

21 January 2022 InfoNOWnews

News

Managing on a low income – saving money

New article on InformationNOW

With the recent news about the rising cost of living and concerns about the cost of energy and heating our homes this Winter, we have compiled a page of information about how to manage and save money during this difficult period. [Managing on a low income – saving money](#) contains guidance on what financial checks to make and who can help in relation to money worries and energy bills. Another article which may be useful is [Support for people on a low income](#) which covers affordable white goods and household items, food banks and low cost clothing, including school uniform.

Major new artwork for the Metro – call for artists

A major arts commission to create permanent new works for Tyne and Wear Metro's £362m new train fleet has been launched. The commission, grant-funded by Arts Council England, will see artists selected to create large scale new works for the interiors of 46 new trains due to enter service from next year.

[Nexus](#), the public body which runs Metro, has today launched an open call for established artists to put themselves forward for the opportunity, and they aim to select a final four to create permanent works to be enjoyed by the 35 million customers who travel on Metro each year. The finished works will be displayed on each new train's end walls, facing into the seating areas. They want to give as many artists as possible the opportunity to put themselves forward for this unique opportunity, which is also now listed on ArtJobs. Preliminary submission 21 February 2022.

Free donations made online

Turn online purchases into free donations for your voluntary organisation, non-profit, charity or Community Interest Company. [Vonne](#) has partnered with [Easyfundraising](#) and this enables your organisation to collect free donations when your community of volunteers and supporters shop with leading retailers, including: M&S, John Lewis, Just Eat and many more.

Free to register and use, it's a great way to create a continuous stream of income which complements your existing activities.

Internet Explorer 11 discontinued

Internet Explorer 11 will no longer be supported by Microsoft. If you currently use Internet Explorer to visit websites, you need to download and use a different browser. Make your new browser your default browser and delete Internet Explorer. This will make sure you continue to get the best experience when visiting websites and to keep you safe online.

We recommend using [InformationNOW](#) on Microsoft Edge, Google Chrome, Firefox or Safari.

Read more about [How to fix issues with using InformationNOW](#)

Opportunities to take action

Leisure Centre in West Denton

A new leisure centre is being funded with £19.8m from the Government's national Levelling-Up Fund. When it opens in 2024, the building will offer a sports hall, gym, café, library, community space and 25-metre swimming pool. It will be one of the biggest single investments in West Denton for many years and offer the community lots of new opportunities for sport, recreation, and social activities. Subject to planning approval, work is expected to start on the centre in the winter of 2022 and open in spring 2024.

The Council wants to know your views on the proposed Leisure Centre in West Denton. Have your say by:

- Coming to an online event on Monday 24th January at 10am; details here: Monday 24th January, 10am
- Coming to an online event on Monday 24th January at 6pm; details here: Monday 24th January, 6pm
- Taking part in the online survey about this – click on the '[participate](#)' button below.

InformationNOW has articles on [fitness activities](#) and [leisure centres in Newcastle](#)

Safer Transport Northumbria

[Safer Transport Northumbria](#) is a new app that public transport users across Northumberland and Tyne and Wear are being urged to download as part of a regional effort to help make our transport links the safest in the country. The app is part of an ongoing 'Safer Streets' commitment to tackle violence against women and girls and improve safety on public transport. The app helps you to: raise issues, get support, access up-to-date travel information, and crucially help support others. You can download from Google Play store and the App Store and find out more on [Rape Crisis Tyneside and Northumberland](#) website.

InformationNOW has more on [domestic abuse](#) and [sexual health](#) and [sex in later life](#)

Revenge Porn Help and tools

[The Revenge Porn Helpline](#) supports adult victims of intimate image abuse who live in the UK. They provide advice, guidance and support with helping to remove intimate content which has been non-consensually shared online.

[Stop NCII](#) is a new free tool designed to support victims of Non-Consensual Intimate Image (NCII) abuse.

Read more on [Cyber crime, fraud and scams – InformationNOW](#)

Joint Newcastle and Gateshead Involvement and Engagement ICS event, 8 March 10 to 11 am

The new Integrated Care System won't be in place until July 2022. In the meantime, you are invited to get involved in a discussion about how patients, carers and the public can get take part in shaping engagement processes. Presenters include:

Claire Riley, Executive Director of Communications and Corporate Affairs
Northumbria Healthcare NHS Foundation Trust

Julie Clayton, Head of Communications and Engagement for NHS North Cumbria CCG
and the North Cumbria Health and Care Partnership

[Register for the Joint Care ICS engagement event](#)

Spotlight on

Stalking – new services added to InformationNOW

Stalking is illegal. It can be in person or online. It can include being followed or constantly harassed by another person for example, being sent unwanted emails, calls or texts. Cyber stalking is online harassment and is similar to cyberbullying it can be carried out in emails, text messages and social media posts.

If you're being stalked report it to [Northumbria Police](#) in an emergency call 999

[Suzy Lamplugh Trust's National Stalking Helpline](#)

[The Cyber Helpline](#) support victims of cybercrime and online harm. Chat to their chatbot and get immediate advice on how to deal with your cyber security issue. If you need more help, it will pass you onto one of their volunteer cyber security experts.

[The Alice Ruggles Trust](#) provides online resources and information about stalking awareness

Read more about [Personal Safety on InformationNOW](#)

InformationNOW has articles on: InformationNOW has more on [domestic abuse](#) and [sexual health](#) and [sex in later life](#)

Research

Researching Menopause from the Inside Out webinar Friday 25th February 3pm to 4pm

In Conversation with Professor Karen Ross: Blood, Bone, Crone: Researching Menopause from the Inside Out

As part of the work of the Centre for Ageing and Inequalities, Professor Ross talks about her recent research project with women who are at different stages of their menopausal journey, bringing insights to the wide variety of their experiences which demonstrate that although more than half the world's population will go through the menopause, no two experiences are exactly the same. Karen talked to women in Newcastle and Makerere in Uganda, to determine if culture affects inequality of outcome in terms of information-seeking, responses from medical practitioners and employers and coping strategies.

[Join Zoom Meeting](#)

InformationNOW has articles on: [menopause](#)

Help improve retirement services

[The Department for Work and Pensions](#) needs your help to improve the support people get from the government in later life. [They'd like to ask you some questions](#) and get your feedback if you are: approaching retirement, are already retired or a family member, friend or a carer who helps someone who has retired.

[The consultation is open until August 2022.](#)

InformationNOW has a section on [work and retirement](#)

Resources

Covid 19 Vaccination clinics, pop ups and bus timetables

Newcastle City Council regularly updates information so that you can find out all the opportunities to get vaccinated or boosted each day.

[How to get your Covid-19 Vaccination in Newcastle | Newcastle City Council](#)

You can also Google Newcastlejobs.org and you will be directed to the site.

InformationNOW has an article on [Keep up to date with Coronavirus information](#)

Events and Activities

Creative Friends at the Shipley Art Gallery which is dementia friendly

Guided walks by St James's Heritage Group

Tree at Alphabetti Threatre with the Elders Council

Eagles events include walking basketball and table tennis

Healthworks includes yoga, women only fitness, next steps

Friday cafe at St George's Jesmond

InformationNOW has articles on : things to do in Newcastle, galleries and museums and attractions, hobbies

Holocaust Memorial Day events

27th January 2022

[A programme of events is available](#) and it includes:

- Live radio broadcast by [Skimstone Arts](#) (alongside an exhibition in city library from 20 January)
- [Cobweb Orchestra](#) at Jesmond United Reform Church on 23 January at 6pm, tickets available at the door
- One Day, Many Days – a performance at the [Tyneside Irish Centre](#) on 24 January
- The Brundibar Arts Festival from 22 January to 10 February

A number of the events can be booked through the [Brundibar Arts Festival Website](#)

Articles Updated

[Pension Credit](#)

Organisations Updated

- [Groundwork](#)
- [The Cyber Helpline](#)
- [Mind](#)
- [Action for Warm Homes](#)
- [Safeline](#)

Last updated: May 5, 2022

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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...