

3rd May 2023 InfoNOW News

400th Issue of InfoNOW News!

Welcome to our 400th issue of [InfoNOW News](#)! What a milestone! Thank you for joining us on our journey through local information, support services, events and activities.

o celebrate we're having a BIG pot of coffee and a nice slice of cake. Here's to the next 400 issues!

Don't forget to send us your news and events to InformationNOW@Newcastle.gov.uk or [log in to update your organisation's listing at any time.](#)

City News and Views May

Join Kate Bowman, Richard Finch and guests for their monthly look at what's going on in and around Newcastle. [Listen here](#)

Moyra Riseborough shares more tips to help with the [cost of living](#), Jay Conlon talks about the recent [Healthwatch Newcastle](#) findings on [Ambulance Services](#) and their proposed work on the Accessible Information Standard .Plus Richard White from [InformationNOW](#) looks ahead to some of the interesting and important things that are happening throughout May.

Read more on InformationNOW about [Later Life Audio and Radio Co-op](#)

Carers Pop Up Survey

When you [visit InformationNOW](#) you'll notice that we're running a pop up survey. In the lead up to Carers Action Week we're asking questions to help understand if you're a carer and more about your caring role. You have the option to ask us to refer you to [Newcastle Carers](#) for more support and information.

When you've completed the pop up, if you've given us permission to use cookies on your device, the pop up won't appear again for a month.

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

Bottle in the Fridge – emergency information scheme

The Message in a Bottle scheme helps you store your emergency personal and medical information in your fridge door, so it can be found quickly by ambulance staff. This simple idea could help to save your life.

The little green bottle means you can alert the emergency services to your important medical information and contact details, if you have an accident or sudden illness at home.

The fridge has been chosen to store the bottles as 95% of all households have one and it is generally easy to find. Also, the insulation properties and construction of a fridge mean that in the event of a fire, the contents of the fridge usually survive.

The scheme is for anyone. It's useful to people who may not be able to tell emergency services their health information. For example, people with learning disabilities, memory problems or dementia or people who speak English as a second or other language.

[Read more on InformationNOW about the message in a bottle scheme](#)

Belsay Bus

The Belsay bus is coming back for 2023 . it provides a free bus service for all visitors to [Belsay hall](#) from Newcastle.

The 'Go North East' X75 bus will run from Newcastle Haymarket station every Saturday from 6 May until 2 September. You can find the full timetable [here](#)

[Read more on InformationNOW about Things to do in and around Newcastle](#)

Dementia Action Week

15- 21 May

Dementia Action (formerly awareness) Week is the biggest and longest running dementia awareness campaign, created by [Alzheimers Society](#). This year's theme is 'getting a diagnosis'. You can [find out more and get resources on their website](#)

Those concerned about their or someone else's memory can use the [Dementia symptoms checklist](#) (codeveloped with the [Royal College of GP's](#)) a simple, free tool to help patients and their families monitor and clearly communicate their symptoms or concerns.

[Newcastle city libraries](#) will be running free sessions to help people learn new skills and join wellbeing activities such as chess and crochet (dementia friendly). The library also has a [reading well for dementia book collection](#) and [city library](#) has a [Tovertafel: magic table](#) which projects animations onto surfaces for user interaction and is designed for people living with dementia.

17 May 7pm

[Silverline Memories](#) have a special [Dementia Choir performance](#) at St Aidans Church in Brunton park to celebrate the week. The event will be hosted by Steve Keys from Dementia friendly radio station [Memory Lane Radio](#).

17 May 12pm

[Search Newcastle](#) and representatives from the [North East and North East Cumbria Integrated](#)

[Care Board](#) are holding a [dementia conference](#)

You can help research into dementia whether you have a diagnosis or not by [registering your interest to get involved](#) at [Join Dementia Research](#)

You can keep up to date with information, organisations, events activities and news on [Dementia and Dementia Action Week on InformationNOW](#)

Read more on InformationNOW about [Dementia Friendly Newcastle](#)

Opportunities for action

Speak Their Name Quilt

Quinns retreat are holding workshops to make fabric squares dedicated to loved ones lost to suicide. The squares will make up a [memorial quilt for the North East region](#). The quilt will tour public places, provoke thought, be a catalyst for conversations and raise awareness about suicide.

11th May 6- 8 pm Sunderland Mind
13th May 10am – 12pm Blaydon library
16th May 6:30 – 8:30pm Hebburn Central
19th May 1-3pm Chilli Studios, Newcastle
11th June 12:30 -2:30 Bilton Hall, Jarrow

All materials provided, no skills needed

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

Volunteer Coordinator Networking Event

June 7 at MEA House Auditorium

[Volunteer centre Newcastle](#) is celebrating its 18th birthday! volunteer week event is an opportunity to discuss good practice in recruitment and retention. Hear from speakers from organisations on how to access new and more diverse audiences of volunteers.

A super networking event and 18th Birthday celebration of the Volunteer Centre, cake, coffee and connection is from 10am -12pm.

The event is followed by an open invite to the public and your volunteers to join for coffee and cake! 12.30 – 2 pm to network, celebrate and inspire new volunteers

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

Consultations

Research: Culturally Competent Mental Health

This research is by Newcastle University and funded by the NIHR Three Research Schools Mental Health Research Programme on Culturally Competent Mental Health Services. Through working together with ethnic minority communities and care professionals, this overall project aims to establish culturally competent mental health services, through an analysis of routine healthcare data, stakeholder interviews and a consensus exercise. The study is fully supported by ARC/ICS/CNTW and the results of this study will inform a new model of care and policy recommendations to support culturally sensitive mental health services. **The criteria for participation in this study is as follows:**

- Over 18
- From an ethnic minority background
- Has experienced anxiety, depression or other mental health problems.

You can find more about participation in the [attached information sheet](#). Interviews will be 1:1 and last for about an hour. **Participants will be given a £20 voucher.** If you are interested you can either let me know or contact one of the research team directly (Dr Evgenia Stepanova: Evgenia.Stepanova2@newcastle.ac.uk)

Read more on InformationNOW about [NIHR](#)

Spotlight on...

Skills for People Groups

Skills for People support people with learning disabilities and autism and their carers. They give information, advice and support services.

They have a wide range of social groups, courses, self advocacy groups and activities every month for people with a learning disability and autistic people.

Groups include:

[Being well Walk](#)

[Love Life monthly drop in](#)

[Save the planet group](#)

[Geordie Voices](#)

Read more on InformationNOW about [Skills for People](#)

Research and Reports

AI and data science: Opportunities and threats

Thursday 4 May, 5.30pm

AI and data science: Opportunities and threats is a free lecture from Professor Paul Watson at Newcastle University

Vast amounts of data are being generated in every aspect of our lives, and in every area of industry. How can we use this data to improve the economy and society for everyone's benefit? Data science and AI are increasingly proposed as ways to achieve this, but what are they, and what are their strengths and limitations? This talk will introduce AI and data science, giving real-world examples of the opportunities and threats that they bring with them.

Book a space at [this event online from INSIGHTS public lectures](#)

Read more on InformationNOW about [Newcastle University – INSIGHTS Public Lectures](#)

U.K. families miss £68m of free food

A new report from [Sustain](#) shows U.K. families may be missing out on £68 million of free food, with North East families missing out on £2.89 million of free food. This is due to unclaimed healthy start vouchers, with 8795 eligible people in the North East not claiming.

The Healthy Start scheme provides fruit, vegetables, vitamins and milk for young families on low incomes.

North East MP Emma Lewell-Buck, plans to bring forward a Parliamentary Bill on Healthy Start in June.

You can read [the report summary from Sustain here](#)

Read more on InformationNOW about the [Healthy Start Scheme](#)

Resources

Knife Crime Awareness training

Monday 5 June 2023 10am-12pm @Newcastle Civic Centre, Council Chambers [click here to book a place](#)

Friday 8 September 2023 10am-12pm @Newcastle Civic Centre, Council Chambers [click here to book a place](#)

Northumbria's Violence Reduction Unit in partnership with Newcastle City council are offering Knife Crime Awareness training for practitioners. The purpose of the training is to give professionals a better understanding of this topic including the law around knives and offensive weapons, factors that increase a person's vulnerability to becoming both a perpetrator and a victim and some local and national initiatives to tackle knife crime.

This training is suitable for anyone working in Newcastle with young people and also those working in other settings where this could potentially be an issue. By attending this training, practitioners will be more confident in their knowledge and understanding of the issue and therefore more able to support those they are working with. This will also support early identification and intervention leading to a reduction in involvement in violent crime.

The 2 hour seminar and workbook will ensure that practitioners have an understanding of issues relating to knife crime.

Read more on InformationNOW about [Personal Safety](#)

Events & activities

Meet @ the Laing

Whether you want to get out, socialise, talk about culture, explore new things or visit new places, these friendly sessions ensure a warm welcome awaits you at the Laing.

Each month you can explore a different aspect of the art gallery over a cuppa. (a painting, a theme from the artworks, your own favourites, or an activity.)

[Friday 26 May](#)

[Friday 30 June](#)

[Friday 28 July](#)

Read more on InformationNOW about [Art venues in Newcastle](#)

ing's Coronation events

The coronation will be broadcast for free on [a big screen at Times Square](#) on Saturday, May 6 from 9.30am to 4pm. There are many coronation events happening across the city this week:

3 May 10:30am – 12pm [Wellbeing for life: Coronation memories](#) at Jesmond Library

3 May 12.30 – 3pm [A right Royal Do](#) at St Martins Centre

Friday 5 May 12- 2pm [Search Coronation Afternoon tea](#) at Broadmead church

7 May 11:30am [Coronation Big lunch](#) at Kingston Park Green

7 May 3pm [Coronation Picnic – Part of the 'Big Lunch' Initiative](#) at Newcastle Cathedral

Read more about [What to do in Newcastle over the King's coronation on NewcastleGateshead.com](#)

Sing & Socialise

Dementia Friendly singing sessions at St George's Church in Jesmond . No experience needed. Wheelchair accessible

[St George's café](#) is open beforehand every Friday 10am to 12pm, so you can pop in for a cuppa beforehand.

Read more on InformationNOW about [Dementia Friendly Jesmond](#)

Family coffee drop in at Byker Sands

[Byker Sands Family Centre](#) will be holding a drop in Coffee Afternoon on 4th May 1 – 3pm. Parents/carers are welcome to drop in during this time for refreshments. At the coffee afternoon there's a chance to find out more about a new **Strengthening Families** Group (for parents/carers of children aged 8-16) programme and sign up.

Read more about [Children & Families Newcastle East](#)

New organisations

Farrell Centre

The newly opened Farrell Centre in Newcastle City Centre explores the role of architecture and cities in shaping contemporary life through exhibitions, workshops, talks, essays, videos and podcasts. Find out [What's On at the Farrell Centre on their website](#)

New groups starting this week

[Tea at 3](#) 3pm Every Friday until September 2023

Local people come together and reflect on how the city does or doesn't work for them or simply enjoy a cup of tea.

[City forum](#) 6 – 7:30pm 1st Thursday of the month

The City Forum is a regular platform for local people to come together and air their views and perspectives about issues and ideas shaping their experience of the city: from the climate crisis, to traffic issues, and refuse collection.

Read more on InformationNOW about the [Farrell Centre](#)

Food cycle

Foodcycle offer community meals, community gardening and their Check in and chat volunteer befriending phone calls.

Read more on InformationNOW about [Foodcycle](#)

Do you use emollients or moisturisers?

New article written with Tyne & Wear Fire and Rescue Service

Emollients are useful type of moisturiser used to help treat skin conditions. They can contain ingredients such as, paraffin, shea and cocoa butter, beeswax, lanolin or mineral oils

Emollients are flammable. This means they can catch fire easily.

You can make some simple changes to your behaviour to help avoid fires.

When wearing clothing, bandages or bedding that has emollient on it do not

- smoke
- cook
- sit next to open fires or heaters

***Remember, machine washing does not always remove emollients from fabrics.
The risk of fire may still remain when the fabric has been washed.***

Please read and share this new article on InformationNOW [Emollients and fire safety](#)



Thanks for reading InfoNOW News

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NEWS InformationNOW Thank you to everyone who came along to our focus group session.

Your feedback was invaluable and you were so generous with your time and insights. We're pulling all this information t...