

26th May 2023 InfoNOW News

Fortnightly InfoNOW News

We are changing how often we publish InfoNOW News. We will publish a newsletter once every 2 weeks. Instead of publishing it every week. **The next InfoNOW News will be Friday 9th July.**

We will aim to publish InfoNOW News on Fridays, so you have the upcoming events and information ready for the weekend.

Please can you send us your news and events to add to InformationNOW and InfoNOW News in advance? This will give us more time to update the website and add it to the news.

Thank you! Email us at InformationNOW@Newcastle.gov.uk

Deadline for your news items is 7th July.

Launching NetworkNOW: The right information, at the right time

Our new Prevention Information and Advice Network

First meeting Friday 30th June 1.30pm to 3pm at Newcastle Civic Centre

NetworkNOW is the new name for our Prevention Network, organised by Lauren and Richard at InformationNOW.

NetworkNOW is aimed at staff and services working in the city. It joins the InformationNOW family along with InfoNOW News helping you to:

- connect in person, with colleagues working in Newcastle
- learn more about local services and the amazing work that they're doing
- understand more about how to identify and support unpaid carers.
- help to shape NetworkNOW and our online information for people living and working in Newcastle
- www.InformationNOW.org.uk and www.newcastle.gov.uk/care-and-support-adults
- keep up to date with what's going on in the city

If you are interested in joining NetworkNOW please email us at InformationNOW@Newcastle.gov.uk

Support for refugees and asylum seekers in education: nursery, school and college

Children and young people can get educational psychology and intensive family support when in education through the KaleidRAScope project. Speak to your nursery, school or college to ask for this help.

[Asylum Team at Newcastle City Council](#) can signpost you to this service.

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

Host Nation

If you'd like to befriend an asylum seeker or refugee trying to find their feet here in the UK, [HostNation would love to hear from you.](#)

They ask for an initial commitment of three months, during which they suggest a weekly face to face meet up and regular phone contact. This is your opportunity to show your befriender around, introduce them to free activities and help them participate more in UK life

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

Disability Cost of Living Payment schedule

More than 6 million disabled people in the UK will receive their one-off £150 Disability Cost of Living Payment from 20 June. You will automatically receive the payment during a two-week window starting on 20 June and finishing on 4 July. You qualify for the Disability Cost of Living payment if you receive:

- [Disability Living Allowance \(DLA\)](#)
- [Personal Independence Payment \(PIP\)](#)
- [Attendance Allowance](#)
- Scottish Disability Benefits (Adult Disability Payment and Child Disability Payment)
- Armed Forces Independence Payment
- Constant Attendance Allowance
- War Pension Mobility Supplement

To get the Disability Cost of Living payment you must have received a payment (or later receive a payment) of one of these qualifying benefits from 1 April 2023 . For those who were awaiting confirmation of their entitlement to disability benefits on 1 April, or who are waiting to be assessed for eligibility to receive disability benefits, the process may take longer, but payments will still be automatic.

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

Carers Week: 5th to 11th June 2023

Carers Week is the annual campaign to raise awareness of caring, highlight the challenges unpaid carers face and recognise the contribution they make to families and communities throughout the UK. It also helps people who don't think of themselves as having caring responsibilities to identify as carers and access much-needed support

Carers Week Activities 2023

Newcastle Carers and other services are running events to celebrate and support carers this Carers Week.

See the [Carers week events and activities in Newcastle on InformationNOW](#)

Carer drop ins

Newcastle City Council are running drop in sessions for carers who look after someone in their care services.

Carers can drop-in to find out more about services and support for unpaid carers in Newcastle. Newcastle Carers and Fiona Richardson, the Carers Lead for Newcastle City Council will be there. Refreshments will be available.

- 5 June, 2.30 till 4pm at [Connie Lewcock Resource Centre](#)
- 7 June 10.30am till 12pm at [Welford Centre](#)
- 8 June 10.30am till 12.30pm at [Byker Lodge](#)
- 8 June 2pm onwards at [Castle Dene](#)

Safeguarding Carers Training

Domestic Abuse, Older People and Carers

6 June 9.30am to 12.30pm, Civic Centre

This course aims to increase awareness and understanding of the nature, impact and complexity of domestic abuse in the older population and to highlight the services, support and multi-agency frameworks that can be used to support older people subjected to domestic abuse. Book your place on [Domestic Abuse, Older People and Carers Multi-Agency Training](#)

For more information on Carers Week or additional support for unpaid carers in Newcastle, please contact fiona.s.richardson@newcastle.gov.uk Carers Lead at Newcastle City Council or go to [Carers Week website](#).

Let's get digital! Sharing Skills and Practice with the Voluntary Sector,

Tuesday 6 June 2023 from 9.30am

This exciting free event will include sessions on Simple Digital Content Creation, Creative Community Consultation as well as Digital Marketing Best Practices 2023

The Digital Voice team will also be available for drop-ins on Digital Storytelling, Digital Inclusion and Engaging Reluctant Learners.

Book your ticket for [Let's get Digital – VCSE day of digital learning on Eventbrite](#)

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

Human Rights – Not a Game!

Thursday June 15, 2023

[Difference North East](#) co-developed a card game with Community Researchers on a project with Just Fair and The Social Rights Alliance. a game of rights. It is designed to help us think and talk about our economic, social and cultural rights. They want to explore what those rights mean to disabled people in the North East, and how we claim them, and use them to make change for Disabled people.

Book a place at this event [Human Rights – Not a Game!, Mea House, Newcastle upon Tyne, June 15 2023 | AllEvents.in](#)

Vote for Equal Arts Care Home Choir

The People's Projects

[Equal Arts](#) are in the running for The People's Project award to win £40,000 to bring to life a new Care Home Choir. The project will provide online and face to face Care Home Choir sessions to improve wellbeing. The aim is to give residents the opportunity to sing and talk together, write new music, and to work with both local school children and the Royal Northern Sinfonia to record and perform together.

[Vote for the Care Home Choir to win £40,000 and bring music to people living with dementia in Newcastle.](#)

Healthwatch social care survey

Healthwatch Newcastle is gathering information on local people's experiences of using health and/or social care services.

Have your say about health and/or social care services by [taking part in their online survey](#)

The information collected will be used to help Healthwatch Newcastle better understand what is going on in Newcastle and help them to prioritise future work.

If you'd like to request a paper version of the survey

Email: info@healthwatchnewcastle.org.uk phone 0191 338 5720 mobile 07551 052 751

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

North East devolution consultation closes

[Newcastle City Council leaders welcome positive response to devolution deal for North East](#)

A total of 3,235 individuals and organisations from across the region took part in the consultation process. Participants were asked to consider five key areas around the proposals, and in all instances, the majority of respondents agreed with the plans.

These were governance of the proposed North East Mayoral Combined Authority (61% agreed) as well as its plans around transport (67%), housing and planning (60%), finance and investment (53%), and skills, employment and adult education (65%).

Newcastle Debates: The Future of the NHS

Monday 5 June, 6pm

at the Frederick Douglass Centre to mark this special anniversary, as key regional and national figures discuss the future of the NHS and if it can survive for another 75 years.

[Register for your free place online](#) or telephone their booking voicemail line on 0191 208 6136

Diet & Dementia Research Engagement Event with South Asian Communities

Wednesday June 21

- Do you work with individuals from South Asian communities?
- Are you interested in sharing your views and ideas around diet-related research among individuals living in these communities?
- Would you like to learn more about diet and brain health, and how diet may help to lower the risk of developing dementia?

Newcastle University are interested to hear from people who work with, or support, South Asian communities living in the North East of England.

We are planning to host a research engagement event to share knowledge, experience and ideas for diet related research among these communities.

Find out more [about this research event and how to get involved](#) on InformationNOW

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Endometriosis, Adenomyosis, Fibroids and Fertility for Ethnic Minority Communities Dispelling the Myths – Webinar

Date: Wednesday 31 May 2023 **Time:** 7.00 pm – 8.00 pm **Cost:** Free

[Fertility Network UK](#) are running a 'Myth Busting' information webinar with the chance to ask questions. They are discussing the myths surrounding Endometriosis, Adenomyosis and Fibroids, reproductive health conditions and their impact on fertility.

This webinar will highlight the untruths, the facts, and the impact of these conditions on fertility for women from ethnic minority communities. They will be talking about existing research around why Black and Asian women suffer from higher rates of fibroids and from these conditions. As well as discussing the possible treatment options that can provide better fertility outcomes for Black, Asian and minority ethnic women.

[Read more on InformationNOW and book your place](#)

InformationNOW virtual drop in sessions

Starts Friday 9 June 2023 2pm to 4pm

Do you have a question you'd like to ask Richard or Lauren about [InformationNOW](#) the information website for people living and working in Newcastle?

Would you like

- help to add or update your organisation's details on InformationNOW?
- a guided tour so you can learn how to get the best out of the website? Making it easier to find the information, services and events that you or the people you're working with would benefit from?

[InformationNOW are hosting a series of virtual drop in sessions](#) on Friday afternoons between 2pm and 4pm on 9th, 16th and 23rd June.

Email InformationNOW@Newcastle.gov.uk to ask for the link to join Lauren and Richard on Teams for a chat. They can share screens and support you to get the most out of the website.

Safer Parks for women guide

Keep Britain Tidy, Make Space for Girls, the University of Leeds have collaborated on research on how to make parks and green spaces safer and more accessible for girls and women. Research showed use of parks lessens as women go through adolescence. The research results have been published as a resource guide:

[You can view the guide here](#)

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

Supporting deaf awareness

The 1st week of May was deaf awareness week 2023

[Royal National Institute for the Deaf \(RNID\)](#) have produced a series of videos such as [Communication tips](#)

Certain words – usually names of people and places – are spelled out on fingers. Fingerspelling alone isn't sign language, but it can help you to communicate with someone who is deaf.

[You can quickly learn the fingerspelling alphabet with RNID free fingerspelling card](#)

If you'd like to try learning some useful words in British Sign Language (BSL) [Commanding hands](#) produce free introductory [videos](#) or you can study free introductory courses on [OpenLearn](#).

Read more on InformationNOW about [British Sign Language](#) and ways to learn

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.

New fortnightly Mindfulness and Wellbeing Group

Starts Thursday May 11th

[Mindfulness and wellbeing group ran by Search Newcastle at Newcastle City Library.](#) Running every 2 weeks at 10am to 11am until 31st August 2023. At this wellbeing session for people over the age of 50 you will find:

- Calm and creative activities
- Time to socialise
- Self care tips
- Refreshments
- A friendly environment
- Support from Link Worker
- Access to additional services

To book your place call [0191 273 7443](tel:01912737443)

6 Weeks of Wellbeing

Date: Monday 22 May 2023 **Time:** 2.00 pm – 4.00 pm **Cost:** Free

[Everyturn Mental Health](#) are running 6 weeks of wellbeing sessions at East End Library. A weekly group for people wanting to connect with others and increase their emotional wellbeing

Ouseburn Family Pride

Sunday 28 May 2023 – Saturday 3 Jun 2023

A family friendly event which celebrates the #LGBTQIA+ community. Ouseburn Family Pride a packed programme of activities, events and entertainment for all ages. Venues across the area, including Ouseburn Valley Farm, The Cluny, Seven Stories, Ouseburn Tunnel and The Ship, an LGBTQ+ friendly pub.

Read more on [Ouseburn family pride](#)

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Read more on [Ouseburn family pride](#)

May Half Term Fun day at Pottery Bank

Date: Tuesday 30 May 2023 **Time:** 11.00 am – 1.00 pm

[Read more on InformationNOW](#)

First words together

Date: Wednesday 7 Jun 2023 **Time:** 1.00 pm – 2.00 pm

A free stay and play session for parents or families with children under 2 at [St Martin's Centre](#). Help your little one learn to talk with play, stories, songs and more. You can also meet other parents in your area.

NAPI Parent / Carer launch day

Date: Wednesday 7 Jun 2023 **Time:** 10.00 am – 12.00 pm

[Newcastle Action for Parent and Toddler Groups Initiative \(NAPI\)](#) are launching a new parent / carer panel for parents, families or carers of children under 2 at [Byker Sands community centre](#). The events is free and includes sensory play, art ventures, music time and refreshments.

[Read more on InformationNOW](#)

An Afternoon of Tai Chi

Date: Saturday 24 Jun 2023 **Time:** 1.00 pm – 4.00 pm

Join Amanda Burrell, member of The Guild of Martial and Healing Arts for this afternoon session.

Tai chi is a practice that involves a series of slow gentle movements and physical postures, a meditative state of mind and controlled breathing.

Please wear loose fitting clothing. This event will be held outdoors, weather permitting.

[Read more on InformationNOW](#)

The Handlebards present A Midsummer Night's Dream

Date: Thursday 10 Aug 2023 **Time:** 7.00 pm – 9.00 pm

A brand-new production of Shakespeare's classic comedy A Midsummer Night's Dream! [The Handlebards](#) are cycling Shakespearean actors who carry all of their set, props, costumes on the back of their bikes to and from venues, as well as use cycles in their performances.

[Read more on InformationNOW](#)

Heartbreak productions present Sense and Sensibility

Date: Friday 28 Jul 2023 **Time:** 7.00 pm – 9.00 pm

Performed in the open-air, Jane Austen's biting social satire about sisters in straitened circumstances is sure to satisfy your summer romance requirement. Pack a picnic, grab your chaise longue (or blanket) and settle in for this literary classic with a Heartbreak twist!

Tickets cost £15: adult, £11: child, £42: family (2 adults +2 children)

[Read more on InformationNOW](#)

Novum the new summer festival for Newcastle

New organisation on InformationNOW

[Novum is a new summer festival for Newcastle.](#) It will run from August 11-13 with art, music, performances and installations.

This multi artform event will showcase local, national, and international talent, to transform the Civic Centre and surrounding area into a cultural playground, where you can make, explore and engage with art.

At the heart of Novum festival is the *Monumental Construction*. This is a temporary, recyclable, celebratory monument to the city created with local communities, designed by French artist Olivier Grossetête. You can get involved in workshops to help create the structure. Workshops are open to everyone from 6 to 10 August. The structure will be a focal point for performances throughout the weekend.

[Find out more about how to get involved on their website and social media,](#)

The event has been set up by the council with support from the North of Tyne Combined Authority, and will be delivered by Curated Place.

Virtually Tuneless Choir

Tuesday 28th March at 8pm £6 online

[Virtually Tuneless – an online choir](#) is a choir created just for those who couldn't reach a physical Tuneless Choir when we started returning to meeting in person.

Everyone is welcome to come along, and you'll get to sing like no one is listening with people from around the UK and even the world.

Read more on InformationNOW about [Music – get involved](#)

Multaka

Multaka is a volunteering, engagement and community group for people from migration backgrounds supported by TWAM

[Read more on InformationNOW](#)

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 and Richard

Lauren Hoy: Prevention, Information and Advice Lead at Newcastle City Council

Last updated: May 26, 2023

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