

8th February 2023 InfoNOW News

Welcome to Richard at InformationNOW

We're very happy to announce that our new Prevention, Information and Advice Lead, Richard White has joined the team at InformationNOW.

Richard is working full time Monday to Friday alongside Lauren and can be contacted at Richard.White@Newcastle.gov.uk or InformationNOW@Newcastle.gov.uk

Empowering People in Communities (EPiC)

Helping communities to thrive

An exciting project which aims to tackle anti-social behaviour and spruce up our communities is taking shape.

Called Empowering People in Communities (EPiC), the initiative has been rolled out in West Denton, Benwell and Pottery Bank in Walker, and will see residents take a leading role in helping their neighbourhoods to thrive.

Working closely with the Council, the residents will develop action plans to combat disorderly behaviour, tidy up streets and public spaces and improve access to services.

The project has been well received by residents, with many keen to get involved and make a difference to where they live.

[Find out more about EPiC on Newcastle City Council's website.](#)

Attendance Allowance

You may be able to claim [Attendance Allowance](#) if your ability to keep safe or look after your own personal care is affected by physical or mental illness or disability and you are [pension age](#) or over when you first claim.

You may be eligible if you:

- have a physical or mental illness or disability;
- need support or care; or

- need to be supervised by someone else.

[Listen to the InformationNOW and Radio Tyneside February podcast](#) to hear how the [North East and Cumbria Hubs Mobility Advice Service](#) helped three people use their attendance allowance and improve their lifestyles.

Newcastle City Council and YHN Recruitment Roadshow

There's a range of opportunities available such as cleaning, catering, care, trades & customer service (a list of all vacancies is available on the webpage once the QR code is scanned). We will be also promoting trainee opportunities (18+) and apprenticeships (current and future).

Many vacancies will accept CVs on the day and some will offer interviews. There will be employability partners available to assist with application forms and to prepare for interviews.

Roadshows are taking place at:

- Galafield Centre, Newbiggin Hall – Thursday 16 February – 1pm to 4pm
- East End Hub and Library, Shields Road – Friday 24 February – 10am to 12.30pm
- Community Room at Gosforth City Library, Monday 27 February – 9.30am to 12pm

More information on how to book a place at the [Roadshows](#)

Read more on InformationNOW about [Support to prepare for work or a job](#)

Free HIV tests

National HIV Testing Week is 6 to 12 February 2023. Regular testing helps to reduce the number of people living with undiagnosed HIV and those diagnosed late.

[?Order your free test here](#)

[Order a free HIV and STI postal kit here](#) or scan the QR code with your smartphone.



Newcastle residents can request STI DIY kits from [New Croft Centre](#).

Read more on InformationNOW about [Sexual health](#)

Home working with long term health condition research project

Would you like to take part in a research project?

[Elders Council of Newcastle \(Older People's Forum\)](#) are helping Northumbria University recruit older workers/volunteers (55+) who work from home with a long term condition.

Northumbria University is seeking to have discussions on working/volunteering at home with older people who are managing to work from home despite a long term condition.

Long term conditions may include musculoskeletal problems, cardiac problems, diabetes, Parkinson's Disease or individuals with mobility restrictions or requirements for adaptation to their work space for desk-based work.

Discussions can be at the University, online or in your own home.

If this is you, or someone you know, please get in touch with them by 20th February 2023 to find out more about what is involved.

Phone: 0191 2082701 or email: info@elderscouncil.org.uk

[Read more about Long term Health Conditions on InformationNOW](#)

Trustee opportunity at Silverline Memories

[Silverline Memories](#) provides "places to go and things to do" for people with a diagnosis of Dementia and their families. They are seeking a highly motivated and enthusiastic Trustees to support the Chair and CEO to lead the Board in this next phase of the charity. Trustees must be passionate about what they do and have credible skills, experience, and knowledge of Dementia. You will be a visible and vocal ambassador for Silverline Memories, and you will provide an important role in ensuring the Board fulfils its responsibilities for the governance of the charity .

They are always looking for talented people and welcome them regardless of age, disability, gender identity, marital status, race, faith or belief and sexual orientation.

Application for the role of Trustee is via email in the first instance to sandra@silverlinememories.com by Friday February 17th at 5pm.

Listening to people's views on urgent care services in Newcastle

[North East North Cumbria Integrated Care Board](#) are inviting people in Newcastle to share their views as part of a review of urgent care services in the city.

Urgent care is for when you need medical help today, but it's not an emergency suitable for 999 or A&E. Newcastle has three Urgent Treatment Centres, at Ponteland Road, Molineux Street in

Byker, and Westgate Road (which is temporarily closed).

The ICB is keen to hear about how people use urgent care services, how long they wait, what type of support they find useful, what works well, and what can be done to improve them.

A survey is available to complete online or in paper format between now and 12 March 2023. [Full information is available on the ICB website](#)

Library Customer Survey

[Newcastle Libraries](#) would like to know what you think of our library service, how you use their buildings and what ideas you have to improve what they do. Please tell them by clicking this link [Newcastle Libraries Survey](#)

Ambulance Services in Newcastle and Gateshead: Your Experiences

[Healthwatch Newcastle](#) would like to understand your experiences and your opinions around the North East Ambulance Service. By providing your feedback, you can help us understand:

- Public feelings around the North East Ambulance Service and overall levels of trust.
- Examples of good-quality service.
- Examples when the service has not quite met expectations.

[Complete the survey online here.](#)

Read more on InformationNOW about [Having your say about health and care services](#)

Survey: have you received an autism diagnosis as an adult?

Peer researchers from [Your Voice Counts](#) are carrying out a research project looking at the support people receive before, during and after the process of being diagnosed with autism.

The short survey is open to people who:

- are over 18
- have gone through or are waiting for an autism diagnosis
- do not also have a learning disability
- live in the North East or North Cumbria region.

The results of the survey will be shared with the NHS North East and North Cumbria Integrated Care System and anyone who takes part can be entered into a prize draw to win a £100 Love2Shop voucher. [Find out more and complete the survey online.](#)

Read more on InformationNOW about [Autism and local support services](#)

LGBT+ History Month

[LGBT+ History month](#) is an informative and celebratory month which aims to educate out prejudice and make LGBT+ people visible in all their diversity. The theme this year #BehindTheLens. Throughout the month, they will be shining a light on some key of film and cinema. For more information about what's going on this month visit

- [MESMACs Facebook page](#)
- [Star and Shadow Cinema what's on](#)

Find [MESMAC Newcastle](#) and [SHINE](#) on InformationNOW

Children's Mental Health Week

6 to 12 February 2023

This year's theme is Let's Connect. There are free resources for primary and secondary age children and young people. Activities are designed to encourage children (and adults) to consider how we can make meaningful connections that support our mental health.

[Kooth](#) is a charity for young people to talk about their mental health online. They have articles, magazines and tools to help you. They offer access to counsellors 365 days a year available from 12 noon to 10 pm Monday to Friday and 6 pm to 10 pm Saturday and Sunday.

[Qwell](#) is a free, safe and an anonymous mental health and wellbeing online service. There are no waiting lists, no referrals and no thresholds required to access the service. It's available to anyone aged 18 years or over living in Newcastle or Gateshead, in addition to the range of mental health services already available.

Read more about [mental health support in Newcastle on InformationNOW](#)

Free Disability Confident workshops

Reed in Partnership are running some free Disability Confident workshops to all staff of Small and medium-sized enterprises (SMEs). The workshops are very short (45 mins) and are a great introduction to the topic. The workshops are helpful for organisations looking to move forward with the Disability Confident Employer badge. The sessions can be online or Fface to face . Continuous Professional Development certificates available on request.

[Read more on the leaflet here.](#)

For anyone interested please contact charlotte.gray@reedwellbeing.org.uk

This week's Events and Activities

[Visit our Events & Activities section](#) to see what's happening near you this week on our calendar. Or search by location or postcode.

Wellbeing drop in at Fenham Library

New year, new you

Date: Thursday 9 Feb and 16 Feb 2023 **Time:** 12pm – 2pm **Cost:** free

Health and wellbeing drop in at Fenham library. This free drop in session will focus on cancer awareness and online health services. People attending can also find out more about using online library services

Free tea and coffee is provided.

Read more [Fenham Library Health and Wellbeing Drop In Thursday 9 Feb](#)

[Fenham Library Health and Wellbeing Drop In Thursday 16 Feb 2023](#)

Newcastle Thyroid Support Group Spring Meeting

Date: Saturday 18 Feb 2023 **Time:** 10.30 am – 12.30 pm **Cost:** Free

The first Newcastle Thyroid Support Group Spring Meeting for 3 years. Come along to meet other people with Thyroid issues and get to know each other over a cuppa.

Hear from guest speaker, Mathew Dobson, a Research Associate from Teeside University. He will be introducing 'MyLifeTool'. A self management tool for people living with long term health conditions. He is looking for participants in the research. Find out how to take part in the research.

You can donate £3 towards room costs and refreshments. Contact Ali for more information.

[Read more on InformationNOW about the event](#)

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

Last updated: February 8, 2023

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...