

InfoNOWNews 9 September 2022

News

New GP Practice websites launched featuring InformationNOW

GP practices and Primary Care Networks are launching their new websites in Newcastle and many will feature the InformationNOW widget to make it easier to search and find information, organisations and activities whilst on the GP website. This benefits both patients and practices.

Following extensive patient research, the new websites aim to be intuitive, accessible and prioritises getting patients to the information and functions they need. The aim is to grow and deepen how patients use digital access to manage their health, leading to more engaged patients, able to make informed decisions about their health.

Online patient registration, self-help services and how to guides are amongst a wealth of resources that empower patients to self-serve, moving the first port of call from phones to websites for those who are digital. InformationNOW is integrated into all sites in Newcastle, putting relevant information in patients' hands.

See the new GP websites in action and try out the InformationNOW widget. You can find it in the 'Resources' section of some GP Practice websites such as: [Park Medical](#), [Brunton Park](#), [Gosforth Memorial](#) and [Regent Medical](#); [The Grove Medical Group](#), [Roseworth Surgery](#), [Avenue Medical](#), [Jesmond Health](#); [Biddlestone](#) and [Thornfield](#).

Would you like to include the InformationNOW home page search on your website? Email us InformationNOW@Newcastle.gov.uk to find out more.

Read more on InformationNOW about [Working with and supporting InformationNOW](#)

National Read a Book day

National Read a Book day was on 6th September 2022. We've taken the opportunity to update our [Libraries page](#) and to launch [our podcast where we talk to Toni Ford](#) about reading groups across the Libraries. Join one of them and have fun and share your views, emotions and experiences of reading a book.

Newcastle and Northumbria for THE University of the Year

Newcastle and Northumbria universities have been nominated for the Times Higher Education University of the Year award 2022.

It is the first time, outside London, that two institutions from the same city have appeared on the same THE University of the Year shortlist. Nomination is a recognition of exceptional performance, as well as bold, imaginative and innovative initiatives that have advanced a Higher Education institution's reputation during the academic year 2020/21.

Speaking to The Chronicle, Leader of Newcastle City Council, Cllr Nick Kemp said: "We are delighted that Newcastle's two outstanding universities have been recognised for their achievements. They are a vital part of the fabric of our great city, and nomination is testament to the drive and ambition that has made Newcastle a centre of excellence"

Celebrate and shape our Age Friendly City

[The Elders Council](#) with Newcastle City Council are keen to shape an Age Friendly City, where we all feel good growing older and feeling valued. As residents, we all have a say in this.

[Join Councillor Nick Kemp \(Leader of the council\) and Councillor Karen Kilgour \(Deputy Leader\) at the City Library](#) 10.30 to 12.30 pm on 10 October to hear their vision and help shape plans.

Opportunities for Action

Know Your Numbers Week, 5th to 11 September 2022

[Know Your Numbers Week](#), is an annual awareness initiative by [Blood Pressure UK](#) to promote the importance of regular blood pressure checks, especially for the over 40s. Cardiovascular disease (CVD) affects over 6 million people in England. One in four premature deaths are caused by CVD and it is a leading cause of disability.

This year, the NHS is raising awareness of where people can get their [blood pressure](#) checked for ages 40 to 74 years, including community pharmacies. Latest figures show that between October 2021 and 1 July 2022 the NHS Community Pharmacy Blood Pressure Check Service has delivered over 275,000 blood pressure and ambulatory blood pressure monitoring checks to people aged 40 and over.

Around 8,423 pharmacies are set up to deliver the service across England and this could save 4,400 lives in the next five years by increasing the number of checks carried out.

Find resources and more information on [British Heart Foundation](#) and [NHS UK](#)

Read more on InformationNOW about [heart attacks](#) and [heart disease](#)

Pension Awareness Week, 12th to 16th September 2022

Now in its 9th year, Pension Awareness is a campaign determined to encourage everyone to engage with their pension and to understand the benefits of financial wellbeing more widely. You

can join [a live show](#) throughout each day of the week and the recordings will be available afterwards.

You may not have a [private pension](#) yet, but if you are 50 years or below it is a valuable way to plan for retirement.

You may not know a lot about how your [state pension](#) works and the qualifying years of NI – InformationNOW explains this.

We know that there is a pot of unclaimed [pension credit](#). See below for more.

Use [Money Helper](#) for all your planning, budgeting and debt concerns.

Are you eligible for Pension Credit?

Pension Credit tops up weekly income to a guaranteed minimum level of £182.60 a week for single pensioners or £278.70 for couples (after April 11th this year). It could be more than that depending on your circumstances. It is a tax-free payment for those who

- have reached State Pension age, and
- live in Great Britain

Some quick facts:

- you don't have to have paid National Insurance contributions to qualify
- you can have some savings and other incomes
- owning your own home doesn't stop you claiming
- couples both have to be of State Pension age

Find out your [State Pension age](#)

InformationNOW has information on [Pension Credit](#) which includes a Pension Credit Calculator which will help you find out how much Pension Credit someone could get – without giving any personal details.

There are a number of ways of applying for Pension Credit, including by telephone, a simple online form or paper claim form. [Further details on how to apply](#)

There are also organisations that can help you.

- [Citizens Advice Newcastle](#) give advice to anyone in Newcastle. Ring 0191 229 2750
- [Your Homes Newcastle \(YHN\)](#) can give their tenants benefit and debt advice. Phone: 0191 278 8600 or make a [referral online](#)
- [Karbon Homes](#) customers can contact the Money Matters team on 0808 164 0111, email moneymatters@karbonhomes.co.uk or complete an [online self-referral](#)
- [Newcastle Welfare Rights Service](#) give advice to people in priority groups including those over 65. They have [self help material](#) on their website. Ring 0191 277 2627

There is also a Pension Credit Helpline which includes Text Relay and BSL services 0800 991 234 Text Relay 18001 then 0800 99 1234

[Read more on InformationNOW about pensions and National Insurance](#)

Creating Hope Through Action, World Suicide Prevention Day

Every year, on 10th September, organisations and communities around the world come together to raise awareness of how we can create a world where fewer people die by suicide. You can find out more about *Creating Hope Through Action* from the [International Association For Suicide Prevention](#).

There is a wealth of information available online and we have pulled a lot of it into an article on [suicide and self harm on InformationNOW](#)

Exploring Mental health services for refugees and people seeking asylum

Northumbria University are looking for:

- members of refugee communities who have experience of mental health issues (for themselves or those they care for)
- people who work in NHS mental health services, in any patient facing role
- people who work in voluntary or community organisations who support refugees

The research will involve joining an online focus group or interview (lasting 1 to 1.5 hours) and discussing your thoughts on the services provided to meet the mental health needs of refugees; reflecting on your experience of adapting services and interventions for refugee populations; and identifying any personal training and other development needs.

If you would like to find out more about the research study, please contact:

Claire Hart – Claire.hart@northumbria.ac.uk

Rose Watson – R.Watson@tees.ac.uk

[Read more on InformationNOW about support for refugees and asylum seekers](#)

Sexual Health Week 2022

September 12th to 18th

Looking after your sexual and reproductive health is important. It is much more than avoiding unwanted pregnancies and sexually transmitted infections (STIs). It's about feeling positive about your body, being able to feel sexy or intimate, whether or not you have a sexual partner or are in an intimate relationship.

No matter how you identify your gender or sexual orientation, regardless of age, marital status or anything else and regardless of whether you are sexually active at the moment or not, it's important to know where you can get information and support.

There are a series of live events on [Sexual Health Week 2022 – Breaking Barriers \(brook.org.uk\)](https://www.brook.org.uk). You never know you might find something interesting. There are also links to other topics and to other organisations promoting Sexual Health week.

[Read more about Sexual Health and local support services on InformationNOW](#)

[Read more about Sex in Later Life on InformationNOW](#)

Palliative care research

[Connected Voice – Haref](#) is working with Newcastle University on their funded research which looks at if people accessing palliative care are getting the right medicine reviews and support. They want to recruit people who are receiving palliative care and taking medications and their carers. They are looking for people who can speak from experience about these questions:

- receiving palliative care and taking medications?
- views on how medications should be managed and reviewed?
- what would help to make sure people are only taking medications that are necessary and important?

Newcastle university wants to hear from people to learn more about your experiences. They are conducting interviews of no longer than an hour. This can be at the university or in your own home, or online. You will receive a £10 voucher for your time. Your involvement would help them to improve patient services in palliative care.

Reasonable travel costs will be reimbursed or alternatively, they can travel anywhere to conduct interviews if people wish to do this in their home, or other location.

Please contact Zana.Bayley@newcastle.ac.uk

[Read more on InformationNOW about palliative and hospice care](#)

Resources

Cruddas Park Wellbeing Centre

Open Day 30th September

You may already know that the GP Surgery at Cruddas Park has recently completed building a new extension. The building has space and rooms designed to be shared with community groups, voluntary sector organisations and the wider services provided by the NHS and Council.

Why not go and visit on Friday 30th September 2022, 10am to 4pm?.

Please forward this invitation to anyone you think might be interested.

Do let them know if you intend to go along (for catering numbers) if you can, email:
Wellbeing.cruddaspark@hotmail.com

Read more on InformationNOW about [GP Surgeries](#)

[Find these events on InformationNOW Events & Activities section](#)

Adult ADHD support group
at ReCoCo

East End Walking tours
Help shape the East End of Newcastle
14 and 17 September

Come and Dance
The Company of Others
Mondays

Coming up in October
imAGE Events and Activities to showcase Newcastle as an Age Friendly City

Durham Book Festival

Organisations – new and updated

[Cricketqube](#)

Cricketqube is a lifestyle cricket game and they host short format Backyard Cricket or BYC events across the North East. They offer events to schools, older people and families at the moment. You can join as a team or individual and have fun and keep connected.

The older people's cricket held regularly at Deckham Community Centre and Newcastle College.

[Just Checking](#)

is a company that helps professionals assess how independent someone is at home when considering their independent living options. They also run a telecare monitoring system for people with a learning disability in properties in Newcastle, called Just Roaming.

[Elswick Family Practice](#)

Elswick Family Practice is part of the Inner West Primary Care Network.

[Read more on InformationNOW about social prescribing and primary care networks](#)

Articles Updated

Volunteering

has been updated with more opportunities to get involved with health, technology and public health research.

Dementia

has been updated with more about research and the memory assessment process.

Direct Payments

are a way of paying for care and support services, home care, day services, personal assistants or respite care. Direct Payments allow you to buy and arrange your own care and support services.

Last updated: October 6, 2022

Recent Newsletters:

[InformationNow News 11 May 2026](#)

[InformationNow News 24 April 2026](#)

NEWS InformationNOW InformationNow is a published author! The Spring 2026 edition of Consumer Choices has used our How to make a good complaint article. Consumer Choices is an educational textbook used for ad...