

InfoNOWNews 29 July 2022

News

InformationNOW

Promote your organisation's social media accounts on InformationNOW

Did you know you can promote your organisations' social media accounts on InformationNOW? You can now include your Instagram, You Tube and What'sApp alongside Twitter and Facebook.

Please check your organisation listing and add your social media links, so that people can find and follow your organisation.

[Login on the home page](#) or search for your organisation.

If you don't know your log in details contact us at informationnow@newcastle.gov.uk

imAGE

imAGE is an initiative by the [Elders Council of Newcastle](#) to promote the great opportunities available across Newcastle for people aged 50 and over. It is a month-long celebration starting on the International Day of Older Persons on 1st October. The celebration is supported by the Age Proud Network which is coordinated by the Elders Council and at present consists of 90 workers and volunteers from 40 organisations including InformationNOW.

imAGE is an opportunity for organisations in the city to promote their activities and events through a brochure produced by the Elders Council and on InformationNOW. using their branding. The Age Proud Network and other arts organisations in the city are invited to be a part of this event and to share their ideas, activities and events that are helping shape Newcastle as an age-friendly city. Contact the Elders Council: info@elderscouncil.org.uk or 0191 208 2701.

Voice research opportunity

[VOICE](#) is currently looking for females over the age of 50 who regularly take part in sport and/or physical activities to take part in an [online survey](#). The survey closes on 12th August.

East End pool

During the holidays [East End Pool](#) will be offering **free** family swimming to those families who have children and young people with [Special educational needs and disabilities \(SEND\)](#).

[Read more on InformationNOW about leisure centres in Newcastle](#)

Movement for Good

You can make a difference by nominating a charity today. The more nominations a charity receives, the greater their chance of winning, so once you've done your part, spread the word and make it a movement.

Your nomination of a charity enters them into the first three phases of Movement for Good. With four phases in total, there are three phases offering £1,000 donations, if they don't win the first, they'll be entered into the second and the third. The fourth phase is the opportunity to offer more significant funding where they feel like it can help the most.

The Movement for Good awards began in May and the first recipients have been announced including: [The Josephine and Jack Project](#), Waves Support Group, Heel and Toe Charity, Customs House in the North East.

Cycle to work day, 4 August 2022

[Cycle to Work Day](#) is for absolutely everyone. It doesn't matter if you haven't cycled in years or have never cycled at all. This is just about giving it a go. Thousands of commuters have made the switch to cycling to work. They've got fitter, reduced their stress levels, saved loads of money on commuting costs and done their bit for the environment.

So, this year, whether you're already a committed cycle commuter or just starting out on your journey – get on

They also give away great prizes to encourage people to get onboard. From £1,800 to spend at Freewheel, a bike up to value of £1,500 from Freewheel, to bike hire membership, books, bike locks and lots more, they have lots of epic cycling prizes waiting for you to win when you cycle to work on August 4th. There's also a competition to win an E-Cargo bike from Ridgeback.

You can sign up with Facebook, Strava or simply by entering your details and then connect a smartphone app so you can log rides. All the info you need to register is on the Love to Ride website.

Love cycling – why not join a group and keep it up – or join a beginner's group. [Multiple Cycling groups, days and times](#) from beginners to experienced rides

[Read more on InformationNOW about fitness activities](#)

Pharmaceutical Needs Assessment – give your views

The pharmaceutical needs assessment (PNA) is a statutory product produced by the public health team on behalf of the Newcastle's Health and Wellbeing Board, City Futures. The document describes the health needs of the population, where community pharmacies are located, how services are currently delivered and what the current and potential need for pharmacy services will be in Newcastle. It identifies where there are gaps, if any, in pharmaceutical services.

A draft PNA is being shared with the public and key stakeholders in a 60-day consultation from 13th July to 12 September 2022. After closure of the consultation, feedback will be taken into account and a final version of the PNA will be produced. Take part using [Let's Talk Newcastle](#)

[Read more on InformationNOW about chemists/pharmacies.](#)

Spotlight on

Love Parks Week 29 July to 5 August 2022

Keep Britain Tidy are running their Love Parks Week campaign once again. Whether it's walking the dog, walking and eating with friends, or pushing our little ones on a playground swing, our parks give our communities, our children and young people, and our pets a vital space to play, grow and bond.

Love Parks Week is set up to celebrate and support the efforts of volunteers and workers up and down the country to maintain and protect our green spaces.

Your support can help cut litter, end waste and improve places and spaces. Your support can change our world for the better.

InformationNOW has an information page about all our [parks and green spaces](#).

Locally, you can help. [Search here for the following](#)

Volunteer Work Parties with Urban Green

Leazes Park, Exhibition Park, Paddy Freeman's Park, Havannah Hills

Big Water's and many more

Throughout July and August

or you can take part in:

ReCoCo grassroots garden party

Saltwell, 30 July

[Adult walk talk and support](#)

Marie Curie Bereavement Support

29 July

Outdoor Therapy Activities

for adults and veterans with WinG Outdoor Club

5th August

Deaflink Walk

11th August

Jesmond Dene

Plastic Free July – British Science Festival

This year the British Science Festival explored microplastic pollution and how to tackle it. [In a blog](#) we read that scientists have [recently unveiled](#) a new innovation of tiny robotic fish made of a material that absorbs [microplastics](#) in the water. They are just 13 millimetres long and can carry up to five kilograms, meaning if they were widely dispersed, they could go a long way to cleaning the seas of these manmade particles.

Research & Reports

Financial Conduct Authority (FCA) research on borrowers in financial difficulty

The [FCA](#) has published [a new report](#) which focuses on the profile of borrowers and their experiences when contacting lenders about financial difficulties and interactions with debt advice. The research found:

- 18% of people in financial difficulty sought advice immediately, whilst 19% waited seven months or longer
- 70% of people found debt advice more helpful than they expected

[Read more on InformationNOW about debt management](#)

Disability at Work Summit 2022

[Difference North East](#) held a summit about work and disability in June 2022. They have published their findings on their website. Their aim is to shape better chances for people in work or job seekers with disabilities and to share good practice. [They discussed](#) barriers to a good work life; perceptions of disability and lack of aspiration.

[Read more on InformationNOW about \[support to prepare for work\]\(#\) and \[problems at work\]\(#\)](#)

Women's Health Strategy

Last week the government launched its much awaited [Women's Health Strategy for England](#). It's purpose is to end decades of inequality for women and girls.

Women live longer than men on average, but spend about a quarter of their lives in poor health, compared with a fifth for men. The 127-page strategy says that “historically, the health and care system has been designed by men, for men”.

There is also a health gap between women in deprived areas and those in wealthier parts of the country.

Almost 100,000 women took part in the consultation process and there is now a budget of £10 million for 10 years set aside.

Priority areas include:

- menstrual health and gynaecological conditions
- fertility pregnancy, pregnancy loss and postnatal support
- menopause
- mental health and wellbeing
- impact of violence against women and girls
- cancer
- healthy ageing

Plans include:

- compulsory women’s health training for all doctors/GPs with mandatory assessment
- more cancer checks and “one-stop shop” hubs across the NHS
- access to contraception, IVF, maternity support
- baby-loss certificates will be offered to those losing a child before 24 weeks
- a national fitness programme will encourage older women to build muscle strength and keep active

Did you know that our Women’s Health Minister is Maria Caulfield and Dame Professor Lesley Regan is the newly appointed Women’s Health Ambassador?

Resources

ReCoCo :The Recovery College Collective autumn prospectus

[ReCoCo](#) has published its Autumn prospectus of workshops and groups. There is a wide range of options including: Body Confidence, Let’s get together and talk Dialectical Behavioural Therapy and Understanding Medication and much more. The Difference between a course and a group is that a course runs for a set number of weeks, and then comes to an end. Groups on the other hand, are more open-ended. You go to groups as and when you can.

Read the [Prospectus](#) and contact them to book on.

ReCoCo are always looking for new volunteers. Whether you have a talent that could be turned into a workshop or experience of delivering or creating courses, or are good at listening,

or musical, or funny, or kind, or good at making tea; then get in touch. Find your purpose. Go and join the front line knowing that you will be part of something incredible

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

Events and Activities

[Search here for the following](#)

Handlebards Twelfth Night
variety of local venues including
Gosforth 23 August

Healthworks family summer event
10 August

Thinking of Starting a Business?
Why not book on the PNE /NatWest event

Northumberlandia Food and Craft Market
7 August 2022
10 to 3 pm

Scotswood Community Garden
Plant and Produce Sale
7 August 10 to 2 pm

Cultural Competency training
September and October 2022

New Organisations

CDW Foodbank

[CDW Foodbank](#) is a community food bank in West Denton made up of volunteers motivated to help tackle food poverty.

Welcome to Badminton

[Welcome to Badminton](#) runs regular badminton sessions for refugees, asylum seekers and migrants. Playing badminton for fun, to make friends, learn new skills and keep healthy. No experience necessary. Variety of venues.

[Wag and Company](#) provide dog visits to older people with volunteers, people who are isolated or bereaved.

Updated articles

Taking a short break or holiday

Taking a break and having a holiday can do you the world of good. A change of scenery can give you a fresh outlook and help to recharge your batteries; [Taking a short break or holiday](#) helps you to plan a holiday, but also informs you about the organisations that can help you if you have a disability. You can find a companion to go away with or help to find adapted accommodation.

Last updated: August 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...