

11 February 2022 InfoNOWNews

News

New feature on InformationNOW

We've just launched a new feature to help you move around InformationNOW quickly. We know some of the pages are longer and wanted to give you the option to return to the top of the page at the click of a button.

As you scroll down the page, the purple 'Top' button appears on the bottom right hand corner of the page. It stays there in case you need it, until you return to the top of the page. Appearing just when you might need it.

Click it and you're taken straight back to the top of the page. Handy!

Are you a budding writer?

The Channel 4 and [New Writing North](#) Talent Development Partnership runs from 2022 to 2024 and will offer awards, script development, writers' roadshows and workshops, and the formation of the Northern Talent Network. The programme will identify and support new television writers from the North of England, with a particular focus on supporting writers from backgrounds that are currently underrepresented in the television industry. The newly formed Northern Talent Network will offer open-access community events for people interested in taking their first steps into writing for television.

The network will also provide a series of specialist masterclasses for emerging TV writers in the region. Sessions will be delivered both online and in-person. It will also create a resource for production companies, encouraging them to discover and hire talented writers from the North. The Channel 4 Writing for Television Awards [are now open for entry until 17 March 2022](#). Eligible writers will be based in the North of England and will not yet have had a script professionally broadcast.

InformationNOW has articles on: [hobbies](#)

Citizen's Advice Help to Claim Service

Citizen's Advice will offer free confidential and impartial support to help people make a Universal Credit claim. The [Help to Claim Service](#) supports people in England, Wales and Scotland to make their first Universal Credit claim through to first payment.. The service will be provided

through accessible telephone lines and digital channels. [DWP Jobcentres](#) will still be available for those who need face to face assistance. InformationNOW has articles on [welfare benefits](#)

Diabetes and Ramadan, free webinar

Thursday, February 17, 5pm to 6.30pm on Zoom

The North of England Diabetes UK are running webinar for people living with diabetes and who wish to prepare for Ramadan. Ramadan will run from on or around Saturday 2 April to Sunday 1 May. Holding the webinar in February will give people the time to prepare for fasting and to receive health advice in good time. The webinar is free but people must [book a place](#). The webinar will be recorded so if people can't attend the live event, but would like to watch it, they should register, and they will be sent the recorded version after February 17. The Qur'an requires Muslims to fast during the month of Ramadan from sunrise to sunset. Ultimately, it is a personal choice whether to fast. However, for those who choose to fast, [Diabetes UK](#) recommends that [people consult a doctor or healthcare team before Ramadan](#), to make sure that they can look after themselves properly. InformationNOW has articles on: [diabetes](#), [cultural and religious festivals](#)

Opportunities for action

LGBT+ History Month – Politics In Art

2022 sees the 50th anniversary of the very first Pride March in the UK in 1972. [LGBT+ History month](#) is an informative and celebratory month which aims to educate out prejudice and make LGBT+ people visible in all their diversity. Online events include:

- [QUEER : LGBTQ writing from ancient times to yesterday](#)
- [LGBTQ representation in High School musicals](#)
- [LGBTQ interest books for children and young people](#)

#LGBTHM2

Children's Mental Health Week 7 to 13 February 2022

[Kooth](#) is a charity for young people to talk about their mental health online. They have articles, magazines and tools to help you. They offer access to counselors 365 days a year available from 12 noon to 10 pm Monday to Friday and 6 pm to 10 pm Saturday and Sunday. Read more about [mental health support in Newcastle on InformationNOW](#)

Talking about mental health can be difficult, and those in the LGBT+ community may face extra challenges in getting the help and support they need. If you are struggling, [Kooth](#) is here to help any young person.

As part of LGBTQ History Month, Kooth and their sister agency, [Quell](#) for adults, is running two webinars on how they support LGBTQ+ people with their Wellbeing & Mental Health aimed at professionals.

[Wednesday 23rd February](#)

[Thursday 24th February](#)

and a further session on [Friday 25th February](#) specifically for professionals supporting young LGBTQ people.

Resources on Kooth include:

- The Importance of Transgender representation in the Media
 - Children In Care: Unspoken Feelings
 - Kooth Writing Tips
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Spotlight on

The Big Winter Wander and health

The [World Wildlife Fund](#) is asking us to take part in the [Big Winter Wander](#) in February. By taking part in The Big Winter Wander, you can reconnect with our beautiful wildlife and help protect it.

The official fundraising channels have now closed but you can still donate or raise money for a local charity together. Locally we have some wonderful areas to visit, such as:

[Sugley Dene](#)
[Chopwell Wood](#)
[Hamsterley Forest](#)

Follow [Urban Green](#) for more information and ideas of where to wander.

[Northumberland Wildlife Trust](#) looks after 60 nature reserves and Hauxley Wildlife Discovery Centre

[North East Wilds](#) run woodland projects including growing clubs.

InformationNOW has articles on: [parks, gardens, forests and woodlands](#), walking and health

Research and Reports

Shingles vaccine

[Shingles \(herpes zoster\)](#) is caused by the reactivation of a latent varicella zoster virus (VZV) infection, generally decades after the original infection. Evidence shows that people over the age of 70 years are more at risk to Shingles and the consequences of it should it spread to the lungs, liver, gut or elsewhere in the body. If you are [offered the vaccine](#) through your GP surgery, please talk to them or take up this opportunity.

InformationNOW has a section on [health](#)

The Equality Act, essential services and people with mental health problems

[The Money and Mental Health Foundation research report](#) reveals many essential services providers are likely to be failing to meet legal duties set out in the Equality Act 2010, which requires them to anticipate and address the needs of customers with mental health problems. Findings show that:

- only three in ten (29%) people with mental health problems say that essential service providers usually anticipate and meet their needs
- fewer than a third of people (32%) with mental health problems say they have been asked by most of their essential services providers if they have any needs that would affect their ability to use services
- around one in three people with mental health problems said they were not offered any reasonable adjustments even after telling an essential services firm that they had a mental health condition

InformationNOW has a section on: [health](#) and [money](#) and [mental health](#) information with organisations that can help; [mental health crisis information](#)

Resources

Domestic Abuse Training Programme

[Safe Newcastle](#) has introduced its Domestic Abuse Multi-Agency Training Programme for 2022 – 2023. This training can help you recognise the signs and indicators of domestic abuse, understand the issues affecting those subjected to it and respond safely and effectively when someone needs our protection, help and support. Classroom and blended learning styles are available. The training courses are suitable for staff from many different sectors and organisations, including:

- specialist domestic and sexual violence service providers
- health professionals, for example, midwives, health visitors, GPs, nurses, mental health services
- adult and children's social care practitioners, including Early Help staff
- children's Centres and voluntary sector children's organisations

- education sector
- housing and hostel services
- alcohol and drug services
- criminal justice agencies

All bookings are managed on Eventbrite and run in 2023. Complete a registration on the link below. The spring sessions are now full but Winter options are available.

[November](#)

[January 2023](#)

InformationNOW has an article on [Domestic Abuse](#)

Home from Hospital

[Home from Hospital](#) was developed to enable patients who are 55 years + who are discharged from hospital without any formal support to recover at home safely and comfortably. It is hoped that this will also support our local NHS services and reduce readmissions. Referrals are made by the NHS Hospital Discharge Team at the RVI and Freeman hospitals. It is a short term project at present.

Support may include collecting food items or prescriptions on the person's behalf, friendly conversations and emotional support or practical tasks such as helping to fill in forms and making sure the person's home is safe. They are looking for volunteers and believe that this will be a rewarding befriending experience.

InformationNOW has articles on: [useful information when leaving hospital](#)

Accessibility workshops

Poor accessibility is a huge barrier faced by many disabled people, leading to digital exclusion and inequality. As part of the Better ConNEcted campaign [Difference North East](#) has been developing digital accessibility workshops. They are now able to offer two 2-hour workshops, covering:

- Accessible online meetings and events
- Accessible online content (websites, documents, social media)

Visit the services section of their website.

InformationNOW has articles on: [Getting online](#), [disability](#)

Events & Activities

Leisure

Newcastle University Live concerts at Home online series till June
Classical Music concerts at All Saints Gosforth
Classical Music Concerts at St James and St Basil's Fenham

Training

Diabetes and Ramadan free online webinar
Skillsmatch and volunteering by WERS

Last updated: March 11, 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...