

InfoNOW news 29 October 2021

News

Just one thing ...

Drink water every day. Just three glasses, one with each meal, could boost your brain power and energy levels. The European guideline is for 2 litres per day of fluid intake for a man and 1.6 litres for a woman. A good way to know that you are drinking enough is going to the toilet to wee between 7 or 8 times a day. It may also help with weight loss and enhance your sports/fitness performance.

InformationNOW has an article on [10 tips for good health](#) and [healthy eating and drinking](#).

ADHD awareness month

We didn't want the month to finish without drawing attention to Attention-deficit and hyperactivity disorder (ADHD). This is a neurodevelopmental disorder affecting both children and adults across the UK. People with ADHD can seem restless, may have trouble concentrating and may act on impulse. The [ADHD organisation](#) behind this awareness month are inviting you to share your story/lived experience on their website. They also offer you insights from medical experts on factors including: diet and sleep, medication and symptoms that might alert you to this condition.

[Find more about ADHD on the NHS website](#)

Other organisations that can help:

[ADHD.Co](#) has a Facebook Group and coaching sessions

[ADHD Foundation](#) runs education sessions for professionals

Online shopping for toys

It's that time of year when we start buying presents for family and friends. Why not buy from compliant and trusted British retailers/vendors and look for the Lion Mark?.

People often believe they are buying from a trusted international retailer (the platform), when the reality can be very different. In fact, the sellers are third-party vendors, often based overseas, that ship direct, or using the online marketplaces' fulfilment channel. Consumers believe that somewhere in that process there will be checks on the products that are sold – but unlike traditional retail, this process has little oversight from the platform where the toys are listed. Third party traders are based overseas and do not have to meet UK Trading Standards. UK consumers find it difficult to distinguish between products offered by the online marketplaces direct and those

marketed and sold by third-party vendors or to identify who the trusted sellers are.

The British Toy and Hobby Association [report that](#) 255 toys were tested for safety and 88% were illegal in the UK; 48% were unsafe and 69% of those recalled over the last two years are still available. The toys were selected randomly from third-party sellers on Amazon, eBay, Aliexpress and Wish.com. The details of each product is on their report.

The BTHA [has guidance on buying toys](#) and what safety standards to check for. You can view their A-Z of members for toys and products that you can trust.

The BTHA is urging the government to take action to protect children from the threat of accident or injury by taking steps to prevent the sale of unsafe toys on online platforms, and by making the online marketplaces take some accountability for the products sold through their platforms by third-party sellers. You can sign their petition.

InformationNOW has a section [on consumer advice](#)

Opportunities for Action

Safeguarding Adults Week, 15 to 21 November

In Newcastle, the [Safeguarding Adults Board's](#) Improving Practice Committee is hosting a week of webinars to promote safeguarding adults best practice. This follows on from successful events in 2019 and early 2021. The [short webinars will be hosted on Microsoft Teams](#) and are aimed at professionals and volunteers. They cover a wide range of topics linked to safeguarding adults, particularly those which the Improving Practice Committee have identified as being related to emerging issues or developing practice. Choose from a range including: DBS, financial abuse and cyber issues. Book now.

InformationNOW has articles on: [adult abuse](#), [domestic abuse](#) and [hate crime](#)

Carers Employment Rights Webinar, 25 November 2021

As part of the Prevention, Information and Advice Network we are holding a Carers Rights Webinar on 25th of November to support Carers Rights Day. The webinar will focus on raising awareness of the rights that carers have with colleagues across the VCS and our guest speaker is from Newcastle Carers.

There has been a significant impact on the lives of carers since the start of the pandemic more and more carers are juggling work and caring. This is why it is more important than ever that carers have the right information at the right time to be able to manage their caring role and understand their employment rights. Find out more about:

- how to identify potential carers you come across in your work
- carers rights in employment
- carers rights as a carer
- what support is available for carers

Email: informationnow@newcastle.gov.uk to book a place

InformationNOW has articles on: [looking for work](#); [looking after someone](#)

Trustees week 1 to 5 November 2021

[National Council for Voluntary Organisations \(NCVO\)](#) are celebrating the great work of the 700,000 volunteer trustees who support charities in England and Wales. They exist to support trustees and help strengthen governance during this period of significant change.

Whilst charities have risen to the challenges of the pandemic, this has not been an easy time to be a trustee. To thank trustees for their enormous contributions NCVO

- offering reduced fees for all their [trustee training and eLearning](#)
- allowing open access to all their member only [governance tools and resources](#) during the week.
- free workshops include: [The trustee recruitment cycle, Leading on equality, diversity, and inclusion with your board, Governance review](#)

Why not take the Digital Attitudes and Skills for Heritage survey and find out

The [Digital Attitudes and Skills for Heritage \(DASH\) survey](#) breaks digital down into a series of simple questions that cover a range of key areas. By asking your staff, trustees, board members and volunteers to take 5 to 10 minutes to complete the survey, you can paint a clear picture of the digital skills across your heritage organisation. The survey's results show heritage organisations how best to spend time, energy and resources putting digital to work. You can:

- identify digital strengths and gaps
- provide a clear framework for staff and volunteers to discuss and understand digital
- find out how their people feel about the support they receive
- identify untapped digital skills
- focus training efforts
- provide a clear benchmark to build on and measure against

InformationNOW has articles on: [volunteering](#)

Money matters

We are coming up to Talk Money Week and so our spotlight will be on updating you on important information relating to managing your money, spending safely and budgeting.

Contactless uplift

The national roll-out of the new £100 spending limit for contactless card payments began on 15 October 2021. The decision to raise the contactless limit from £45 to £100 was made by HM Treasury and the [Financial Conduct Authority](#) following a public consultation and in discussion with both the retail and banking sectors. It follows on from the successful increase in the limit from

£30 to £45 in April 2020. To check if a retailer has updated to the new limit, customers should either ask in store or follow the prompts on the card payment machine when paying.

Do you want to use contactless?

Some people may find it harder to budget and manage their cash flow with the higher limit. You can make arrangements that suit you with your bank. At the moment, Santander, Nationwide, Lloyds Group (includes Halifax and Bank of Scotland) enable you to switch off the contactless feature or give you a debit card without the feature. Lloyds Group also enables you to lower your limit and Santander will be bringing in this feature.

Recruitment scams

During the pandemic there was an increase in job scams by 60%. There are many issues to be aware of. From phishing emails that appear to be from a well known employer/organisation to being told that you are eligible for a job (under the job guarantee scheme) if you take part in training. The training doesn't exist and you have paid up front, or the same goes for paying up front for a DBS (Disclosure and Barring Service). Rather than part with your money, get some advice from Jobs Aware. If you are an employee, look out for HMRC related scams. For help and advice or to report a recruitment scam, use [JobsAware](#)

InformationNOW has articles on: [payment methods](#), [looking for work](#)

Research & Reports

Bouncing Back: Boosting Young People's Financial Wellbeing after the Pandemic

[Demos' latest report](#) considers the finances of younger and older people and finds that 31% of people aged between 18 and 30 have missed recent credit card or bill repayments, compared to 3% of people aged 51 years and over. However, young people are more likely to be saving than any other age group and almost three quarters (72%) see the sense in saving for the future so that they will not have to save even more later on.

InformationNOW has a section on: [money](#)

Resources

Suicide prevention grants 2022

[Blue Stone Collaborative](#) are managing funding for the North East and North Cumbria Suicide Prevention Network scheme. The funding is specifically for VCSE led suicide prevention projects, including: health and wellbeing, community resilience, supporting carers etc. The scheme will launch on 1st November and the deadline to apply is 20th December.

Email to rachael@bluestone.org.uk for the application details directly from 1st November or look at the website.

InformationNOW has an article on: [suicide](#)

Hate Relationships and their implications for policy and practice, 12 November

This [free online event](#) will launch new research conducted by Durham and Northumbria Universities in partnership with Connected Voice's Hate Crime Advocacy Service. The event will cover:

- summary of the new Hate Relationship concept
- service-users: experiences and impact of hate relationships
- what is a Hate Crime Advocate
- Kim McGuinness, Northumbria Police & Crime Commissioner: funding the innovative Hate Crime Advocacy Service
- Catherine Donovan and Stephen Macdonald (University of Durham) and John Clayton (Northumbria University): Re-thinking repeat reports of hate crime/incidents as Hate Relationships based on coercive control
- Panel and discussion: gaps and opportunities
- Call to action: the way forward

Remember to book.

InformationNOW has articles on: [hate crime](#), [advocacy support to get your voice heard](#)

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