

## InfoNOW News 14th October 2022

### Prevention Network – InformationNOW

Part of our prevention work in Newcastle is to help people find the right information, at the right time.

To help us achieve this we set up the Prevention, Information and Advice Network. The aim of the network is to work with local services, voluntary organisations and charities to understand more about the support available for adults in our city.

It's an opportunity for you to find out more, meet other people working in Newcastle and tell people about your role.

Working with local services means we can continue to provide trusted information in the city through [www.InformationNOW.org.uk](http://www.InformationNOW.org.uk). The network helps us to keep the information up to date and publicly available. So we can support staff, volunteers and members of the public with information to make informed choices in their lives.

As you receive InfoNOW News, you're invited to join the Prevention Network so you can take part in our events and receive future invitations.

**Please email [lauren.hoy@Newcastle.gov.uk](mailto:lauren.hoy@Newcastle.gov.uk) if you would like to join the mailing list.**

This means in addition to receiving InfoNOW News you will receive the occasional Prevention Network email and event invitations.

The invitation to our next event is below.

**[Read the latest Prevention, Information and Advice news here.](#)**

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## Carers Rights Day 2022

### Prevention Information and Advice Network Event

**Date:** Thursday 24th November 2022

**Time:** 2pm to 3.30pm

**Venue:** The Mansion House, Jesmond

**[Book your place on Eventbrite](#)**



Many people are taking on more caring responsibilities for relatives and friends who couldn't manage without their help or support because of their age, disability, illness, mental health problems or drug or alcohol problems.

You don't need to be an expert to help a carer find out about their rights. Sometimes pointing someone in the right direction for help, advice and support can make all the difference.

This information and networking event will raise your awareness of unpaid caring in Newcastle. You will find out more about local services so you can signpost carers to support.

As well as offering networking opportunities, you will hear from:

- Fiona Richardson, Carers Lead Officer, Newcastle City Council
- Newcastle Carers
- British Red Cross Emergency Card Scheme
- Claire Nixon, Newcastle Safeguarding Adults Board Coordinator, Newcastle City Council
- Welfare Rights Service, Newcastle City Council
- North East PROPS
- Newcastle upon Tyne Hospitals Trust
- Cumbria Northumberland Tyne and Wear NHS Foundation Trust
- Lauren Hoy, Prevention, Information and Advice Lead, InformationNOW, Newcastle City Council

This event is part of the Prevention, Information and Advice Network at Newcastle City Council and welcomes staff and volunteers from services, businesses and organisations across the city.

**Please email [lauren.hoy@Newcastle.gov.uk](mailto:lauren.hoy@Newcastle.gov.uk) if you would like to join the Prevention Network mailing list.**

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## Health and Wellbeing Fair

**Date:** Saturday 22 Oct 2022 **Time:** 11.00 am – 3.00 pm **Cost:** Free

**[Newcastle Community Champions](#)** are holding a Health and Wellbeing Fair on Saturday 22 October at Newcastle Civic Centre. The event will be opened by the Lord Mayor of Newcastle at 11am and will close at 3pm.

You can enjoy interacting with up to 25 stands, including health checks, exercise tasters and demonstrations along with family friendly activities with Hat Trick and Newcastle United Foundation.

There will be lunch, refreshments and a free prize draw.

[Read more on InformationNOW about healthy eating and drinking](#)

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## Integrated Care System easy read guide

[Inclusion North](#) has created an Easy Read guide to the Integrated Care System to enable everyone to understand how NHS and Care services work in the North East since the new Health and Care Act came into law on 1st July 2022.

[Read about Integrated Care System on InformationNOW](#)

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## Sustainable Warmth Scheme

The [Sustainable Warmth scheme, delivered by Warmworks on behalf of Newcastle City Council](#) and through funding from the UK Government, offers householders the chance to apply to receive improvements to increase the comfort and warmth in their home. The scheme offers a wide range of insulation measures, and renewable technologies, such as air source heat pumps and solar panels.

The Sustainable Warmth scheme is open to homeowners, and private tenants, where the home has a low energy rating and a low annual income.

[Read more on InformationNOW about cost of living](#)

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## Work with us at InformationNOW

### Closing date 19th October

Are you interested in working with Lauren at InformationNOW?

We're looking for our new full time Prevention, Information and Advice Lead at Newcastle City Council. We work to provide information to help people in Newcastle find what they need, at the right time. So people can plan ahead and make informed choices.

If you're interested in all things information and supporting people who live and work in Newcastle to live well, you can [read more about the role and how to apply on North East Jobs.](#)

The role involves

- managing [InformationNOW](#): researching and updating online content, our information articles, organisation directory, events calendar and news

- Promotion of our information resources through social media, delivering training to staff, volunteers and members of the public
- continuing to improving the InformationNOW user experience through ongoing focus groups and feedback with users
- publishing the weekly InfoNOW News
- The Prevention, Information and Advice Network and partnership working
- developing and maintaining our other adult social care online information sources  
[www.Newcastle.gov.uk](http://www.Newcastle.gov.uk)

If you would like to find out more about the role you can contact David Forster for an informal discussion on 07795047820

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## Stoptober 2022

Stoptober is the annual awareness month with a 28 day challenge to quit smoking. Supported by the [Asthma and Lung Society](#)

There are a number of ways the [NHS can support](#) you to quit smoking in Stoptober. The Stoptober app (available on the App Store and Google Play) shows you how much money you're saving, and you can subscribe to get a daily email to boost your motivation. You can also join the stop smoking community or receive more personal support.

Don't forget your local? [Newcastle Stop Smoking Services](#) is free, friendly and can massively boost your chances of quitting for good. Your GP, asthma nurse or pharmacist can advise you how to get started, talk to you about treatments like nicotine patches and check your current medication.

[Read more on InformationNOW about give up smoking](#)

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## A trip down memory lane

**Wednesday 19th October 10.30 to 12.30**

As a part of imAGE, [Digital Voice](#) is offering a free workshop to staff and volunteers who would like to develop how they run reminiscence/storytelling sessions.

This is an excellent opportunity for social prescribers, link workers, group leads, housing scheme managers etc.

To book email [info@elderscouncil.org.uk](mailto:info@elderscouncil.org.uk)

[Read more on InformationNOW about imAGE](#)

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# Joined Up North East: LGBTQIA+ and multiple exclusions or disadvantages

People who are LGBTQIA+ can experience poorer health outcomes, which can be made worse by other issues such as poverty, racism, disability, neurodiversity, substance use disorders, unstable housing, or domestic violence.

**Joined Up North East** is a three year PhD project that is funded by the National Institute for Health and Care Research, supported by Newcastle University. It is being run by Mark Adley, a practitioner with over 30 years' experience in the fields of HIV/AIDS, substance use, and more recently in GP-based social prescribing. Mark is working alongside four Public Advisors who will be analysing data and will be named co-authors on any published materials.

The project's main aim is to learn about the current network of health and care services in the North East, by hearing from professionals and LGBTQIA+ people who have experienced multiple exclusion/disadvantage, in the hope of improving future care provision.

Mark is looking to speak to both LGBTQIA+ people who have experienced multiple exclusion/disadvantage (see image below for examples), and professionals\* who support LGBTQIA+ people in their work. Everyone taking part will receive a £10 voucher as a thank you for their time.

For more information you can [download the project leaflets in English on their website](#). There are versions also available in [Arabic, Bengali, Hindi, Punjabi, and Urdu](#).

You can watch videos and other resources on the project website: [joinedupnortheast.co.uk](http://joinedupnortheast.co.uk).

*\* Professionals are not being recruited via NHS or other statutory organisations – Mark is therefore only able to interview people on the basis of their experience working with LGBTQIA+ people in previous non-statutory roles, or current roles (for example as a volunteer or trustee).*

For more details contact Mark Adley Postgraduate Researcher (he/him)  
Tel: 07593 100409 Facebook: [joinedupnortheast](#) Twitter: [@markadleyR](#)

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## World Menopause Day 18th October

### #MakeMenopauseMatter

World Menopause Day is held every year and led by the International Menopause Society. The purpose of the day is to raise awareness on the menopause and support options for improving health and wellbeing.

The menopause occurs in all women. The menopause is when a woman stops having periods and is no longer able to get pregnant naturally. The menopause is a natural part of ageing that usually occurs between 45 and 55 years of age, as a woman's oestrogen levels decline. In the UK, the average age for a woman to reach the menopause is 51. Whilst this is a natural part of a woman's life cycle, there are still women who can't talk about this with their boss or employer and are unable to function the way they did at work. Some are leaving work early.

For those women who need treatment, there is help:

- [hormone replacement therapy \(HRT\)](#): tablets, skin patches, gels and implants that relieve menopausal symptoms by replacing oestrogen
- vaginal oestrogen creams, lubricants or moisturisers for vaginal dryness
- [cognitive behavioural therapy \(CBT\)](#): a type of talking therapy that can help with low mood and anxiety
- [eating a healthy, balanced diet and exercising regularly: maintaining a healthy weight and staying fit and strong](#) can improve some menopausal symptoms and avoid [osteoporosis](#).

What you can do to find out more:

- [Take part in the Voice Newcastle Experience of Menopause online event](#)
  - [Read more about menopause on InformationNOW](#)
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## Make the most of outdoors at Kielder

[Kielder Water and Forest Park](#) has so much to offer. It has a unique collection of visual art and architecture and running to November you have the opportunity to visit The Nick – it has a range of shelter and seating alternatives. Situated at the highest point of Forest Drive that links Kielder village with the A696 to the East.

There are many other options including Kielder Belvedere, Kielder Skyspace, Freya's Cabin and Wave Chamber.

[Read more on InformationNOW about parks, forests and woodlands](#)

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## This week's Events & Activities

Visit our [Events and Activities section](#) to see what's happening this week

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## New organisations on InformationNOW

## Places for people

[Places for People](#) rents out properties to people aged 55 and over, in and around Newcastle, including North Kenton, Newburn, Crawcrook, Killingworth, Burradon and Seaton Delaval. Properties include purpose built one and two bedroom flats and bungalows.

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## See it differently

[See it differently](#) helps you to understand and find a way through relationship problems. It uses videos to help you see the problem you're facing differently. When arguing with a partner or ex-

partner, we can get caught up in the heat of the moment. At times like these, it's difficult to find a way forward. They want to help you see and do things differently. You can: access extra support from a list of organisations, chat with one of their listeners through their private and free web text service – the Listening Room. You can chat with other families in a similar situation to yourself and share tips and experiences.

**Read more on [Family and relationship problems on Information Now](#)**

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## Thanks for reading InfoNOW News

We hope you found it useful. Please feel free to share this information and [subscribe to InfoNOW News](#)

Want to be featured in the next InfoNOW News? [Send us your news and events.](#)

Best Wishes

Lauren

Last updated: October 14, 2022

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