

31st March 2023 InfoNOW News

InformationNOW

Welcome to a bumper edition as InfoNOW News will be taking a short break during the half term holidays and return on 17th April. Our InformationNOW website and social media will be running as usual during this time.

Our short survey on how you use InfoNOW News and future improvements is still live. It takes just a minute for you to complete:

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

International Trans visibility day

InformationNOW spent an enlightening day at the Trans visibility in Health and social care event. We heard directly from trans people about services they have engaged with and health and social care employment issues. We also heard from guest speakers from [Be Trans](#), [Healthworks Newcastle](#) and more.

We discussed how to engage the transgender and non binary community with services, as well as positive actions and changes we can all do to make trans visibility and equality better.



Read more on InformationNOW about [LGBTQ+ support groups](#)

Connected Voice Community Hub launch

InformationNOW attended Connected Voice's launch event of their new premises at 1 Strawberry Place. The SmartScore building, and new head office for [Home Group](#), is one of the first offices in the UK to be designed specifically around new hybrid ways of working.

It offers a 'Voluntary, Community and Social Enterprise (VCSE) Hub' with facilities such as hot-desking, meeting rooms, and event and innovation spaces, available to organisations of all shapes and sizes from across Newcastle and Gateshead.

May be an image of 11 people and people standing

Read more on InformationNOW about [Connected Voice](#)

Jobcentre Plus arrangements over Easter

Jobcentre Plus opening times will be [different over Easter holidays](#):

- Friday 7 April: offices and phonelines are closed
- Monday 10 April: offices and phonelines are closed

From 11 April offices and phonelines are open as usual. To make sure people get their payments on a day when Jobcentre Plus offices are open, some payments will be paid early. If the expected payment date is:

- Friday 7 April, benefits will be paid on Thursday 6 April
- Monday 10 April, benefits will be paid on Thursday 6 April

Read more on InformationNOW about [Universal credit](#)

Stress Awareness month

Stress Awareness Month is held every April to raise awareness of the causes and cures for our modern-day stress epidemic.

During this annual thirty day period, health care professionals and health promotion experts across the country will join forces to increase public awareness about both the causes and cures for our modern stress epidemic.

The [Stress management society](#) have a range of free resources and stress tests on [their website](#)

Read more on InformationNOW about [stress and anxiety](#)

Autism acceptance week

This week is World Autism Acceptance Week. In 2021 a change was made to World Autism Acceptance Week from Awareness to align with the goal of communities being more inclusive of autistic people.

The [North East Autism Society \(NEAS\)](#) has partnered with [Eldon square](#) to increase quiet shopping hours, Tuesdays 10am to 11am and Saturdays 9am to 10am. They have a [visual display, supportive staff, an autism friendly shopping guide and sensory kits](#) that can be loaned while out shopping.

NEAS have free 'Acceptance Toolkits' for [Educators](#) and [Businesses](#). The toolkits feature useful information about autism and neurodiversity.

[Newcastle United foundation](#) support several [autistic friendly sports sessions](#) in the area in partnership with partners such as Inspired Support and Ability sports and social.

[Cineworld](#) provide monthly Autism friendly screenings at their cinema in Newcastle.

[Community Health and Social Care Direct](#) can help you find local support if you or the person you care for is diagnosed with Autism.

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

Newcastle City Learning new courses

[Newcastle City Learning](#) have a new range of courses available from April-July 2023. Why not take a look at their [new brochure](#) to see what is on offer?

For more information, please contact the Learner Support Team at either Westgate College 0191 277 3520 or the Heaton Centre 0191 278 2818.

Read more on InformationNOW about [Adult learning, skills and training](#)

Child Maintenance Service domestic abuse powers

New laws protecting parents who use the [Child Maintenance Service \(CMS\)](#) from abusive ex-partners are due to be introduced following an independent review. These include:

- The CMS will have new powers to report suspected cases of financial coercion to the Crown Prosecution Service to help bring abusers to justice.
- One-to-one support for survivors of domestic abuse will be piloted and domestic abuse training for staff improved
- Victims of domestic abuse will be given the choice to allow the CMS to collect and make child maintenance payments on their behalf, without the consent of an abusive ex-partner.

For more information on the changes you can visit [GOV.UK](#)

Read more on InformationNOW about [Domestic abuse support](#)

Extra Get Online Newcastle courses

[Get Online Newcastle's](#) run free digital skills courses at [City Library](#). Due to increasing demand more courses will be available at [East End Library](#) after Easter.

Upcoming digital skills courses:

18th April [Basic Computer training](#) Part 1 and 2 help learners learn how to use a computer, send an email, search the internet for information and attach photos and your CV to emails, etc.

18th April [introduction to office, word, excel, PowerPoint.](#) Learn essential basic tasks including how to cut, copy and paste, sort a spreadsheet and insert a picture into a document. There are 4 sessions to attend in total with the option to take a City & Guilds qualification in session 4

27th April [Techy Tea Party.](#) Bring along a mobile device to this informal session, speak to a our friendly volunteer and chat to others who are learning how to get online.

If you or someone you know live in Newcastle and need support to get online just call 0191 277 8842 or email Getonline@newcastle.gov.uk

Read more on InformationNOW about [help getting online](#)

Carers awareness for professionals

Tuesday 4th April 10am to 11am

Are you a professional working in Newcastle? Want to know more about working with carers?

Come to a Carer Awareness for Professionals session to learn more about [Newcastle Carers](#) work with carers. Gain knowledge and understanding about the challenges carers face when looking after someone. The sessions are delivered online (over Microsoft Teams) usually on the second Tuesday of every month from 10am to 11am.

You can book a session on [their website here](#)

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

Free Health and Safety Check

[Sector Connector](#), in partnership with [Kore Health and Safety](#) are offering a free Health and Safety Health Check to VCSE (Voluntary, Community and Social Enterprise) organisations in Newcastle and Gateshead. to identify the areas where your organisation may need assistance. To find out more information and to reserve your spot use the contact details below:

Email stewart.turnbull@connectedvoice.org.uk or call on 0191 235 7039

Newcastle Neighbourhoods: Outer West and East Events

Outer West: 19 April 1pm to 3pm East: 25 April 1.30am to 3:30pm

There are two upcoming network opportunities for people working and contributing to communities in the East and Outer West of Newcastle. Those who support communities in the east or outer west of the city can attend this Newcastle neighbourhoods event to get to know one another, share good practices, reduce duplication, and collaborate.

They welcome practitioners across the health, social care, voluntary, community, and social enterprise sectors, housing, sport, leisure, uniformed services, and more.

The Outer West event on Wednesday 19 April is at Westerhope Community Centre. [Please book your place online](#)

The East event on Tuesday 25 April is at Heaton Community Centre. [Please book your place online](#)

Find out more about [Communities and Neighbourhoods](#)

Museum Training sessions for Health and Social care workers

Wednesday 17 May 10am to 12pm or 1pm to 3pm

These free 2 hour sessions at [Discovery museum](#) from [Tyne and Wear Museums \(TWAM\)](#) will help health & social care workers learn how to use museum activities and objects in their workplace and community settings.

To book a place on one of the sessions or for more information please contact joanne.charlton@twmuseums.org.uk. Please book by 1st May

TWAM also have a free health, social care and museums guide. The guide is searchable by clinical and care outcomes categories (such as Physical/Mobility, Mindful/Emotional) and is available on their [website](#).

Read more on InformationNOW about [Museums and attractions](#)

Our Future Health

[Our Future Health](#) are a UK health research programme that use health information and some sample tests to calculate disease risk scores for people taking part. They are looking to recruit 5 million volunteers to help researchers discover new ways to prevent, detect and treat diseases including cancer, Alzheimer's, heart disease, arthritis, diabetes and stroke.

Anyone over the age of 18 can join by [signing up online](#), completing a questionnaire, providing a blood sample and allowing Our Future Health to securely link to their health records.

Read more on InformationNOW about [volunteering for health and care research](#)

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.

Fenwicks Friendly Folk meet up

Monday 3 April 2023 2.30 pm – 4.30 pm

A social group that meet up regularly at Fenwick's The Terrace Restaurant. This is a friendly, casual group where you take part as and when you choose. No cost other than for refreshments at The Terrace.

Read more on InformationNOW about [Fenwicks Friendly Folk](#)

St Vincent's Centre activities

Tuesday 4 April 11am – 1pm Chat to Matt: A drop-in listening service with Mental Health Concern. You can share your worries with Matt.

Tuesday 4 April 1:30 – 5pm Tuesday Film Club: A social group who meet at St Vincents centre to watch and discuss films.

Wednesday 5 April 12 – 2pm Chit Chat Ladies Café: A coffee drop-in and chat event where you can socialise and make new friends.

Read more on [InformationNOW](#) about whats on at [St Vincent centre](#)

Older People's Weekly Westerhope Wellbeing (Search Newcastle)

Tuesday 11 April 2023 10.30 am – 12pm

Exercise, socialising, and guest speakers at Westerhope Community Centre.

[Read more on InformationNOW](#)

BE Trans Peer support

Tuesday 11 April 2023 6 – 8pm

A peer support group for anyone who identifies as trans (including non-binary) or gender non-conforming and to those who are questioning their gender. Friends and family are also welcome to attend.

[Read more on InformationNOW](#)

Walkergate Hub

Wednesday 12 April 2023 4.30 – 6pm

A drop-in event with a variety of activities for people with mild to moderate learning disabilities and/or autism.

[Read more on InformationNOW](#)

Light at the end of the tunnel

An audio-visual art trail will highlight some of Newcastle Cathedral's most beautiful and meaningful spaces. There will be immersive projections, interactive installations, choral soundscapes and light and sound installations created by six light and sound artists.

[Read more and book online on InformationNOW](#)

Healthwatch Newcastle online forum

Tuesday 19 April 3 – 4pm

[Healthwatch Newcastle and Gateshead's](#) monthly online forum for anyone interested in health and social care services in Newcastle and Gateshead.

You can join online to hear news, talk about services and any changes, and any other things you might need to know. There will also be a chance to ask questions and share your views.

This months guest speakers are Alzheimers Society. [Please book online](#)

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

RSC on Tour: Julius Caesar

Tuesday 9th – Saturday 13th May

The Royal Shakespeare Company are bringing [Julius Caesar](#) on tour to theatres with a stop at Newcastle Theatre Royal from Tuesday 9th May. A classic Shakespeare play that also often features in school to university curriculums.

There are British Sign Language and Audio Described integrated performances.

Don't want to miss experiencing this powerful play? You can book tickets at the Theatre Royal site [here](#)

Read more on InformationNOW about [Theatres](#)

Trinity Community and Conference Centre (TCCC)

Holy Trinity Community and conference centre is a Gosforth community centre, events, conference and groups centre spanning 2 venues Trinity Christian Community Centre and Trinity Church & café in Gosforth

Read more on InformationNOW about [Trinity CCC](#)

A Time 2 Talk

A Time 2 Talk offers counselling and well-being support to individuals who are facing life changing events that are impacting on their day to day living,

Read more on InformationNOW about [A Time 2 Talk](#)

Newcastle Community Stroke Services

Newcastle Community Stroke Services offer specialist rehabilitation to people in their own homes.

Read more on InformationNOW about [Newcastle Community Stroke Services](#)

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

Richard and Lauren

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

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