

InfoNOW News 5th August 2022

News

InformationNOW

Parks and green spaces in Newcastle

This week is Love Parks week and last week we promoted the Keep Britain Tidy campaign and the joy of our green spaces. This week we are delighted to say that 40 parks across the North East achieved Green Flag awards, with the most awarded in Durham and Northumberland, but in Newcastle, Urban Green Newcastle has successfully achieved Green Flag status for

- [Leazes Park](#)
- [Jesmond Dene and Pets Corner](#)
- [Exhibition Park](#)
- [Walker Park](#)
- King's Campus Newcastle University

We have 32 parks across Newcastle. Read more on InformationNOW about [Parks, gardens, forests and woodlands](#)

[Listen to our podcast with Jo Ellis, Volunteer coordinator talk about the parks, the fantastic help of volunteers and rangers across the City.](#)

See the [full list of North East parks awarded Green Flag status from Chronicle Live](#)

Screen on the Green NE1

[Get into Newcastle/NE1](#) are showing 2 free films a day at Old Eldon Square again from 25 July to 4 September. They have a film schedule and look out for further sport schedules.

Films include: Dolittle, Tangled, The Dark Night Rises and Dr Strange, Les Miserables and The Hunger Games: Catching Fire

Read more on InformationNOW about [Things to do in Newcastle](#)

Peer Support at ReCoCo and Mental Health Concern

[The North East and North Cumbria Integrated Care System](#) (formerly Newcastle Gateshead CCG or Clinical Commissioning Group) has commissioned new Mental Health Community Peer Support Workers, employed by [Mental Health Concern \(MHC\)](#). They have all undertaken the Peer Support Development Programme developed and facilitated through [ReCoCo: The Recovery College Collective](#)

Peer Support is about building and sustaining healthy communities, one in which people are not labelled but understood through the lens of their stories and experiences. Enabling people to move towards the lives they want through exploring what makes peer support different from other kinds of help, not better or worse, but a different way of thinking about life and support, how people connect and regain control in their lives

The new community peer support workers (as distinguished from those employed by [Cumbria, Northumberland, Tyne and Wear NHS Foundation Trust \(CNTW\)](#)) are attached to Primary Care Networks. They can be accessed by speaking to [Your Doctor or GP](#)

Read more on InformationNOW about [Mental Health](#) and [Social Prescribing](#)

Staff to receive training on interacting with people with a learning disability and autistic people

From 1 July 2022, all health and social care providers registered with CQC [must ensure that their staff receive training in how to interact appropriately with people who have a learning disability and autistic people](#), at a level appropriate to their role. This new legal requirement is introduced by the Health and Care Act 2022.

Read more on InformationNOW about

- [Learning disability local support services](#)
 - [Autism and local support services](#)
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Health Visiting in light of the COVID-19 Pandemic Experience (RReHOPE)

Realist Review

Have you had a baby or looked after a child under 5 years old during the COVID-19 pandemic? University of Stirling are seeking members of the public to help inform their research project on Health Visiting services during COVID.

If you live in the UK and have had a baby or looked after a young child since March 2020, you may be able to help them by sharing your experiences, listening to their research plans and findings, and identifying important lessons.

[If you are interested, please fill in the form here](#)

If you have any questions please email rrehope@stir.ac.uk or text/phone Emma King on 07714 528845. Signup is open until 17th August 2022 For more information about the project, how you can help, and what this would involve, [please see attached flier](#)

Reports

Better political representation needed for England's ageing population

[The Centre for Ageing Better has published a report](#) based on the Census 2021 to campaign for an Older People's Commissioner to advocate for our rights as we age.

The 2021 Census reveals almost one in five of people living in England is aged 65 or older. There are 59.6 million of us in England, almost 3.5 million more than in 2011. Of that total, 10.4 million people are aged 65 or older and 1.7 million more than in the 2011 Census. There are almost half a million people aged 90 and older, 94,000 more than in 2011.

This week's Events and Activities

Make Your Move Dance City dance for community groups and people 55 +

Tinnitus Support Groups 9 August onwards

Take Ten Minutes Guided Meditation across the Urban Green parks Use a QR code to access

Multiple Cycling groups, days and times from beginners to experienced rides

Robert Stewart Memorial Hall, Wingrove has multiple activities from Asian Ladies Social to Gentle Seated Dance and

Search has IT and chat at Benwell Hub Wednesdays at 10 am

Tyneside Cinema's summer programme

[Tyneside Cinema](#) is introducing a celebratory season of cheap tickets for their Summer of Cinema: a huge range of films from 80s favourites, all-time greats and family classics to the more outrageous gems of cult cinema and modern discoveries. There will be something for everyone.

Tickets are £5 through the day and £7 after 7pm. Running for over two months, July 18th-September 21st.

Read more on InformationNOW about [Cinemas](#)

New and updated organisations

LD North East

[LD North East](#) provide easy read health card information that is free and easy to download for people with a learning disability or autism. The range includes: blood pressure, pain and symptoms, health services, urine and stools, diabetes and blood tests, women's health, men's health.

The Mining Institute

[The Mining Institute](#) is the Royal Chartered membership organisation for science, technology and engineering in the North. Founded in 1852 by the most important contemporary Northern scientists and engineers. They hold regular talks and events on all aspects of science and technology and have lots of opportunities for you to get involved further.

The Common Room

[The Common Room](#) is a unique space for events and activities based inside the Mining Institute

[Search the full directory of organisations on InformationNOW](#)

Updated and new articles

Children's health

This article has more information for families and children from 0 to 19 years old. You can find guides, support, groups and health information on:

- Top tips for staying healthy
- Babies and young children
- Breastfeeding support
- Baby and toddler groups
- Children and families community hubs in Newcastle
- Common childhood illnesses
- Symptoms to be aware of
- Health visitors
- Register with a GP
- Find a Dentist
- Coronavirus and children
- Vaccinations for babies and young children
- Babies vaccinations
- Vaccinations for children
- Mental Health for children and young people
- Young carers
- Caring for a young family member

- Children and Families Information

[Read the Children's health article in full on InformationNOW](#)

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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...