simple steps that feel like positive action to individuals.

- Use LED light bulbs instead of incandescent lighting as it's proven to last longer, which reduces the need to keep purchasing light bulbs.

LED lighting supports sustainability in several different ways. They have low energy consumption and less than other types of light bulbs. This saves you money and places less demand on our energy grid and ultimately, less demand on the natural resources used to power that grid.

Supporting change through human rights

Are you an organisation supporting people who are trying to access public services, for themselves as a family or carer? The British Institute for Human Rights is offering 10 more free human rights sessions to partner organisations. These sessions aim to build the capacity of people to use human rights law in interactions and tackle social justice issues affecting them during a difficult last year. Apply by 21 May 2021. Sessions are tailored to your needs.

InformationNOW has an articles on: [disability rights](#), [age discrimination](#) and [racial discrimination](#).

COVID-19 vaccine animations launched to help tackle disinformation

NHS England and NHS Improvement have launched a series of animations aimed at tackling disinformation about the COVID-19 vaccine. Aimed specifically at encouraging uptake in ethnic minority groups, the animations are available in 17 different languages and are suitable for use on a wide range of social media platforms. They cover key topics including vaccine safety, how it was tested, how it was developed so quickly, what is in it, and what the side effects are.

Original files can be downloaded from the campaign resource centre in the form of short clips and also a longer video, and the English versions are also available on [YouTube](#).

Breathing Space app for survivors of gender-based violence and abuse.

[Breathing Space](#) provides practical and emotional support to survivors of gender-based violence and abuse. It's a progressive app developed by AVA (Against Violence and Abuse) that can be used on any device, including a computer browser. Helping you find the right support at the right time with an easy-to-use signposting section. As many perpetrators of abuse monitor website use or phones to further control their victims the app and website is designed so you can exit information quickly to a website of your choice such as BBC weather.

It provides information on:

- where to get immediate help
- financial, housing and legal support
- mental and physical support
- crisis support
- family and children-oriented support
- substance use
- support for Black, minority and migrant women
- self-care tools
- stories section

InformationNOW has articles on [adult abuse](#) and [domestic abuse](#)

Foster Care Fortnight

The next two weeks are Foster Care Fortnight. Every 20 minutes across the UK, another child is taken into care. This is an opportunity for those working in fostering services to raise awareness and recognise the impact fostering has on the children of our city and the wonderful work of our carers. This year's theme, set by The Fostering Network, is 'Why We Care'.

You can listen to a podcast which talks in depth about the issues facing children in this city. It discusses the experiences of some of our longest serving carers and hears a first-hand telling of what it is like to be care-experienced. You can listen on Apple podcasts or on Spotify So, if you have ever considered fostering a child, why not contact the fostering team on 0191 277 2430 or contact the [Recruitment & Engagement Officer, Sam](#)

InformationNOW article: [kinship carers – caring for young relatives](#)

Avoiding cyber security attacks

National Cyber Security Centre NCSC has just launched it's [free online training for small organisations and charities](#) to guide them through all the actions needed to reduce the likelihood of becoming a victim of the most common cyber attacks.

InformationNOW has articles on: [scams and cyber crime during the pandemic](#) and [fraud and scams](#)

OPPORTUNITIES TO GET INVOLVED

As lockdown eases let us know your organisation's plans

InformationNOW

Many services are planning to reopen from 17th May. and we are updating as much information as possible on InformationNOW. We'll keep you updated on what's happening in Newcastle, but we need your help.

Is your organisation reopening or planning to resume face to face activities soon?

[Please remember to log in to InformationNOW](#) and check your organisation's information is up to date.

[Email us your events and activities so we can add them to InformationNOW](#). Please tell us about any of your activities face to face or online.

Don't worry if your service isn't ready to reopen just yet. We will ask again as lockdown restrictions ease further.

Help a farmer in Malawi

JTS together and Kilombero Rice are asking schools, churches and other organisations to [sell 90kg of fair trade rice](#). Selling just 90kg of Kilombero Rice is all it takes to provide a farmer enough of a sustainable income to run their farm, feed and clothe their family and enable them to provide a secondary education for a year.

You will receive 90x 1kg bags, along with information sheets, a Powerpoint presentation and videos about the farmers, leaflets and posters, and recipe ideas. Once you receive your order of 90 bags of rice, it's up to you how you sell it, from curry nights to fair trade stalls!

National Smile month, 17 May to 17 June 2021

Between 17 May and 17 June 2021, the [Oral Health Foundation](#) will be raising awareness of important health issues and ready to put a smile on everybody's face.

On Wednesday 2nd June, The Great British Brushathon will connect people from all around the world in one giant communal brushing event.

All you must do is take a selfie whilst brushing your teeth and post it to social media. Alternatively, if you want to get a bit more creative you can film a video of yourself brushing. If you live with any family or friends, get them to join you too. Top tips for brushing

- use a dry brush, don't wet it first
- only use a pea-sized amount of toothpaste, it's all your teeth need, and it avoids too much mess
- don't press your toothbrush flatly against your teeth, ideally you should brush towards your gum line at a 45 degree angle for the best clean

- spit but don't rinse. It might be tempting to rinse out your mouth after brushing, however if you spit lightly the fluoride in your mouth will help to protect your teeth throughout the day

Find more on the [National Smile Month website](#)

Would you like to book an oral hygiene session for a community group? Contact [Debora Howe](#) or Telephone: 0191 28 23215 to discuss.

We have updated our [healthy teeth article](#) with information and three short films to watch.

Dementia action week, 17 – 23 May 2021

This Dementia Action Week, Alzheimer's Society is calling for more support for people and families affected by dementia. With the right support people with dementia can live a good quality of life, doing what matters most to them for as long as possible.

If you are looking for local support, please contact the [Dementia Advice Centre](#) and they will help you whether you have received a diagnosis or you are a family member who is affected by dementia.

There are a number of support groups and [dementia activities](#), most of which are online at present.

InformationNOW has a section on [dementia](#) and [Dementia Friendly Newcastle](#).

Here's a preview of our local Admiral Nurse, Joe Costello talking about the impact of a dementia diagnosis on our [You Tube channel](#).

Dementia Action Week messages and events

Home fire safety

- If you have a friend, relative or neighbour who is living with Dementia please give them your support by making sure they have enough working smoke alarms in their property. Even with current restrictions [Tyne & Wear Fire & Rescue Service](#) still carry out Covid safe home visits to fit smoke alarms and give fire safety in the home advice. Many of their staff are Dementia Friends and they will always endeavour to handle all situations with empathy and care. Contact: Freephone 0800 032 7777 to arrange telephone advice or a home appointment.
- You can visit their website to find information about: kitchen safety, night time safety and basic fire safety.
- Remember if a smoke alarm activates or if there is a fire in your home, NEVER try and tackle it yourself. Get Out. Stay Out. Dial 999.
- Please help us to help you keep your loved ones safe. Alternatively you can make an [online request](#)

Admiral Nurse sessions

[Dementia Matters](#) has organised a free advice session with our local Admiral Nurse, Joe Costello on Thursday 20th May 5.30 to 7 pm. [Book](#)

Age UK North Tyneside are also [offering sessions](#) throughout the week on Bereavement support; Carer support; and more with their Admiral Nurses and Dementia Connections. The information will be relevant to people in Newcastle though the signposting will be found on InformationNOW.

Cinemas of Tyneside resources for communities Reminisce about visits to the cinema – the buildings, the films, the food and more ...

[Tyne & Wear Archives & Museums](#) has a pdf that you can download and use for reminiscence. Contact [Joanne Charlton](#)

Outer West Memories Coffee morning

An opportunity to reminisce about the [outer west of Newcastle on Zoom](#), 17 May 10.30 am. Contact [Search: Email](#) or telephone 0191 273 7443

Take part in a hospital discharge survey about memory and dementia

Many older people who are admitted to general hospitals and then discharged have problems with memory, cognition and may have dementia. Despite this, little research has been done to explore the experience of the individual and family after returning home from hospital. The impact of COVID-19 measures on the hospital discharge process and on the support available in the community is unknown. This study seeks to gain a fuller understanding of:

- the community support available for people living with dementia and their carers
- opportunities and challenges to supporting wellbeing in the community immediately following hospital discharge
- how COVID-19 has impacted on the hospital discharge process and available community support

If you are based in the UK and have been affected then please take part. You will undertake a discussion with a researcher online or by telephone.

HOUSING

Assisted Living properties available to rent now

[Your Homes Newcastle](#) has new homes available to rent now in Housing Plus – Assisted Living developments for people over 55 who need a level of care to live independently. Located across Newcastle, each development is modern and accessible with trained staff on hand 24/7, providing specialist care support during the day and peace of mind that help is at hand overnight in an emergency.

Each customer has their own independent one or two bedroom apartment or bungalow with all repairs and maintenance costs covered and an optional furniture rental service available. A range

of care needs are catered for, from low level support such as medication prompts and help with shopping to higher care needs including personal care and night time calls.

Two developments are also designed specifically for people with a cognitive impairment, providing a safe and welcoming environment to support people to live independently for as long as possible.

Contact: Supported Housing Advisor Lisa Green on 07929 825987 or housingplus@yhn.org.uk.

Read the InformationNOW articles on [Buying or renting ordinary housing](#) and [Housing for Older People](#)

Ostara 24 hour alarm and response service

[Ostara](#) supports many people with dementia in Newcastle to live safely at home with its 24 hour response and support service.

Based in South Gosforth, Ostara offers a range of alarm equipment including pendant buttons, door sensors, fall detectors, smoke alarms and flood detectors, all connected to their 24 hour response centre with a team of trained responders on call 365 days a year.

If a customer has a fall, feels unsafe or unwell or if an alarm is activated, Ostara will be alerted immediately so they can send help, either by notifying the customer's family or dispatching a 24 hour response officer to the customer's home.

All staff are specially trained to help vulnerable customers, providing tailored support to meet individual customers' needs. Key facts:

- 24 hour service, 365 days per year
- Prices start from £6.15 per week with unlimited usage
- Free installation

Watch this short [film](#) or get in touch on 0191 277 7470 or contactsus@ostara.org.uk to request a free information pack

Read more about [personal alarms and telecare](#) on InformationNOW

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