

4th November 2022 InfoNOW News

InformationNOW update

You may notice that we had a week off from InfoNOW News last week. As we're running on reduced capacity at the moment, there will be fewer InfoNOW News sent out. I aim to publish one every Friday, but sometimes there may be a week or 2 gap in-between newsletters.

If you have any urgent news, events or opportunities that you would like to be shared please email me Lauren.Hoy@Newcastle.gov.uk with a short piece to be included.

I work part time Wednesday to Friday, so will get back to you as soon as possible. Sorry in advance for any delays in my replies.

Don't forget in the meantime! Organisations! You can add or update your details at any time on InformationNOW. I check these updates before they're published and use them for InfoNOW News to share the newest information.

[Login to update your organisation's details or create your account here](#)

[You can listen to the latest podcast here.](#)

New projects to tackle anti-social behaviour

Newcastle City Council are rolling out community projects across the city to tackle anti-social behaviour to make our city safer. They want to build closer relationships with residents and learn more about their concerns. They are recruiting new neighbourhood wardens who will patrol and target anti-social behaviour hotspots.

These projects are being launched after Newcastle City Council invested an extra £1.5million to tackle disorderly behaviour. [Read the article in full here](#)

[Read more about where to get help if you experience anti-social behaviour on InformationNOW](#)

Christmas lights and markets

Save the dates!

[The big Christmas lights switch-on](#), will take place on the evening of Tuesday 15 November. More details will be available soon.

[Newcastle Christmas market](#) will begin on 19th November and run to 23rd December. The market will have stalls on Grainger Street, Grey Street and Old Eldon Square.

[Keep an eye on our Events and Activities Section for Christmas events.](#)

Are you better off on Universal Credit?

Universal Credit is replacing 6 older benefits, known as legacy benefits

Are you on any of the benefits that Universal Credit is replacing? You may be better off on Universal Credit or worse off.

You can do a 'better off' calculation to find out if you will receive any more money before you decide to claim Universal Credit.

👉 [Find out more from the Welfare Rights Service at Newcastle City Council here](#)

Watch their helpful [Universal Credit migration video on Biteable](#)

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

Chain Reaction new community groups

[Chain Reaction](#) supports older people (over 55) to live independently at home. They help you to access groups and services in the community. They run a range of activities such as

- Monthly bus trip
- Ekta Asian Ladies Group
- Dementia Friends Coffee Morning
- Tai Chi at Trinity Church
- Buy and Bite: help to visit the supermarket and get a bite to eat
- Painting for Fun
- Dosti Men's Group: on Thursdays
- Walking group
- Reading group

Chain Reaction help people to lead happier, healthier lives. They support and sustain friendships to combat social isolation and increase a sense of good emotional health and wellbeing.

[See all of the Chain Reaction events on InformationNOW](#)

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Carers Rights Day Prevention Network Event

Date: Thursday 24 Nov 2022 Time: 2pm to 3.30 pm Cost: Free

Venue: The Mansion House, Fernwood Road, Jesmond, Newcastle upon Tyne

Whether you are a new carer or have been caring for someone for a while, we believe that it's important that you understand your rights and are able to access the support that is available to you as soon as you need it. Many people are taking on more caring responsibilities for their relatives and friends who are disabled, ill or older and who need support. Each year, Carers Rights Day helps us:

- ensure carers are aware of their rights
- let carers know where to get help and support
- raise awareness of the needs of carers.

We, in partnership with the Carers Lead at Newcastle City Council, Fiona Richardson, are hosting a networking event to celebrate Carers Rights Day. Join us to hear more from services in Newcastle that help and support carers.

We want to increase awareness of unpaid caring in Newcastle. And help you know who signpost carers to locally for support.

[Read more about the event and book your place as soon as possible on InformationNOW](#)

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Just Like us LGBTQ+

[Just Like Us](#), is the LGBTQ+ young people's charity. They work with hundreds of LGBTQ+ young people aged 18-25 as volunteers and support them to use their voice in schools, to develop their skills and to join a national LGBTQ+ community. Young people can join their LGBTQ+ career mentoring programme, develop leadership skills and write for the national press if they'd like to.

They're currently [recruiting LGBT+ volunteers](#) aged 18-25 across England and Wales, and are running the following training sessions online and near you:

- Online – 12th and 13th November
- Newcastle – 26th and 27th November

Interested? [Sign up now.](#)

International Brain Tumour week

29th October 2022 to 5th November 2022

Brain tumours can affect people of any age, including children, although they tend to be more common in older adults. More than 11,000 people are diagnosed with primary brain tumours in the UK each year, of which about half are benign and half are malignant. Many others are diagnosed with secondary brain tumours.

This awareness week aims to:

- encourage the establishment of brain tumour patient groups in countries where they don't yet exist
- promote collaboration on programmes and projects to benefit the brain tumour community

- advance worldwide awareness of this disease by developing and promoting activities highlighting the challenges and needs of patients and carers
- disseminate knowledge, information and best practice
- help shape health and research policies at national and international levels
- celebrate the courage and achievements of brain tumour survivors and carers

[Maggies Newcastle](#), based at Freeman Hospital, offer support to people with any type of cancer and those who are bereaved as a result of cancer, including the Brain Tumour Support Group which meets 1st Wednesday of every month at 11 am to 12.30 pm

[Find out more at Cancer Research UK](#)

[Read more on InformationNOW about cancer](#)

CQC State of Care Report

The CQC has published their [annual assessment of the state of health and social care in England](#). They look at the quality of care over the past year, based on CQC's inspection activity, information received from the public and those who deliver care alongside other evidence.

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

FREE Introductory cycle sessions

[WinG Outdoor Activities](#) have a number of FREE Introductory cycle sessions on offer from now until 27th November. Each cycle session will start at 10:30am and finish at 2:30pm. Delivered at various locations throughout Tyne and Wear. Available for any adult living within the Tyne and Wear area.

Free use of bicycles, cycling equipment, repair tools and cycle guidance all included.

The cycle sessions are a great way to build cycling confidence, learn about bicycle maintenance, meet new people, get fit and improve well being.

[See all the course dates and how to book on InformationNOW](#)

Turkish Language and Culture Classes

Date: Thursday 10 Nov 2022

Time: 10.00 am – 11.00 am

Cost: £2

Turkish language and culture classes at Jesmond Library.

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

Books on the Tyne Festival

19 to 26 November

Cost: free to £4

After an absence of 3 years, the [Lit & Phil](#) and [Newcastle Libraries](#) are delighted to be able to join forces once again to present the 10th Books on Tyne: the Newcastle Book Festival.

Their programme includes many aspects of local life and history, the natural world, current affairs, philosophy, literature and music. Speakers this year include: Nancy Campbell, Ed Waugh, Jenny Uglow, Paul Ferris, Bob Stanley and, on Zoom, Selina Todd.

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

[Read more on InformationNOW about libraries, reading and audio](#)

Your Voice Counts

[Your Voice Counts](#) help people to get their voice heard with advocacy services, drop-in sessions, self-advocacy and user-led groups. They run statutory advocacy services for people in Newcastle who have no one to support them or represent their views. They have recently begun work on a regional peer research project with [Inclusion North](#) funded by the North East and North Cumbria Integrated Care Board to look at the experiences of support received by autistic people before and after their diagnosis

Read more on InformationNOW about

- [advocacy and getting your voice heard](#)
 - [Making decisions and your mental capacity](#)
-

Anxious Minds support for veterans

[Anxious Minds](#) provides confidential support for people with mental health issues anxiety, depression, stress, abuse, post traumatic stress disorder (PTSD), grief and loss. They offer:

- adults and children counselling services (you can pay a donation to use this service)
- [The Veteran Recovery College](#) offers veterans and their families help through counselling, addiction support, outdoor therapy and up to 15 support groups a week. The college also provides back to work support and advice services.
- [Drop in and Recovery Centre](#) in Wallsend
- peer support groups
- outdoor therapy activities
- self help videos
- [community mental health radio station](#)

Thanks for reading InfoNOW News

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

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Best Wishes

Lauren

Last updated: November 4, 2022

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NEWS InformationNOW Thank you to everyone who came along to our focus group session. Your feedback was invaluable and you were so generous with your time and insights. We're pulling all this information t...