

InfoNOW News 10 December 2021

News

InformationNOW reaches over 1.5 million people

Thank you to everyone who helped us celebrate our 15th birthday at the City Library on 3rd December.

Don't worry if you were unable to pop in to see us. [Radio Tyneside](#) are broadcasting parts of the show throughout December. The full show will be available as a podcast very soon, where you can hear interviews and chats with those who helped research, design and develop InformationNOW from the beginning and some of InformationNOW's most active supporters and champions. See our video on the [About Us](#) page.

Thank you to Richard Finch and Dave Nicholson at Radio Tyneside, Barbara Douglas, Mary Nicholls and Steve Whitley (Elders Council of Newcastle), Claire Horton, Neil Munslow MBE (Active Inclusion Team, Senior Manager), Shenene Fontenelle (Mental Health Concern Link Worker), David Hepworth and Joanne Ghee (Newcastle City Libraries), Lisa Dawson, leader of the Get Online team and Pui Lee (artist),

www.InformationNOW.org.uk is 15 years old and we've reached over 1.5 million visitors! Now that's something to celebrate.

[Watch our short video to find out more about where it all started](#), how we've worked to keep InformationNOW up to date and user friendly. Here's to many more years of providing trusted information to people in Newcastle.

www.InformationNOW.org.uk is the information website for people living and working in Newcastle. Where you can find local information, services and events. It's provided by Newcastle City Council and Newcastle Gateshead Clinical Commissioning Group.

Any questions please email Prevention, Information and Advice Leads, Lauren and Kate at Informationnow@newcastle.gov.uk

Money saving and sustainable ideas for Christmas

We've been working on our article for saving money and becoming more climate conscious over Christmas.

Christmas can be an expensive time of year and we often end up spending more than we need to. It's easy to get swept away by the glitter, twinkly lights, wine and food. But this year there are reports that more of us are thinking about the environment and more sustainable living.

Our article covers recycling, making food or sweets, planning an outing, offering your time to help others. We also offer a few thoughts on choosing your Christmas tree, wrapping paper and disposing of waste. [Read Money saving and sustainable ideas for Christmas](#)

Rainbow Laces Day, 8 December

According to [Stonewall](#), over a million of you have already worn the laces in support of LGBTQ+ inclusion. On Wednesday, they were asking everyone to Lace Up and Speak Up and start the conversation that sport is everyone's game.

Sport and physical activity brings so many benefits to our lives, not only in terms of wellbeing, but also in the way they bring people together. People from all walks of life can gain a sense of belonging and community through shared passion and LGBTQ+ people deserve to be a part of this. Wear rainbow laces, not just on Wednesday, but any time to show your commitment to this cause.

[Read Benefits of being physically active](#)

Volunteering news

[Volunteer Centre Newcastle](#) continues to support individuals, groups, and organisations with undertaking volunteering in the most effective way possible. The Volunteer Passport Scheme continues to thrive through the volunteers and partner organisations that have signed up. For those that don't know, the Volunteer Passport Scheme allows individuals to volunteer across a range of roles and organisations, but with only one set of training and recruitment. If you would like to find out more, please contact the Project Manager t Pam.Robinson@volunteeringmatters.org.uk.

In August, a new member of staff, Dan, joined as their Engagement Manager who leads on the Community Champions project and provides support to the voluntary sector. Community Champions are a network of volunteers from across the city, sharing the latest Public Health information around COVID-19, allowing individuals and organisations to stay up to date, protecting themselves and their communities. D and if you would like to sign up, or become a Community Champion, please email Dan at Dan.Erasmus@volunteeringmatters.org.uk

InformationNOW has articles on: [volunteering](#)

North East Ambulance Service

North East Ambulance Service (NEAS) has launched some new sections to their website for people who need easy read and video information such as those with a learning disability or autism. These include:

- [Learning Disability Zone.](#)
 - [British Sign Language & Subtitled videos](#)
 - [Patient Information](#)
 - [Life Saving Skills](#) includes CPR video which informs younger people
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Opportunities for Action

What do you think about dental services in Gateshead and Newcastle?

[Healthwatch Newcastle](#) and Healthwatch Gateshead want to:

- improve information for patients
- improve access to NHS services
- strengthen joint working in the North East
- understand what is or isn't working or what you'd like to change

By taking their [dental services survey](#) you'll help influence local and national dental services. You could win £50 in a prize draw for taking part. Survey closes Saturday 8 January 2022. If you would prefer to talk to them about your experiences, have any queries, or would like a paper version of the survey and freepost envelope, ring them or email us at info@healthwatchnewcastle.org.uk

InformationNOW has articles on: [dentists](#)

Community Health Fund Round 2

The Community Health Fund round 2 is worth a total of £50,000 to support activities that reduce health inequalities in vulnerable groups, particularly people from minority ethnic communities, disabled people and children and young people. Applicants will also be expected to show how they will increase the number of people volunteering to become [Community Champions](#). Grants are up to £1000.

If you would like an application form email communityhealthfund@newcastle.gov.uk

For more information email sue.wannop@newcastle.gov.uk

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

University Sanctuary Scholarships

[Newcastle University](#) has scholarships which includes full tuition fees and living expenses for people seeking asylum in the UK and from refugee backgrounds. You can apply for undergraduate, postgraduate and doctorate level programmes.

Northumbria University has [Undergraduate](#) and [Postgraduate Scholarships](#) for people seeking asylum in the UK. This covers all of the fees and and £1,000 towards your studies.

[Read more about support for asylum seekers and refugees in Newcastle](#)

Community Health and Social Care Direct (CHSCD)

If you are worried about an adult or their has been a change in their condition or needs then contact [Community Health and Social Care Direct](#). CHSCD are part of care and support for adults at Newcastle City Council. They are the front of house to adult social care services including:

- information, advice and support
 - signposting to assessments of need
 - help to live independently in your own home
 - short term rehabilitation services
 - equipment and aids to make life easier
 - crisis support
 - safeguarding advice and emergency support
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Grief Awareness Week, 2 to 8 December 2021

This week is grief awareness week and we thought this was a good time to draw attention to the Independent Age [Grief Encounters: Experiences of bereavement support in later life](#). This report explores the experiences of older people who have been bereaved and their attitudes towards bereavement support.

The following can help and support you:

- [Marie Curie Information and Support Line](#) is open on 23rd. 24th. 29th and 30th December and from 4th January
- You can call [Mental Health Crisis Team](#), at CNTW; Tel: 0191 814 8899 or 0800 6522863 or Tel 0303 123 1146
- [Samaritans](#): 24-hour telephone helpline offer emotional support to people experiencing distress or despair. Tel 116 123 If you would prefer to text, support is available from [SHOUT](#), the 24/7 UK text service for people in crisis, on 85258.
- [Cruse Bereavement Care](#) will be open as usual over the holiday period, offering a listening ear and emotional support to anyone who has lost someone they love, or been affected by a bereavement. The freephone number is 0808 808 1677. Lines are open Christmas day and Boxing day.

Read [Urgent Medical Advice](#), [Mental Health Crisis](#) and [Suicide](#) information. Contact [Independent Age North East](#) and their grief chat line.

Research & Reports

Pioneering project to change male behaviour towards violence against women and girls

[A pioneering project in Cumbria](#) aims to change male behaviour and work towards ending violence against women and girls in the UK. At the end of the programme participants are assessed on their ownership and understanding of their behaviour and why change is required.

InformationNOW has a section on: [sexual health](#), [hate crime](#)

Resources & Training

Prince's Trust offer opportunity to get into education or employment

The Prince's Trust is [now recruiting for their next Prince's Trust TEAM programme](#), which is due to start on Monday 17th January 2022. If you know of anyone aged 16-25 who are not in employment, education, or training who could benefit from the support we provide please contact Lee.Smith@nufc.co.uk, 07583 070 081.

InformationNOW has articles on: [Support to prepare for work](#) and [Looking for work](#)

What's new on InformationNOW this week

Events

The Late Shows are returning in 2022

The Late Shows are back on Friday 13 May in the Ouseburn, then on Saturday 14 May it will take over venues across central Newcastle, the Quayside and Gateshead.

The line-up of venues taking part will be announced in spring 2022. In the past the culture crawl, featured art studios, music, performance, galleries, museums and a host of fun activities.

Like to get involved? They'll be contacting venues with further information in January 2022 and looking for volunteers to Steward the event. [Details will be shared on the website and social media.](#)

Read more about [Museums and attractions](#) on InformationNOW

Organisations Updated

- Newcastle City Learning – Learning disability provision
- Eating Distress North East
- Neuro-development disorder Services at Newcastle NHS Foundation Trust

Articles Updated

- Money saving and sustainable ideas for Christmas
- Support for asylum seekers and refugees
- How to make a complaint
- Eating disorders
- How to complain about health services

Last updated: March 17, 2022

Recent Newsletters:

[InformationNow News 11 September 2026](#)

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[InformationNow News 28 August 2026](#)

NEWS InformationNOW Thank you to everyone who came along to our focus group session. Your feedback was invaluable and you were so generous with your time and insights. We're pulling all this information t...