

## 3rd March 2023 InfoNOW News

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Please send your events and news items to [InformationNOW@Newcastle.gov.uk](mailto:InformationNOW@Newcastle.gov.uk) Don't forget to give us the

- Title
- Brief description of your event or news
- Date (if needed)
- Contact details
- [Check your organisation](#) details are correct on InformationNOW so we can signpost people to your service

Our podcast with Radio Tyneside has a new name. You can listen to the March City News and Views on our [InfoNOW News page](#)

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## Go Digital – Opportunities For All? A Conversation with Chi Onwurah MP

We spent an interesting morning this week with the [Elders Council of Newcastle \(Older People's Forum\)](#) at Brunswick Methodist Church for a conversation with Chi Onwurah MP (Central Newcastle) and Shadow Minister for Science, Research and Digital on the pros and cons of going digital.

It was great to take part in the event and speak with members of the Elders Council and colleagues from [VOICE](#), [Digital Voice](#), [Newcastle University](#), [Northumbria University](#), and [Newcastle City Council](#).

You can see more on [Twitter from the Elders Council](#) about the event



Read more on InformationNOW about [Computer classes and Information Technology \(IT\) support](#)

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## Self injury or self harm support

International Self-Injury Awareness Day is on the 1st of March every year. If you or someone you know is self harming, help is available.

If you're struggling to cope with your mental health or difficult life circumstances, don't keep it to yourself. Talk to someone about your problems or worries. This is the first step to getting help and dealing with them and feeling less overwhelmed.

[Young Minds](#) Textline offers you free, 24/7 text messaging support, wherever you are in the UK. Text YM to 85258 to start chatting to a trained volunteer.

Apps [Calm Harm](#) and [DistrACT](#) provide tasks to help you resist or manage the urge to self harm.

Read more on InformationNOW about [Suicide, Self harm and how to get help](#)

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## National Centre for Accessible Transport Launch

The UK's first [National centre for accessible transport \(NCAT\)](#) has opened. They will work with disabled people, disability organisations, transport providers, and policymakers to make all modes of transport in the UK accessible for disabled people. NCAT founding members include Motability and Research institute for disabled consumers (RIDC). Transport accessibility issues see people with disabilities making over a third fewer journeys than non-disabled people.

[Find out more about NCAT on their website](#)

RIDC have a consumer panel open to anyone who identifies as being disabled and wishes to get involved in research. You can find out more on [the RIDC website](#)

Read more on InformationNOW about [Accessibility and transport](#)

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## Eating Disorders Awareness Week

**27th February to 5th March**

Did you know around 1 in 4 people with eating disorders are men, but 1 in 5 never speak about it?. The focus of Eating Disorder week 2023 is to [#HelpMenGetHelp](#).

[Eating Distress North East \(EDNE\)](#) offer a range of support for eating disorders: Counselling, Support Group, Health and Wellbeing workshops/ courses, training/ education sessions and courses to family, friends, professionals and the wider community.

To find out more about the campaign visit [The Beat Eating Disorders website](#)

Read more on InformationNOW about [Healthy eating and drinking](#) or [eating disorders](#)

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## Express Yourself: North East Festival of Languages

**1st to 31st March 2023**

[Express Yourself: North East Festival of Languages](#) is a celebration of the diverse languages, cultures and communities of the North East and our connections to the world.

They are running a range of free activities, events and resources throughout March 2023. This includes:

- language learning taster sessions
- multilingual poetry
- live performances such as Wor Seahorse Spectacle puppet show.

Find out more about upcoming events on the [festivals website](#)

Read more on InformationNOW about [ESOL : English lessons for people who speak English as a second or other language](#)

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## Older people have your say on Urgent Care Services

**14th March 2pm to 4pm**

[Involvement Team – NHS North East and North Cumbria ICB](#) want to hear about how people use urgent care. As part of this work The Elders Council will be holding a focus group on older people's experiences and expectations of Urgent Care Services in the City.

[The focus group session will take place at the The Elders Council offices](#) at the Campus for Ageing and Vitality (Old General Hospital) on 14th March 2pm to 4pm. Contact [The Elders Council](#) to book your place.

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

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## Free Carers Risk Assessment Tool Training

### Carers and Newcastle Safeguarding Adults Board at Newcastle City Council

[Newcastle City Council are running free 1 hour training sessions for anyone who might come into contact with unpaid carers.](#) For example, family members, relatives, partners, friends or neighbours who are caring for someone who couldn't manage without their help because of disability, illness, frailty, mental health problems or drug/alcohol problems and will be of particular benefit to those working in social care, housing, health, criminal justice or community/voluntary organisations or settings

During the session you will explore situations where the risk of harm to the carer or the person with care needs may increase. Helping you feel more confident to take positive action in those situations.

[Visit Newcastle Safeguarding Board website to book a place](#)

Fiona Richardson, Carers Lead Officer, in partnership with Claire Nixon from the Newcastle Safeguarding Adults Board are delivering these multi-agency training sessions to introduce people to the recently revised [Carers Risk Assessment Tool](#) and its application in practice. The sessions builds on learning from Appreciative Inquiries, Safeguarding Adults Reviews and Domestic Homicide Reviews.

The first session will be held on 15<sup>th</sup> March 2023 and further sessions are taking place throughout the year.

[Find out more on the Safeguarding Adults Board website.](#)

Read more on InformationNOW about [Looking after someone](#)

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## This week's Events & Activities

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

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## #ThisGirlCan International Women's Day

### Wednesday 8th March

Newcastle's annual International Women's Day celebration is taking place on 8th March at Exhibition Park. You can take part in this colourful event on the Town Moor to walk or jog between 1 and 5km. Dress in your brightest clothes to take part.

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

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## Equal Arts Shipley Gallery workshops

Equal Arts are running free creative workshops for people aged 55+ and those living with dementia at the Shipley art gallery. The sessions will run every Thursday 1 to 3pm for the next 5 weeks, supported by visual artist Mani Kambo.

The inclusive art sessions are dementia friendly and available as an in person session or as an online session, with all support and materials provided. More information and bookings for the sessions can be found on [Equal Arts](#) website.

Read more on InformationNOW about [Equal Arts](#)

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## Thanks for reading InfoNOW News

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Best Wishes

Richard and Lauren

Prevention, Information and Advice Leads at Newcastle City Council

Last updated: March 3, 2023

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