

18 September 2023 InfoNOW News

Food help near you tool

Did you know that you can find your nearest foodbank or community food help on InformationNOW? Use our handy organisation search in the article [Food banks and free emergency food in Newcastle](#).

[Read more on InformationNOW about Food banks and free emergency food in Newcastle](#)

Older persons month

October 1st is International Day of Older Persons, a day to raise awareness of opportunities and challenges faced by ageing populations, and celebrate their contributions to our communities. Newcastle has traditionally celebrated older people throughout the month of October (supported by the Age Proud Network and [Elders Council](#)). This has previously been known as [imAGE – Age Proud Newcastle](#)

Get in touch with InformationNOW if you are planning anything to mark Older persons day or older people during October – whether it's workshops, seminars, volunteer opportunities, or any other activities aimed at promoting the wellbeing and dignity of older persons. We will be promoting the many ways Newcastle celebrates older people this October.

[Search InformationNOW for Events during Older persons month](#)

Newcastle Civic centre jobs fair

Wednesday 4 October 2023, 10am to 2pm, Civic Centre, Barras Bridge, Haymarket, NE1 8QH

Looking for a job, training, support or a step up the career ladder? Be part of one of the region's largest jobs fairs hosted by [Newcastle City Council](#), [Your Homes Newcastle](#) and [Job Centre Plus](#) at Newcastle Civic Centre.

To book your free space at the job fair you can use [this Eventbrite link here](#)
If you need help to book contact the Skills Hub on 0191 277 4125, skillshub@newcastle.gov.uk
or text 07977 730 739

[Read more on InformationNOW about Looking for a job or work](#)

Community Forest website launched

[The North East community Forest](#) have launched their own website.

The North East Community Forest (NECF) covers 1,503 square kilometres of North East England, including Newcastle, Gateshead, North Tyneside, South Tyneside, Sunderland and County Durham. This 30 year, multi-million pound project will see tens of thousands of trees planted and all new woodland in the region

[You can view a map of the NECF here](#)

To see what has been happening recently you can view the [North East Community Forests annual report 2022 to 2023](#).

Read more on InformationNOW about [Parks, forests and green spaces](#)

New recycle points

You can now recycle your old electrical items at West End Library. Deposit your kettles, toasters, headphones and other small electricals in the new blue bin.

To find your nearest recycling drop off points you can visit the [Recycle your electricals website](#)

Read more on InformationNOW about [Recycle and reuse](#)

ReGeon workshops

[Re:Geon Training](#) have a programme of fully funded workshops designed to Empower Individuals through Employability Support & Confidence Building, and to drive awareness around Climate Change and the Green Agenda.

These courses are open to people aged 16+ living in the North of Tyne area.

The following community courses are available free:

- Introduction to personal development – addressing poor coping mechanisms such as anxiety and ways to move past them.
- Sowing and growing – Learn to nurture plants and develop skills in horticulture.
- Food and nutrition – Learn the benefits of nutrient rich foods.
- Juicing masterclass – improve your health through juicing fruit and veg.
- Cooking on a budget – Learn how to cook meals for less.
- Gut Health – advice on how to heal your gut health.
- Plant based for beginners – Health benefits of a plant based diet with recipe inspiration.
- Kicking the sugar habit – Healthy eating habits to remove sugar from your diet.
- Strengthening minds through confidence building – Mindset workshops.

You can enquire about these courses or register using the [Re:Geon Community training form here](#)

There is an upcoming **Sowing and growing workshop** on Friday 22 September 2023, 10am to 12pm at St Martins centre, Byker, NE6 2RG

There is an upcoming **introduction to personal development workshop** on Friday 29 September 2023, 1:30 to 4pm at Wallsend Memorial hall, 10 Frank street, Wallsend, NE28 6RN

To book on to these workshops you can email sarah@regeon.co.uk or call 0191 466 1024.

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

Covid Vaccinations

From Monday 11 September residents of older adult care homes and those most at risk including those who are immunosuppressed will receive their **[COVID-19 vaccination](#)** first.

Carers, pregnant women, and health and social care staff will all be among the groups to be offered a COVID-19 vaccination this winter, as well as adults aged 65 and over.

Eligible people should wait to receive an invite from their local provider.

From 18 September, the NHS will start to invite people in priority order of risk and those eligible will be able to book an appointment on the National Booking Service.

Originally planned to start in October, vaccinations have been brought forward in line with the latest expert guidance on the new COVID-19 variant BA.2.86.

Read more on InformationNOW about [Coronavirus](#)

Skills Hub New ESOL employability service

Wednesday 11 October 2023. 2 to 4pm

[Skills Hub Newcastle](#) has a new service to help residents improve their English and find good work. Lots of partners across the city have come together to better support anyone who needs language and/or employment support.

[Download the poster here](#)

If you need help with your English or in finding a job: **[Book a place at the Improve your English event on InformationNOW](#)**

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

Crowdfund Project Creator workshop

Tuesday 19 September 10 to 11am, Online

Got an idea to bring a local place to life?

Crowdfund North of Tyne is an initiative to help you crowdfund projects to improve your area. They could pledge up to £5,000 towards your crowdfunding campaign on Spacehive.

Attend this project creator workshop online to learn how you can start an innovative and civic led crowdfunding projects in North of Tyne

Project groups will need to meet one or more of the following criteria to pitch to the main fund:

- bring people together in new ways
- support people's wellbeing and mental health – especially outdoors
- inspire creativity and opportunity for all – including promoting lifelong learning

The funding is split between organisations or constituted groups and individuals or non-constituted groups

North of Tyne Combined Authority uses **Spacehive** to help you create, fund and deliver your project idea. You can [find out more on the site](#) or [Download the poster here](#)

[Book a free space at the online workshop on EventBrite](#)

If you have any questions about the event or accessibility requirements, please email support@spacehive.com

Read more on InformationNOW about [North Of Tyne Combined Authority](#)

Volunteer Passport Meeting

October 2 2023, 11am, Online

Is your organisation looking for volunteers? If so, [Volunteer Passport Scheme Newcastle](#) could be the answer!

Join [Volunteer Centre Newcastle](#) for an online information session on Monday 2 October to find out more about the benefits of your organisation joining the Volunteer Passport Scheme as a scheme partner, allowing you access to fully recruited, trained and security checked volunteers

You can join the online Zoom Meeting with the details below:

Volunteer Passport Scheme-Information Session for prospective scheme partners

<https://us06web.zoom.us/j/81714061120?pwd=aC9aNIVUTU5HM1ZaNjJDWTkzcTdmdz09>

Read more on InformationNOW about [Volunteering](#)

Ethnically Minoritised Trustee Focus Group

Tuesday 3 October, 9:30 to 11:30am, The Comfrey Project, Windmill Hills Centre Chester Place Gateshead NE8 1QB

[Community Foundation Tyne & Wear and Northumberland](#) and [The Comfrey Project](#) are inviting people to take part in a focus group to examine best practice for supporting trustees who have English as a second language.

Their objective is to co-create practical guidance that will support charities to be better equipped to recruit and involve trustees (for whom English is not their first language). This will be shared during Trustees' Week (6-10 November) 2023.

If you have any questions please get in touch with The Comfrey Project at info@thecomfreyproject.org.uk or Colette at The Community Foundation: ch@communityfoundation.org.uk

You can [book a space on the Focus group via Evenbrite](#):

Read more on InformationNOW about [ESOL : English lessons for people who speak English as a second or other language](#)

Ethnically Minoritised Child poverty roundtable

Thursday 19 October 2023, 1 to 2:30pm

Join the [North East Child Poverty Commission](#) (NECPC) for this online roundtable on child poverty in our region, which is aimed at VCSE organisations that are BAME-led and/or primarily serve minoritised ethnic communities in the North East of England.

The NECPC is working with think tank [IPPR North](#) to explore what a child poverty strategy for the North East could and should look like, They'd like to hear the insights and ideas of voluntary, community and social enterprise (VCSE) organisations across the North East region on:

- the key drivers of child poverty in our region and potential solutions
- the impact of child and family poverty on the communities they serve
- activity they may already be undertaking to address this issue
- what more we could achieve by working together (particularly through North East devolution)

[Book a space at this event on EventBrite](#)

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

Housing review general public consultation

On 24 July the Newcastle city council cabinet agreed to carry out a consultation on the proposal to bring [Your Homes Newcastle](#) into the council. You can read the cabinet report [here](#). Tenants and leaseholders of YHN have already been contacted. Newcastle City council would like to also hear from those who **live in the city** (but aren't a tenant or leaseholder)

You can let them know what you think by:

1. visiting <https://tinyurl.com/Newcastle-Housing-Review> to complete a short survey (Please don't use this link if you are a council tenant or leaseholder). It only takes about five minutes to complete the survey. Everyone who responds will have a chance to enter a prize draw to win shopping vouchers worth up to £200.
2. emailing your comments to newcastlehousing@social-engine.co.uk – please confirm in your email whether you are a council tenant or leaseholder or a Newcastle resident
3. attending one of their drop-in sessions:
 - Wednesday 20 September: 9:30am to 11:30am – Galafield Centre, Newbiggin Hall, NE15 1LZ
 - Friday 22 September: 11am to 1 pm, West End Customer Service Centre, Condercum Road, NE4 9JH
 - Monday 25 September: 11am to 1pm – St Martins Centre, Roman Avenue, NE6 2RJ
 - Tuesday 26 September: 10am to 12pm – City Library, 33 New bridge Street, NE1 8AX
 - Thursday 28 September: 2pm to 4pm – Kenton Customer Service Centre, Hillside Avenue, NE3 3QJ

You can find further information about the consultation to help you answer the questions at: www.newcastle.gov.uk/housing-review

Read more on InformationNOW about [Buying or renting a house](#)

Independent advocacy service opportunity

Tuesday 26 September 12.30 to 2.30 pm, **Collingwood Room**, Newcastle Civic Centre.

Newcastle City Council is tendering for a [statutory independent advocacy service](#) in Newcastle.

This Contract will deliver the requirements for an advocate under the following legislation:

- Independent advocacy under the Care Act 2014
- Independent Mental Capacity Advocates (IMCAs) under the Mental Capacity Act 2005 including the Deprivation of Liberty Safeguards (DoLS)
- Relevant Person's Representative (RPR) which is covered in the Mental Capacity (Deprivation of Liberty: Appointment of Relevant Person's Representative) Regulations 2008
- Independent Mental Health Advocacy (IMHAs) under the Mental Health Act 1983, as amended 2007.

The session will give information about the proposed model for the contract, the value and information about the experience over the past eight years of the contract, as well as the timeline for procurement.

If you are an organisation interested in providing this contracted service, a representative from your service/organisation is welcome to attend the service provider event on Tuesday 26 September.

The event offers an opportunity to listen, for questions and discussion.

The NEPO market event reference is **DN688120**

To reserve your place please contact kate.bowman@newcastle.gov.uk

* Please note this event was moved from Armstrong Stephenson room to the Collingwood room on 19 September 2023 *

Read more on InformationNOW about [Advocacy support to get your voice heard](#)

Free school meals survey

Local [Citizens Advice offices](#) in Newcastle, Gateshead, North Tyneside, Northumberland, South Tyneside, Sunderland and Durham are currently conducting research with families to find out what issues and problems people have with accessing free school meals and the process of claiming.

If you are you a parent, carer or guardian then please complete the survey. Please share it widely with families that you work with, colleagues, friends and family.

You can complete the [North East Citizens Advice Free School Meals Survey here](#)

Read more on Newcastle City Council's website about [Applying for free school meals](#)
Read more on InformationNOW about [Citizens Advice Newcastle \(CAN\)](#)

NHS outpatient strategy

The Patients Association is working with NHS England and the Royal College of Physicians on the development of a new outpatient strategy. They have launched a survey to hear from patients and carers about their recent experiences of NHS outpatient services.

[You can take the survey now using the link here](#)

Read more on InformationNOW about [Patient Advice and Liaison Service \(PALS\)](#)

Women's reproductive health survey

The Department for Health and social care want to hear the experiences of women aged 16-55 and those who were described as female at birth who are now trans or non-binary, who live in England.

The findings from this survey will be used to understand more about women's reproductive health experiences over time. This information will inform government decision-making and policy.

Share your experiences in the first Women's Reproductive Health Survey for England to help shape future policy by [using the survey link here](#)

Read more on InformationNOW about [Sexual health](#), [Menopause](#) or [sexual health in later life](#)

Action Foundation 2023 classes

Tuesday and Thursdays every week from 26 September 2023

Action Foundation provides free English courses in Newcastle to refugees, asylum seekers and other migrants unable to access mainstream classes. They have already started registration for their new classes in September.

Action Language classes in Newcastle are twice a week on Tuesdays and Thursdays and will start on Tuesday, 26th September 2023, in The CastleGate, Melbourne Street, Newcastle, NE1 2JQ.

Action Foundation also have English conversation Drop-ins every Thursday at 11am. You can come along and practice talking in a friendly environment about a variety of topics, make some friends and get help and advice.

Read more on InformationNOW about [ESOL : English lessons for people who speak English as a second or other language](#)

Read North East

Read North East works with families, schools and the community to raise children's literacy levels and encourage reading. They do this by providing free books, literacy events, resources and activities.

They work in 4 main areas of the North East: Newcastle, Gateshead, Stockton and Redcar.

Read North East are on the look out for people passionate about reading, books and literacy activities in their communities. You can become Literacy Champion to help share free literacy activities and resources, host reading or writing groups, community book swaps and other ways to encourage people to read. You can contact readnortheast@literacytrust.org.uk to register your interest or complete their [online form here](#)

Read more on InformationNOW about [Read North East](#)

Your Equipment Newcastle

Did you know the InformationNOW team also helps manage Newcastle Councils [Your Equipment Newcastle Website](#)?

Your Equipment Newcastle has been designed by the [Disabled Living Foundation](#) to make daily living easier for people who may have problems carrying out day to day tasks. The guided advice that you receive when you answer questions on a topic, has been written by occupational therapists.

it is useful, quick and easy to get information about equipment and aids tailored to your issues.. Products range from hand rails and adjustable seats to bath seats, items to help avoid falls or scalds, and transferring in and out of baths.

Read more on InformationNOW about [home adaptations, equipment and aids](#)

Dementia research short talks

Wednesday 27 September, 1.30 to 3.45 p.m., Boiler House, Newcastle University, NE1 7RU and Online

[Newcastle University](#) and [Alzheimers Research UK](#) are putting on an afternoon of free short talks on Alzheimers, dementia, current treatments, and the latest research. The talks are open to all members of the public.

This event is free, but please register ahead of time [using this form](#), or by emailing sally.warburton@ncl.ac.uk

Read more on InformationNOW about [Dementia](#)

Community voices report

Healthworks Newcastle have published their report Community voices on local health issues and research 'it needs people to listen and talk',
Read their findings on what good research practice looks like from a community perspective across North East and North Cumbria

You can [read the full report from Healthworks here](#)

Read more on InformationNOW about [Healthworks](#)

Digital exclusion reports

Digital exclusion affects millions of UK citizens. Every day, people are unable to access the internet because they do not have the connection, device or skills to get online. Prior to 2023 the last digital exclusion strategy for the UK was published in 2014. The latest [digital exclusion report from Communications and Digital Committee on Digital exclusion](#) has been published which looks at how digital exclusion affects the U.K.

[You can read the full Communications and Digital Committee on Digital exclusion report here](#)

[British Red Cross](#) have released their report 'The impact of digital exclusion on access to healthcare for people seeking asylum in England'.

This report looks at how barriers and lack of digital access affects people coming to the UK seeking asylum, when they try to use health services.

You can read the British Red Cross Offline and Isolated report [here](#)

Read more on InformationNOW about [Getting online and accessing digital equipment](#)

Public Health Training

Newcastle Public Health offer multi-agency training online and face to face.

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 see the full brochure of the [free training courses and details for booking using this link here.](#)

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

Older Persons Month events



Meet the Elders Council Wednesday 18 October 2023

An informal, friendly meet up for new members of the Elders Council, those thinking about joining or for anyone who just wants to catch up at the drop in to the Royal Station Hotel in town.

[Read more about this event on InformationNOW](#)

Activating Space Monday 30 October 2023

You are invited to imagine a city for everyone as they grow old. What would you include in the plan? This creative Age Friendly city planning and design session is connected with the Activating Space exhibition at the [Farrell Centre.](#)

[Book a place at Activating Space on InformationNOW](#)

Stephenson Steam Railway Silver Sunday Sunday 1 October 2023

On '[Silver Sunday](#)' Take a free four mile return trip following the route of the coal trains from the collieries to the River Tyne behind a vintage diesel locomotive in a 1950s passenger

carriage. Free places are available for this train ride (provided by [Tyne and Wear Museums and Archives](#)) at 11:30am, 12:30pm, 2pm and 3pm.

[Book a space at TWAM Silver Sunday on InformationNOW](#)

Jesmond Library Wellbeing for life: Newcastle, A good place to grow old. Wednesday 4 October 2023

Hear about why Newcastle is a good place to grown old with guest speakers from:

- Newcastle University talking about Newcastle's renowned research into ageing and improving later life.
- Barbara Douglas – recently retired CEO of The Elders Council.

[Read more about this event on InformationNOW](#)

Equal Arts the creative ageing charity are bringing together people for this years creative ageing conference as well as several events for older people:

National Creative Ageing Conference 10 October 2023.

The national creative ageing conference comes to Newcastle. The conference features 20 sessions of practical creative activities, Q&A panels and presentations ran by a variety of guests from care, health and cultural sectors, older artists, poets and arts organisations.

[Read more about the National Creative Ageing Conference on Information Now](#)

Exploring the Thomas Bewick collection 3, 10, 17, 24, 31 October 2023

An age-friendly programme exploring the Thomas Bewick collection in the cities archives.

[Read more about this event on InformationNOW](#)

Creative Age at Hatton Gallery 3, 10, 17, 24, 31 October 2023

Creative age sessions. Age-friendly creative programme where you can take part in art activities and explore the Hatton Gallery Collection.

[Read more about this event on InformationNOW](#)

Creative Age at City Library 5, 12, 19, 26 October 2023

Creative age sessions. Age-friendly creative programme where you can take part in art activities.

[Read more about this event on InformationNOW](#)

Walking Football at Newcastle United Foundation

[Newcastle United foundations](#) Walking Football sessions are for participants aged 50+ who wish to maintain or improve their physical activity levels. Walking football is played at walking pace with players not allowed to jog or run on or off the ball. They have several walking football sessions across Newcastle.

Walking football Soccerworld 2, 3, 6 October 2023

(sessions every week Monday, Tuesday & Friday)

Read more about their [Monday sessions](#), [Tuesday sessions](#), [Friday sessions](#) on InformationNOW

Walking football Wallsend Boys Club Wednesday 4 October 2023

(sessions every week on Wednesday)

Read more about [this session](#) on InformationNOW

Womens Walking football Forest Hall YPC Monday 2 October 2023

(sessions every week on Monday)

Read more about [this session](#) on InformationNOW

Walking football West Moor community centre Monday 2 October 2023

(sessions every week on Monday)

Read more about [this session](#) on InformationNOW

Walking football EFDN League Thursday 5 October 2023

(European Walking Football League sessions every week on Thursday)

Read more about [this session](#) on InformationNOW

Ridley Place celebration

Saturday 23 September, Ridley Place, Newcastle upon Tyne NE1 8JQ

Celebrate Ridley Place and enjoy the best that the street has to offer with a day of entertainment, performances, and activities, with something for everyone! Ridley Place has been undergoing work over the past year to transform the space.

There will be:

- live music
- face painting
- crafts
- street performers
- food and drink businesses of Ridley Place

[Read more about Celebrating Ridley Place on Information Now](#)

Tuesday Night Fever

Tuesday Night Fever is a disco for people with Learning difficulties on a Tuesday night at the Newburn Social Club, Newburn Road, Newcastle upon Tyne

[Read more about Tuesday Night Fever on Information Now](#)

Science speakeasy

Thursday 5 October, 8 to 9.45 pm

It's 25 years since the [NHS Fertility Clinic](#) at Life opened.

Should children conceived through donation have a legal right to know this? How does discovering your true genetic heritage as an adult affect your sense of self?

Join [Science at The Life Centre](#) for an evening of lively debate as they discuss these topics and more on

[Book a space at Science Speakeasy on InformationNOW](#)

Methodist Homes Housing Association (MHA)

Updated organisation on InformationNOW

[Methodist Homes Housing Association \(MHA\)](#) provides homes to rent in the North East of England. This includes: specialist care homes, retirement living and supported housing to help older people live independently. Visit their website to see what housing is available at the moment.

Their specialist care homes can support people with care needs such as dementia, nursing care, residential and respite care.

They offer a range of support services, such as community activities and telephone befriending services for older people and LGBTQ+ people

They are a registered charity and business.

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

Safe Living Team (YHN)

Updated organisation on InformationNOW

The Safe Living Team is [Your Homes Newcastle's](#) (YHN) specialist team that deals with cases of anti-social behaviour.

[Read more on InformationNOW about YHN Safe living Team](#)

The Cedarwood Trust (North Shields)

New organisation on InformationNOW

[The Cedarwood Trust](#) is a community centre in the Meadow Well, North Shields. They run a range of community services:

- space for the community to spend time
- **learning opportunities:** They're an Ofsted registered education provider and run a range of courses and a catering academy. They support students to access, enrol, graduate and move onto employment. They can help with costs and travel to help enable you to take part
- **older people support:** for people over 50 years of age
- **early years support for families with young children:** an indoor and outdoor place to play and explore
- **Nourish Store:** members can join for £1. A weekly shop costs £4 and you get up to £15 worth of goods. You can pay an extra £1.50 for fresh fruit and vegetables

- **weekly groups:** such as crafts, bingo and book club
- **information and advice:** from Citizens Advice who run a weekly session at the centre

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

Leisure centres

Updated article on InformationNOW

Wednesday 20th September is National fitness day 2023. There are lots of leisure facilities in Newcastle. Some leisure centres run sessions for certain groups of people like: babies, children, carers or older people often at a reduced cost.

Read more on InformationNOW about [Leisure Centres in Newcastle – Information Now](#)

Fitness Activities

Updated article on InformationNOW

Wednesday 20th September is National fitness day 2023. There are lots of activities, groups and classes in Newcastle that offer fun ways to be more active, get out and about, meet new people and keep fit.

Read more on InformationNOW about [Fitness Activities](#)

Swimming Pools

Updated article on InformationNOW

Wednesday 20th September is National fitness day 2023. There are several swimming pools in the city so you can find one near you. Many of them have sessions especially for older people and discounted rates, so it is always worth contacting them

Read more on InformationNOW about [Swimming Pools in Newcastle](#)

Thanks for reading 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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