

InfoNOW News 2 September 2022

News

InformationNOW

Our latest [podcast](#) with Radio Tyneside about what's coming up in September is available on our News page. Click on Listen. Guests include Barbara Douglas, Elders Council and Alex from Unfolding Theatre.

We're hiring

An exciting opportunity is available in our Prevention, Information, and Advice Team in the Adult Social Care and Integrated Service Directorate. We are proud of www.InformationNOW.org.uk our information website for people living and working in Newcastle. Helping people to stay informed, be active, make choices, plan ahead, be independent and have an excellent quality of life.

We are looking for someone with experience of: managing and updating websites, marketing and promotions in a voluntary, local authority, education, or health setting and community outreach to get information to people who are digitally excluded. Experience of networking useful.

The role focuses on getting accessible information to people at the right time. This involves working closely with adult social work teams, the voluntary sector and partner organisations, such as health. You will help develop and maintain our online information and publish the regular InfoNOW News. This includes coordinating and promoting information about Adult Social Care in Newcastle on www.newcastle.gov.uk

If you have the qualities and experience for this post we would like to hear from you. For an informal discussion please contact David Forster on [07795047820](tel:07795047820)

[Apply online at www.northeastjobs.org.uk](http://www.northeastjobs.org.uk), select 'Apply Now' and complete our online application form.

Heritage Open Days, 9 to 18 September

[Heritage open days](#) are free so they are a great opportunity to see interesting local buildings and areas which may not normally be open to the public. There are often guides to show you the secrets and treasures hidden inside. There are lots of local options to visit which include: Baltic Mill and Quayside tour, Benham Grove community centre, Saltwell Park Heritage Walk and

Sculpture talk (separate events), Alderman Fenwick's House, Tour of Jesmond Old Cemetery. In Northumberland you can visit Aln Valley Railway and Bailiffgate Museum & Gallery. Booking will be required.

Information NOW has an article on [places to visit](#) in the North East.

Scam emails regarding Energy rebates

Messages supposed to be from Ofgem are circulating asking people to provide their personal and bank details in order to claim a rebate on energy costs. These messages may be by email, telephone, text messages or even cold calling and are not real or legitimate. They should be reported immediately to the National Cyber Security Centre – Action Fraud.

[Contact Action Fraud](#)

[Read more on InformationNOW about online scams and fraud](#)

Help with clothing

Do you need [help with clothing?](#) Back to school can be a difficult time. Our article gives you a few ideas of how to access clothing and remember lots of schools have 2nd hand uniform available too – whether it is primary or secondary.

There are lots of charity shops in Newcastle where you may find a bargain.

Read more on InformationNOW about [support for people with low incomes.](#)

Opportunities for Action

Organic September

Organic September is a month-long campaign by the [Soil Association](#) to raise awareness of the many benefits of organic food and farming, which include:

- Supporting biodiversity and wildlife
- Helping to combat climate change
- The highest standards of animal welfare
- Reduced exposure to pesticides
- Food as it should be and food you can trust

Join them as they raise awareness of the benefits organic farming can bring for our climate, nature and our health. Follow them to learn more about the growing movement for nature-friendly farming and start making a difference today.

Boost your winter immunity

[Public Health England](#) and the Government are keen for people to take up their Covid-19 2nd Booster as soon as they are eligible and to take the flu vaccine as well. Vaccines are the best way to protect people from coronavirus, flu, respiratory disease and will save thousands of lives. Three vaccines have now been approved for use in the UK and the government has secured early access to more than 450 million vaccine doses.

Priority groups are:

Covid-19 booster

- Care home residents & staff
- Frontline health and social care workers
- People who are clinically extremely vulnerable
- Adults 16 to 65 in at risk groups
- 40+ year olds

Flu vaccine

- 65+ year olds
- People with long term health conditions
- Pregnant women
- Parents of 2 to 16 year olds
- 50 to 64 year olds
- Frontline health and social care workers

The UK Covid-19 vaccine rollout is the biggest vaccination programme in NHS history. The goal remains to vaccinate as many people as quickly as possible, with the prioritisation guided by advice from the Joint Committee on Vaccination and Immunisation (JCVI). The JCVI are the independent experts who advise the government on which vaccine/s the UK should use and provide advice on who should be offered the vaccination first.

Read more on InformationNOW about [coronavirus](#) and [flu](#)

Consultations

Inclusive Banking Design Sprint, 12 September 2022

With more and more people reaching a hundred year life, there is a huge opportunity for the financial sector to rethink banking services across all life stages. High street banks are closing down at an alarming rate, leaving behind many older customers who struggle to use online services.

The Design Age Institute and the [UK National Innovation Centre for Ageing](#) are experts in designing for the longevity economy. They have been collaborating on research with older bank users to explore what a wholly inclusive bank might look like, talking to them and investigating where their biggest frustrations and successes lie.

On the 12th September, in Newcastle, they will be running a one-day, interactive design sprint, to prototype solutions together. Participants will be led through the design process in small groups that will include designers, industry experts, and older adults to provide the customer's perspective. During the day you will discuss the findings of the research, brainstorm ideas and prototype a possible solution. There will be lunch provided and an exciting talk from an industry specialist.

If you would like to be part of the design sprint please get in touch with Rosie: r.wakely@rca.ac.uk

The State of Caring survey 2022 is now live!

This is the most comprehensive research into the experience of carers in the UK. It creates a powerful body of evidence that highlights what caring looks like in the UK today and what needs to be done to ensure carers are supported.

Last year, over 8,000 carers shared their experiences in the survey. This helped to secure new rights for carers in the Health and Social Care Act 2022 in England, provide evidence of the need for a right to Carer's Leave and campaign for cost of living support for carers across the UK.

They want to hear what challenges you're facing and what support you need.

[The survey](#) takes around 20 to 30 minutes to complete. They really appreciate every carer who takes the time to share their experience.

[Read more on InformationNOW about Looking after Someone](#)

Spotlight on

Blood Cancer Awareness month – September

[Blood cancer](#) is the UK's third biggest cancer killer, with over 40,000 people being diagnosed with the cancer every year. Despite this, there is a lack of awareness on blood cancer in the UK, with over half of adults not knowing any symptoms of blood cancer. This campaign aims to raise awareness and understanding of all types of blood cancers such as Leukaemia, Lymphoma, Myeloma and Hodgkin's disease.

The main symptoms of blood cancer are:

- Weight loss that is unexplained
- Bruising or bleeding that is unexplained
- Lumps or swellings
- Shortness of breath (breathlessness)
- Drenching night sweats
- [Infections](#) that are persistent, recurrent or severe
- Fever (38°C or above) that is unexplained
- Rash or itchy skin that is unexplained

- Pain in your bones, joints or abdomen (stomach area)
- Tiredness that doesn't improve with rest or sleep ([fatigue](#))
- Paleness

Myeloma is more difficult to identify from the symptoms listed above and is a rare blood cancer. However, the importance of this campaign is to raise awareness, speed up diagnosis and get people affected to take part in research to improve the patient pathway to treatment.

Find out more on the [Blood Cancer UK](#) website.

Research

Longevity Photo Studio narrative

[VOICE](#) is currently working with Longevity Photo Studio who narrate older communities across different cities through a series of images. The project aims at promoting both inclusion and a sense of belonging within the older community. They are looking for people from Newcastle and surrounding areas, who have a connection with the city and are aged 55 or over to be a part of the second exhibition in the series, the first of which took place in Milan.

Participants will be asked to come and have their photo taken (either themselves or as a couple if preferred) and also be asked to take part in a short interview to share their perspectives of the city and hopes for the future. This will take approximately 20 to 25 minutes at a convenient time between 9th to 12th October, at the [Catalyst building in Newcastle](#). For taking part you will receive a £10 shopping voucher and travel expenses can be reimbursed. The photo taken will feature in an exhibition taking place at the Catalyst later this year.

Trial research into Moderna RSV vaccine

The Newcastle upon Tyne Hospitals NHS Foundation Trust is looking for volunteers for a new clinical trial, called ConquerRSV. The trial will look at the safety and effectiveness of an investigational vaccine to prevent respiratory syncytial virus (RSV). RSV can cause severe illness in older people leading to hospital admission and severe respiratory disease. There are currently no approved treatments or vaccines for RSV. Moderna is studying this vaccine to understand whether it can help your body's immune system protect against RSV.

Participants must be at least 60 years old, be in generally good health; chronic conditions such heart failure and COPD may be acceptable. Participants must not have participated in another trial within the last 45 days or received a vaccination or donated blood in the past month.

[Find out more and register interest](#) they are contacting people through Research+Me.

Research+Me is a registry of people who are interested in taking part in research. By joining the registry you are giving them authority to let you know about any research that you may wish to volunteer for. You are not agreeing to take part in any trials at this point; just to hear about any that are available.

Your data will be kept securely and will never be passed to a third party.

[Read more on InformationNOW about volunteering](#)

Resources

Type 2 diabetes treatment

[Collaborative Newcastle](#) is delivering a [new 12-month low calorie diet treatment for people who are overweight and living with Type 2 diabetes](#). It's based on the DiRECT study which showed that this approach could help people lose weight, improve their diabetes control, reduce diabetes-related medication and even achieve remission. You can only access the programme with a referral from your GP.

As some groups are being delivered virtually you can request a referral from your GP Practice immediately.

If you or a family member been diagnosed with Type 2 diabetes in the last 6 years, the Newcastle Low Calorie Diet Programme may be suitable.

Patients need to be:

- aged 18 to 65
- above a healthy weight
- able to commit to a 12 month programme
- willing to attend group sessions – virtually (Zoom) or in-person
- comfortable with just / mainly soups & shakes for the first 12 weeks

[Read more on InformationNOW about diabetes](#)

Events & Activities

Lindisfarne Gospels at the Laing Art Gallery, 17 September to 3 December 2022

The Lindisfarne Gospels, the most spectacular manuscript to survive from Anglo-Saxon England, will be on display at the Laing Art Gallery from 17 September to 3 December 2022, on loan from the [British Library](#).

The Lindisfarne Gospels will feature in a contemporary exhibition about its meaning in the world today and its relationship with themes of personal, regional and national identity.

Created on the Holy Island of Lindisfarne, the book represents the golden age of design and craftsmanship in Northumbria and has survived in almost perfect condition for over one thousand years.

The exhibition will begin with an immersive digital experience and include a stunning selection of early medieval treasures brought together from across Britain, representing both personal and collective religious experiences in the 8th century.

A highlight of the exhibition will be a new work by Turner Prize winning artist Jeremy Deller.

[Find out more about the Lindisfarne Gospels and how to book](#)

Sharing Stories Through the Ages, 17 September 2022 to 31st January

Celebrating the return of the Lindisfarne Gospels to the North East at the Laing Art Gallery in 2022, Newcastle City Library will be hosting a [complementary exhibition](#) in the Newcastle Collection showcase on Level 6 of the City Library 2023.

The exhibition explores how we have shared stories since the time of the Lindisfarne Gospels, featuring items from their own collections and items borrowed from the British Library and Seven Stories.

[Read more on InformationNOW about galleries](#)

[Find these and more Events and Activities](#)

Visit My Mosque open day
Sunday 4th September

Time Bandits at the Land of Oak and Iron
10 September, 11 to 4 pm

Podcasting Masterclass
15 September, 11 to 3pm
Urban Sciences Building

Community Apple Day
17 September, 11 to 3 pm

New and Updated organisations

Silverline Memories has moved

[Silverline Memories](#) has a new venue for their face to face events in Kenton and has opened a shop. Get in touch, go along, or donate. They support people with dementia and memory loss as well as their carers.

The Soil Association

[The Soil Association](#) support everyone to grow – whether that's growing food or developing healthy connections with nature and joining together with others to support a nature-friendly future. They work together with farmers, businesses, policymakers and fellow citizens, to make an impact on the food you eat, the clothes you wear and the environment you live in.

St Michael and All Angels Church

[St Michael and All Angels Church](#) is an Anglican church in Newburn offering a range of activities for families and older groups.

Updated Articles

Places of Worship

Our [Places of Worship](#) article has been written to signpost you to all the church and community halls where you can get involved and feel connected. We have added lots of new organisations so that you can find things that interest you right on your doorstep and in your community.

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