

InfoNOW News 21st October 2022

Apprenticeships

New article on InformationNOW

[An apprenticeship is an opportunity to learn in a real job. You learn at college and get paid a wage too.](#)

Learning on the job, working with experienced people in an organisation gives you real life skills and helps you to be ready for working life. This kind of training is very popular and many people apply for apprenticeship vacancies.

Any person, of any age, can become an apprentice. There are lots of apprenticeships to choose from with different employers.

Apprenticeships are a great way to get qualifications and experience in a real job. They can be a great pathway to success.

For more information and a chat about how to work towards getting an apprenticeship contact the **[Apprenticeship Team at Newcastle City Learning.](#)**

[Read more on InformationNOW about Adult learning, skills and training](#)

International Credit Union Day

Thursday 20th October 2022

[Moneywise Credit Union Ltd](#) is one of more than 86,000 credit unions in the world serving 375 million members. They celebrated International Credit Union Day yesterday with credit union members in 118 countries!

Moneywise Credit Union opened its doors in 1992 with a vision to serve its members. Since then, their goal has always been the same: to meet your financial needs and to provide you with opportunities that enable you and your family to succeed.

No matter where you live access to financial services is vital. **Moneywise Credit Union** are proud to help their members overcome financial challenges, through encouraging saving and providing access to ethical Loans.

All credit unions share a common goal to offer access to affordable financial services to their members and provide even the most financially disadvantaged the tools and the opportunities to

be financially self-sufficient. Making life choices and dreams a reality is the credit union difference that makes a real impact in our world.

[Read more on InformationNOW about Credit Unions](#)

Keeping Warm in Winter

Keeping warm is important as you are more likely to catch cold or flu in winter. The cold weather (below 8°C) can also cause other serious health problems such as [heart attacks](#), [stroke](#), hypothermia and pneumonia. It also increases the risk of accidents and [falls](#). The cold can affect those with mental health or long term physical conditions and people aged 65 years and over.

Keep warm with hot drinks and hot food. Wear warm clothes and shoes, and aim to keep your home between 18°C and 21°C (or 64°F and 70°F) [Information NOW](#) has a series of articles that may help you this Winter:

- [Keeping Warm in Winter](#)
 - [Cold Weather Payments](#)
 - [Falls](#)
 - [Help with heating problems and how to pay for them](#)
 - [Cost of living crisis help and support](#)
 - [Personal alarm systems and telecare](#)
-

Autumn vaccination programme

A seasonal Covid 19 booster (autumn booster) can be booked online for anyone who is:

- aged 50 or over
- pregnant
- aged 5 and over and at high risk due to a health condition
- aged 5 and over and at high risk because of a weakened immune system
- aged 16 and over and lives with someone who has a weakened immune system
- aged 16 and over and is a carer, either paid or unpaid
- a frontline health and social care worker

Book your appointment on the [NHS National Booking Service](#) or call 119

Visit www.newcastle.gov.uk/covidvaccine for local clinics

The appointment dates you'll be offered will start from 3 months (91 days) after your previous dose.

If you are eligible for a flu vaccine, you may be able to have them at the same time – if not please go ahead anyway, you can catch up with the other vaccine later.

Newcastle City Council Cost of Living Support information

Newcastle City Council have a new web page with more information about [support available during the Cost of Living Crisis](#). This includes:

- Debt and money advice
- Energy advice
- Housing support
- [Winter Wellbeing Hubs](#) – a directory of places offer support. This includes community centres and libraries where people can go to stay warm while accessing free wi-fi, help and advice, learning new skills and taking part in activities such as cookery classes. You can also register your service as a Hub here.
- Help with school and learning costs
- Council tax discounts and exemptions
- Free Childcare
- Managing on a low income
- Emergency funds and support
- Check what benefits you can receive
- Crisis support scheme

[Visit The Cost of Living Support page for more details](#)

Winter Fuel Payment Increase

The [Winter Fuel Payment](#) has increased for 2022 to 2023 to between £250 and £600 depending on your circumstances. If you have received it before you will automatically receive it in November or December. If you haven't received it before, you may have to apply for the scheme.

[Read more on InformationNOW about Winter Fuel Payments](#)

Cost of Living Support Events

Support available during the cost of living crisis

[Mental Health Concern \(MHC\)](#) are running a series of events, previously called Winter Pressure Events, in the community to help you find support

Is the cost of living causing you stress? Come along to speak to Mental Health Concern and local community organisations. They can help you to:

- access free support and guidance on council schemes, benefits and finances
- identify organisations that can provide practical and meaningful support
- access local health and community services
- to regain confidence, build resilience and improve your wellbeing

Events are taking place

- Walker: Thursday 27 Oct 2022 from 1pm to 4pm

- Fenham Library: Tuesday 1 Nov 2022 from 10am to 3pm
 - Benwell West End Library Friday 18 Nov 2022 from 10am to 2pm
 - * **New date added** Galafield Centre, Newbiggin Wednesday 23 Nov 2022 from 9am to 12 pm
 - * **New date added** Fawdon Community Centre: Tuesday 29 Nov 2022 from 10am to 2pm
-

Free meals and low cost food this winter

We have a list of [Free meals and cheap food in Newcastle on Information Now](#). If you are running an activity and would like to be included please email Lauren at InformationNOW@Newcastle.gov.uk

New cheap food offers include:

Chain Reaction Buy and Bite at ASDA Gosforth

Wednesdays 11.30am to 1pm starts 2 November

You can join Chain Reaction at ASDA in Gosforth to do some shopping and enjoy a bite to eat Every Wednesday. You can buy soup and unlimited tea & coffee for £1 at Asda.

Asda in store cafe 'winter warmer' for people over 60 years old to help with the cost-of-living crisis. Buy soup, a roll and unlimited tea and coffees for £1 in any of its 205 cafes, all day and every day throughout November and December.

Read more on [Cost of living crisis help and support on InformationNOW](#)

Deaflink Energy and Cost of Living Advice Event

Date: Saturday 19 Nov 2022 Time: 10.30 am – 12.30 pm

Deaflink are providing information on the energy crisis and advice on daily living costs. Aimed at all deaf, deafblind and hard of hearing people. Nicola Duffy from Citizen's Advice Newcastle will be the guest speaker.

BSL interpreters and palantypist available.

Refreshments available and doors open at 10 am.

[Read more and how to book on InformationNOW](#)

Job vacancy at the Elders Council

Job Title: Membership Secretary/Administrator

Salary: £23,000 pro rata. Part time post (3 days per week)

Closing date 4th November

The Elders Council of Newcastle are looking for a Membership Secretary/Administrator to join their small staff team. You will help them to develop the Elders Council further by ensuring the

day-to-day operations run smoothly; maintain their database and email lists; organise meetings and events and get to know the members and encourage their involvement in the organisation. It's a part time post (3 days per week) and the salary is £23,000 pro rata. Closing date is 4th November and the interviews will take place on 16th November.

[Download the job description here](#)

To apply send a CV together with a statement outlining your experience and interest in the job to barbara.douglas@elderscouncil.org.uk

For an informal discussion about the post please contact Barbara to arrange a call.

[Read more about Older People's Forums in Newcastle on InformationNOW](#)

Newcastle Vision Support

[Newcastle Vision Support](#) provides practical support for people with sight loss.. They have 2 new members of staff. Angus Huntley is their new lead officer to help people with their IT and technology issues. Sharon Heatherington is their new Safeguarding Officer.

The charity runs a series of groups at MEA House including:

- [Walking \(plus visit to cafe\)](#) fortnightly on Thursdays at 10.30 am, walk area details tbc
- [Chair Exercise on Fridays](#)
- [Art Groups on Fridays](#)
- Coming up, they also have [CU Wednesday information sessions](#) from:
 - The Macular Society, 19 October
 - Glaucoma UK, 26 October
 - Healthwatch, 16 November
 - RNLI, 30 November

Book a place to take part in these sessions

[Read more on InformationNOW about sight loss and visual impairments](#)

World arthritis day

World Arthritis day fell on 12 October. [Arthritis](#) is an inflammation of the joints, which can cause pain and difficulty when you move around. Other possible effects of arthritis are loss of grip and strength. Most people find that they have 'good days and bad days'. In the UK there are around 10 million people who have arthritis and it is the single biggest cause of physical disability. There is a difference between arthritis, rheumatoid arthritis and osteoarthritis. Rheumatoid Arthritis when the immune system attacks the lining of the joints, and this can cause pain, swelling and stiffness. However, it can also affect organs, soft tissue and cause widespread symptoms, such as fatigue and flu-like symptoms. Osteoarthritis is when joint cartilage and the underlying bone wears down. It causes pain and stiffness, especially in the hip, knee, and thumb joints.

[Versus Arthritis](#) has a section on [managing your pain](#) and [exercising safely](#)

[National Society for Rheumatoid Arthritis \(NRAS\)](#) has a local support group. They meet for coffee on the 2nd Wednesday of each month at 11.00am in the café, Laing Art Gallery

[Arthritis Action](#) offer an integrated resource related to eating, health and mental health and wellbeing

[Read more about Support groups of InformationNOW](#)

Safeguarding Adults Week sessions 2022

21st to 27th November is national [Safeguarding Adults Week](#) where organisations across the country come together to raise awareness of important safeguarding adults issues.

[Newcastle Safeguarding Adults Board](#) are running a series of learning sessions for professionals. [To see the full programme and to book your place visit their website.](#)

Sessions include:

- **Making Safeguarding Personal Webinar**, Newcastle upon Tyne Hospitals NHS Foundation Trust
- **County Lines and Exploitation Webinar**, Northumbria Police
- **Carers Risk Assessment Tool Webinar**
- **Self-Neglect Webinar**, Regional Safeguarding Adults Leads
- **Organisational Abuse and Closed Cultures Webinar**, Care Quality Commission
- **Transitional Safeguarding**
- **Safeguarding Adults and Poverty Webinar**, Newcastle City Council
- **Elder Abuse**, Hourglass, hosted by Durham Safeguarding Adults Partnership
- **White Ribbon Event at Domain Northumbria Students Union**, Newcastle City Council
- **Carers Rights Day Event at the Mansion House, Jesmond**, with InformationNOW Prevention Network
- **Domestic Abuse and Older People Webinar**, Safe Newcastle, NSAB, Carers Lead and IDVA Service
- **Fire safety**, Tyne and Wear Fire and Rescue Service

Follow the hashtag on social media to join the conversation [#SafeguardingAdultsWeek](#).

Read more on InformationNOW about:

- [Adult abuse](#)
 - [Domestic abuse](#)
 - [Personal Safety](#)
 - [Family and relationship problems](#)
 - [Hate crime](#)
-

Shaping care and care at home services

Voice is looking for people to take part in a [care and care at home online survey](#). They are currently looking for people who either currently need support at home with things such as DIY, gardening, setting up new technology, general tasks around the home or expect that they might need support in the next few years to take part in survey.

[Read more on InformationNOW about care and support for adults](#)

This week's Events and Activities

[Visit our Events calendar](#) to see what's coming up this week

- The Freedom Programme: supporting people affected by Domestic Abuse
 - Chain Reaction Monthly bus trip on Fridays starts 4 November
 - Just Meditation online Wednesdays 8am
 - Christmas events: Christmas Craft Fair at Pottery Bank 19 November
-

Throckley Men's Group

Pop along to socialise, learn new skills and make friends at Throckley Community Hall.

Have a cuppa, share your experiences and skills.

[Throckley Men's Group – Information Now](#)

Springbank Pavilion: Creative and Curious

Springbank Pavilion is a free weekly nature-inspired arts and wellbeing programme. You can take part in face-to-face creative sessions. You can try craft, print and pottery workshops, inspired by the park. And online artist's activities.

Wednesdays [Springbank Pavilion: Creative and Curious](#)

On Wednesdays you can take part in sessions with Creative Arts inspired by the park's natural surroundings. Explore your creativity in this weekly arts and crafts workshops guided by a local Artist. Take a moment to be Curious, experience nature and express yourself through art.

Thursdays [Springbank Pavilion: Cultural Threads](#)

On Thursdays you can take part in Creative workshops with Gem Arts to explore themes of nature, space, community, and wellbeing, with a local visual artist and printmaker. This session is recommended for people over the age of 18s

Fridays [Pottery in the Park](#)

On Fridays you can take part in pottery workshops with Chilli Arts Studios. In this creative wellbeing beginners' course you will be introduced to pottery basics, and you have a chance to hand-build pots or sculptures using clay.

Spaces are limited so book your place on their website. Sessions are running from:

- Wednesday 21 September 2022 until Friday 25 November 2022
- Wednesday 1 February 2023 until Friday 31 March 2023

Artists' activities are also available online and in a printed booklet. You can use them on your lunch break, in your bed on the ward, in the waiting room, or at home. These activities are delivered with artists: Sofia Barton, David de la Haye, Lady Kitt and Sheree Angela Matthew

This event is part of a partnership between Urban Green Newcastle and The Newcastle Hospitals NHS Foundation Trust, and kindly supported by Newcastle Hospitals Charity, LGA Foundation, the Community Foundation and Green Recovery Challenge Fund.

New organisations

Newcastle United Football Club

[Newcastle United Football Club](#) is a professional football club that plays in the Premier League. They also have:

- regular events, gigs and conferences
 - a [museum and stadium tours](#)
 - a charity [Newcastle United Foundation](#) who run activities for people in Newcastle
-

Reuse and recycle paint

The [Community Repaint Network](#) gives households, businesses and schools the opportunity to get involved in a recycling scheme that stops us wasting paint that we haven't finished and no longer need. There are schemes in County Durham, Darlington and Middlesbrough, but they'd like to find at least one organisation in Newcastle that would become a coordinating space for the scheme. As an individual or household, you can donate paint to a local scheme or buy paint. As an organisation you can apply to manage a local scheme or you can use the Network's remanufactured paint.

[Read more on InformationNOW about recycle and reuse](#)

Last updated: October 21, 2022

Recent Newsletters:

[InformationNow News 5 June 2026](#)

NEWS InformationNOW Did you know that the Recite Me toolbar has 134 different languages? This allows users to customise the entire site, making sure you're able to understand the information clearly and f...

[InformationNow News 22 May 2026](#)

NEWS InformationNOW Did you know that the Recite Me toolbar allows users to customise how text appears on screen, including the option to change fonts? As well as changing the colour and size of the letters, yo...