

18 February 2022 InfoNOW News

News

InformationNOW

We are delighted to see the rise in visitors to InformationNOW this quarter. Thanks to all of you who share a page or share on social media. Our deep dive into our data shows that there was a major increase in people considering [donating your body to science](#). We started to notice this trend at the beginning of coronavirus, but there has been a massive surge from October 2021. If you donate (or bequest) your body to medical science after you die, to a medical institution such as Newcastle University, your body may be used

- to teach anatomy to medical and dental students and other health care professionals
- for surgical training, education or research

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.

Need to talk to someone about difficulties with daily tasks or caring for someone. [Community Health and Social Care Direct](#) can give you information on services and signpost you to help and support.

A drop of nearly 600,000 older people in the labour market since pre-pandemic continues

This week's Labour Market Statistics, covering October to December 2021 demonstrate that older people are leaving employment early:

- overall there are now just under 1.1 unemployed people per vacancy, the lowest figure in at least fifty years, and a quarter of its peak in mid-2020 when there were more than four unemployed per vacancy.

- A key driver of this is fewer older people in work. Economic inactivity among people aged over 50 has grown by 560 thousand since the crisis began, now accounting for 80% of the total growth in inactivity
- the main reason for rising economic inactivity is now long-term ill health – which has now overtaken students as being the most common reason for not looking for work or being available for work.
- new data on disability employment also shows that the employment ‘gap’ for disabled people has risen during the pandemic and now stands at 29 percentage points. This means that disabled people are two and half times more likely to be out of work than non-disabled people.
- The Bank of England forecasts that real wages will fall by £50 a month, on average, in 2022.
- Black and minority ethnic (BME) unemployment rates are still more than twice as bad as the rates for white workers.
- Over 1 million workers are now on zero-hours contracts – a rise of 40,000 over the year.

InformationNOW has a section on [work and retirement](#) which includes pensions, investment and looking for work

Looking for a job – [contact the Skills Hub](#) or ring 0191 277 4125

‘Mum and Dad’ Scam

This new form of fraud, known as the ‘mum and dad scam’ preys on our trust and care for the people we love most.

Parents are being targeted with messages, mainly through WhatsApp, from criminals pretending to be their children in need of some emergency cash. They claim that their bank account has been blocked or that it’s been blocked because they have gone overdrawn.

Always check with your child before transferring money into an account.

InformationNOW has an article on: [cyber crime, scams and fraud](#)

Opportunity for action

Queen’s Platinum Jubilee: Are you planning any events or activities?

The Queen celebrates her Platinum Jubilee in 2022, with a year of celebrations leading up to a four day UK bank holiday weekend from Thursday June 2 to Sunday June 5.

Information about the national Platinum Jubilee celebrations can be found on the royal family’s website.

If you are planning to hold your own event, please see the Council's guide to [organising an event](#) or street party.

You may be able to [apply for a grant to support your jubilee event](#) from the Community Foundation.

If you're planning an event, [please let us know at InformationNOW](#). We will add your [event to our calendar](#) and let everyone know about it through InfoNOW News.

Spotlight on

Cervical screening campaign

On 14th February 2022, the Office for Health Improvement and Disparities (OHID), with the support of NHS England and NHS Improvement, are launching a Help Us Help You – Cervical Screening Campaign, to highlight the benefits of cervical screening and remind people that that it can help stop cancer before it starts. The campaign encourages those eligible for screening – women and people with a cervix aged 25 to 64 – to respond to their cervical screening invitation letters and to book an appointment at their GP practice if they missed their last one.

They would like help to spread the word to ethnic minority (Black and South Asian) and LGBTQ+ people with a cervix, as these groups can experience specific barriers to taking up screening, but would benefit.

InformationNOW has an article on [cancer and screening](#)

[Jo's Cervical Cancer Trust](#) has materials, videos and links on HPV and cervical cancer screening and treatment. HPV is a high risk indicator of cervical, genital, vaginal and head and neck cancers.

Locally, contact [Shine](#) for information and advice.

#CervicalCancerPreventionWeek

World Encephalitis Day, 22 February 2022

Encephalitis is inflammation of the brain. It is caused by an infection or through the immune system attacking the brain. Anyone can be affected by encephalitis, irrespective of age, gender or ethnicity. It's more common in many countries than motor neurone disease, multiple sclerosis, bacterial meningitis and cerebral palsy. Survivors are often left with an acquired brain injury and life changing circumstances. [The Encephalitis Society](#) are asking you to:

Go #Red4WED on World Encephalitis Day. Wear something red and share photographs on their [social media](#) accounts.

BrainWalk – Why not join their [BrainWalk](#) fundraising challenge and walk, jog, or run as many steps as you can during February?

Why not sign up to one of their [online events](#). InformationNOW has an article on: [support groups](#)

World pulses day, 10 February 2022

The [British Nutrition Foundation](#) is a great source of information about nutrition and diet. This month they have been keen to remind people how important pulses are in our diet and what the nutritional benefits are. Adding pulses or plant based items doesn't make you a vegetarian, but it does mean you change your pattern of eating to emphasise and increase plant based choices.

Pulses are the dry, edible seeds of plants in the legume family; beans, dry peas, lentils and chickpeas are the most common pulses produced in the world.

Pulses are an excellent source of protein, fibre, vitamins and other key nutrients, easy to cook and very versatile. They can be used from starters to desserts as a healthy nutritious ingredient and make your meals more exciting and varied. A great way to help contribute towards a healthier way of living. Increasing your fibre is great for your gut health and there is research that links your happiness and wellbeing to gut health.

A healthy gut ensures that the food you eat is broken down efficiently so that your body can absorb and use the nutrients derived from your meal. An **inefficient** digestive process will result in the food lingering for too long in the gut, allowing it to fester and give off gases that lead to uncomfortable IBS symptoms like bloating, stomach cramps and reflux.

Top tip: as you add more beans and pulses to your meals, also increase the amount of water you drink, to help your gut handle the increase in fibre. Exercise also helps improve your gut function.

The food you eat has a huge impact on your health. A well-balanced, nutritious diet can help to prevent many illnesses and improve some existing health conditions, such as [diabetes](#) or [high blood pressure](#). It can lower your chances of developing [heart disease](#), [stroke](#) and some types of [cancer](#).

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

Look out for #HealthyEatingWeek from 13 to 17 June 2022.

Taking out insurance

[British Insurance Brokers' Association \(BIBA\)](#) offer a range of services to help people get the insurance they need. So, whether you live in an area that has become a flood risk or you need to travel and have a medical condition, they can support you to find what you need. There are two options; a helpline or to use their online tools. Helpline: 0370 950 1790

BIBA works closely with [Money and Pensions Service](#) and the [Association of British Insurers](#).

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

February

North of Tyne Under the Stars Blyth and North Shields cancelled Friday owing to weather but okay for Saturday

March 2022

Explore the heritage of Newburn Village

Nuns Moor Park and environs

Reporter sleuths in crime fiction

Creative Friends at Shipley Art Gallery

Training

Building Confidence to Challenge Honour Based Abuse

Peer support

Encephalitis weekly get together

The Good Life

Coffee mornings with the Angelou Centre

Mahila Mandal older women's group

Dementia cafe

Search events & activities on InformationNOW; use a postcode or theme to find what you are looking for

The Covid Age, 2 years of lockdown

[You are invited to the premier screening](#) of 4 short films exploring the experiences of real people during the COVID-19 pandemic on Wednesday 23rd March.

Since October 2020 artist and filmmaker Danielle Giddins has been working with communities around Newcastle upon Tyne to understand their experiences of the COVID-19 pandemic as part of The COVID Age.

The project explores growing up and growing older during a pandemic, and the impact this has had on various communities around Newcastle.

There will be a special conversation with Danielle Giddins, Nic Palmarini (NICA) and Lorna Smith (Public Health England) to explore what it's been like to create these films and the topics they deal with.

The COVID Age is a film and art project developed by Newcastle City Council [Arts development team](#), [Newcastle University](#), and the [UK National Innovation Centre for Ageing](#).

InformationNOW has articles on: [coronavirus information](#)

What's new on InformationNOW this week

Articles Updated

Insurance

Looking for a job or work
Support to prepare for a job or work
Families and Relationships
Domestic Abuse

Organisations Updated

MoneyHelper
The Good Care Group
Citizen's Advice Newcastle
Karbon Homes
Halo Break the Silence Project
North East Law Centre

Last updated: September 23, 2022

Recent Newsletters:

[InformationNow News 11 September 2026](#)

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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...