

4 February InfoNOW news 2022

Need help at home?

Need help at home? [Your Equipment Newcastle](#) gets you to products. Ideas to help with standing from a chair, sitting to chop or wash up in the kitchen, tap turners, lid and bottle openers are all on this website with a product catalogue too.

Northumberland Sculpture trail

Kielder Art and Architecture has been recognised by the Guardian thanks to numerous artworks, including a giant forest head and rotating chairs on the water's edge at [Kielder Water and Forest Park](#)

Seeing all of the artworks on and around the 26 mile shoreline of the reservoir is quite a task on foot – it's even ambitious on a bike. However, there are three suggested trails to download which start at Kielder Castle Visitor Centre, Leaplsh Waterside Park and Hawkhope Car Park.

Other popular artworks along the trail include the Salmon Cubes, which reflect on the life cycle of the River Tyne's Salmon; Minotaur, a maze by Kielder Castle made of rocks and green glass; and the Wave Chamber, a camera obscura-style structure which projects an image of the lake's surface onto the floor inside.

InformationNOW has articles on [day trips](#), [things to do in Newcastle](#)

Free parking at four park and ride and sites on the Tyne and Wear Metro extended

Free parking at four park and ride and sites on the Tyne and Wear Metro will continue to 31 March to support the end of restrictions and return to the office. Metro footfall is now 80% of pre-pandemic levels, and with more people heading back to work after the Government withdrew its Plan B covid measures this week, [Nexus](#) is giving people more time to take advantage of the offer.

The park and ride sites are: Four Lane Ends, Callerton Parkway, Bank Foot and Stadium of Light.

InformationNOW has articles on; [day trips](#), [public transport](#) and [concessionary travel](#)

Working from home tax relief

Your organisation or employer may have come to an agreement with you relating to support against expenses for home working for anything up to a year. If not, it is easy to claim tax relief from the HMRC for the current financial year ending 31st March 2022.

Read the information from Martin Lewis and [MoneySavingExpert](#) and [claim before the end of this financial year](#)..You do not receive a cheque, but your tax code will change to make the allowance.

InformationNOW has articles on: [tax](#)

Smart Works to hold women into work jobs fair

Date for your diary. [Smart Works Newcastle](#) are holding a jobs fair for women on [Friday 11 March from 10 am to 2 pm](#) at Mea House. Hundreds of jobs available, living wage, flexible working.

InformationNOW has articles on: [Looking for a job or work](#)

Have you or someone you know experienced cancer treatment and care?

[Northern Cancer Voices](#) is a group of volunteers, patients, carers, along with health professionals, who have an interest in ensuring the best possible quality of care and support for cancer patients and their family and friends. Established last year, they work in partnership with a wide range of health and voluntary organisations involved in patient care.

You can share your voice and experience in several ways including becoming a regular member of the network. Why not get in touch?

InformationNOW has articles on: [cancer, having your say about health services](#)

Tinnitus Week, 7 to 13 February 2022 #TinnitusWeek

Tinnitus is when you hear a sound in your head or ears, when there is nothing making the sound. You might hear ringing, buzzing, whooshing or humming. The sound might go on and on or it might come and go. It might be in one ear, or in the middle of your head.

[Tinnitus](#) is not a disease or illness, it is a brain activity that has got out of normal balance. A change in the ear, such as an ear infection, a cold or wax blocking the ear might start the tinnitus. Loud noise such as concerts, machinery or power tools can be a cause or it can be started by a stressful life event.

One in three people get tinnitus at some point in their lives. One in ten people have tinnitus that doesn't go away, some people find it upsetting and annoying and others don't mind.

[The British Tinnitus Association](#) has published [a film to raise awareness](#) and offer information. They are committed to researching the causes and prevention and cure.

[Deaflink](#) runs a Tinnitus Support Group.
InformationNOW has articles on: [deaf and hard of hearing](#)

Lift Someone out of loneliness, 31 January to 13 March 2022

[Feeling lonely](#) is something that all of us can experience at any point and it can have a huge impact on our wellbeing. It's important to remember that these feelings can pass and that there are lots of ways we can help each other too.

The latest campaign is to [Lift Someone Out of Loneliness](#), by carrying out small acts of kindness to help someone who may be feeling lonely, knowing that this is likely to help them feel less lonely too. Fancy a cuppa? Fancy a walk? Sometimes reaching out to each other with as little as three words can make a big difference.

InformationNOW has articles on: [mental health](#) and [food and friends](#) and [Finding Friends](#)

Adult Social Care Users Survey 2021/22

The annual Adult Social Care Survey has begun. We are asking adult social care users about their quality of life and their experience of the care that they receive. Anyone who receives a questionnaire for it and needs support to complete it can contact the [Community Health and Social Care Direct Team](#) with the details 0191 278 8377 or email.

Full findings from previous [Adult Social Care User Surveys](#)
InformationNOW has a section on [care and support for adults](#)

Cycling and Walking Maps

Whether you fancy cycling along the breathtaking Northumberland or Tyne and Wear coastline or strolling along the history steeped streets of Durham – there's something for everyone, no matter your age or ability.

[Go Smarter Go Active](#) has created a series of days out itineraries that you can explore by walking or cycling. You'll find options that showcase amazing parts of Durham, Gateshead, Newcastle, North Tyneside, Northumberland, South Tyneside and Sunderland, as well as a number of cross boundary guides too. A selection of the guides are suitable for wheeled pedestrians and those with pushchairs- look out for the suitability key on each map to see which routes are most appropriate for you.

The maps cover a large part of the North East and are interactive. You can download a pdf of your chosen map.

[Want to learn to cycle – contact WinG](#)

InformationNOW has articles on: [fitness activities](#) and [walking and health](#)

Semitones and Concerts for older people

[Semitones](#) is an amateur orchestra, based in Newcastle. Their aim is to bring live music to older people in the local area. They normally perform in care homes in Newcastle on Sunday afternoons. They are a group of 10 to 15 musicians and they play for about 1 hour and perform a range of well-known and classical music and songs from musicals.

They are now looking to perform for new groups and venues. If you know of a group of older people who might be interested in a free live concert, please contact them:

semitones.music@gmail.com

InformationNOW has articles on: [music – get involved](#); [music venues](#)

February

[Under the stars](#)

[Chain Reaction Walk in the Park](#)

[Tai Chi at Trinity church](#)

[Introductory guided bike rides](#)

[Therapeutic arts and coffee mornings with the Angelou Centre](#)

[Tuneless Choir](#)

March

[Wing Forest School](#)

[Tyne to stand Up for International Women's Day](#)

[Great British Spring clean](#) – get into action

Articles Updated

Cultural and religious festivals

Hobbies

Support to prepare for work/job

Tax

Concessionary Travel

Organisations Updated

Go Smarter Go Active campaign

Wood Hub cic

St Gabriel Church, Heaton

Stop Abuse Together

Last updated: February 4, 2022

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