

25th November 2022 InfoNOW News

Carers Rights Day 2022: Round up

Thank you to everyone who took part in our Carers Rights Day Network session yesterday. It was fantastic to see people in real life and hear from our local support services about how they help carers.

Caring for someone costs in so many ways. That's why this Carers Rights Day we want organisations & individuals to help us raise awareness of the needs of carers & make sure carers know their rights and where to get help & support

Help is available whether someone has: recently become a carer; realised they've been caring for a while without support; or been caring for someone for many years

Thank you to our speakers who gave brilliant presentations on the day. We heard from:

Fiona Richardson, Carers Lead at Newcastle City Council opened the event and explaining more about how to identify carers and the rights all carers have.

Lisa Mollet told us more about [Newcastle Carers](#). Where carers can access complementary therapies, information, counselling, training and much more.

[You can watch a short video with a carer's story to find out how important this support is to them.](#)

Sarah Wood explained the [Carers Emergency Contact Scheme Newcastle](#): How carers can plan for unexpected emergencies to make sure the person they care for can be looked after if they are unable to.

Claire Nixon, [Newcastle Safeguarding Adults Board \(NSAB\)](#) Coordinator at Newcastle City Council explained how carers can be more at risk of abuse and how to report any concerns to [Community Health and Social Care Direct at Newcastle City Council](#)

Clive Davies [Welfare Rights Service – Newcastle City Council](#) told us more about benefits that carers can claim such as [Carers Allowance](#) and how important it is that people claim the benefits they are entitled to.

Sandra Adams, [PROPS North East](#) explained how they support carers, family and friends of people with [drug or alcohol problems](#). Anyone can make a referral for support, counselling, training, respite breaks and much more.

Kate Chaplin [Skills for People](#) explained how they support carers of people with additional needs such as a [learning disability](#) or [autism](#). They give information and advice, support to apply for grants and benefits, a Family Advice Service and the Pass it on Parents group.

Alistair Wilson [Newcastle upon Tyne Hospitals NHS Foundation Trust](#) explained how the Trust is taking steps to help staff identify and involve carers.

Beth Allan, Involvement Bank [Cumbria, Northumberland, Tyne and Wear NHS Foundation Trust \(CNTW\)](#) explained how CNTW involve carers and patients to learn from their experience and improve their services. To take part email Involvement@CNTW.nhs

Lauren Hoy, Prevention, Information and Advice Lead, **InformationNOW**, **Newcastle City Council**. I explained more about how [InformationNOW](#) can help carers and people supporting carers to find the right information, at the right time.



For more information about carers and support available in Newcastle please visit [InformationNOW](#)

Join the conversation and see the photos from the day on Twitter [#CarersRightsDayNcl](#) and Facebook [?#CarersRightsDayNCL?](#)

Supporting carers, reducing risks

We know that getting older can mean people need more help and support. For some, caring for a partner or family member can be difficult and this can increase risks of domestic abuse. Making sure family carers are supported can maintain and improve relationships.

[Newcastle Carers](#) provides advice, information and support to carers of all ages across the city.

Read more about [domestic abuse](#) and [adult abuse](#) on InformationNOW

Newcastle Winter Wellbeing Fund

This is a new fund to support local Voluntary and Community Sector (VCS) organisations in Newcastle who are supporting the people most affected by the cost of living crisis.

Funding will be targeted towards organisations that are facing an increased demand on services whilst at the same time having to balance rising costs and the falling value of income and reserves. We are keen to ensure that existing services are not reduced/limited and hope that this funding will support this.

It is anticipated that this grant will support your organisation/service over the Winter period to 31st March 2023. The total value of the fund is £400,000, and is split into two elements (if relevant you can apply for both)

- Voluntary and Community Sector (VCS) Grant Fund
- Food and Essential Items Fund.

Hopefully all the details you need are included on the funding pages but if you have any questions email support@newcastle.gov.uk

Read more from [Newcastle City Council on the Voluntary and Community Sector winter support](#)

Read more on InformationNOW about:

- [Cost of living help and support](#)
- [Food help in Newcastle](#)

Second Cost of Living payment and toolkit

From 8 November, households receiving DWP benefits will receive the second part of the £650 Cost of Living Payment. The second payment of £324 will automatically be paid into the bank accounts of people who are eligible. You do not need to do anything to receive the money. Most of these payments will be made by 23 November.

The government's [Cost of Living Stakeholder Toolkit](#) includes everything organisations need to communicate the second Cost of Living Payment with a range of resources such as easy read information sheets, suggested newsletter and social media copy, FAQs (Frequently Asked Questions) and a British Sign Language information video. Alongside this, a [Help for Households toolkit](#) has also been created. 'Help for Households' is a cross government initiative launched in response to pressures around the cost of living. This toolkit contains suggested messaging and assets to help organisations inform the public about the wide range of support available and where they can find help.

If you, or someone you are supporting, is worried about the cost of living crisis visit Newcastle City Council's [cost of living webpage](#) for information about the advice and support available.

Disability History Month

This year's theme is Disability, Health and Well Being

[Disability History Month](#) (16th November to 16th December) raises awareness of disabled people and how they are treated differently (and often negatively) because of a disability or health condition.

The Covid Pandemic demonstrated across the UK and around the world just how fragile the Rights disabled people have secured for themselves are. In March 2022 ONS revealed that deaths amongst 'more disabled women' and 'more disabled men' were over 3 times higher than 'non-disabled' people across all 3 waves of Covid-19.

The campaign reminds us that all disabled people should be treated with dignity and equity in every situation. [Visit the UK Disability History Month website](#) for more information and how you can take action.

Read more on InformationNOW about [disability rights](#) and [hate crime](#)

World Aids Day 2022

In Newcastle, [MESMAC Newcastle](#) are marking World Aids Day 1st December, with the following events:

[Thursday 1st December](#) the **MELISSA bus will be on Blackett Street (outside Greggs/Old Eldon Square) from 2pm – 7pm** offering good conversation, HIV awareness and prevention as well as offering HIV Testing (last test 6:30pm). You can collect free condoms, lube, and dams.

[World AIDS Day Vigil at Civic Centre](#) from 7.30 to 9pm there will be refreshments and a safe space at the Newcastle Civic Centre. There will a red glow stick vigil 8pm to 8.30pm with the following speakers:

- Paul Atinello
- Rev Kai from MCC
- Poetry and stories from Blue Sky Trust members
- Support from Northern Pride

The vigil is open to anyone affected by HIV/AIDS and allies. No need to book just come along and join us.

[Friday 2nd December](#) the **MELSSIA bus will be at Neville Street (outside Centre for Life) 12 – 6:30 pm** again offering good conversation, HIV awareness and prevention, HIV testing (last test at 4pm). You can collect free condoms, lube, and dams.

Please share the info and promo materials attached across your networks!

GET ONBOARD

WORLD AIDS DAY EVENT, FRIDAY 2ND DECEMBER, 12-6.30PM

CENTER FOR LIFE - NEVILLE STREET

**COME AND MEET THE SEXUAL HEALTH TEAM,
COLLECT FREE CONDOMS AND LUBE AND
GET A HIV TEST!**

TESTING BETWEEN 12-4PM

**FREE
HIV Test**



**IT
STARTS
WITH
ME**



**WE WORK WITH EVERYONE,
HOWEVER YOU IDENTIFY**



More info: **0191 233 1333** Email - all@mesmacnewcastle.com

6 unexpected things you can donate to foodbanks

When you think of donating to a food bank, you may think of giving pasta, tinned food or cereal. Though this food is always appreciated food banks may also need some more unexpected, but essential, items. The Trussell Trust suggested these 6 unexpected things you can donate

1. Free From Gluten and/or Dairy
2. Tin openers
3. Toiletries
4. Toilet roll
5. Household items like washing up liquid and detergent
6. Nappies

Other items you might now think of donating that are welcomed include:

1. Pet food
2. Laundry powder/gel

Read more on InformationNOW about [Food banks and free emergency food in Newcastle](#)

Safeguarding Adults research opportunity

Adult safeguarding is the work that is done to help people with care and support needs who have experienced abuse or neglect. Sarah Lonbay from the University of Sunderland wants to look at how older people who have been involved with adult safeguarding were supported and how much choice and control they felt they had over what happened.

If you have had this experience Sarah would be very grateful if you would be willing to talk to her. Sarah would not ask you anything about your experiences of abuse. She would like to tell you about the research she is planning and for you to share any ideas that you think the research should look at. If you are interested, there is also an opportunity for you to be involved in the research project itself.

Sarah is happy to meet with you at a time and location that is convenient for you or can meet online or talk on the phone. Please note that conversations may be used to inform the research proposal, but anything that is used will be anonymised and any personal details will be kept completely confidential.

If you are interested in speaking to Sarah or would like to find out more, please email Sarah.Lonbay@sunderland.ac.uk or telephone 0191 5152153.

Read more on InformationNOW about [Adult abuse](#)

Newcastle City Council Budget Consultation

[Connected Voice](#) in partnership with Newcastle City Council, are holding a budget consultation session for the local voluntary and community sector on the 12th of December 2pm to 4pm at Newcastle Civic Centre. This is an in-person event with the Assistant Chief Executive, Matt Wilton, Chief Finance Officer, Mark Nicholson and Katherine Preston, Business Management Partner

[View the draft budget here](#) and [Register your attendance here](#)

Safeguarding Adults Week

21st to 27th November is national [Safeguarding Adults Week](#) where organisations across the country come together to raise awareness of important safeguarding adults issues. The [Newcastle Safeguarding Adults Board \(NSAB\)](#) is a group of agencies who work together to protect adults with care and support needs from abuse and neglect.

Abuse and neglect can come in many different forms, including: financial, neglect, emotional, physical, sexual and self-neglect. Adults with care and support needs might not always be able to protect themselves from harm and it is important that we all work together to identify, prevent and respond to abuse and neglect when it is occurring.

[You can follow the NSAB on Twitter @newcastle_sab](#) to keep up to date with news and key safeguarding adults information in Newcastle.

In Newcastle, abuse or neglect of adults can be reported to [Community Health and Social Care Direct at Newcastle City Council](#) (0191 278 8377) or [use the online referral form](#). If the situation is an emergency call 999.

[For more information about safeguarding adults in Newcastle, visit the NSAB website.](#)

Well Newcastle Gateshead Report

Well Newcastle Gateshead (WNG) was one of the pathfinders of Well North, a Public Health England funded initiative to improve the health of the poorest people fastest. Well Newcastle Gateshead concluded in July 2022, the [WNG website](#) is part of its lasting legacy, allowing access to the hundreds of reports, images and videos capturing the 76 projects who benefitted from this funding. Which includes: Byker, Chopwell, Felling and Inner West Newcastle. Visit the [WNG website](#) to see what Well Newcastle Gateshead supported them to achieve in their communities.

This week's Events & Activities

Here's some of the events and activities taking place next week...

Monday

Next Steps at the Health Resource Centre

Tuesday

FAR Friendship Group

Wednesday

Walk & Talk at Walker Park

Thursday

Peaky Crafters

Monday

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Peaky Crafters

Visit our [Events & Activities section](#) to see the calendar in full

Free Grainger Market festive pop up activities

[Visit InformationNOW to see all of the free activities here](#)

Sun 27th Nov: **Decorate a salt dough festive ornament**, 11am to 1pm and 1.30 to 3.30pm

Tues 29th Nov: **Design festive jewellery**, 11am to 1pm and 1.30 to 3.30pm

Thurs 1st Dec: **Make winter star decorations**, 11am to 1pm and 1.30 to 3.30pm

Sun 4th Dec: **Family Silent Disco**, 11am to 1pm and 1.30 to 3.30pm

Tues 6th Dec: **Weave a willow bird feeder**, 11am to 1pm and 1.30 to 3.30pm

Thurs 8th Dec: **Create a festive puppet**, 12pm-2pm

Sun 11th Dec: **Weave a willow bird feeder**, 11am to 1pm and 1.30 to 3.30pm

Tues 13th Dec: **Weave a willow bird feeder**, 11am to 1pm and 1.30 to 3.30pm

Thurs 15th Dec: **Make a multi-sensory wind-chime** , 11am to 1pm and 1.30 to 3.30pm

Sun 18th Dec: **Make a festive ornament from stones**, 11am to 1pm and 1.30 to 3.30pm

Tues 20th Dec: **Festive craft workshop**, 11am to 1pm and 1.30 to 3.30pm

Thurs 22nd Dec: **Make winter decorations**, 11am to 1pm and 1.30 to 3.30pm

Race, Poverty and Inequality in the North East webinar

Thursday 1 Dec 2022

Discussion and Q&A about race, poverty, and inequality in the North East. The focus of this is discussing how the cost of living crisis will affect ethnic minorities in the region. Takes place on Zoom.

[Read more and find out how to book your place by Tuesday November 29th.](#)

North East Law Centre

[The North East Law Centre](#) has developed a Criminal Law Service to provide free and independent legal advice to people in the North East in response to increased demand throughout the region. Clients can call their mainline at any time and a dedicated telephone advice line is available every Friday between 10am to 2pm on 0191 230 4777.

The service provides one-off advice and support, but we are unable to provide casework or representation at court. They anticipate that most enquiries will qualify for legal aid and they will take every step to refer clients to legal aid providers in the area.

Contact us

Thanks for reading InfoNOW News

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Best Wishes

Lauren

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

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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...