

7 July 2023 InfoNOW News

NetworkNOW Summer Event

At our NetworkNOW event on 30th June we celebrated some amazing milestones so far

Over 400,000 people visited InformationNOW this year

Over 400,000 pages of information have been read

You can [watch a short video of just some of what InformationNOW has been busy with in 2023!](#)

We heard from some great guest speakers:

Megan from Newcastle GP surgeries discussed [Newcastle GP Services \(NGPS\) the federation for GP's in Newcastle](#) and the role of [Social Prescribers](#)

Fiona the Carers Lead for Newcastle discussed the carers offer in Newcastle including [Information and advice](#), tailored support from [PROPS](#), [Newcastle Carers](#), [Skills For People](#) and [British Red Cross](#).

Jake from [North East & North Cumbria NHS Integrated Care Board \(ICB\)](#) discussed [the role of the ICB](#), health challenges in the North East and [how to get involved](#)

Lisa from [Get Online Newcastle](#) showed us how more Newcastle residents can get free help to get online and access digital services [including courses and a dedicated helpline](#).

Chiara from [NHS Newcastle Talking therapies](#) discussed how people struggling with depression, anxiety, excessive worry or low mood can easily refer in to be supported by a mix of [traditional therapies and innovative digital approaches](#).

Stacey from [Newcastle Adults Safeguarding Board](#) discussed how to report concerns and how to access safeguarding learning

If you'd like to join one of our NetworkNOW events in future please contact informationnow@newcastle.gov.uk

Read more about [InformationNOW's offer](#)

NCTA Mayor's question time

Thursday 13 July 6.30 to 7.30pm at Herschel Building, Newcastle University, NE1 7RU.

North of Tyne Combined Mayor's (NCTA) Question Time is your opportunity to have a voice on

the things that matter to you.

Mayor Jamie Driscoll will answer your questions at an event in Newcastle – hosted by former BBC Radio Newcastle presenter Alfie Joey.

The combined North of Tyne authority mayor was elected in May 2019 on a manifesto which pledged to focus on community wealth building, addressing the climate emergency, setting up community hubs, building affordable housing, and developing meaningful adult education.

At the event he will discuss work to bring thousands of new jobs, affordable new homes, and big businesses to the region and plans for the future of the North East.

There will be British Sign Language interpreters live at the venue.

You can book a ticket to attend the event in person and pre-ask a question [via Eventbrite here.](#)

You can book a ticket to to be part of the virtual Zoom audience for Mayor's Question Time [via Eventbrite here.](#)

Read more about the [North of Tyne Combined Authority on their website](#)

Scotswood Garden Summer Open day

Saturday 15 July 2023 11am to 3pm

Scotswood community garden are holding a Summer Open day for all. You can explore their summer garden, learn more about honey bees from their experienced beekeeper, take part in craft activities, enjoy “She Choir”'s performance and buy homegrown plants. Refreshments will be on offer (including cake!) and youre invited to bring your own picnic too.

Book a place at [the Open day event on Eventbrite here](#)

Read more on InformationNOW about [Scotswood Community Garden](#)

New Autistic and ADHD Adult Service

[Tyneside and Northumberland Mind](#) are starting a new Autistic and ADHD Adult (18+) service, wholly led and facilitated by neurodiverse experts-by-experience. The service is open to anyone living in Gateshead, Newcastle, North Tyneside, South Tyneside, and Northumberland who is either diagnosed or self-identifying as neurodiverse and wanting to improve their mental health and wellbeing.

The new service will include:

- A regular social group in Gateshead at New Century House office, 10am – 12pm every first Friday of the month. The first session will be July 7th.

- 1:1 sessions with our OT. People will devise and enact coping strategies and receive support to create personal goals.
- ‘Autism and Me’ 5 Week Course : July start, date TBC. People will learn about their autism and develop strategies to improve their wellbeing.
- ‘ADHD and Me’ 5 Week Course : Likely Sept start, date TBC. People will learn about their ADHD and develop strategies to improve their wellbeing.

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

New temporary library opening in Outer West

A temporary library in the Outer West has been constructed and it will offer library services to the community until the new Leisure Centre complex is completed. It's hoped that the temporary library will be open to the public by mid-July.

Read more about the temporary Outer West library [here](#)

Join the Good Food Movement

[Food Newcastle](#) are bidding for the Silver Sustainable Food Places Award to celebrate the fantastic work being done across the City when it comes to sustainable food and building a more sustainable food culture. They're looking for individuals and organisation in Newcastle to tell them what you're doing to make Newcastle a healthier & more sustainable food city. Visit their website to record the actions you are doing at home or work, and [submit your own ideas or recommendations](#).

You can also visit their [interactive pledge platform](#)

The application will focus on key themes which are reflected in their [Good Food Plan](#). These include:

Theme 1 – Diet-related ill health & access to food

Theme 2 – Tackling food poverty

Theme 3 – Building community food knowledge & skills

Theme 4 – Strengthening the local sustainable food economy

Theme 5 – Transforming catering & procurement

Theme 6 – Environmental sustainability & reducing food waste

[Read more here](#)

Read more on InformationNOW about [Food and Friends](#)

Citizens Advice Newcastle new advice drop in sessions

Citizens Advice Newcastle (CAN) give free, confidential and independent advice to people who live, work or study in Newcastle. They offer advice on a range of issues including: Benefits, education, employment, family disputes, health care, housing, homelessness, immigration, citizenship and human rights.

You can speak to an advisor by phone, webchat, email or [complete a form on their website to self-refer](#).

They are running a series of advice drop in sessions in the community and in schools

Mondays: Action for Children at [Galafield Centre](#) Drop in 9am to 12pm

Tuesdays: [Action for Children](#), The Haven, Halewood Ave, Kenton, Newcastle upon Tyne, NE3 3RX. Drop in 10am to 12pm

Wednesdays: [Action for Children](#), Wesley House, Bond Street, Newcastle upon Tyne, NE4 8BA by appointment Wednesdays 10am until 1pm

Thursdays: [St Vincent Support Centre](#), drop in Thursdays 12.30pm to 3.30pm

Thursdays: City of God Christian Centre, 25 Church Walk, Walker, Newcastle upon Tyne, NE6 3DP drop in 11am to 1.30 pm

Monday to Friday, 10am to 12pm: For urgent matters you can drop in for advice at the City Library (subject to availability) from

Read more on InformationNOW about [Dealing with debt](#), [Problems at Work](#), [Your Consumer Rights](#)

NU Foundation young people programme

Newcastle United Foundation are offering opportunities for young people aged 16-25 who are not currently in education, employment or training.

The Prince's Trust TEAM course includes:

- 12-week course
- Work experience
- Adventure training
- Gain relevant qualification
- and more

For more information and to book your place, email: david.douglass@nufc.co.uk or call 07583 007618.

Read more on InformationNOW about [Newcastle United Foundation](#)

EC Rider Summer trips

Do you have a concessionary travel pass? Looking for some summer trips out?

The Elders Council's EC Rider has plenty of ideas for days out using public transport and a Concessionary Travel Pass.

You can view the [EC Rider on their Website here](#)

Read more on InformationNOW about [Elders Council of Newcastle](#)

Dementia Advocacy service

[Silverline Memories](#) have launched a Dementia advocacy and care navigator service to provide guidance and support to people affected by dementia. This could be help with planning care, support during a moment of crisis or helping advocate for your voice to be heard. The service can be contacted via 0191 6031099 or hello@silverlinememories.com

Read more on InformationNOW about [Dementia](#)

Job roles at Learning for Life

Learning for Life is a registered charity and Northeast provider of education and social care services for children and adults aged 16 plus who have a diverse range of complex needs and disabilities.

They have Team Leader and Support worker opportunities available.

Read and download the [Support worker and Team Leader application pack here](#)

Read more on InformationNOW about [Learning For Life](#)

TechUPWomen

Durham University, partnered with Catch 22, are offering a free, online IT support training course for women and non-binary people in the North of England aged 18 to 30.

The course provides learners with the knowledge and skills they need to start in a career in the Tech sector including IT skills plus workplace readiness.

- Start date 22nd July
- Application closing date Monday 17th July.
- 6 week course – Mondays and Tuesdays

For more details, [click here](#)

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

Breast Cancer Screening Units in Newcastle

In 2022 28000 people were invited to breast cancer screening appointments but 9520 people didnt take up the offer.

Community breast screening units have been set up in Newcastle. If you are aged between 50 and 70 years old and registered with a GP you can take part in a breast screening.

Screening units are currently at:

Byker East End Pool, Hadrian square, Byker, NE6 1AL

Campus for ageing and vitality, Westgate Road (near the Walk in Centre), NE1 6BE

You can ring 0191 282 0202 for more information

Read more on InformationNOW about [Cancer](#)

NIHR BioResource

[Connected Voice Haref](#) are collaborating with [NIHR BioResource](#), together with 8 community organisations across the country with one shared goal: to address health inequalities for ethnically marginalised communities by **making research more inclusive**.

Recently, one of the partner organisations, [Chronically Brown](#) has produced a film for the BioResource showing the volunteering experience from start to finish. [Have a look at the video](#) in which Sukhjeen Kaur talks about her reasons for participating and demonstrates the process of donating a sample.

Ethnically marginalised communities are disproportionately impacted by health inequalities but under-represented in health research. This collaboration is working together to change that and has community voices at its core. We are all committed to making long-lasting change.

You can read more about the project [here](#) or [Sign up to take part in the BioResource](#)

[Read more about Haref's involvement with this campaign](#)

Read more on InformationNOW about [NIHR Research](#)

Opportunities for Action

Give Hope A Home

The North East of England is experiencing a growing number of unaccompanied young people arriving from other countries, often fleeing from a set of extreme circumstances, with no clear plan beyond preserving their life.

Local Authorities in the North East are seeking individuals and families who are willing to open their homes to these young people and become their anchor while they press reset on their short lives.

They will need practical assistance but will also require emotional support as they adjust to their new surroundings against a backdrop of language barriers, cultural differences, and misinformation. You will be provided with the appropriate training, guidance and practical support that will ensure you are well equipped to provide a much-needed stable and nurturing environment.

If this sounds like something you can offer, please click on the link below for further information.

[Newcastle \(sibforms.com\)](https://www.sibforms.com)

[Give Hope a Home – North East Migration Partnership](#)

Newcastle and Gateshead HDRC Event

3 August 2023, 9:45am to 12pm

How can research help to overcome health inequalities for local communities? Calling all Voluntary and community organisations, come along to an information and networking event hosted by Connected Voice, to learn about the new [National Institute for Health Research \(NIHR\)](#) funded [Health Determinants Research Collaborations \(HDRC\) at Newcastle City Council](#) and Gateshead Council!

During this event you will have the opportunity to:

- Learn about what the HDRCs are
- How can they support your work
- Get involved in discussions around what research means to you and ways to become more research-focused in your decision making!

It will also be a great way to network with other voluntary and community sector organisations in the area!

Book a space via InformationNOW: [Newcastle and Gateshead HDRC introduction and networking event](#)

Learn about the Integrated Care System

Monday 31st July, 1.30pm – 2.30pm via Zoom.

Join [VONNE](#) at their next ICS information session on 31 July covering:

- What is the Integrated Care System (ICS)
- How can the Voluntary, Community and Social Enterprise (VCSE) sector feed into healthcare changes that are happening in our region?

What is the North East and North Cumbria VCSE Partnership Programme and how can my organisation be involved

If this sounds like something you can offer, please click on the link below for further information.

[Find out more and register a place here](#)

Read more on InformationNOW about [The Integrated Care System \(ICS\)](#)

Digital VCSE Trustee Matchmaking

Online sessions Wednesday 19th July and Monday 21 August

Third Sector Labs This event gives charities and those working in the technology sector the chance to connect via matchmaking, talks and more. Matching digital professionals looking to find a charity board to join to Voluntary, Community and Social Enterprise organisations looking to recruit a digital trustee.

Come together in this online event to explore how we can get digital on the agenda of every charity board in the UK.

You can [register for the 19 July session here](#)

You can register for the [21 August session here](#)

Read more about [Third Sector Lab's work](#) including their [Charity Digital Code of Practice](#)

TWAM Health & Social care symposium

Wednesday 13 September 2023

Tyne and Wear Museums (TWAM) are putting together a symposium, on Wednesday 13 September, for those working in health and social care, to hear about and explore how they might use museum resources in their daily care practice.

The day will include keynote talks, workshops and practical demos.

Please see the [Tyne and Wear Museums website](#) or the [attached flyer for more information](#). You can book tickets [here](#).

You can read more about [TWAM' Museum Health and social care resources here](#)

Byker Metro Public display consultation

Nexus the organisation that runs the **Tyne and Wear Metro** are looking for the public view on the future of public art at Byker metro station. The station originally had a glass wall until 2003 due to damage. It was replaced by panels which have featured many temporary artworks since. The proposed future plans are:

Option A: Continue to use the rear wall for temporary artworks on display between 6 months and 2 years with improved lighting and easier installation. Continuing to work with the local community on arts project's

Option B: Return the rear wall to glass. Apply for external funding for a commissioned permanent artwork designed into the glass. Have the commissioned artist work with local people for the final appearance.

Nexus would like to know your preference by emailing consultations@nexus.org.uk or you can write to Byker Arts consultation, 1st floor Nexus house, St James Boulevard NE1 4AX

Read more on InformationNOW about [Public transport](#)

Transport for the North: Strategic Plan

14 July and 31 July 2023, 11am to 3pm

[Transport for the North](#) is currently consulting on its strategic plan for the north of England's long term strategic transport priorities up to 2050. This includes They are holding an in person drop in at the Royal Station Hotel on 14 July and an online workshop on 31 July.

You can read [a copy of their draft strategy plan here](#)

You can [book a place at the Royal station Hotel event on Eventbrite](#)

You can [book a place at the online workshop event on Eventbrite](#)

There is also the opportunity to leave your feedback either by [visiting their virtual consultation room here](#) or emailing stp@transportforthenorth.com

Read more on InformationNOW about [public transport](#)

Research+ME

Research and clinical trials often don't represent our local populations, Newcastle Hospitals trust Research+Me scheme aims to encourage people to get involved in health research to change that.

You can complete a short survey to see if you would like to be told about health research you could take part in in Newcastle.

You can find the [Research+Me survey link here](#)

What is it like to live in Byker or Walker in 2023?

[Newcastle City Council Communities Team](#) are asking residents of Byker and Walker what it is like to live in the area and what would improve your experience. They particularly want to hear from residents about housing, housing support services, health services and community services.

They are also asking organisations and services in Byker or Walker to share their views. They are also asking to share any recent work organisations or services have completed such as surveys,

engagement, consultation or information gathered from work around this subject.

The results will help identify key areas for possible future investment.

There is a short video to explain the consultation process [you can watch here](#)

You can complete the [Byker or Walker residents survey here](#)

You can complete the [Byker or Walker organisation or service survey here](#)

If you would like a copy of the Evaluation report please [complete the form here.](#)

Read more on InformationNOW about [Lets Talk Newcastle](#)

Spotlight On

Newcastle Public Health Training offer

[Newcastle Public Health](#) offer multi-agency training on line and face to face. This training is designed to help practitioners learn new skills and to enhance their offering to their clients and potentially colleagues.

The training courses are suitable for staff from many different sectors and organisations such as:

- Specialist domestic and sexual violence and abuse service providers
- Health professionals, for example, midwives, health visitors, GPs, nurses, mental health services, school nurses
- Adult and children's safeguarding practitioners
- Education sector
- Housing and hostel services
- Alcohol and drug services
- Community and voluntary sector
- Criminal justice agencies

You can view [Public Health Newcastle's training offer in detail on Newcastle Councils website here](#)

Read more about [Public Health's last Newcastle report](#)

Research and reports

Age UK poverty in later life

Poverty among people retired in later life has risen during the last 18 months, with 2.1 million pensioners in the UK in relative poverty. Age UK have published a report looking at

the issues, effects and possible strategies to change this.

[You can read the report here](#)

Read more on InformationNOW about [Getting advice about your finances](#)

Just barely surviving report

Just barely surviving the latest report from [Save the Children](#) considers the cost of raising a family in 2023 and the impact of living costs for low income families. A copy of the report is available [here](#).

Read more on InformationNOW about [Support for people with low incomes](#)

Unsustainable funding, what is it and how does it impact our VCSE sector?

VONNE's VCSE Engagement Coordinator has produced a three-part blog report looking into the state of funding in the VCSE sector, what can be done to improve funding for the sector and how VONNE as a Local Infrastructure Organisation is providing the region with support.

Read the blogs:

[Blog series: Part one – Sustainable Funding, background and context.](#)

[Blog series: Part two – how unsustainable funding can impact the VCSE sector and its beneficiaries.](#)

[Blog series: Part three – Sustainable funding, moving forward and what is VONNE doing to support the sector?](#)

Read more on InformationNOW about [VONNE](#)

Resources

SafeCARE Toolkit

The Vita Network have launched their SafeCARE Toolkit, a resource for NHS healthcare professionals to advocate for the provision of equal and safe care for all patients, regardless of immigration status, within their clinical workplaces.

Click [here](#) to access the toolkit.

Read more on InformationNOW about [help to use health services for refugee and asylum seekers](#)

Active Inclusion cost of living training

Active Inclusion Newcastle are holding sessions for frontline staff and volunteers who come into contact with people who are struggling financially due to the current cost of living crisis. These training sessions are aimed at staff and volunteers who may support people who are experiencing difficulties with debt, benefits and housing (but are not specialist advisers)

You will learn why it is important to know about the services provided by Active Inclusion Newcastle, how they can help the residents you work with, how you can refer into their services and what other support may be available.

Upcoming dates:

Wednesday 19 July 2023 3pm to 4pm

Friday 25 August 2023 10am to 11am

Monday 25 September 2023 1pm to 2pm

If you would like to attend please email activeinclusion@newcastle.gov.uk with your details and which session you would like to attend. If you work for Newcastle City Council you can sign up for these sessions via iLearn [here](#).

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

Domestic Abuse Multi-Agency Training Programme

Safe Newcastle is the Community Safety Partnership for Newcastle upon Tyne. Their vision is to create a safe Newcastle by tackling crime, including domestic abuse, alcohol, drugs, anti-social behaviour and their impact on the residents of our city.

Please use the [link here](#) for information on the Safe Newcastle Domestic Abuse Multi-Agency Training Programme for 2023-24.

Read more on InformationNOW about [Adult abuse](#)

Summer Kids eat free or cheap meals offers

This July the following supermarkets, cafes and restaurants have announced free or cheap meal offers to children accompanying parents to eat to support people during the cost of living crisis

Asda

Kids eat for £1 all Day, every Day at Asda cafes, with no adult spend required until the end of September 2023. Asda also provides half price adult meals after 3pm and free baby food pouches for children under 18 months old with any purchase. until December 31st 2023. [More information about the offer can be found here](#)

Morrisons

Kids eat free all day, every day in Morrisons cafes nationwide, daily with every adult meal over £4.49. This offer includes half terms. [More information on Morrisons kids eat free offer can be found here](#)

Tesco

Kids Eat Free with any purchase of 60p or more by an adult in the café at Tesco. Clubcard/app required. Offer available from Monday 24th July – Friday 1st September 2023 in England. [More information on Tesco's kids eat free offer can be found here](#)

Sainsbury's

Sainsbury's Cafes offer one child hot meal or lunch bag for £1 with any adult main meal purchased over £5.20. This offer is on every day from 11:30am. Kid's mains include one main, 3 sides a drink and a piece of fruit. [More information about the offer can be found here](#)

Brewers Fayre Pubs

Up to two Kids (under 16) eat free, unlimited breakfast with any purchase of an adult's breakfast. [More Information can be found here](#)

Sizzling Pubs

Between 3pm – 7pm (Monday to Friday), kids eat for £1 with the purchase of every 1 adult main meal in Sizzling Pubs in England. [More information can be found here](#)

Bella Italia

Children can eat for £1 with any adult main. The offer is valid between 4-6pm Monday to Thursday. [More information can be found here](#)

Yo Sushi

From Monday the 17th of July until Friday the 11th of August, kids eat free all day at YO! Sushi when dining with a full-paying adult (minimum £10 spend). [More information can be found here](#)

Dobbies

Every day from 12pm, for every purchase of an adult meal, kids eat for FREE. The meal includes their kid's lunch menu or pick 'n' mix' meal, plus a drink. More [information can be found here](#)

IKEA

Kids can enjoy Kids Pasta with Tomato Sauce and a soft drink for 95p or any other Kids Meal for £1.50 every day from 11am. [More information can be found here](#)

Read more on InformationNOW about [Free meals and cheap food in Newcastle](#)

New money saving AI Chatbot

You'll almost all have heard of ChatGPT – the artificial intelligence chatbot is the talk of 2023 Money Saving Expert from Martin Lewis is launching an experimental version of MSE ChatGPT – **you can ask it questions and get answers powered by MSE's guides**. For now, it's only available in the free MSE App

To get MSE ChatGPT, you can [download the free MSE App](#)

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

Upcoming Events and activities

Summer Reading Challenge

Monday 10 July to 25 August 2023

This year's Summer Reading Challenge for children is Ready Set Read! It's all about sports, games and working together.

To take part in the challenge you need to join your local library, then borrow and read 6 books over the summer holidays. As you read more books, you will collect rewards. When you complete the challenge, you get a medal and certificate and a chance to win prizes, which include a Nintendo Switch, scooters and sports tickets!

You can join the Summer Reading Challenge at your local library from Monday 10th July.

There is a variety of [activities for busy bodies](#) at Newcastle libraries such as library crazy golf, silent discos and party games

You can [take part in a design challenge](#) to create a board game that celebrates Newcastle and the area you live in. Prizes to be won.

There's lots of special

Join an [Illustration Workshop with Liz Million](#)

Enjoy Storytime with [Ready Set Read Pop up Story](#)

Boogie on down with [Bollywood Boogie!](#)

Battle it out at the [Nerf Gun Battleground](#)

Fun for all the family with [Family Games Fun](#)

Have a look at the [full list of Ready Set Read events here](#)

Masala Festival 2023

17 to 23 July 2023

Masala Festival returns for 2023. The festival is a South Asian Arts and Culture celebration with many activities and events. It is presented over one week across the Newcastle, Gateshead and the North East of England. It is co-ordinated by [Gem Arts](#).

Highlights include a [Mini Mela](#), [Out of Sri Lanka Poetry](#), and [BBC Proms at Sage Gateshead: Yazz Ahmed and Arun Ghosh](#)

Read more about [Masala Festival on InformationNOW](#)

Ouseburn Trust Events Newcastle

[Ouseburn Trust](#) are supporting a range of walking events this summer

Ouseburn Festival a free annual festival of art, music & attractions of Ouseburn Valley is on the 15th & 16th July,

[you can view the festival program here](#)

You can [book a space and find out more on InformationNOW](#)

There are also summer walks around the area on various dates

Sunday 9 July 11am Victoria Tunnel Overground Walk, Part 1

Walk to the site of the former Spital Tongues Colliery and explore the route of the Victoria Tunnel built to carry coal under the city.

Thursday 20 July 7pm Dead & Buried: Saint Ann's & Ballast Hills

Discover the stories of Ouseburn's past via graveyards and The Dead House.

Tuesday 25 July 7pm Ouseburn's Steps and Stairs

Go up and down some of Ouseburn's oldest and newest stairs and discover their stories.

Tuesday 1 August 7pm Ouseburn Culvert Walk

Join this overland walk to find out how the culvert was built and how it has affected the local landscape.

Northern Pride Festival

Northern Pride Festival weekend returns for 2023, bringing the LGBTQ+ community, their families, friends and allies together. The weekend will start with a march through the centre of Newcastle at 12 noon Saturday 22nd July, from Newcastle Civic Centre ending at the Town Moor.

The 2 day Pride festival ran by [Northern Pride](#) features the United as One main stage for headline music and performance acts, the BeScene dance and cabaret zone, and a Community Village.

Read more about and book tickets for [Northern Pride Festival 2023 on InformationNOW](#)

New and updated organisations

Tyneside and Northumberland Mind

[Tyneside and Northumberland Mind](#) offer free advice and support to people living in Newcastle. They have a mental health support service for autistic people and people with ADHD. You can get one to one support and attend a regular social group which meets in Gateshead on the first Friday of the month.

Read more on InformationNOW about [Tyneside and Northumberland Mind](#)

Man V Fat Football

MAN v FAT Football is a football league for men who want to lose weight. You can join a community of people to enjoy football, lose weight and get healthier.

Read more on InformationNOW about [Man V Fat Football](#)

Mans Hour

If you are a man, aged 16+, living in Tyne & Wear or Northumberland who has experienced domestic or sexual abuse you can receive 1-to-1 counselling, advice & guidance, as well as access to a support group.

Read more on InformationNOW about [Mans Hour](#)

Comfrey Project

The Comfrey Project works with refugees and asylum seekers on allotment sites across Newcastle and Gateshead with the aim of improving their conditions of life and general wellbeing.

Their grounding programme is a 6 week programme for refugee and asylum seekers with a focus on nature, wellbeing and building confidence. They are now taking referrals for their sessions on Wednesdays, 9:30am to 12pm or 12:30pm to 3pm.

Read more on InformationNOW about [The Comfrey Project](#)

New and updated articles

Summer activities

Summer is the perfect time to get out and about and InformationNOW some ideas for things to do on your own, with a partner or friend, as a group, with children or grandchildren.

Read more on InformationNOW about [Summer activities](#)

Things to do in Newcastle

Whether you live in Newcastle or are just visiting, there are many ways to enjoy a great day out . Newcastle and the surrounding areas of Tyne and Wear and Northumberland offer a varied mix of attractions and some free things to do.

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

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

Last updated: July 11, 2023

Recent Newsletters:

[InformationNow News 11 May 2026](#)

[InformationNow News 24 April 2026](#)

NEWS InformationNOW InformationNow is a published author! The Spring 2026 edition of Consumer Choices has used our How to make a good complaint article. Consumer Choices is an educational textbook used for ad...