

InfoNOWNews 24 June 2022

News

Help at home is available

[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.

Seaton Delaval Hall

After 4 years of refurbishment, the Hall is now open again. [Visit the Hall and explore the changes.](#)

Read more on InformationNOW about [day trips and visits](#), [museums and attractions](#), [galleries](#) and [parks, gardens and forests](#).

Armed Forces Week

This year, Armed Forces activities will begin by raising the Armed Forces Day Flag on Monday 20 June. This will be followed by a social media campaign to raise awareness of the role that the Armed Forces play leading up to the main event on Armed Forces Day itself at [Nuns Moor Park](#).

Armed Forces Day is an opportunity for local residents to get together with our Armed Forces families for a day of fun and celebration. Attractions and activities will include:

- military displays
- fairground rides
- entertainment

You can follow what is going on using their [Facebook page](#)

Read more on InformationNOW about [Armed Forces](#) and [Mental Health support for veterans, families and carers in the armed forces](#).

Host Nation befriending refugees

On Tuesday, ITV Tyne Tees helped produce a small feature of one of [HostNation's](#) early friendships in the North East, between retired lecturer Annie and Syrian refugee Nabiha. Watch here and on [You Tube](#)

Read more on InformationNOW about [support for asylum seekers and refugees](#), [ESOL classes](#), [Help to use health services for asylum seekers and refugees](#)

New cost of living payment

More than eight million households across the UK will receive a cash payment of £650 to ease the cost of living pressures. The first instalment of £326 will be paid from 14 July, and the eligibility date for the second instalment of £324 will be announced soon. This applies to households on means tested benefits, including Universal Credit, Pension Credit and Tax Credits. In addition to the £650 for households on benefits, there will be a separate £300 payment for pensioners, and a £150 payment for disabled people, which can be paid on top of the £650 payment. Further information is available on the [Government website](#).

[Read more on InformationNOW about cost of living and debt help](#)

CQC – what changes will we see in regulation?

[The CQC](#) has spent the last year co producing a plan with health and social care and providers. [Watch the Video](#) to learn what a year may feel like for a provider under a new approach. In this scenario they give an overview of their future approach and run through how they'll collect evidence and make assessments.

You can [participate in their citizen lab](#) and comment on their proposed assessment framework and the evidence they should consider.

Read InformationNOW for information on [choosing a care home](#) and [home care](#).

Join the Experts by Experience Network

The Experts by Experience Network is a group of people with direct experience of challenging circumstances such as homelessness, mental ill health, drug or alcohol addiction and offending who work with local services to influence and improve how these services support people who need their help.

This [Fulfilling Lives](#) Network meets weekly at their base in ReCoCo in Newcastle city centre and gives members the opportunity to get involved in co-production projects across Newcastle and Gateshead. They can share their opinions and experiences to encourage local organisations to

improve how they deliver their services.

New members are always welcome to join the Network – it's a safe space to talk about creating change for the better. Get in touch to find out more – call or text 07812 672 739 or email ebenetwork@fulfillinglives-ng.org.uk.

Read more on InformationNOW about [homelessness, drugs and alcohol](#)

Learning Disability Week

Every year Mencap leads Learning Disability Week. It is all about making sure the world hears what life is like if you have a learning disability. It is about removing stigmas and ending discrimination. Follow their social media to hear personal stories.

Mencap are encouraging employers to check out the 2022 Disabled Apprentices Network [annual report](#), which includes lessons for employers and training providers.

There are lots of services supporting people with a learning disability in Newcastle. They are listed in the following article [local support services for people with a learning disability](#) or [Housing for people with a learning disability or autism](#)

[World West End Snack Taster Event](#)

Tuesday 28th June at FAR

[Read more on disability on InformationNOW](#)

Anxious Minds new service

[Anxious Minds](#) has a new Veterans service. Their Veteran Recovery College offers veterans and their families with counselling, addiction support, outdoor therapy and up to 5 support groups a week. The college also provides back to work support and advice services.

[Read more on InformationNOW about mental health and local support](#)

Research & Reports

Impact of the cost of living crisis on people with mental health problems

The Money and Mental Health Policy Institute has published A Tale of Two Crises: The Cost of Living and Mental Health. The report shows that people with mental health problems are experiencing a more severe impact from the cost of living crisis, for example:

- 20% of people with a mental health problem have taken on new credit, compared to 13% of all respondents

- 59% of people with a mental health problem had cut back on essential spending, compared to 46% of all respondents
- 26% of people with a mental health problem dreaded opening creditor post, compared to 17% of all respondents

[Read more from Martin Lewis here.](#)

Harmful online gambling linked to areas of deprivation

NatCen Social Research has published [Patterns of Play](#) which investigates online gambling harms. The research finds that online gambling use is clustered in areas of higher deprivation.

Read more on InformationNOW about [addictions](#).

Resources

Mental Capacity Action Dependent Drinkers Training

We know that there are an increasing number of safeguarding cases that involve adults who use [alcohol](#) problematically. In response, the Newcastle Safeguarding Adults Board and the Public Health Team in Newcastle have commissioned some **free training** for staff or volunteers working in Newcastle who come into contact with adults at risk of alcohol-related harm.

Course Overview

Mike Ward will deliver the two-hour course which is based on his national *Safeguarding Vulnerable Dependent Drinkers* briefing document. The course covers how to make most effective use of the three main legal powers which can protect vulnerable dependent drinkers: the Care Act, the Mental Capacity Act and the Mental Health Act.

[Read the learning objectives and to book](#)

Read more on InformationNOW about [drugs and alcohol](#).

How to speak in clear and simple English to the refugee in your home

Are you hosting a refugee in your home? Do they have a low to intermediate English level? Training by English Unlocked shows you how to speak in a way that is easier for people from other countries to understand. This workshop normally costs £60, but hosts just pay a small donation which goes to [West End Refugee Service](#).

The workshop is held on Zoom, visit [Eventbrite](#) to book onto the next one and to find out if you are eligible for this offer.

Read more about [support for asylum seekers and refugees](#) and [English Classes \(ESOL\)](#).

Events and Activities

Search for new Events and Activities

Harambee Pasadia Festival

Thursday 23 Jun 2022 to Sunday 26 Jun 2022

Harambee Pasaadia festival is a 4-day music and arts celebration of diverse cultures, foods, music and artists. This year it's being held in Barnard Castle.

St James' Heritage and Environment Group has a series of tours and talks including: Roman tour of Benwell, Elswick and Stories of women and children

Think CO – An introductory workshop to carbon monoxide (CO) risks at home any time to suit your organisation

Monday Matters at the Bostey, Walker
10.30 to 12.30 pm

Museum Socials
start 5 July
10.30 am to 12.00 pm

Pass it on Parents, Skills for People

New and updated Organisations

New support into employment service – Beam

[Beam](#) is launching in Newcastle as a commissioned service to support residents who are homeless or at risk of homelessness into employment. Residents can use Beam's platform to raise funds towards employment (e.g. training, travel, smartphones, laptops, work attire, childcare, equipment). Beam's caseworkers provide 1-1 support with CVs, applications, interview skills and introductions to local employers. Chloe at Beam would love to chat to you about partnering to support your clients, and run an Information Session for your teams. Please contact her on chloe.rose@beam.org

Jessica, who is now working as a Carer with Beam's support, shared:

"I lost my job during the pandemic and was unable to pay my rent. I've always felt alone and been told that I can't have it all, I'm either a mother or I work. I came to accept my fate and expect the worst. Now I'm fighting back, I want to be a working mother, to provide a better life for my children. The fact that people are supporting me in this is amazing."

[Read more on InformationNOW about homelessness and support to prepare to get a job](#)

Christians Against Poverty (CAP))

[Christians Against Poverty](#) is a debt counselling charity. CAP will help anyone regardless of their religious beliefs. CAP aims to ensure that nobody receives less favourable treatment on the

grounds of race, nationality, religion, age, gender, marital status, sexual orientation or disability. They offer: debt centres, money courses, life skills course and job clubs

Read more on InformationNOW about [looking for work](#) and [preparing to get a job](#).

Newcastle Deaf Centre

[Newcastle Deaf Centre](#) welcomes deaf people of all ages to social, pastoral and wellbeing sessions. They have lunch clubs and social gatherings. You can drop in for food, clothing support and advice.

Newcastle Deaf Centre is run by [St Vincent de Paul](#). They also help people in the local community who need it with food parcels, clothes, well-being, employability and ESOL classes.

Read more on InformationNOW [Deaf and hard of hearing](#) and [Food and friends](#)

Opora

[Opora](#) supports Ukrainians with emergency relief, business grants and support, matching with sponsors on an online platform.

Read more on InformationNOW about [donating to charities to help refugees and asylum seekers](#)

Food and Friends

[Food and Friends](#) is all about getting connected and making friends. Lots of community organisations and charities offer a way to meet new people over a meal or light refreshments. Read the article which gives you what's happening by day.

Donate to charities to help refugees and asylum seekers

InformationNOW has a page about [donating to charities to help refugees and asylum seekers](#). This page incorporates the Support Ukraine information.

Last updated: September 23, 2022

Recent Newsletters:

[InformationNow News 11 September 2026](#)

InformationNOW Help Us Improve InfoNOW News! Is InfoNow News due a makeover? Let us know! If you're reading this newsletter, we want to speak to you. What keeps you coming back to read InfoNOW News every fortnig...

[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...