

## 10th March 2023 InfoNOW News

### InformationNOW

InformationNOW is always working to improve how we get the right information to you at the right time. We are considering making a few changes to our website and social media platforms. People send us information in different ways, so we'd like to understand how you'd like to contact us with your news, events and activities.

We have a short survey that will take less than a minute for you to complete:

To have your say visit the survey here [InfoNOW Survey](#)

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### Newcastle City of Sanctuary Forum

Richard and Lauren at InformationNOW spent an interesting afternoon at The Discovery Museum last week, for the [Newcastle City of Sanctuary Forum](#). We enjoyed performances from people with lived experiences of migration and sanctuary, as well as hearing all about the great work organisations, individuals and statutory services do to make Newcastle a safe and welcoming city.

It was good to take part in the event and speak with members of the Sanctuary forum and colleagues from [Curious Monkey](#), [D6 Culture in Transit](#), [Tyne and Wear Archives and Museums](#), [Newcastle City Council](#) and more.

**Read more on InformationNOW about [Support for Asylum Seekers and Refugees](#)**

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### Social Prescribing information sessions

[VONNE](#) are running informal Social Prescribing Information Sessions each month to answer questions about social prescribing such as how it works, how it is funded, and who is involved in the North East, North Cumbria, and Yorkshire area?

Social Prescribing is where a health professional prescribes an activity or exercise to improve your physical health and mental wellbeing.

Their first Information Session takes place online via Zoom on Monday 13th March, 1pm – 2pm. Find out more and book a place here: [Social Prescribing Information Session](#)

**Read more on InformationNOW about [Social Prescribing](#)**

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## Shelter has relocated

[Shelter North East](#) has now moved to 76 – 80 Clayton Street NE1 5PG, and can still be contacted from Monday to Friday, 9am to 5pm, on 0344 515 1601 or via email at [shelternortheast@shelter.org.uk](mailto:shelternortheast@shelter.org.uk).

The office is open to clients, although they are encouraging professionals to make referrals by phone or email to ensure clients are assisted. Due to capacity issues they will be concentrating on assisting clients whose cases are urgent if they do present at the office.

Read more on InformationNOW about [Homelessness](#)

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## New North East Bus Funding

The Department for Transport has confirmed £117.8m in new funding for buses in the North East as part of the National Bus Strategy. This will see the launch of a new flat £1 bus fare for young people under the age of 22, along with better multi-operator ticketing options for adults across the North East

For more information visit [www.transportnortheast.gov.uk](http://www.transportnortheast.gov.uk)

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## Newcastle Patient, Public and Carer Engagement Forum

Have your say about health services on 13th March at the County Hotel (Neville Street, City Centre, Newcastle Upon Tyne NE1 5DF) in the Vienna Suite 10am to 12pm

[The North East and North Cumbria ICB involvement team](#) run the Forum for Newcastle Patients, Members of the Public and Voluntary Sector Organisations. They meet every 3 months to:

- hear more from the Integrated Care Board and other organisations on their work
- explore different themes and topics
- give patients and members of the public a voice, to help shape the work of the ICB and raise issues that are important to you

The next focuses on Dental services and literacy. Tea, Coffee and Biscuits will be provided on the day.

Read more about the event and how to book your place on InformationNOW [Newcastle Patient, public and carer engagement forum](#)

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

Read more on InformationNOW about [Concessionary travel](#)

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## Help plant the first Tiny Forest in Tyne & Wear

**Wednesday 15th March 2023**

Join [Newcastle City Council](#) and members of the [North East Community Forest partnership](#) for their first [Tiny Forest tree planting day](#). It will take place at Apperley open space, Westerhope at 1pm, equipment will be provided and weather suitable clothing is recommended.

A Tiny Forest is a dense, fast-growing, native woodland made up of 600 trees planted in a tennis court-sized plot.

You can find out more and register your free spot here: [Tiny Forest Planting Day, Apperley Open Space](#)

**Read more on InformationNOW about [Parks, gardens, forests and woodlands](#)**

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## Cost of living crisis workshop

**29 March 2023, 10am to 12pm at City Library (Bewick Room 1)**

This session, ran by Newcastle City Council Active Inclusion Team aims to bring together partners across the Newcastle Advice Compact and seeks to:

- Quantify the impact of the cost of living crisis on residents – what is the main impact and how do we measure this?
- Establish what help is available in the city – to enable us to refine our mapping of provision generally through InformationNOW
- Understand the challenges, effectiveness and limitations of the support in the city – to identify gaps
- Identify the changes we may need to improve our responses to these challenges – so we can create personalised responses for residents in difficulty
- Agree what collective action can be taken to help residents struggling with the cost of living crisis

Please contact [charlotte.johnson@newcastle.gov.uk](mailto:charlotte.johnson@newcastle.gov.uk) to book a place. Please note there are only 20 spaces available for the workshop.

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

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## Market engagement session for voluntary and community infrastructure support contracts

**22<sup>nd</sup> March at 11am in the Armstrong Stephenson room at the Civic Centre, Barras Bridge, Newcastle NE1 8QA**

Newcastle City Council is recommissioning the voluntary and community infrastructure support contracts. The new contracts will start on 1<sup>st</sup> August 2023.

At the Market Engagement session you will find out the details of the proposed commissioning intentions. You will have an opportunity to feedback on the contract.

To book your place contact [kate.bowman@newcastle.gov.uk](mailto:kate.bowman@newcastle.gov.uk), Commissioning and Procurement Officer in Adult Social Care and Integrated Services at Newcastle City Council.

This contracts opportunity will be advertised through the [NEPO portal](#). You need to register to bid for the contract. Look for the voluntary service management UNSPSC code 93141508 and Category Code 401007.

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## Give your views on Newcastle Cathedral

**15th March 2023**

[Newcastle Cathedral](#) want to find out what you think about the cathedral (since its recent redevelopments) and of their programme of activities (talks, concerts, exhibitions and tours).

They are hosting 2 in-person focus groups at the Cathedral on Wednesday 15 March at 1pm and 6pm, and all attendees will be entered into a £50 prize draw. If you are interested in joining a focus group you can complete a survey by Newcastle cathedral [here](#)

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## Newcastle based VOICE® network goes global

VOICE® (Valuing Our Intellectual Capital and Experience) the UK community research, innovation and involvement group for Older adults (ran by the National Innovation Centre for Ageing – NICA) is going global.

On Wednesday 15th March their new online platform launches. The original VOICE network will be joined by Voice Canada and Italy, Singapore, Taiwan and Australia. Their current VOICE platform will be down from March 3rd to March 14th to prepare for this.

**Read more on InformationNOW about [NICA](#) and [the VOICE network](#)**

If you'd like to contact VOICE during this time or interested in joining you can email [Hello@voice-global.org](mailto:Hello@voice-global.org)

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## Citizens Advice Newcastle cost of living research

[Citizens Advice Newcastle \(CAN\)](#) have been conducting surveys with their clients to better understand the impact of the cost of living crisis on local families. They have published their report '**Budgets Squeezed to the Last Penny**' with data from Newcastle residents on how the cost of living crisis is affecting Newcastle and the North East.

Britain is facing its biggest cost of living crisis in decades. As the largest provider of free advice in the North East of England, Citizens Advice local offices are helping more people with crisis support, energy issues and not having enough money to make ends meet than ever before.

Download and read the reports in full here:

- [Budgets Squeezed to the Last Penny](#)

- [Living on the Edge: The North East](#)

Read more on InformationNOW about [Managing your money](#)

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## 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.

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## Need help with your smartphone, tablet or laptop?

### Wednesday afternoons 2pm to 4pm

Northumbria University, Squires Building, Room 208, Northumbria University City Centre Campus

[The Elders Council](#) and Northumbria University student volunteers are on hand each week during term time to help you, however big or small your query may be.

Why not drop in to one, or more, of these [sessions](#), you can also bring a friend so that you can learn together.

Contact [The Elders council](#) if you would like more information or directions to their [Smartphone, Tablet, and Laptop Help sessions](#)

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## Byker Sands Family Fun day

### Tuesday 14th March 1pm to 2.30 pm

A [family fun day at Byker Sands](#) is free and open to all families who have children aged 3 and under.

Activities include soft play, ball pool, baby and toddler advice, crafts, songs, toddler dance and more.

Snacks and refreshments available

Read more on InformationNOW about [Byker Sands Children and Families hub](#)

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## Healthwatch Newcastle and Gateshead monthly online Forums

[Healthwatch Newcastle](#) and Gateshead run regular forum meeting. They're an opportunity to hear more from local organisations, find out about their work, share information and ask questions. the next dates are

- [Tuesday 14 March 2023 6pm to 7pm](#) Guest speaker Northeast Autistic Society

- [19 April 3pm to 4pm](#) Guest speaker Alzheimer's Society
- [16 May 5pm to 6pm](#) Guest speaker Asthma and Lung UK

Contact [Healthwatch Newcastle](#) to find out more

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

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## National Lottery Open Week at Tyne & Wear Archives & Museums

**18 to 26 March 2023**

[Tyne & Wear Archives & Museums](#) are taking part in [The National Lottery Open Week](#).

From 18 – 26 March 2023, they are offering visitors a variety of free activities across museums and galleries on Tyneside, visitors will need to show a National Lottery ticket or scratchcard on entry, It's as simple as that!

Some activities do need to be pre-booked. Please see specific events for full details.

Highlights of the programme include: free entry to Segedunum Roman Fort, 2-4-1 planetarium shows, behind the scenes tours and expert led gallery/exhibition talks.

Read more on InformationNOW about [TWAM open week](#)

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## Kids Kabin

Kids Kabin run mobile practical workshops for kids in street pottery, cooking, woodworking, bike repair and more.

Read more on InformationNOW about [Kids Kabin](#)

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## COCO

**COCO** is an international development charity, based in Newcastle.

They provide sustainable sources of quality education to children living in poor and marginalised communities within East Africa (Kenya, Tanzania and Uganda)

Read more on InformationNOW about [COCO](#)

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## Findaway

Findaway offer practical information, signposting and advice to people who are worried, someone they know is being controlled, scared, or hurt by their partner, ex-partner or family member

Read more on InformationNOW about [Findaway](#)

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## 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

Richard and Lauren

**Richard White and Lauren Hoy**  
**Prevention, Information and Advice Leads at Newcastle City Council**

Last updated: March 10, 2023

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