

18th Nov 2022 InfoNOW News

The right information, at the right time

Reforming our adult social care information in Newcastle

InformationNOW is working to review and reform our information offer in Newcastle. As part of the [People at the heart of care white paper](#) we are looking at the information we have to help people understand and navigate the adult social care system.

This means we're continuing to update the InformationNOW regularly with new information and keeping to our plain English style.

We will need your help to make sure our information is the best it can be.

This is part of a 10 year plan and we're busy working on improving things. We are working with many different groups of people to get their thoughts and opinions on what information is important to them and understand how we can improve the experiences of people who:

- use InformationNOW
- support people living in Newcastle
- aren't online
- our part of our Prevention network
- and all our InfoNOW News readers

We'll be in touch as soon as there are opportunities to get involved and give your feedback on our information. If you're interested in getting involved, please email Lauren.Hoy@Newcastle.gov.uk. Or if there's a page on [InformationNOW](#) that you would like to give feedback on, please use the 'Comment on this page' button to send me a message.

Last chance to book your place at Prevention Network: Carers Rights Day

Thursday 24 Nov 2022 2pm to 3.30pm

Join us to celebrate Carers Rights Day. 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.

Read more and book your place for [Carers Rights Day 2022 – Prevention Information and Advice Network Event](#)

Staying Steady free fall prevention service

Staying Steady is a FREE 28-week fall prevention service running across 4 venues across Newcastle, The Lemington Centre, Health Resource Centre Benwell, Trinity Church Gosforth and East End Pool Byker.

Staying steady consists of 1 weekly exercise class and the programme has been scientifically proven to improve strength and balance, reduce fear of falling and reduce fall risk. Do not take our word for please read Norma's Story: [Exercise classes helped transform Gosforth pensioner's life as she battles falls and MS – Chronicle Live](#)

Referral into Staying Steady is easy. Your GP or link worker can refer you to the service. Or, you can self-refer to the service by completing a self-referral form by visiting the [Healthworks website](#).

For more information [contact Healthworks](#)

Read more on InformationNOW about [Falls prevention](#)

Christmas events

Are you running any Christmas events and activities that you would like us to add to InformationNOW? Please email InformationNOW@Newcastle.gov.uk with your events for the calendar.

You can find what's going on in Newcastle on by [searching for 'Christmas' in our Events and Activities](#) section. Current Christmas events include:

- [City Centre Christmas Market](#) from 19th November to 23rd December
- [Christmas Evening Social](#) at Throckley Community Hall Thursday 1 Dec 2022
- [Wellbeing for Life Christmas celebration](#) Wednesday 7 Dec 2022
- [Christmas Singing for your Brain \(Dementia Friendly\)](#) Wednesday 7 Dec 2022
- [Star and Shadow Christmas Market](#) Sunday 11 Dec 2022 11am to 3pm
- [Christmas Coffee Morning with Live Band](#) Tuesday 13 Dec 2022, 10.30am to 1pm
- [U3A General Meeting](#) Wednesday 14 Dec 2022, 2pm to 4pm
- [Christmas Extravaganza at Newcastle Cathedral](#) Saturday 17 Dec 2022
- [Christmas Singing for your Brain \(Dementia Friendly\) Bishops Court](#) Wednesday 21 Dec 2022
- [Christmas Tea Dance](#) Wednesday 21 Dec 2022
- [Candlelit Carols](#) Wednesday 21 Dec 2022

Read more on InformationNOW about [Money saving and sustainable ideas for Christmas](#)

Elswick pool covid vaccination site closed

West End clinics will restart in another location which will be confirmed soon from Wednesday 7th December.

Read more about [How to get your Covid-19 Vaccination in Newcastle](#)

White Ribbon Day: End violence against women and girls

Thursday 24 Nov 2022 at Domain at Northumbria Students Union

Join us to find out about local support services and meet people working hard to address abuse in all its forms. The event is open to everyone.

[Find out more about the event and how to register your interest here](#)

Violence against women and girls

Men are most often the perpetrators of violence against women and girls. It can start with words, or what may be dismissed as a 'joke' or 'banter'. This behaviour may seem harmless, but it adds to a culture of abuse towards women which can lead to sexual violence.

Sexual violence is problematic or sexist behaviour towards women and girls. It can happen in any town, city or community. It ranges from:

- **'catcalling'**: shouting sexually suggestive, threatening, or offensive comments at someone in public
- **belittling women**: using hurtful words to make them feel bad about themselves or their ideas
- **harassing or objectifying women**: unwanted sexual comments, gestures, attention, comments about your appearance
- **violence**
- **threatening behaviour**
- **assault and rape**

[You can watch some helpful videos on InformationNOW which show how this behaviour harms women. Helping to educate men and boys, to prevent sexual violence.](#)

North East and North Cumbria Integrated Care Partnership (ICP) Draft Integrated Care Strategy

Over the past few weeks, the ICP have been developing their draft Integrated Care Strategy.

[Read the draft strategy on their website.](#)

They would like your comments and feedback. The draft strategy is very much evolving and will benefit from your review and feedback. They will develop the strategy further in light of views gathered as part of their engagement during November, and will present it at the next ICP meeting in December.

[Complete the survey here.](#)

Please note that this is a working document, and the current format does reflect that. They will take care to present the final strategy as clearly designed and accessible documents.

Read more on InformationNOW about

- [Introducing the Integrated Care System \(ICS\)](#)
 - [Having your say about health and care services](#)
-

Self Care Week

[This week the Self Care Forum](#) are reminding people to take care of their physical and mental health. The campaign aims to:

- engage people in self care behaviour
- help smokers [give up smoking](#)
- introduce self care approaches in the GP surgery
- work with pharmacists to support the local population's health literacy
- engage students in activities to protect their mental wellbeing

You can submit a nomination to their annual [self care innovation awards](#).

Read more on InformationNOW about [self care and disability](#) and [10 tips for good health](#)

Choosing a comparison website for energy

[RiDC](#) conducted research which found that three quarters (75.5%) of respondents to their recent survey used additional energy because of their disability. They recommend that a price comparison website should allow users to apply the following filters:

- **Supplier rating** to display energy deals that score highly in terms of customer service
- **Green energy deals** to display energy deals generated by natural and renewable sources
- **No exit fees** to display energy deals that do not require paying a fee to leave
- [Warm Home Discount](#) (WHD) to display energy deals that are part of the government initiative provided by certain energy suppliers that gives low-income households a one-off discount of £150 off their gas and/or electricity bill between October and March.
- **Paper billing** to display energy deals that also provide bills in paper format.

They recommend that all users look for the Ofgem accredited price comparison sites.

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

This week's Events & Activities

- Positive Behaviour Support Workshops – Online Sessions 21st November

- Cost of Living Support Event – Galafield Centre, Newbiggin 23rd November
 - One Stop Shop 23rd November
 - Women's Cookery Friday 25th November
 - Cost of Living Support Event – Fawdon Community Centre 29th November
 - Hearing Loss support Group Speaker from Energy Action Deaflink 6 December 2022
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Wellbeing Wednesday Drop-in Sessions

Date: Wednesday 23 Nov 2022 **Time:** 10.00 am – 12.00 pm **Cost:** Free

[Free drop-in sessions at Newcastle City Library](#) in room 5, level 4. You can:

- Improve your health and wellbeing
- Learn about the internet and email
- Get access and learn how to use free e-books and e-magazines
- Learn about downloading apps
- Learn to use the NHS App to get repeat prescriptions

Contact information@newcastle.gov.uk for more information.

New gardening events: Elderberries

The Elderberries are running a series of new gardening activities at [Scotswood Garden](#). Their activities include:

- [Gardening for Dementia – Elderberries](#) on Fridays
 - [Drop-in Gardening Session](#) on Tuesdays, Wednesdays and Thursdays
 - [Gardening Session for Early Onset Dementia](#)
 - [Late Bloomers – Older Womens' Gardening](#) on Wednesdays
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Getting Together Matters

[Volunteering Matters](#) run the **Getting Together Matters service for older people**. This is regular free activities which take place virtually, online, by post and phone and includes:

- [Ridwan's Armchair Travel](#) on Mondays 2pm – 3pm
- [Lifelines Quiz](#) Tuesdays 11am – 12pm
- [Gentle Armchair Exercises](#) Tuesdays 12pm – 1 pm
- [Creative Writing Readthroughs](#) Tuesdays 2 pm – 3 pm
- [Seated Pilates](#) Wednesdays 11am – 12pm
- [Bridge Volunteering Matters](#) Wednesdays and Fridays
- [Sing Well, Lifelines Body, and Breath](#) Wednesdays and Fridays
- [Traditional Pilates](#) Wednesdays 1pm – 2pm
- [Coffee and Catch Up](#) Thursdays 11 am – 12pm
- [Sunday Sounds online chat group for older people](#)

Read more on InformationNOW about [Volunteering](#)

The Gateway Church

[The Gateway Church](#) is a Christian church which hosts regular local gatherings. You can attend to spend time with Christians and explore your relationship with God. They support the local community with activities at their space called The Sanctuary. such as:

- hosting the [Benwell Pop-up Pantry low-cost food shop](#)
- Tabitha's Place help people in Benwell and the surrounding areas. They provide free clothing for children aged 0 to 12 years. Open Mondays 11am to 1pm at The Sanctuary at Gateway Church. Hot drinks and cake are available too.

Read more on InformationNOW about

- [Free meals and cheap food in Newcastle](#)
 - [Help with clothing](#)
 - [Places of worship](#)
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Pop up pantry food shop

[The Pop Up Pantry](#) is a mobile low cost food shop. They travel to Benwell, Fenham, Shieldfield and Wallsend selling low-cost food to help people save up to 50% on food. They provide a range of products such as tinned food, bathroom and period products. They pop up on:

Mondays at [Fenham Library](#) 10am to 12pm

Wednesdays at [Shieldfield Art Works](#) 10am to 12pm

Thursdays [The Sanctuary Benwell at The Gateway Church](#) 11am to 1pm

Fridays The Green in Wallsend, NE28 7NP 10am to 12pm

The Pop-up pantry project is a partnership between [Life Vineyard Church](#), [Newcastle City Council](#), [Northumbria University](#) and [Feeding Britain](#).

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

Lauren Hoy: Prevention, Information and Advice Lead at Newcastle City Council

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