

10 November 2023 InfoNOW News

Carers Survey reminder

The National Carers Survey has gone out to adults caring for adults in Newcastle. This survey is your chance to be heard about your experience of caring.

If you have received a survey from Newcastle City Council, please complete the confidential survey and return it to Newcastle City Council by post. If you need help you can

- Ask a friend or relative
- Ask an independent advocate
- Contact Community Health and Social Care Direct by email at scd@newcastle.gov.uk, or call 0191 278 8377

Read more on InformationNOW about [care and support for adults](#)

Carers Conference 2023

Thursday 23 November from 9.30am to 3pm, One Strawberry Lane, Newcastle NE1 4BX

Carers Rights Day is a national day to highlight the rights of carers, let carers know where to get help and support, and raise awareness of the needs of carers. This conference will bring together unpaid carers, representatives from Newcastle City Council adult social care services and children and families services, primary and secondary health care services and voluntary sector services to discuss the picture of caring in Newcastle and begin the journey to develop a carers strategy and delivery plan for the city

[Book a space for Caring its everyones business – Carers Conference on Information Now](#)

Read more on InformationNOW about [Caring for someone](#)

NU Foundation community pantry

[The Newcastle United Foundation](#) have launched a [Community Food Pantry at NUCASTLE](#) in partnership with [Newcastle West End Foodbank](#)

Eligible people pay a £5 membership each time they attend the pantry which will give them access to over £20 worth of groceries including fresh produce, meat etc as well as non-perishable

goods such as tinned food; toiletries and other household essentials are also available.

The pantry will be held in the activity studio each Thursday.

They are also community pantries available in [Blakelaw](#) and [Walker](#).

Read more on InformationNOW about [free meals and cheap food](#)

Talk Money Week

6 to 10 November 2023

[Talk Money Week](#) is a week for people across the UK to have more open conversations about their money – from pocket money to pensions – and continue these conversations year-round.

This year the focus is **Do One Thing** that could help improve their financial wellbeing – and to make a noise about it, to inspire others to do the same.

[Money & Pension Service](#) have a comms kit ([available online here](#)) to promote the Do One Thing focus.

There is a wide range of [talk money information topics available on InformationNOW](#)

Think about ways to [manage your money](#)

Make sure you're claiming [Welfare benefits](#) that you are entitled to,

Look at ways to [deal with debt](#),

look at affordable credit from [Credit Unions](#)

Find tips and help to manage the [Cost of Living](#)

Check if you're eligible for retirement help such as [pension credit](#) and [cold weather payments](#)

Read more on InformationNOW about [financial advice](#)

NGPS Community Health Bus

[Newcastle GP services](#) (NGPS) are coming to you in the community!

Their community health buses are out and about Newcastle where you can get health advice, your blood pressure checked, your cholesterol monitored or walking stick/ crutch rubber ferrule replacements for free.

Look out for the community health buses at:

Monday 13 November 10 am to 4pm

[Community Health Bus at City Library](#)

Tuesday 14 November 9am to 3pm

[Community Health bus at Blakelaw pantry](#)

Thursday 16 November 10 am to 4pm

[Community Health bus at The Beacon](#)

Friday 17 November 10 am to 4pm

Community Health Bus at St Martins Centre

Read more on InformationNOW about [your GP or Doctor](#)

Feeding families Christmas match up

Feeding Families help families at Christmas by matching a family who need help with one who could donate a Christmas Dinner. One family buys the food to cook a Christmas Day dinner and it is delivered directly to the matched families home. The matched christmas dinner application process is now open and will close in early December.

They are offering 6 **menus** to choose from, to suit all dietary requirements including Halal & Vegan. You can pick the one that suits the majority of your family.

In order to qualify for a matched christmas dinner people need to upload evidence of one of the following:

- Universal Credit
- Tax credit
- Income support
- Pension credit
- NASS
- 3 recent payslips

You can find out more about applying for a matched christmas dinner **[using this link here](#)**

If you would like to donate a christmas dinner to a family you can find out how **[using this link here:](#)**

You can visit **[Feeding families Christmas page on their website](#)** or their **[FAQ page](#)** to find out more.

Read more on InformationNOW about [Money saving ideas for Christmas](#)

Join the Gosforth Litter pick

Saturday 18 November 10am

If you have a spare couple of hours you can help keep your local area look better by joining a litter pick around the South Gosforth area. The litter pick group will meet on station road opposite Thyme Square cafe to get started.

They have the tools you need to join; Litter pickers, gloves, bin bags, bag hoops. The collected litter will be removed. You can **[view the litter pick poster here](#)**

If you need more information, contact your local Councillors

Wendy Taylor Phone: 0191 281 7018 wendy.taylor@newcastle.gov.uk
Henry Gallagher 0794 7655 396 henry.gallagher@newcastle.gov.uk
Karen Robinson Phone: 0191 265 7813 karen.robinson@newcastle.gov.uk

Read more on InformationNOW about [reducing litter and recycling](#)

In The Round

Kate, Moyra and Richard welcome you to the November edition of the [Podcast 'In the Round' \(formerly City News and Views\)](#), featuring topics and news to interest you. This month they meet Angie, Daniel and Liam from [Disability North](#) who tell us about the services and support that they can offer.

Moyra introduces a new initiative called 'Platform 60' and Richard White from [InformationNOW](#) joins with a look ahead at some of the events and activities taking place across Tyneside over the coming month.

Listen now on [Mixcloud](#)

Universal Credit Managed Migration Briefing Session for Professionals

The government is inviting some people to claim [Universal Credit](#). You may need to be aware of who this affects, what the implications are, what people have to do, how to avoid problems and who can help. To help you with this, Clive Davis, the City Council's Welfare Rights Officer from [the Welfare Rights Service](#) has set up short briefings on Microsoft Teams for Newcastle professionals lasting about 45 minutes. They aim to give basic information to the people you support and signpost them to the most appropriate service if they need further help and advice.

[The dates and the online application form are on this page under training](#)

Please note: these are not full training sessions about Universal Credit and they are aimed at non-specialists.

Any problems, please contact Clive.Davis@newcastle.gov.uk or Charlotte.Johnson@newcastle.gov.uk

In the meantime, you can visit Welfare rights webpages on newcastle.gov.uk for the latest updates on Universal Credit:

- [The move to Universal Credit](#)
- [I get Tax Credits \(Working Tax Credit or Child Tax Credit\) and live in Newcastle. Do I have to claim Universal Credit?](#)
- [Support in Newcastle with Universal Credit](#)

Read more on InformationNOW about [Universal Credit](#)

Newcastle Drug and alcohol Carer Forum

Tuesday 14 November 1.30 to 3.30pm, Brunswick Methodist Church, Brunswick Place, Newcastle upon Tyne, NE1 7BJ.

Following on from recent carer engagement events in September for the recommissioning of the specialist drug and alcohol service, [Newcastle City Council](#) and [Newcastle Public Health Department](#) are holding a carer forum for carers who support those with problematic drugs and/or alcohol use.

The forum will be held at [Brunswick Methodist Church](#), and they will be discussing the future development of the forum at this session.

If you would like to attend please can you confirm your attendance to

Jayne.black@newcastle.gov.uk. Please let us know if you have any access requirements in advance.

Read more on InformationNOW about [Drug and alcohol misuse support](#)

Energy Drop in session

10am to 12pm Wednesday 6th December at Building Futures East

Struggling to understand your energy bills or want to see if you're eligible to be on the priority services register? Maybe you just want some energy saving tips?

The [Newcastle Citizens Advice](#) Energy Team will be at [Building Futures East](#) for another 'Energy Drop-In Session' next month. Pop in on Wednesday 6th December. No appointment needed!

Read more [Energy saving tips](#) on InformationNOW

Riverside volunteer info sessions

Want to be involved in your Community? Have you ever thought about volunteering? [Riverside Community Health Project](#) have the perfect opportunity for you to explore

- How to become a volunteer
- What volunteering is
- Areas you could be involved in
- What volunteering means to you, your community and the organisation
- And so much more

If this is something you are interested in or you would like to know more please book a place at one of their information sessions:

- [Friday 17th November 12.30pm to 2.30pm](#)

- [Monday 27th November 12.30pm to 2.30pm](#)

To book a place please call their Reception office on 0191 2260754, email toni@riversidechp.org.uk or complete the [online registration form available here](#)

Read more on InformationNOW about [Volunteering](#)
[Volunteer Centre Newcastle](#) can help you get involved in volunteering

Introduction to Construction funded courses

Monday 4 to Wednesday 6 December 9am to 4pm.

[RE:geon training](#) will be providing a free fully funded 3-day Introduction to Construction course, for people aged 16 years or older in December at Riverside Community Health (Carnegie Building).

To book a place on this free course, please contact Emma on 0191 2260754 or email emma@riversidechp.org.uk

Please see the poster below or scan the QR code for more information

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

CNTW Service User and Carer Reference Group

16 November, 10am to 4pm, County Hotel, Neville St, Newcastle upon Tyne NE1 5DF

[Cumbria, Northumberland, Tyne and Wear \(CNTW\) NHS Foundation Trusts](#) next Service User and Carer Reference Group is on 16 November 2023. focusing on the theme of Children and Young Peoples Services (CYPS).

The Reference Group is a service user and carer led forum made up of individuals from statutory services, third sector community groups as well as individual carers and people using CNTW services that work towards continuous improvement of Mental Health Services.

The day will commence at 10am with refreshments available from 9.30am. There will be guest speakers and lunch included.

For more information about the Service User and Carer Reference Group or to join the mailing list to stay up to date with news and meeting dates, please email: Events-Involvement@cntw.nhs.uk

Places are limited to 100 therefore spaces at the venue will be allocated on a first come first served basis and [now available to book on eventbrite](#)

Read more on InformationNOW about [having your say about health and care services](#)

VONNE's AGM and Conference – AI and the VCSE Sector

16th November, 9.30am to 4:30pm Sunderland City Hall, Plater Wy, Sunderland SR1 3AA

VONNE's annual Conference and annual general meeting will be focussing on AI and the Charity Sector, and VONNE's future strategy. Through a series of presentations, panel discussions and roundtable talks you'll have an opportunity to find out more about AI, how you could be using it within your organisation, what you need to be aware of and consider, and what the future might hold.

The event includes:

- Presentations from Zoe Amar Digital and TorchBox giving a top level introduction to AI and an overview of AI for Digital Trustees
- Real life case studies of how charities have used data and AI effectively in their organisation
- A panel discussion with Digital experts

Throughout the day there will be also be opportunities to network with your peers, chat with the VONNE team, meet the event experts and enjoy a delicious lunch. All attendees will receive a digital delegate pack post event full of useful goodies.

The conference is also available to attend online for free.

[Register to attend in person or online here](#)

Read more on InformationNOW about staying safe from [Cyber crime using AI](#)

Job opportunities at Healthworks

[Healthworks Newcastle](#) have several health role opportunities available.

Primary Care Network Cancer Facilitator (Newcastle & Gateshead) : working with Primary Care Networks (PCN) and GP practices across Newcastle and Gateshead.

[Read more about the role and apply on Healthworks website here](#)

Primary Care Network Cancer Facilitator (Northumberland & North Tyneside): : working with Primary Care Networks (PCN) and GP practices across Northumberland & North Tyneside.

[Read more about the role and apply on Healthworks website here](#)

Health Promotion Practitioner – Pregnancy and Breastfeeding: Provide information, sessions, groups and support around pregnancy and breastfeeding to the community

[Read more about the role and apply on Healthworks website here](#)

Read more on InformationNOW about [cancer](#) or [babies and children's health](#)

Rape Crisis Tyneside and Northumberland Conference

[Rape Crisis Tyneside and Northumberland](#) is in its 45th anniversary. To celebrate the occasion, they are hosting a half-day conference on November 15th that will showcase their

journey from their routes in activism and protest to where they are today: [Power to the Women Tickets, Wed 15 Nov 2023 at 13:00 | Eventbrite](#)

[Read more on InformationNOW about Sexual health](#)

Disability North Survey

Closing date 17th November

[Disability North](#) are looking for feedback from disabled people, older people and their families to help shape their strategy for the next 5 years.

Disability North is undertaking a review of its work and looking ahead to the new 5-year strategy/plan for the organisation. As a disabled persons user led organisation, at the heart of the organisation are the people they support, advise and those who may look to use them in the future.

[They would like to hear what is important to you and have created this short 5 minute survey to gather your views.](#) You do not have to answer every question, just what feels right to you.

If you have any questions please contact them or if you would like this survey in an alternative format please contact vicirichardson@disabilitynorth.org.uk

Read more on InformationNOW about

- [Personal budgets for care and support](#)

[Home adaptations, equipment and aids](#)

Newcastle best small business peoples choice

Closing date 1st December

[Newcastle City Council](#) is asking You to vote for your favourite small business in Newcastle. You can vote for:

- Community champion businesses – Businesses that go above and beyond for their local community.
- Ethical and environmental small business – Businesses working to make a difference in the world, change how they operate or be kinder to the environment
- Cultural & creative small businesses – Businesses working in the culture sector that put a smile on your face and wow you with their creativity.

You can vote for [Newcastle's Best Small Business People's Choice Awards 2023 using this form here](#)

Read more on InformationNOW about [Starting your own small business](#)

50+ Health activities research study

29 November and 6 December

Researchers at [Newcastle University](#) are seeking to speak to people who are aged 50+ years who

- live in Newcastle, Gateshead, or South/North Tyneside
- may find it difficult to pay for important items (such as food, clothing, house bills, rent/mortgage).
- Pension Credit, Universal Credit, or Council Tax support.

The researchers would like to understand people's views about using health activities. Workshops will take place on

- 29th November, 10.30am to 1pm (Gateshead)
- 6th December, 10.30am to 1pm (Newcastle).

You can find more out about [the study and register to take part using this link here](#)

Read more on InformationNOW about [Getting involved in research](#)

Night Time Economy Survey

[Northumbria Police](#) want to understand your views on the city centres and night time economy areas across the Force to identify any issues and/or areas for improvement.

The term 'night time economy' is used to describe economic activity that takes place in the evening (roughly from 6pm onwards), such as eating, drinking, entertainment and night life.

The survey on [Northumbria Connected](#) only takes around 5 minutes to complete. The feedback from this survey will help them to improve the services they provide for the nighttime economy so please be open and honest in your responses.

You can [take the survey here](#)

[Read more on InformationNOW about reporting crime and community issues](#)

Falls in Care Homes & Winter Planning survey

Deadline 13 November

[the North East and North Cumbria VCSE](#) Ageing Well group are conducting a survey to gather information about two Ageing Well workstream priorities, Falls in Care Homes and Winter Planning.

This is to gather knowledge of the work that is currently being done across the North East and North Cumbria area and to enable their group representatives to have a good understanding of the outcomes/results of work that the VCSE are doing, which they raise at the Regional Ageing Well Steering Group.

The aim is to demonstrate the value of this work to the community and health and care services.

You can take [the online survey here](#)

If you have any queries about this survey, please contact North East and North Cumbria VCSE Engagement Manager, Siobhan Flynn at siobhan.flynn@vonne.org.uk

Read more on InformationNOW about [preventing falls](#)

What's important To You? – Jobs Edition for people who have a learning disability family carers and service providers

Thursday 30 November 10am to 3pm

This what's important to you consultation is hosted by [Skills for People](#) on behalf of the [Collaborative Newcastle](#) Learning Disability Partnership with the aim of creating a plan that will help improve the health, wealth and wellbeing of everyone in the City.

This event is about Jobs.

- People want jobs where they can use their talents, improve their self-esteem, feel valued and live purposeful lives.
- People want to earn money and have financial freedom.
- People want to receive good support and training to help maintain jobs.

At this event they want to hear from you about what you need and what Collaborative Newcastle Learning Disability Partnership can do to make this happen.

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

Advocacy Awareness Week

This week is Advocacy awareness week and the theme is 'Back to basics – all about advocacy', helping more people understand what [advocacy really is](#). Advocacy is free, independent support to help you to get your voice, views, rights and wishes are heard.

There are free advocacy awareness week resources available on [National Development Team for Inclusions website here](#)

You can get advocacy support in Newcastle:

[Your Voice Counts](#) are commissioned to provide the following advocacy services for people in Newcastle:

- [Independent Mental Capacity Advocate \(IMCA\)](#)
- [Independent Mental Health Act Advocacy \(IMHA\)](#)
- [Independent Care Act Advocate \(ICAA\)](#)
- [Relevant Persons Representative \(RPR\)](#)

[Connected Voice Advocacy](#) offer free Community Advocacy helping vulnerable adults in Newcastle to help make informed choices and speak up for themselves.

[Silverline Memories](#) runs a Dementia Advocacy and Care Navigation Service. They can help people with a diagnosis of Dementia, their carers and families to navigating health and social care system and to get your voice heard.

[North East NHS Independent Complaints Advocacy \(ICA\)](#) can help if you feel you have not had the service you expect from the National Health Service (NHS) and want to complain.

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

Universal Credit Journal Support

Drop In Sessions, East End Library (Shields Road), Wednesdays 10am until 12pm,
Are you struggling to access you UC journal online? Are you worried about adding information into your journal?

[Get Online Newcastle](#) are running [Universal Credit Journal Support drop in sessions](#) at East End Library (Shields Road), every Wednesday. Pop in, have a cuppa and get the help you need. These sessions are for people who already have a Universal Credit Account

Read more on InformationNOW about [Universal Credit](#)

Young Care leavers best christmas ever

You can help Care Leavers have the best Christmas Ever. For those who feel able to this year, [Newcastle City Council](#) are asking residents and businesses to buy items from the online Amazon Wishlist for Care Leavers. The ambition is for every Newcastle Care Leaver to wake up to a wrapped gift on Christmas morning. This means providing gifts for up to 300 young people. If you would like to buy an item from the Wishlist, it will be delivered directly to a council building, and gifted to young people in time for Christmas.

Read more on Newcastle council's website [about the offer for young care leavers](#)

You can [view the Wishlist and donate a wish list gift on Amazon here](#)

Read more on [Newcastle Support Directory](#) about support for young people and young care leavers

Safeguarding Adults Week 2023

A reminder that 20-24 November is national [Safeguarding Adults Week](#) where organisations across the country come together to raise awareness of important safeguarding adults issues. Free webinars are being ran by Newcastle Safeguarding Adults Board aimed at professionals and volunteers. The sessions cover a wide range of topics linked to safeguarding adults, particularly those which might relate to emerging issues or developing practice.

[View the training and book a space on informationNOW](#)

Remembrance Sunday plans

Sunday November 12 10am to 12pm

Newcastle is preparing to remember all of those who have sacrificed so much to protect our country with a military parade and Service of Remembrance this Sunday (November 12). Prior to 11am a military parade make its way from the Civic Centre to the City War Memorial at Old Eldon Square where the Service of Remembrance is to be held. At 11am, a two-minute silence in memory of those who lost their lives in two World Wars and the conflicts that have followed will be held.

To enable the [Remembrance Sunday](#) commemorative events to run safely, a number of road closures will be in place. Blackett Street will be closed between 10am and 12.30pm, and temporary closures will be in place at Sandyford Road, St Mary's Place, John Dobson Street and Percy Street.

Read more about the event on [Newcastle Council's website](#)

Read more on InformationNOW about [mental health support for veterans, their families and carers](#)

Support whilst waiting for an assessment or treatment with a health service in Newcastle

In July 2023, the Newcastle Children and Families Team developed a short survey to establish what support parents/carers and families were receiving whilst waiting for an assessment or treatment from a health service in Newcastle upon Tyne. The survey was developed in consultation with the local authority SEND team and the parent carer forum.

See the results of the survey and the actions they are taking. Visit [NewcastleSupportDirectory](#) and select the 'Parenting Support and New Parent Advice' section to download the report.

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

Your Voice Counts annual report

[Your Voice Counts](#) provide independent statutory and community advocacy services across Newcastle, Gateshead and South Tyneside and also offer a range of services designed for people with learning disabilities and autistic people.

Their 2022/2023 annual report is available now. This report shares a summary of their key activities and achievements over the year.

You can [read the annual report here](#)

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

Energy Direct Debit calculator

On 1 October, the [Energy Price Cap](#) fell 7% a year for a typical household (based on [Ofgem's new, lower typical use](#)). If you're on a price-capped standard tariff you can check if your direct debit amount is along the right lines.

[Money Saving Expert from Martin Lewis](#) have a Direct Debit Energy calculator that could help you save money and get a fair valuation on your energy direct debits payments:

You can find the calculator [on Money saving expert here](#)

Read more on InformationNOW about [energy saving tips](#)

Stop Loan Sharks

It can be hard to tell if a relative, friend, neighbour or colleague with bad credit is involved with a loan shark rather than borrowing money from safe and reputable lenders like a credit union. If you have suspicions someone is lending money illegally report it on [0300 555 2222](tel:03005552222), visit www.stoploansharks and use their live chat feature or download the stoploansharks app on the [App store](#) or [Google Play](#)

Be aware or share the common signs that someone might be a loan shark. Look out for:

- A loan with no paperwork,
- extortionate interest rates
- use of bank cards as security
- or threats of violence.

Stop Loan Sharks have a [free social media kit to help spread awareness](#)

Read more on InformationNOW about [Loan Sharks](#)

White Ribbon Day 2023 free training

Throughout the 16 Days of Activism against Gender-Based Violence, White Ribbon UK will host a webinar series. These online events will allow you to learn more about:

- the white ribbon campaign
- changing cultures in the workplace

- practical strategies to stop violence before it starts
- healthy expressions of male masculinity
- the importance of male allyship
- importance of engaging young people to end violence against women and girls

[Book your space online](#)

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

Gambling resilience training

Public Health Newcastle are offering free training to help you understand problem gambling and gambling-related harm, including signs, symptoms and the impacts of problem gambling on an individual's life and those around them.

- Start to understand the psychology of gambling, why people gamble and what happens to the brain when we gamble
- Understand the difference between gambling and problem gambling,
- how to signpost to appropriate services

Book your place on Eventbrite for either date:

[16 January 2024 10am to 12pm](#)

[5 February 2024 1pm to 3pm](#)

Read more about [Public health literacy at Newcastle City Council](#)

Read more on InformationNOW about [Addictions](#)

Incursions: November

Sunday 19 November 12pm to 2pm

Join Incursions from the [Farrell Centre](#), for an autumnal walk in Newcastle's urban environment on 19 November. The walk will begin at Farrell Centre and will last roughly 2 hours, returning to the centre for informal conversation and a warming cup of tea.

Read more and [book a space at an Incursions walk on InformationNOW](#)

Search Swimmers

Thursday 16 November 2023 10am to 11am

Search Newcastle's Swimming and aqua aerobics session for older adults in Newcastle at Elswick pool.

Read more on InformationNOW about [Search Swimmers and Aqua Aerobics for Older People](#)

Carers Rights surgery

Friday 24 November 2023 9.30 am – 12.30 pm

As part of [Carers Rights Day 2023](#), you can call into [Newcastle Carers Centre](#) to speak to a range of organisations about your rights. No appointment needed, just pop in

[Read more about Carers Rights Surgery at Newcastle Carers on Information Now](#)

Justice and Peace project

Wednesday 15 November 2023 11am – 1.30 pm, St Vinnies, New Bridge Street, Byker

The Justice and peace project at [St Vincents centre Newcastle](#) provides a warm welcome space for asylum seekers and refugees to get support, help and advice.

[Read more about Justice & Peace Project on Information Now](#)

Craft Group: Craft – A – Rella

Friday 17 November 2023 10am to 12pm, St Vinnies, New Bridge Street, Byker

Learn a new craft, skill or hobby. Try your hand at candle making quilting or upcycling. Drop in, all welcome.

[Read more about Craft- a – rella on Information Now](#)

Being Human Festival

9 to 18 November

Being Human is the UK's national festival of the humanities. A celebration of humanities research through public engagement from 9 to 18 November. There are several events in the North East including:

[Pop Up Catch Club](#) at Newcastle Lit & Phil, 23 Westgate Road, NE1 1SE

Join the pop-up catch club for an evening of community singing, mirth, and merriment. No singing experience necessary!

Make new acquaintances, learn and sing some catch-songs (16th-17th century round or catch songs such as London's Burning).

[Pre-School Poets](#) at Seven Stories, 30 Lime Street, NE1 2PQ

Learn about what children can understand at different stages of their language development,

creating two poems along the way as well as poetry readings and drama games for you and your child.

[Songs By The Way](#) at Northern Stage (Foyer), Barras Bridge, NE1 7RH

Join the Ouseburn Folk Choir and researchers from Newcastle University for an evening of song and history.

[Read about more Being Human Festival events on InformationNOW](#)

Charlton Street Lemington Children and Families Hub

New Organisation

Charlton Street is a community and children and families hub. They run a range of activities and services such as health visitor weekly workshops, Special Educational Needs (SEND) drop in play sessions, mental health support

Read more on InformationNOW about [Charlton Street Lemington Children and Families Hub](#)

Nourish Food School

updated organisation -New free food coaching service

[Nourish Food school](#) is now offering free food coaching for people experiencing food insecurity, recovering from addiction or caring for someone in recovery at Fenham Library

Read more on InformationNOW about [Nourish Food school](#)

Ways to wellness

updated organisation

Ways to Wellness is a social prescribing service for people with [long term health conditions](#) who use GP practices in Newcastle. Their Link Workers can provide local information and opportunities to connect, help support you to lead a healthier life and manage your health condition.

Read more on InformationNOW about [Ways to Wellness](#)

Personal Safety

updated article

Violence and crime of any kind is not acceptable. This article has some tips to help you to stay safe and tells you where to report any threats to your personal safety.

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

Finding Friends

updated article

Looking to connect and make new friends? There are many places to meet up with people in Newcastle.

Loneliness and isolation can be a huge problem, and as you get older, you may find that your friends and family become fewer or you see them less often.

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

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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