

2nd December 2022 InfoNOW News

Christmas at InformationNOW

Do you have any news or events items that you would like us to share before the Christmas break?

InfoNOW News will be taking a break over the festive period.
16th December will be the last InfoNOW News of 2023. It will start again on 20th January.

[Please send Lauren your news or events as soon as possible](#)

December Podcast

[Listen to our December podcast](#), to hear more about what's coming up and raises awareness of grief and bereavement and World Aids Day and our guest Moyra gives us cost of living tips for private renters.

There are lots of [Volunteering](#) opportunities at Christmas and our guest Karen from [Volunteering Matters](#) talks about volunteering at Crisis and Getting Together Matters, keeping people connected.

Self-Neglect animation launched

Safeguarding adults means protecting adults with care and support needs from abuse and neglect. Abuse and neglect can come in many different forms, including financial, emotional, physical, sexual, and self-neglect.

COVID-19 and more recently the cost-of-living crisis have increased risks for some adults; now more than ever it is important that everyone is aware of the role they can play in reducing risks or reporting concerns.

You may not be sure why you are concerned and don't know quite how to put your worries into words. You might be someone living close to, or regularly come into contact with neighbours, members of your community or friendship groups and start to notice a change in someone you know. They may have started to show signs that they are not looking after themselves as well as they used to. It may just be a feeling that you have that something isn't quite right.

[Watch the new animation](#) which explains more about self-neglect and how this might affect those around you.

If, after watching the animation, it's all now starting to make more sense, please do take action and contact one of the services on the film (or listed below) to get that critical help for someone in need. It really could make a big difference and lead to a positive change for somebody who is struggling.

You may also have realised that you are feeling troubled and anxious about yourself. Please do get in touch with the people who can make sure you get the right kind of support. Everyone needs a helping hand at some point in their lives.

If you are professional and would like to find out more about self-neglect, please have a look at our [7-minute guides about self-neglect](#).

You can contact [Community Health and Social Care Direct at Newcastle City Council](#) 0191 278 8377 if you or someone knows needs help and support.

In the most serious self-neglect cases, a multi-agency safeguarding adults response will be required. To report a safeguarding adults concern you can contact [Community Health and Social Care Direct at Newcastle City Council](#) (0191 278 8377) or make an [online referral](#). If the situation is an emergency call 999.

Read more on InformationNOW about [adult abuse](#) or [When collecting clutter or hoarding can become a problem](#)

GeordieStreet App launches Christmas campaign

Christmas shoppers in NewcastleGateshead can get festive discounts and deals.

Businesses across the city and further afield are being encouraged to sign up to the GeordieStreet App and be part of a special Christmas discount campaign, joining more than 250 businesses who have already signed up.

The app was launched earlier this year by NewcastleGateshead Initiative (NGI) as part of the WeAreNewcastle campaign funded through Newcastle City Council, aimed at supporting the city's high streets and neighbourhoods.

Christmas deals include: 15% off at UpsideDown Presents in Newcastle; 10% off at the Baltic Shop; lunch for just £6 at The Head of Steam, Quayside as well as free delivery options at The Grainger Market Delivery Ltd.

The App will add further savings for shoppers, who can already take advantage of the local retailers on offer at Newcastle's Christmas Markets, which this year include stalls in Old Eldon Square as well as the Monument and Grainger Street. The Grainger Market will also be open 7-days-a-week in December giving shoppers even more choice.

[Read more on NewcastleGateshead Initiative's website](#)

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[Read more on NewcastleGateshead Initiative's website](#)

Warm spaces for families in Byker and Walker

Barnardos and Children's and Families east are now running two warm spaces for families in Byker and Walker.

Tuesdays 3pm to 5.30pm @ [Byker Sands Family Centre](#)

Wednesdays 3pm to 5.30pm @ West Walker Family Centre, Greenford Rd, Walker, Newcastle upon Tyne NE6 3BU

Families can come along, do some fun activities, meet new people, have some food, find out about services and groups running in the area and keep warm for a couple of hours.

All families are welcome and there is no need to book.

Read more on InformationNOW about [Food help in Newcastle](#)

Health and Social Care pathways for LGBTQIA+ people

[Joined Up Northeast](#) is a three-year PhD project with Newcastle University that is being led by Mark Adley. The project aims to explore the health and social care pathways for [#lgbtqia+](#) people over the age of 18 in the Northeast who have experienced multiple exclusion or disadvantage, for example: mental health, domestic abuse, homeless, isolation, HIV or HIV positive, victim of hate crime and much more.

Mark is working alongside a small team of Public Advisors: members of diverse LGBTQIA+ groups who will be collaborating on the project, and co-authoring documents and reports.

Contact [Joined Up North East](#) to take part in the research.

National Stress Awareness Month

November was national stress awareness month. The Campaign is concerned with highlighting the ways that stress can affect people and what you can do to manage your stress before it becomes a problem. Millions around the UK experience stress and it is damaging to our health and wellbeing. Originally, National Stress Awareness Day on 2nd November was set up by the International Stress Management Association, with the mission of raising awareness of the effects of psychological distress in the workplace and strategies to address it.

[The Mental Health UK website](#) covers a number of health issues: burn out, work-life balance and physical exercise, managing stress, stopping smoking, body image and sleep.

[Read more on InformationNOW about anxiety and stress along with local organisations that can help](#)

Grief at Christmas

Grief Awareness Week 2nd to 8th December

This is a difficult time of year for many people. Many people who have been bereaved around this time will have mixed feelings about Christmas celebrations or may be dreading them. This might be the first year that the person they loved will not be with them, or it may be yet another Christmas when celebrations are bittersweet because of their loss.

Everyone deals differently with grief. You may feel like you need to celebrate Christmas differently this year. Do whatever you feel is right for you. Take time out if you need to. Christmas is not an endurance test. Acknowledge the person you've lost if you want to. You could try looking at a picture or raise a glass to them; saying a few words silently or aloud can be helpful and not just for you, as others may welcome the thought. If you need to have some tears that's fine.

The following organisations can help and support you:

- [Marie Curie Information and Support Line](#)
- [Samaritans](#): 24-hour telephone helpline offer emotional support to people experiencing distress or despair. Tel 116 123
- If you would prefer to text, support is available from [SHOUT](#), the 24/7 UK text service for people in crisis, on 85258.
- [Cruse Bereavement Care](#) The freephone number is 0808 808 1677. Lines are usually open Christmas day and Boxing day.
- [Independent Age North East](#) has factsheets to download
- [Mental Health Crisis Team](#), at CNTW

Read more about [Bereavement and grief on InformationNOW](#)

This week's Events and Activities

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

- Gardening
- Singing
- Yoga
- Fitness
- Arts and crafts
- Christmas fun
- and lots more

You can search by postcode or location to find events near you.

Hearing Loss Support Group

Date: Tuesday 6 Dec 2022 Time: 2.00 pm – 3.30 pm

Monthly support group ran by DeafLink with guest speakers.

Read more and how to book your place on InformationNOW [Hearing Loss Support Group](#)

Bags of Taste

[Bags of Taste](#) is a free 2 week course to learn to cook low-cost healthy meals. The ingredients are delivered directly to your door. Bags of Taste are working with vulnerable people in Newcastle. They support you using WhatsApp or by phone to learn how to cook 3 delicious recipes. When you finish the course, you get access to more recipes, which cost less than £1 per portion and a peer support group on Facebook and WhatsApp. It's a non profit organisation that helps vulnerable people on low incomes to improve their diets and finances. To use this service you will be asked some questions to find out if you meet their eligibility criteria.

Read more on InformationNOW about [Free meals and cheap food in Newcastle](#)

Find food help near you

[You can search our organisation directory to find food help near you.](#)

Search for *food* and choose your location from the drop down list or enter your postcode to get a list of places that can help near you.

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

Free meals and cheap food in Newcastle

There are free hot meals and takeaway food provided by volunteer and community groups in Newcastle. They welcome people who are hungry or lonely to eat a hot meal.

Read more on InformationNOW about [Free meals and cheap food in Newcastle](#)

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

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

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