

## 8 December 2023 InfoNOW NEWS

### InformationNOW

When logging into the InformationNOW website you will see our Christmas and New year pop up banner displayed. This Pop up takes you to our [Christmas holiday opening times page](#) so you can find the most up to date information on support services and organisations during December and January.

**Search for [Newcastle organisations and support services on InformationNOW](#)**

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### Winter Wellness Campaign

[Cumbria, Northumberland, Tyne and Wear \(CNTW\) NHS Foundation Trust's](#) annual Winter Wellness campaign raises awareness of mental wellbeing this winter. The campaign is to remind people there are a number of specialist services that provide treatment, including counselling and other talking therapy services.

Organisations interested in taking part in the Winter Wellness campaign can email the Trust's Patient Information Centre at [pic@cntw.nhs.uk](mailto:pic@cntw.nhs.uk) to request a free resource pack, or download a copy of the leaflet and poster at [www.cntw.nhs.uk/winterwellness](http://www.cntw.nhs.uk/winterwellness). The booklet and poster signposts to sources of help and support.

There will also be regular wellbeing tips and advice on the Trust's social media feeds:

- [Instagram](#)
- [Twitter](#)
- [Facebook](#)

**Read more on InformationNOW about [Mental Health](#)**

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### Newcastle Neighbourhoods events 2024

Newcastle Neighbourhoods Network events are opportunities for organisations working towards the wellbeing of the communities in the city to get to know one another, share good practice, explore links, reduce duplication, and collaborate with those communities. The 2024 networks dates are out and are available to book a space on now.

### **North Newcastle (Gosforth, Dene & South Gosforth, Fawdon & West Gosforth, Kenton, Castle, Manor Park, North Jesmond, Parklands)**

Wednesday 7 February, 10.30am. Fawdon Community Centre, Fawdon Park Road.

[Find out more and book a space here](#)

### **Inner West Newcastle (West Fenham, Benwell & Scotswood, Wingrove, Elswick, Arthurs Hill, Blakelaw)**

Wednesday 31 January, 10.30am Riverside Community Health Project, Atkinson Road.

[Find out more and book a space here](#)

### **Outer West Newcastle (Callerton & Throckley, Chapel, Denton & Westerhope, Lemington, Kingston Park South & Newbiggin Hall)**

Tuesday 30 January, 1.30pm, West Denton Community Centre, Hillheads Road.

[Find out more and book a space here](#)

### **Newcastle East (Walker, Walkergate, Byker, Ouseburn, Heaton, Monument, South Jesmond)**

Wednesday 24 January 10.30am St Martin's Centre, Byker.

[Find out more and book a space here](#)

Read more on InformationNOW about [Newcastle Neighbourhoods](#)

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## **Community Corner Reed In Partnership**

Are you a service provider, a local community organisation or a charity who can support the unemployed, economically inactive or refugees in Newcastle?

Do you offer bespoke support such as food, energy, travel, housing, addiction, veteran, finance, offender or mental health support? (Reed in Partnership already deliver employability skills and support)

You are welcome to book a slot at [Reed in Partnerships](#) Newcastle office, come along with your posters, banners etc and join their Community Corner area. Have a coffee and a chat in an informal setting with any of the participants who may be interested in your services. Reed in Partnership can also provide 1:1 rooms if confidential conversations are required.

To book your slot Monday to Friday, for an hour or a morning or an afternoon please contact Nathan on [Nathan.stewart@reed.com](mailto:Nathan.stewart@reed.com)

Read more on InformationNOW about [Food](#), [Energy](#), [Travel](#), [Money](#)

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## **Smart Works new online referral**

Job Centres, VCSE Organisations, women's refuges, homeless shelters, the prison service, care services and youth organisations can now refer someone to [Smart Works Newcastle](#) online as well as by phone and email.

Within 24 hours, Smart Works will reach out to the woman you have referred, ensuring that she receives the necessary support.

Smart Works Newcastle are a female employment charity that dresses and coaches North East

women for interview and job success. They support anyone who identifies as female, is unemployed and is aged 16 or over.

The new online referral form can be found [here on their website](#)

Read more on InformationNOW about [support for job interviews](#)

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## Rescare befriending service closing

**Rescare** supports families who have loved ones with a learning disability. They are run “by families for families”, Unfortunately due to funding issues Rescare’s befriending service is now closed as of 1 December 2023, their helpline service for for parents/carers and people with a learning disability and/or autism) is still available.

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

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## Centre for Ageing Better Ageism Action Day

Centre for Ageing Better is launching an annual [Ageism Action Day](#) on 20<sup>th</sup> March 2024 with the theme “**see and be seen**” and as part of this are running a pilot programme offering a number of [micro-grants](#) for community groups and local voluntary sector organisations based within Age-friendly Communities.

You can join upcoming online information sessions on [Friday 8<sup>th</sup> December](#) between 10am and 11am or [Thursday 14<sup>th</sup> December](#) between 1pm and 2pm.

In these sessions you will find out why the opportunity is being offered, what they want to fund and who is eligible. This will also be an opportunity for you to ask any questions you have about the Action Day or the micro-grants.

Read more on InformationNOW about [age discrimination](#)

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## Car Park QR Code scams reminder

Dean Street, Morden Street and Blandford Square. Car Parks in Newcastle have been targeted by financial scammers throughout November. Drivers are being reminded not to use QR codes to pay for parking, Newcastle City Council do not take any parking payments using QR codes.

All QR code scam incidents have been reported to Northumbria Police, CCTV footage is being reviewed, there is further monitoring of the car parks and warning signs have been put up across car parks. Please check ticket machines and payment signs for instructions on how to pay for parking safely.

Read more on InformationNOW about [Cyber crime, online fraud and scams](#)

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## In the Round

Presenters Kate & Richard talk to Dave and Chris about an initiative they have launched to celebrate Geordie culture.

They hear from Harry at the [Newcastle United Foundation](#) about what they can offer to improve our health and wellbeing,

They also look ahead at some of the events and activities taking place across Tyneside over the festive period with Lauren from [InformationNOW](#).

They also joined actor and former Strictly champion, Jill Halfpenny at the switching on of the Christmas lights at one of our local hospitals.

Listen to the latest In the Round episode by visiting the News page on informationNOW, click the listen button or listen direct [on Later Life Audio Radio Cooperative](#)

**Read more on InformationNOW about [Later Life Audio and Radio Cooperative \(LLARC\)](#)**

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## World Antimicrobial Resistance Awareness Week (WAAW)

The World Health Organisation (WHO) launched a campaign to raise awareness of global antimicrobial resistance (AMR) and to encourage patients and public to understand the effects of antibiotic resistance and for health workers and policy makers to avoid the further rise and spread of drug-resistant infections.

Antimicrobial resistance occurs when bacteria changes over time and no longer respond to medicines, making infections harder to treat and increasing the risk of disease spread, severe illness and death. As a result of this drug resistance, antibiotics can stop working and infections become more difficult or even impossible to treat. The WHO considers antibiotic resistance to be one of the biggest threats to health around the world. Like the COVID-19 pandemic, antibiotic resistance is a global health emergency.

Antibiotics may stop working properly if they are overused and not taken appropriately. As antibiotics become less effective, even minor surgery and routine operations could become high risk procedures if serious infections can't be treated. Experts predict that over three million surgical operations and cancer treatments a year could become life threatening if antibiotics stop working effectively.

**The North East and North Cumbria Integrated Care Board (NENC ICB) area is the highest prescriber of antibiotics nationally. We urgently need to change the way we prescribe and use antibiotics.**

How to get involved:

- Pledge to become an Antibiotic Guardian: Take a look at the 2-minute video at <https://antibioticguardian.com/>
- Visit your local community pharmacy for advice of common illnesses such as coughs, colds, and sore throats – not all of these will need antibiotics.
- Follow your healthcare professionals' advice on whether you need antibiotics and take them as prescribed.
- Having an ill child can be a very scary experience for parents. The Little Orange Book is a great resource for common illnesses. It uses a traffic light system to help parents and carers decide what action to take when their child is sick – <https://www.nenc-healthiertogether.nhs.uk/>
- Good infection prevention and control measures such as food hygiene and hand washing

and getting relevant vaccinations (for example flu and COVID-19 if you are eligible) can reduce the risk of acquiring infections which in turn reduces the frequency of antibiotic prescriptions.

For more information please contact our medicines optimisation team on [nencicb-sun.mo@nhs.net](mailto:nencicb-sun.mo@nhs.net)

**Read more on InformationNOW about [Flu, Colds and viruses](#)**

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## Newcastle Public Transport Users Group

**Monday 11th December 5.30pm, Ground Floor, One Strawberry Lane NE1 4BX**

[The Newcastle Public Transport Users group's](#) regular meeting will take place to discuss Campaign Priorities and to consider 'what kind of public transport do we want'. Newcastle Public Transport Users Group aim is to promote and improve local public transport to make the city a green and pleasant place for everyone. If you are not a member of this group but would like to join, please contact the group by email on [northeastptug@gmail.com](mailto:northeastptug@gmail.com)

**Read more on InformationNOW about [Public Transport](#)**

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## Digital Pathfinders North East webinars

[Digital Pathfinders](#) are offering North East organisations access to a five-part, on-demand webinar series of information and learning from Digital experts. The series of hour-long webinars include:

- Introduction to data with Tom Watson, Captain of The Good Ship and Director of Action at Data for Action;
- Carrying out a digital skills audit with Jan Debognies, Operations Manager at [Digital Voice](#)
- Digital Marketing with Carrie Brookes, Charity Communications Consultant
- Digital Accessibility with Nic Cook, Development Manager at [Difference North East](#)
- Understanding CRM systems with Adam Hill, Director of Operations at Sunderland Software City

To access the webinars, you'll need to:

Choose at least three webinars you would like to access and email Georgia Goncalves, the Partnerships and Projects Officer at [VONNE](#), with your selection to go through next steps. Please contact her by emailing [Georgia.goncalves@vonne.org.uk](mailto:Georgia.goncalves@vonne.org.uk)

**Read more on InformationNOW about [digital and computer support](#)**

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## Teakisi Medical Role-players

[RolePlayNorth](#) provides Newcastle University with a supply of medical role players who act as patients for medical and dental school assessments, a wide variety of exams as well as a number

of courses and workshops.

**Teakisi** works with RolePlayNorth to recruit Black, Asian and other minority ethnic role-players to join a database that includes people from all walks of life and is representative of a diverse society.

Roles are paid

If you are interested in applying or would like to find out more, please forward your CV or questions to this email; [info@teakisi.com](mailto:info@teakisi.com) or give us a call on 03301335027

**Read more on InformationNOW about [having your say about health](#)**

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## University Sanctuary Scholarships

**Northumbria Universities** Sanctuary Scholarships are now live and applications are open for September 2024. The scholarships have been designed to enable students from asylum-seeker backgrounds to progress to higher level study.

The scholarship gives three students a £1,000 per year contribution towards studies, as well as a full 100% fee waiver for a wide range of eligible Full-Time Undergraduate or Post-graduate courses, beginning in September 2024.

You can find out more about Northumbria Universities sanctuary scholarships, criteria and how to apply by [visiting their website here](#)

The closing date for applications is **26 April 2024**

**Newcastle Universities** Sanctuary scholarships are now live and applications are open for September 2024.

The scholarship gives up to five students a £1,000 per year contribution towards studies, as well as a full 100% fee waiver

You can find out more about Newcastle Universities sanctuary scholarships, criteria and how to apply by [visiting their website here](#)

The closing date for applications is **5th April 2024**.

**Read more on InformationNOW about [support for people seeking sanctuary](#)**

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## Could you 'Lead the change?'

Learn how to tackle the root causes of violence against women and girls by giving people the knowledge, confidence and skills to become Active Bystanders and have transformative conversations addressing misogyny and sexism!

Police and Crime Commissioner, Kim McGuinness, is seeking to offer **80 fully funded places** available in January 2024 to people across Northumbria committed to tackling sexual harassment in their public places.

By becoming Change Leaders who train their communities to become Active Bystanders you can be a part of the shift needed in our communities to challenge sexism and harmful behaviours and attitudes towards women and girls that lead to violence

### **What does this involve?**

Change Leaders will undertake a 3-day training course called 'Lead the Change'. This Train the Trainer course was developed and led by Kindling Transformative Interventions in partnership with Beyond Equality and it will be co-delivered with Change Leaders at the Foundation of Light. Upon completion you will be able to deliver Active Bystander Training and join a Community of Practice where you will gain ongoing support and guidance to deliver this training to the public.

This training is funded by the Commissioners Women's Safety in Public Places Project and we want to ensure the public, men and boys and anyone concerned with tackling the root causes of violence against women and girls are trained by trusted people in their local communities. You will be supported to train others in how to be an Active Bystander and equip anyone with the knowledge, skills and confidence to safely tackle sexual harassment, wherever they see it.

### **When and where?**

Four groups will take place in January 2024 at Northumbria OPCC offices based in both North Tyneside and Sunderland.

### **How do I sign up?**

If you or one of your colleagues have the passion, skills and capacity as a trainer to become a Change Leader, as well as to deliver this in your communities and join a cohort of like-minded people dedicated to ending violence against women and girls, we ask that you:

- [Carefully read Background and Application Guidance Document](#)
- [Click here to fill out the application form](#) and submit by 10am on Monday 18th December 2023 – we aim to notify successful applicants by 22nd December 2023.

If you have any queries, please contact [enquiries@northumbria-pcc.gov.uk](mailto:enquiries@northumbria-pcc.gov.uk)

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

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## **Peoples Budget**

How would you balance the city's budget? What you would do to make more budget savings over the next three years as a result of government cuts and rising unfunded cost pressures?

Newcastle City Council want to hear from you. You can take part in the 'People's Budget' a Budget Simulator that gives you the chance to balance the budget, with feedback on what cuts would mean for different council services. You can submit your simulated budget with feedback once complete. Find out more on [Lets Talk Newcastle](#)

You can find out more information about [Newcastle council's budget on Newcastle.gov.uk](#)

If you have questions, email [letstalk@newcastle.gov.uk](mailto:letstalk@newcastle.gov.uk) or write to: FREEPOST Letstalk (no stamp needed).

**Read more on InformationNOW about [managing your own budget](#)**

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## Dementia and Social Prescribing

**Newcastle University's** SPLENDID research project aims to understand how social prescribing can be made more accessible to people living with dementia.

The research team are currently looking to speak with people who have knowledge of the potential barriers and benefits of social prescribing for people living with dementia and their carers.

If you're interested in taking part in this study, or would like more information, email [aimee.pick@newcastle.ac.uk](mailto:aimee.pick@newcastle.ac.uk)

Developing and evaluating a questionnaire to assess personal recovery experiences in older people with bipolar disorder

Read more on InformationNOW about [Social Prescribing and dementia](#)

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## Older people with bipolar disorder study

Postgraduate student Jennifer Matthewson is wanting to recruit people aged 60+ who have experiences of bipolar from across the UK. 60 participants will be recruited and asked to complete an interview. Those who are eligible will be asked to complete a few questionnaires. They will be asked to complete one further measure 4 weeks later. All contact will be either online or over the phone with one researcher.

The hope is that through creating a measure of recovery, attention is brought to the needs of older adults who are often underserved in research. In comparison to other groups, older adults are often offered reduced treatment intervention options and have reduced access to services. We hope to increase research in the area so that the needs of this group are better met.

Every stage of the project to date has been developed and run with older adults who have lived experience of bipolar. Could this be you?

If you are interested in following this up please contact Jennifer direct on [jennifer.matthewson@postgrad.manchester.ac.uk](mailto:jennifer.matthewson@postgrad.manchester.ac.uk)

Read more on InformationNOW about [bipolar disorder](#)

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## Public Health Training review survey

Newcastle Public Health is reviewing their multi-agency training offer going forward and would appreciate your input on what the 2024/2025 training offer should include.

Newcastle Public Health department deliver training to professionals in statutory services and the VCSE sector. The training is designed to help practitioners learn new skills and enhance their offering to adults or young people that they work with.

You can [take a short survey here](#) where you can feedback your views on current Public Health training and what you may like to see in future.

Read more on [Newcastle.gov.uk](http://Newcastle.gov.uk) about the current [Public Health Training offer](#)

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## VCSE Carers sub-group funding survey

**Deadline Monday 8 January 2024.**

The VCSE Carers sub-group has decided that funding and commissioning is to be its current key area of focus.

Sub-group members have highlighted that Carers organisations are being funded differently across the region, particularly in terms of the split of funding between health and local authority for Carers organisations in the North East and North Cumbria.

The sub-group have decided to gather further insight from across the region through a survey, with the deadline being Monday 8 January 2024.

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

If you have any feedback or questions about this survey, please email [sian.dickie@vonne.org.uk](mailto:sian.dickie@vonne.org.uk)

**Read more on InformationNOW about [Carers support in Newcastle](#)**

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## Give local this Christmas

For those who feel financially able to donate for a helpful cause at christmas or would like to volunteer their time, there are options to give local in Newcastle this Christmas.

### **Crisis at Christmas**

**[Crisis Skylight Newcastle](#)** are asking for those able to donate this christmas, which will enable their members to access a sit-down Christmas meal, a Christmas meal delivery, and a gift hamper.

- Helping by donating urgently needed items direct from an online Amazon wishlist, which can be accessed here: [Amazon.co.uk](https://www.amazon.co.uk)
- By organising a donation drive in your local community,

You can **[find out more here](#)** about the items needed, where they can be dropped off.

If you'd like to volunteer your time you can **[find out more here](#)**

You can also get in touch by Email at [christmas.newcastle@crisis.org.uk](mailto:christmas.newcastle@crisis.org.uk)

### **The People's Kitchen Feed a Friend for a Fiver**

**[The People's Kitchen](#)** is asking the North East public to donate five pounds to provide a free hot Christmas dinner to someone less fortunate than themselves. It will also help to fund many more meals throughout the cold winter period.

Find out more about their **[Feed a friend for a fiver appeal on their website here](#)**

### **Warm Christmas Meal Appeal by Changing Lives**

Donate a warm meal to a local person in need this Christmas Eve. [Changing Lives](#) supports people all over communities of the North East in real need. You can choose to make a one-off donation to support a warm Christmas Eve dinner at Café 16 in Newcastle Cathedral. Find out more about their [Christmas appeal on their website here](#)

### **Newcastle Best Christmas Ever: young care leavers**

For those who feel able to this year, residents and businesses are asked if they would like to buy items from the online Amazon Wishlist to be donated to Care Leavers (young people who have spent time in care as a child). 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. You can find the [Wishlist for Care Leavers here](#). (Please select Care Leavers Team address for delivery.)

Read more on InformationNOW about a [Money saving and sustainable Christmas](#)

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## **Complementary Therapy Workshops at Marie Curie Wellbeing Centre**

[Complementary Therapy Workshops](#) are running over 6 weeks every Monday 10am to 12pm. The sessions will start on Monday 8 January 2023.

These sessions are open to those diagnosed with a life limiting illness or terminal diagnosis, inpatients, outpatients, family members and care givers. They include sessions on indian head massage, arts, meditation and more.

Read more on InformationNOW about [Marie Curie Newcastle and Wellbeing workshops](#)

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## **Grief Awareness Week**

2 to 8 December 2023 is [national grief awareness week](#), a week that encourages us to openly discuss experiences with grief and loss, and be mindful of those experiencing bereavement. [Newcastle libraries](#) have a death positive reading list. The reading list aims to support peoples feelings and experiences of bereavement, normalising grief and get people talking. You can find the [Death Positive library collection here](#)

[St Oswalds Hospice](#) run [Bereavement Groups](#) in Gosforth,

[Marie Curie Newcastle](#) run a [Bereavement Support Café](#) in Elswick

[ReCoCo: The Recovery College Collective](#) run [Pride in Mind grief and loss group](#) a supportive space for LGBTQIA+ people who have experienced bereavement, grief and loss.

Read more on InformationNOW about [grief and bereavement support](#).

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## **Younity participatory community mural**

'Younity' will be a participatory community mural, representing diversity and hope. It will be displayed in Newcastle city centre. Workshops will start at the end of January and February 2024. To find out more or get involved please email [younitymural@gmail.com](mailto:younitymural@gmail.com)

This project is commissioned by [Helix Arts](#), supported by [Creative Central: NCL](#) and [Newcastle City Council](#) and funded by the [North of Tyne Combined Authority](#).

Read more on InformationNOW about [art in newcastle](#)

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## The Experience of Ageing Amongst Chinese and South Asian Women in Newcastle

This project, in partnership with The Elders Council of Newcastle and artist Sharon Bailey, aims to illustrate the experience of living in Newcastle for older women from South Asian and Chinese communities, what their expectations are for themselves as they grow older, as shown through focus groups and creative collage work.

[Read the The Experience of Ageing Amongst Chinese and South Asian Women in Newcastle report here](#)

Read more on InformationNOW about [getting involved as a community](#)

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## Northumbria Violence Reduction Unit Events

The Northumbria Violence Reduction Unit have new 2024 training dates available for professionals and the public.

Training sessions include:

- **Active Bystander Training:** Gives you a range of tools to safely respond to potentially harmful situations such as sexual harassment in public.
- **Domestic Abuse Champions training:** Sessions to raise your awareness on issues around domestic abuse, an introduction to the Network and information about the role of the Champion.
- **Vulnerability Training for Night Time Economy Staff:** A training course providing staff with knowledge of vulnerability, to increase the understanding of their responsibilities and duty of care to vulnerable people

You can [book onto any of their 2023-2024 events on their Eventbrite page here](#)

Read more on InformationNOW about [staying safe](#)

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## HealthWorks Festive Fun booklet

HealthWorks Newcastle have produced a festive fun booklet for the whole family. It includes simple, cost effective ideas for crafts, games and activities as well as healthy, wellbeing and energy advice tips.

You can find the booklet here: [Final Festive Fun Digital 29 November 23](#)

**Read more on InformationNOW about [healthy eating and drinking](#)**

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## Sighted Guide training

Guidedogs.org.uk offer free 'Sighted Guide' training to communities. The charity sector and commercial/corporate organisations can take advantage of this community training. Much like learning how to perform first aid, sighted guiding is a useful life skill. It will give you the confidence to know how to act when you meet someone who is blind or partially sighted, and the practical guiding techniques to help them if they need it. It covers a brief overview of the most common eye conditions, the barriers to independence people face, and emotional consequences of sight loss and communication.

For more information head to their website, [Sighted Guide Training | Guide Dogs UK](#). If your organisation is interested, please contact Kelle Myers, Community Development Officer, [kelle.myers@guidedogs.org.uk](mailto:kelle.myers@guidedogs.org.uk)

You can [sign up for family & friend training opportunities here](#)

**Read more on InformationNOW about [Sight Loss and Visual Impairments](#)**

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## Christmas events

### A Sunday afternoon orchestra

17 December 2023

Enjoy the sounds of a live orchestra in St Basil and St James church at [Search Newcastle's](#) Christmas concert 'A Sunday afternoon orchestra.

[Find out more here](#)

### Outer West Christmas Tea Dance

Thursday 14 December

Come join the tea party for Dancing, tea and coffee, biscuits and mince pies with [Search Newcastle](#)

[Find out more here](#)

### Walker Workers Christmas Parade

17 December 2023

Each year Local organisations, Volunteers, Parents and Community members come together to create the Walker Workers Christmas Parade

[Find out more here](#)

## Silverline Memories Christmas Tea Dance

14 December 2023

Come along for a dance, chat or just to meet new friends with [Silverline Memories](#). For people living with dementia.

[Find out more here](#)

## Santas Grotto Bus from Sunshine Fund

14 to 17 December 2023

Visit Santa on his fully accessible and inclusive [Chronicle Sunshine Fund](#) grotto bus this Christmas, for both children and adults. [Find out more here](#)

Find more local [Christmas events on InformationNOW](#)

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## St Martin's Centre Events

St Martin's Centre host various weekly events such as:

Stay and Play, for children aged 1 to 3 years old (Tuesdays 10am to 11.30am)

Church Tea Club, for people aged 55 and older (Tuesdays 1.30pm to 3.30pm)

Soup and Stottie, for people aged 55 and older (Wednesdays 12.30pm to 2pm)

You can find more information about St Martin's Centre and their events on their [InformationNOW listing](#)

St Martin's Centre are operating a food support service for families and individuals in Byker and Walker. This service is referral only, except for the emergency situation response, which can be accessed through a referral or self-referral. You can find more information about this service on its [InformationNOW listing](#)

You can find more information about how to access food help in Newcastle by visiting the [food banks and free emergency food](#), [free meals and cheap food](#), and [food help](#) articles.

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## Sing & socialise sessions

Friday 15 December 2023 and every Friday

St Georges Church hall in Jesmond have ['Sing and Socialise' dementia Friendly singing sessions](#) every Friday.

Read more on InformationNOW about [Dementia Friendly Jesmond](#)

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## Sugar Cubes

A peer led diabetes support group. Meet with other people managing their diabetes, to chat, have a cuppa, share ideas, diabetes services and information and hear from occasional guest speakers

Read more on InformationNOW about [Sugar Cubes](#)

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## Culture Exchange

Friday 15 December 2023

A group to help families from across the world create a support network within their local community and learn new skills.

Read more on InformationNOW about [Culture Exchange](#)

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## Free Adult Woodland Wellbeing Sessions

WinG Outdoor Activities are offering [free adult Woodland Well-Being sessions](#) every Friday in January, February & March 2024.

Free minibus transport from Newcastle & Gateshead to their private woodland near Prudhoe.

Join them for some much needed outdoor well-being , enjoying the woodland, helping to look after the environment, build a cabin, cook food over an open fire and generally feel better with nature.

Read more on InformationNOW about [WinG Outdoor Activities](#)

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## Lifting Neighbourhoods Together

New Organisation

Lifting Neighbourhoods Together support the development of community-led groups and activities in Walker, as well as providing 1-1 support through their Neighbourhood Team. They can support with:

- Physical health, mental health, and wellbeing
- Relationships and isolation
- Domestic abuse
- Housing
- Education and training
- Employment – CVs, cover letters, interview skills, registering with recruitment agencies
- Benefits, bills, budgeting, and money
- Grant applications
- Energy advice

Read more on InformationNOW about [Lifting Neighbourhoods Together](#)

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## Euans Guide

New Organisation

[EuansGuide](#) is a disabled access review website where disabled people, their families, friends and carers can find and share the accessibility of venues around the UK and beyond.

Read more on InformationNOW about [Accessible venues in Newcastle](#)

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## Dementia Adventure

New Organisation

Dementia Adventure provide supported group holidays for people living with or caring for someone with dementia. Their 2024 small-group holidays and individually-tailored breaks are now open to book.

Read more about Dementia Adventure on Information Now

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## Deceased Identity Protection Service

Updated organisation

The Deceased Identity Protection Service gathers information about people who have died and gives that information to organisations to lower the risk of identity theft and unwanted contact.

Read more on InformationNOW about [Deceased Identity Protection Service on Information Now](#)

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## Cyber crime, online fraud and scams

Updated article

Online or cyber crime is carried out on the internet. Be wary of any request for your personal information or bank details to protect yourself and your data.

Read more on InformationNOW about [Cyber crime, online fraud and scams](#)

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## Caring for young relatives – Family or friend (kinship) carers

Updated article

Family or friend care, also known as kinship care is when grandparents or other family members step in to raise a relative's or friend's child

Read more on InformationNOW about [Family or friend \(kinship\) carers](#)

Last updated: December 8, 2023

## Recent Newsletters:

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