

InfoNOWNews 16 September 2022

News

InformationNOW

We've been looking at the stats for the last three months and we are delighted that we have had over 117,000 unique visitors over that period.

Our most popular visits are to:

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- Child Benefit Office

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Her Majesty Queen Elizabeth II (1926 to 2022)

Following the death of Her Majesty, floral tributes are welcomed and can be left on Ceremonial Way at the Civic Centre. There are two Book of Condolence, one at the Civic Centre (Arches reception) and one in the City Library on Level 1 by the blue glass door. Further information and opening times can be found on Newcastle City Council's webpage.

Photo exhibition

An exhibition of photography of Her Majesty's visits to the city is on display in the City Library, near to the Book of Condolence throughout the official period of mourning.

[Royal Family's online Book of Condolence](#)

Live coverage of the state funeral of Her Majesty Queen Elizabeth II will be shown on a screen in Old Eldon Square, Newcastle on Monday 19 September, so people have the opportunity to watch the funeral collectively if they wish. Approximately 9 am to 6 pm. There will be a limited number of deck chairs and standing room. **Please see** TV Licensing news below for an update on special

dispensation for community viewing on TV.

[Newcastle Cathedral](#) is holding a service of commemoration and thanksgiving on Sunday 18 September at 4 pm. The full Cathedral Choir will be in attendance, along with the Vice-Lord Lieutenant of Tyne and Wear, the High Sheriff of Tyne and Wear, the Acting Bishop of Newcastle and civic dignitaries. No need to book, but seats will be limited so arrive by 3.30 pm. They also have a Book of Condolence.

White Ribbon Day 2022, 25th November

25th November is International White Ribbon Day. Newcastle City Council is proud to be a [White Ribbon](#) accredited organisation and part of the global movement working to end male violence against women and girls.

[Join Newcastle City Council and Your Homes Newcastle](#) on the 24 November 2022 in Domain at Northumbria University Students' Union, any time between 10am to 1pm to make your **pledge to never commit, excuse or remain silent about violence against women and girls**. The event is open to everyone.

You can find out about local support services and meet people working hard to address abuse in all its forms.

Read more about [personal safety on InformationNOW](#)

Organisations

If you would like to get involved and be part of the event, please contact WhiteRibbon@Newcastle.gov.uk

Free Will Writing Service

Carers Trust has partnered with Farewill to [provide a new free service](#)

Farewill is an easy-to-use service that allows you to write your will in under 30 minutes. Farewill is the largest will writer in the UK and has won multiple awards for its service. Every will is checked by their specialist team, ensuring your wishes are clear. [Use Carers 22 code](#)

[Read more on InformationNOW about Wills](#)

Cost of living information

The Government is providing a £37 billion package of support to help households combat the rising cost of living. Ensuring that people are aware of what financial help they are entitled to is paramount. Visit the [Government website](#) for information about the different types of payment, eligibility, and when people should expect to receive the money.

Please note that there are **scammers impersonating Ofgem**. Scammers are asking you to apply for your energy rebate and taking your bank account details. These rebates will be paid automatically.

Report a suspicious email or online scam to [Action Fraud](#)

[Read more on InformationNOW about cost of living increase – managing on a low income.](#)

Disability Cost of Living Payment

The [£150 disability cost of living payment will be paid automatically from 20 September](#), with the vast majority of those eligible expected to receive their one-off payment by the beginning of October. Those who had confirmed payment of their disability benefit for 25 May are expected to be paid shortly after the payment window opens. For those awaiting confirmation of their disability benefits on 25 May or who are waiting to be assessed for eligibility to receive disability benefits, the process may take longer, but payments will still be automatic. Residents must have received a payment (or later receive a payment) of one of the qualifying benefits for 25 May 2022 to get the payment.

TV Licensing

TV Licensing has developed new videos which explain TV Licensing in a clear and customer-friendly way. The videos cover topics such as, when you need a licence, how to avoid scams, information for students and how to switch to a paperless licence.

[See Video Link on InformationNOW](#)

Please also note the following for the Queen's funeral on Monday 19th September.

“We know that many communities may wish to come together and observe the funeral of Her Majesty The Queen and so the BBC is providing local communities a TV Licence dispensation. The dispensation will allow any communal setting where TV is not usually watched, such as town halls, community centres and libraries across the UK, to screen the live programmes without needing to purchase a licence.”

Opportunities for Action

Creating Hope Through Action is the theme for 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. “Creating Hope Through Action” is the theme for World Suicide Prevention Day 2021 to 2023. You can find out more from the [International Association For Suicide Prevention](#).

It's a day where we can all focus on this, to make a start – and perhaps ask our family, friends, colleagues, service users and people we don't know 'how are you?'.

[Read more about suicide and self harm and find local support on InformationNOW](#)

Reminder about the Covid 19 and Flu booster

Viruses spread more easily in the colder seasons This winter it is expected that many respiratory infections, including COVID-19 and flu may be circulating at high levels, with people socialising inside, so the risk of getting COVID-19 and flu, is higher. It is vital the most vulnerable groups receive a booster vaccine to strengthen their immunity against serious disease over winter and protect themselves and reduce pressure on the NHS. [A guide to the COVID-19 autumn booster – GOV.UK](#)

Vaccines are available via a number of routes, including pre-booked appointments and drop-in sessions.

Newcastle City Council continue to offer residents opportunities to receive their Covid vaccinations and boosters. [All sessions are updated regularly](#)

Appointments can still be booked using the [National Booking Service](#).

[Read more on InformationNOW about coronavirus information](#)

Research

People with a Severe Mental Illness feedback requested

[North East North Cumbria Integrated Care Board](#) is supporting a project that concerns physical health checks for people with Severe Mental Illness. This includes mental health conditions, such as bipolar affective disorder, schizophrenia, other psychoses and people on lithium therapy.

The project is investigating the experiences of people who have had their physical health check since July 2021. There is [a short online survey](#) (paper copies available on request), and the opportunity for people to enter themselves into a prize draw as thanks for their feedback. [Contact Involve North East](#) for different formats and with questions email jennifer@involve.org.uk

The option to enter a prize draw (1x £50 voucher, 2x £25 vouchers) is available for people no matter how they feed back.

[Read more on InformationNOW about mental health with links to bipolar and schizophrenia articles](#)

Spotlight on

Alzheimer's Month

World Alzheimer's Day takes place on 21 September and is part of World Alzheimer's Month. This year, they're talking about the power of knowledge.

By learning more about dementia and understanding changes in memory and behaviour, you and your loved ones can feel empowered to reach out for the help and support you need.

This month, they're encouraging everyone to [know the signs and symptoms of dementia](#) so they can get the right diagnosis and support as quickly as possible.

This month, it has been revealed that there is low participation in late-stage dementia trials compared to other major health conditions. At the same time, local research through [Unfolding Theatre](#) and the Multiverse lab, showed that dementia was one of this region's greatest concerns. Just 61 participants were recruited to late-stage dementia drug trials supported by the NIHR Clinical Research Network in England last year – around 100 times fewer than for cancer, and around 10 times fewer than for either stroke or coronary heart disease. Right now, fewer than two in five people diagnosed with dementia in England and Wales have a documented discussion about taking part in research, while just 2% of people with dementia are registered with Join Dementia Research, the service which matches people to dementia studies in the UK.

If you've been affected by Alzheimer's or dementia why not take part in research. Why not [Join Dementia Research](#), an NIHR team dedicated to looking into causes, diagnosis, prevention, treatment and cure. With your help progress can increase.

[Read more on InformationNOW about volunteering and dementia](#)

Resources

Speak to your bank about money worries

The latest survey from Nationwide Building Society has found that fewer than a fifth of people asked (19%) would speak to their bank or building society about money worries, despite 83% of people advising they are worried about the rising cost of living and its impact on household finances

According to a survey by Bristol's Personal Finance Research Centre, of 4.1 million people who claimed the most recent £650 payment they are still facing hardship, 71% have reduced the quality of food they eat, 36% have sold or pawned possessions and 27% have cancelled or not renewed insurance in order to cut costs.

[Nationwide](#) has set up a freephone number 0800 030 40 66 and a number of banks also offer support to their customers, such as [Lloyds Bank](#) 0345 300 0000, [HSBC](#) 03457 404 404. Check out your bank's pages.

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

Search Newcastle Energy Advisor

[Search Newcastle](#) has appointed an Energy Advisor with two aspects to their role. They offer a free home energy assessment; advice on energy usage in the home and suggest if any savings can be made through introducing small measures, such as Radiator Foils on external walls, draft excluders on doors, windows, letter boxes, insulating jackets on hot water cisterns. They can arrange fitting through their handyman service.

They also offer energy advice talks to community groups, one to one energy advice sessions, look at resolving billing issues, help to navigate around all of the grants and reductions available; they also offer switching advice when it is appropriate to switch providers.

[Read more on InformationNOW about cost of living increase and living on a low income](#)

Newcastle Reconnects

[Age UK Gateshead in Newcastle](#) has opened a new free service, supported by the [Integrated Care Board NENC](#), to support people with a long term condition including:

- respiratory problems
- arthritic conditions
- Epilepsy
- unstable diabetes
- severe hypertension
- incontinence and catheterisation
- Parkinson's disease

This service, for those who live in the west of Newcastle, provides therapeutic day care often as an alternative to day hospital services. Their service is designed to enable continued rehabilitation where older people have lost mobility or speech, to maintain and where possible, improve functioning.

The day centre is open Monday to Friday at Disability North, the Dene Centre and is accessible by [NHS Patient transport](#).

[Read more on InformationNOW about day centres and services](#)

Events & Activities

[Find these events on InformationNOW](#)

Community Apple day at Scotswod Garden
Saturday 17 September
11 am to 3 pm

Techy Tea party
(series of IT sessions)
22 September

Positive Behaviour Workshops

For families who have a child with a learning disability and/or are autistic. If you are waiting for a diagnosis for your child you are also very welcome to attend.

Various dates online or at Byker Sands Centre

Fused Glass Workshop

10 to 1pm

Saturday 24 September

Illuminated Sheep to celebrate the Lindisfarne Gospels

30 Sept to 2nd December

Let's Ride Cycling Groups

Women only Fitness Fusion

23rd Sept 10 to 10.45 am

Recruitment Fair, YHN and Newcastle Council

29 September

New organisations

Comfort Call

is a commissioned service by Newcastle City Council caring for people in Bowmont House, Allerdale House and Park View Grange. They also offer home care services.

Disability Law Service

supports people with a disability to access free legal support in relation to community care, housing, welfare and benefits and employment rights.

The Outsiders Trust

is a peer support network and they offer a sex and disability helpline.

Updated articles

Cost of Living increase – managing on a low income

This information has been updated with the Search Newcastle Energy Advisor and is reviewed regularly

Where to get Legal Advice

This information has been updated with organisations that support people with a disability to deal with appeals, community care, housing and welfare as well as employment and access to work.

Last updated: September 23, 2022

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