

17th August 2023 InfoNOW News

Have you spotted our InformationNOW video in Newcastle GP surgeries?

While you're waiting in your local GP surgery you can watch our short introduction to InformationNOW video on the patient information screens.

Feedback from staff and patients has been really positive.

"InformationNOW is great. So much going on! I just found out about it. Wish I'd known about it sooner"

If you have a screen that you would like to display our information on, please email InformationNOW@Newcastle.gov.uk and help us to introduce InformationNOW to people so they can find the right information, at the right time.

Carers information

Newcastle City Council Carers Lead Fiona Richardson is writing to carers in Newcastle with a handy leaflet about local services and support. There's the opportunity for carers to give feedback about their experiences too.

If you support carers in your organisation, please let them know that they might receive a letter.

For more information please contact fiona.s.richardson@newcastle.gov.uk

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

More people eligible for shingles vaccination

The government's Joint Committee on Vaccination and Immunisation (JCVI) has recommended that anyone who is severely immunosuppressed aged 50 years or over will be [eligible for a shingles vaccination](#). From Friday 1 September changes will also be made for anyone turning 65 and 70.

Read more on InformationNOW about [Shingles](#)

Urinary Tract Infection Think Pharmacy First

Pharmacies across the North East and North Cumbria offer patients easy access to advice and treatments for Urinary Tract Infections (UTIs).

Your local pharmacy can give you advice and treatment for a UTI without having to see your GP or get a prescription. This scheme is aimed at women aged 16-64.

Find your [nearest participating pharmacy here](#).

Read more on [Urinary Tract Infection \(UTI\) – Information Now](#)

Measles vaccinations

Measles cases are on the rise, so now is a good time to make sure you and your family are up to date with the MMR vaccine. [Check your child's red book](#) to see if they are up to date. If they have missed any doses contact their GP practice to book an appointment.

[Read about vaccinations and when to have them](#).

Read more on InformationNOW about [Baby, children and young people's health](#)

Voices of my past CNTW

[New 'Voices of My Past' project](#) explores a different way of supporting people living with dementia who hear voices.

The [Cumbria, Northumberland, Tyne and Wear NHS Foundation Trust \(CNTW\)](#) project will take place across North Cumbria for 12 months, from August 2023 to August 2024.

By the end of the project, the team hope to be able to put together some guidance and training to help other CNTW NHS staff support people in this way.

Read more on InformationNOW about [Dementia and Hearing voices and hallucinations](#)

New courses at Newcastle City Learning

[Newcastle City Learning](#)'s new brochure is out now. Look out for your copy being delivered through your letterbox or download their [new brochure](#) now.

Whether it's vocational courses, pre-employment training, skills for life and work, arts, photography and languages or community learning, there's have lots on offer.

Find out more about employer responsive provision, and programmes for young people and for those aged 19+ with learning difficulties and disabilities.

Pop into Westgate College or Heaton Centre sites to find out more, [visit their website](#) or you can [enrol online](#) for many courses.

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

Ask for ANI (Action Needed Immediately)

[Ask for ANI \(Action Needed Immediately\)](#) is a codeword scheme developed by the Home Office to provide a discreet way for victims of domestic abuse to signal that they need emergency help from the safety of their local pharmacy.

You can ask for ANI in Boots pharmacies to let staff know that you need an emergency police response, or help to contact a helpline or specialist support service.

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

NHS Virtual Wards expansion

[Virtual ward 'hospital at home' services](#) will expand to cover children in every region after successfully treating more than 6,400 children over the last year. The service will treat a range of conditions like respiratory illness, such as asthma, and heart conditions.

The [NHS plan was announced](#) during the NHS 75th Birthday celebrations

You can watch an [NHS video about an existing virtual ward in North Tees and Hartlepool here](#)

Read more on InformationNOW about [Baby, children and young people's health](#)

North East North Cumbria Women's Health Conference

Thursday 19 October 2023, Stadium of Light, Sunderland

The North East and North Cumbria Integrated Care System and the Office of Health Improvement and Disparities are co-hosting a Women's Health Conference and this will follow the themes laid out in the national strategy, with the aim to develop a NENC Regional Women's Health Strategy implementation plan moving forwards.

The aims of the event are to:

- Celebrate and showcase work from across the region
- Provide a platform to share some of the research and evidence underway across our region
- Take forward development of the NENC Women's Health Implementation Strategy/Plan
- Share data on the women's health profile across NENC
- Raise awareness of inequalities faced by women who have more needs or from particular vulnerable groups
- Provide CPD opportunities to learn and share knowledge across public health networks

- Build our networks and allies

[You can book your place at the event on Eventbrite](#)

Ballot open for places at National Creative Ageing Conference in Newcastle

[Equal Arts](#) the Arts Council England and The Baring Foundation are bringing together over 50 presentations from artists and voices of those with lived experience and from the care, health and cultural sectors.

Between July 28, 2023, and September 1, 2023 the ballot for in-person tickets will be open. As a national event they want to ensure the event is open to a diverse audience with a geographical spread. [You can apply for a ticket now](#) and they will let you know if you have a ticket by September 4, 2023.

Read more on InformationNOW about [Art galleries](#)

Preventing admission in to NHS in-patient services survey

The NHS are looking to understand a bit more about how and why autistic people, and people with a learning disability, are admitted into specialist in-patient services, and would welcome your help with this.

They will use this information to understand what circumstances led to an admission, what could have prevented an admission from your perspective, and any successful examples of what has prevented an admission. They will also use this information to help them commission more effectively.

[Complete the survey online](#) by 31st August.

If you have any questions contact mark.humble1@nhs.net, or ruby.burdis@nhs.net

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

Parents of children with learning disabilities study

Researchers at Northumbria University, in Newcastle, are recruiting parents of children diagnosed with intellectual/learning disabilities (with or without autism/ADHD) to take part in a project exploring whether relaxing natural spaces, simulated with virtual reality, might alleviate feelings of stress.

Please contact brian.lovell@northumbria.ac.uk for more details. You will receive £20 for taking part.

Read more on InformationNOW about [Learning disability local support services](#)

Cost of Living impact on students

Growing numbers of students are falling victim to domestic abuse and criminal exploitation as welfare services struggle to keep pace with demands for cost-of-living support, MPs have warned.

Financial pressures are pushing more students to drop out of further education in the past year, with colleges warning that keeping attendance up has been “one of their main challenges”.

“Vulnerable students are often drawn into lawbreaking because of extreme financial destitution, which puts them at serious risk whilst also having a negative impact on their studies,” the APPG report said.

Hartlepool College of Further Education, said there had been a 75 per cent increase in the number of 16-18-year-old students asking for help with food.

Read the article and report in full [Cost-of-living crisis driving up abuse of college students \(feweek.co.uk\)](#)

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

Healthwatch reasonable adjustments report

[Healthwatch Newcastle](#) engaged with autistic people and people with a learning disability to understand their experiences accessing and using GP services in Newcastle. The survey looked at the reasonable adjustments that could be made for autistic people and people with learning disabilities when accessing GP services in Newcastle.

[Read the full report](#)

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

Sustainable Warmth scheme

[The Sustainable Warmth scheme](#) has new funding to support low-income households, who do not have gas central heating, with energy saving home improvements like insulation and solar panels.

Read more on [Help with heating problems and how to pay for them – Information Now](#)

Find a grant

[Gov.uk's Find a Grant service](#) is where you can search for government funding to help you pay for things such as a new boiler.

Read more on [Emergency funds and support – Information Now](#)

CQC Mental Health Act Complaints

The Care Quality Commission (CQC) have updated their information on how people can [complain about use of the Mental Health Act](#) and included new information on the early resolution process.

Read more on InformationNOW [Making decisions and your mental capacity](#)

LGBTQ+ Youth Mental Health first Aid courses

Old Library Building, Newcastle University
20 September and 21 September 2023, 9am – 5pm approximately

Practitioners working alongside LGBTQ+ communities across our region are being offered fully subsidised places on a Youth Mental Health First Aid Course. This fully accredited course from Mental Health First Aid England enables practitioners who work with young people (aged 8-18) to identify the early signs of mental health difficulties and signpost them to the relevant professional support.

Attendance on both days is mandatory and required to complete the course.

To book the course contact the Course Instructor Dr Catherine El Zerbi at Catherine.El-Zerbi@newcastle.ac.uk or 07436784832

Read more on InformationNOW about [Lesbian, Gay, Bisexual, Transgender, Queer/Questioning + \(LGBTQIA+\) support and groups in Newcastle](#)

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.

Activities this week include:

- [Creative writing](#)
- [Knitting](#)
- [Save the Planet group information and advice](#)
- [badminton](#)
- [baby and toddler groups](#)
- [summer activities at the libraries](#)
- [meditation](#)

and so much more!

Health and Social Care Get Hired event

Health and Social Care Get Hired event coming up on the 31st August 2023 for 18-30 year olds. You will learn what roles are available in the sector, in Newcastle, as well as employability support offered. There will also be employers there that can interview you on the day!



OPPORTUNITY ALERT!

GET HIRED

Are you aged 18-30, & looking for a job in social care?

We have a range of opportunities in Social Care in the Newcastle area

- Learn about the variety of roles available to you
- Employability support to help you with interview skills
- Meet with employers and interview on the day!



We have tons of eager employers, ready to meet you! Come to our recruitment event & GET HIRED!

If you are interested in please contact Chris for more info on:
chris.leech@princes-trust.org.uk

31st August 2023: 10am - 4pm

Newcastle city centre venue (Location received after registration)

If you, or anyone you know might be interested, email:

PrincesTrustNE@princes-trust.org.uk or chris.leech@princes-trust.org.uk

Read more on InformationNOW about [Support to prepare for work or a job](#)

New organisations

NHS Care Volunteer Responder service

Check in and chat

[NHS Care Volunteer Responder service](#) is a free telephone service for people who are vulnerable, isolated or lonely. Volunteers will call you to check in and chat. The service is free and you don't need to be referred by a doctor.

You can have one off or regular phone calls from a volunteer. They will have a chat and listen to you. They can help you explore changes you can make in your life. For example to connect with others, become more physically active, to learn new skills or volunteer. They can signpost you to

other services and support in the community.

To arrange Check in and Chat calls, complete the online referral form on their website or phone them.

This NHS service is provided by the [Royal Voluntary Service \(RVS\)](#) and GoodSAM.

Read more on InformationNOW about [Finding friends](#)

Newcastle Community Pantry – Walker

[The Newcastle Community Pantry](#) is a low cost social supermarket. They help people who live in Walker, on a low income save money on food bills. To use the service you register as a member and pay a subscription fee of £5. You can visit the Pantry every week and choose a minimum of 10 items to take home. This includes: fresh fruit, vegetables, dairy items, tinned food and other essential household items.

When you first join bring a letter with you to show your address. The pantry accepts [Healthy Start vouchers](#). People with a voucher pay a reduced subscription fee of £2.50. To keep your membership active you need to visit once a month. Instead of prices they use symbols.

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

Updated articles

Keeping up with coronavirus

Updated article on InformationNOW with more on how to register if you would like to be invited for future booster vaccinations when they become available

Read more on InformationNOW about [Keep up to date with Coronavirus information](#)

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

Lauren and Richard

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

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