

## 30 January InfoNOW News

### InformationNOW drop in sessions

Lauren and Richard from the InformationNOW team will be holding online drop in sessions to support people and organisations new to or currently using InformationNOW.

You can join these sessions to get support with:

- Getting the most out of [www.informationnow.org.uk](http://www.informationnow.org.uk)
- Using your InformationNOW account
- Updating/registering your organisation
- Using accessibility and translation features

The next sessions are on:

- 23 February 2024 3.30 pm – 4.15 pm
- 22 March 2024 3.30 pm – 4.15 pm

You can [find out more here](#)

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

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### Adult Social Care users survey

Newcastle City Council are sending questionnaires to a sample of people who receive care and support services from the Adult Social Care and Integrated Services team.

This is to get feedback on their quality of life and their experience of the care that they receive.

Anyone who needs further information or support to complete the questionnaire can contact the

[Social Care Direct Team](#) via [scd@newcastle.gov.uk](mailto:scd@newcastle.gov.uk), or [0191 278 8377](tel:01912788377).

Read more on InformationNOW about [Adult Social Care in Newcastle](#)

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### Newcastle Fund

Tuesday 21 February 2024.

Round 14 of The Newcastle Fund is now open for applications, until 11.59pm on Tuesday 21 February 2024.

The Newcastle Fund is the council's main grant giving programme for voluntary and community organisations, charities and social enterprises based in Newcastle. It provides funding for specific projects or for organisations' core running costs.

The Fund can offer grants of up to £25,000 to organisations in the voluntary, community and social enterprise sector and we welcome applications for projects that build community connections, improve individuals' connections, and improve their health and wellbeing.

Please go to the main [Newcastle Fund website](#) to find out more.

Read more on [Newcastle.gov.uk](#) about [community grants and funding](#)

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## Crime Prevention Kenton event

31 January 2024 10:30am – 12:30pm

Partners from Newcastle council, Police and fire and rescue services are holding a [community event on crime prevention](#) on 31 January for Kenton residents at MERA Hall.

The event will discuss how residents can be safer at home, in public spaces and online as well as how communities can work together to help everyone stay safer.

If you have any queries about this event please contact Linda Nelson, Community Safety Development Officer [linda.nelson@newcastle.gov.uk](mailto:linda.nelson@newcastle.gov.uk),

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

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## NGPS Health Bus 2024

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

Their community health buses are out and about in Newcastle again in 2024, 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:

	Tues 30 January 10.30am-4pm (closed 12.30-1.30pm for lunch. Last appt 3.30pm)
<a href="#">Newcastle Shopping Park, Fossway, Byker, NE6 2XP</a>	Thurs 1 February 10.30am-4pm (closed 12.30-1.30pm for lunch. Last appt 3.30pm)
<a href="#">LIDL Benwell Lane, Bishop's Road, NE15 6RS</a>	Fri 2 February 10.30am-4pm (closed 12.30-1.30pm for lunch. Last appt 3.30pm)

<a href="#"><u>St. James Retail Park, Stamfordham Rd, NE5 2SF</u></a>	Monday 5 February 10.30am-4pm (closed 12.30-1.30pm for lunch. Last appt 3.30pm)
<a href="#"><u>St. James Retail Park, Stamfordham Rd, NE5 2SF</u></a>	Thurs 8 February 10.30am-4pm (closed 12.30-1.30pm for lunch. Last appt 3.30pm)
<a href="#"><u>The Angelou Centre, 17 Brighton Grove, NE4 5NS</u></a>	Fri 9 February 10.30am-4pm (closed 12.30-1.30pm for lunch. Last appt 3.30pm)

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

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## Healthwatch Community Drop ins

[Healthwatch Newcastle](#) are increasing their community engagement offer by holding a series of ongoing drop in sessions across Newcastle. Drop in to speak to a member of Healthwatch Newcastle about any issues, find out information, or share your experience about healthcare and social care services.

Monday 5 February 2024 at City Library: [Healthwatch Newcastle: Central Newcastle Drop in](#)

Monday 5 February 2024 at Fawdon Library: [Healthwatch Newcastle North Community Drop in](#)

Wednesday 7 February 2024, at Pottery Bank Community centre : [Healthwatch Newcastle East Newcastle Drop in](#)

Wednesday 7 February 2024 at Cornerstone Benwell: [Healthwatch Newcastle: Inner West Newcastle Drop in](#)

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

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## North East Festival of Languages

[Express Yourself: North East Festival of Languages](#) is back and better than ever for its fourth year!

The festival, which is a celebration of diverse languages and cultures and our global connections, starts from 8 January, with most events in to 31 March offering a programme of free live events, activities and resources for schools, groups and communities.

To find out more about the resources, language & culture taster sessions and other opportunities visit the Festival [website](#). You can download the full Festival programme [here](#).

Read more on InformationNOW about [events and Activities at North East Festival of Languages](#)

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## **Tyne Bridge restoration closures**

Please be aware and plan ahead for any journeys into Newcastle and inform others who may need to travel to get support.

Lane restrictions on the Tyne Bridge have started this week for the next five weeks until 1 March 2024. This means there will be one traffic lane each way, from 9.30am – 3.30pm Monday to Friday. There will also be one footway open for pedestrians and cyclists.

You can keep up to date with the restoration project, lane closures and traffic disruptions at [tynebridge.org](https://tynebridge.org)

Read more on InformationNOW about [travel and transport](#)

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## **North of Tyne Crowd Funding available**

Grants of between £1k-up to £30k will be available to businesses, individuals, charities, and community interest companies and groups, to run community projects which help bring people together in Northumberland, Newcastle and North Tyneside.

Applications open at 10:30am on Tuesday 6 February and close at 5pm Friday 22 March 2024.

For more information, to check if your idea is eligible, and for advice on how to create a pitch and crowdfund, visit [SpaceHive](#).

Anyone who wants to find out more, can register for a free online event hosted by Spacehive, which are being held:

- [Tuesday 6 February 10.30am](#)
- [Thursday 29 February at 12:00noon.](#)

[Read the story in full here](#)

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

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## **New health champions development fund**

Deadline: Friday 28 February 2024

A fund of up to £10,000 per organisation to help VCSE organisations working in partnership with Local Authority and NHS partners. Grants are being funded by the North East and North Cumbria Integrated Care Board (ICB) and being administered by VONNE as part of the [Healthy Communities and Social Prescribing Programme](#).

The Fund has been created to support local partnerships between Local Authority Health Champion programmes and VCSE sector organisations working together to reach communities.

The aim is to develop sustainable [Health Champion projects](#) that respond to local needs and build on community assets.

You can [read more on VONNE about the fund here](#)

You can read [the Development fund guidance notes here](#)

You can access [the application form here](#)

**Read more on InformationNOW about the [North East and North Cumbria Integrated Care System](#)**

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## **Kings coronation woodland planting**

Fancy Planting a forest in February? You can Join Northumberland Wildlife Trust, Newcastle City Council, and the Freemen of Newcastle for a community tree planting event at the King's Coronation Woodland on the Town Moor. A ceremonial tree for the kings coronation will be planted at 10:25am.

Please bring suitable clothing for the weather conditions on the day. All tree planting materials provided.

The trees planted are part of the [North East community forest](#), an initiative that will plant trees across the North East over a 30 year period. planting trees brings woodlands back into use for both people and wildlife for leisure, cultural activities, enhanced biodiversity and action against climate change.

**Read more on InformationNOW about [forests and woodlands](#)**

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## **Digital Inclusion and Women's Empowerment Event**

Wednesday, 6 March 2024, 10am to 12pm

Join [Connected Voice](#) in celebrating 2024 International Women's Day at their Networking Event. This year's International Women's Day theme is 'Inspire Inclusion.'

They will focus on how digital inclusion can foster women's empowerment, equity, and create positive change. The event will feature speakers' presentations, group discussions, and networking opportunities. Please book your place as soon as possible to avoid disappointment.

[Book a place](#)

**Read more on InformationNOW about [Getting digital help](#)**

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## **Local ward boundaries consultation**

Have your say on ward boundaries in Newcastle.

The Local government boundaries commission for England (LGBCE) want to hear your views on how to shape new ward boundaries in Newcastle for the 78 local councillors that represent you.

You can view the current ward boundaries, related documents and feedback how they do or don't work, and any suggested changes by visiting the [LGBCE Newcastle website here](#)

Read more on InformationNOW about [ward areas and voting](#)

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## The Newcastle 2045 plan

Get involved in a six-week engagement exercise to influence what Newcastle will be like by 2045. It's about a lot of things – shopping, leisure, housing, how the city can be healthier, greener and easier to move around. How we can use what is already great about Newcastle to plan for the future?

You can get involved online at [Have Your Say Today – Newcastle Plan – Commonplace](#)

There will be community drop in sessions where you can give your views on the Newcastle 2045 plan in person.

The first planned sessions are:

[Throckley Community Centre](#) – Tuesday 6 February 2024 – 10am-12pm

[Lemington Health Resource Centre](#) – Wednesday 7 February 2024 – 10am-12pm

Read more on InformationNOW about [getting involved in Newcastle](#)

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## Stop Smoking services survey

[Public Health at Newcastle City Council](#) are currently reviewing the Stop Smoking Services for Newcastle and would like to hear the views and experiences of local residents. Smoking is the biggest cause of preventable ill health and early death in Newcastle. It is also a major risk factor for many diseases, such as lung cancer, chronic obstructive pulmonary disease (COPD) and heart disease. In 2023, 78% of North East adults supported ending smoking.

You can [take part in the survey on Lets Talk Newcastle](#)

The survey ends on 15 March 2024. If you have any questions about the content of the survey, how the information will be used, or would like it in a different format, please email:

[letstalk@newcastle.gov.uk](mailto:letstalk@newcastle.gov.uk)

Read more on InformationNOW about [Giving up smoking](#)

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## North East regenerative tourism survey

Survey closes Wednesday 31 January 2024

Last chance to have your say on regenerative tourism plans in the North East.

Tourism destinations in North East England have come together as part of a [Destination North East England](#) Development Partnership (DDP) pilot to create a regenerative tourism framework. Regenerative tourism is tourism that seeks to leave things better than we found them, minimises negative impacts such as pollution and over use of resources and creates a net-positive impact for nature, environment and local communities

The survey wants to understand the key sustainability challenges and opportunities for organisations, businesses and people living in the North East.

You can take the [Destination North East England regenerative tourism survey here](#)

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

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## Late Show commission opportunities

Deadline 22 February 2024

[Creative Central Newcastle](#) invite local artists and creatives to apply for one of four brand-new commissions, to be situated in 4 of the Host Venues. Blackfriars, The Grainger Market, The Common Room and Dance city. The commissions will reflect the culture and history of the venues from medieval to modern times.

The four opportunities each have a budget of £3,000 and cover a variety of art forms, disciplines and take inspiration from our Host Venues.

The deadline to apply for these commissions is Thursday 22 February 2024, and you can find the brief and application process on their [Opportunities page on their website](#).

Read more on InformationNOW about [Art spaces in Newcastle](#)

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## Money Wise at Blakelaw Community centre

30 January 2024 10am – 12pm

[Money Wise Credit Union](#) are starting a collection point at [Blakelaw Community centre](#) where members can pay in money and start saving. Moneywise Credit Union offer affordable credit options and accessible savings for people.

Read more on InformationNOW about [affordable credit](#)

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## Newcastle Neighbourhoods reminder

The first 2024 [Newcastle Neighbourhoods](#) Network event took place last week. There are still more network 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.

**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](#)

**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](#)

**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](#)

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

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## Childcare choices

There have been government changes to childcare allowances available for children aged 3-4 years, and this will expand in April 2024.

[Childcare Choices](#) is the government website to get more information on what childcare options are available.

- **Up to 15 hours** of early education over **38 weeks** of the year for 2 year olds.
- **Up to 30 hours** of early education over **38 weeks** of the year for 3-4 year olds.
- Can be used flexibly with **one or more childcare providers**.
- Some providers will allow you to 'stretch' the hours over 52 weeks, using fewer hours per week

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

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## National Stottie Cake Week 2024

12 – 18 February 2024

The first National Stottie Cake Week is being launched by [Big River Bakery](#) in 2024 from 12 to 18 February. They are planning a week of low cost affordable mini food festivals, events and activities based around the Geordie bread.

The bakery currently provides bread free of charge to people in need, free food Wednesdays, school breakfast bags and regular free baking sessions for local people.

To keep up to date with national stottie cake week plans or to get involved visit the [National Stottie Cake Week 2024 section of their website](#)

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

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## Loneliness in the retirement-age population

[Healthwatch Gateshead](#) and [Healthwatch Newcastle](#) undertook a joint research project to engage with retirement-age residents of Gateshead and Newcastle to understand their experiences of loneliness and isolation.

The project focused on three key areas including:

- Any factors people felt contributed to feelings of loneliness & isolation and its prevalence in people's lives.
- Awareness and use of local services that focused on reducing loneliness and isolation.
- What worked well and the areas for development.

The key findings are:

- Loneliness can occur to anyone, and is particularly felt by those aged between 65 and 74, are women, and are carers.
- Loneliness is not simply a symptom of getting older but is instead prevalent when the needs of older people are not effectively taken care of. This is especially important in terms of access and mobility, including travel routes and venues for activities.
- Loneliness is something often felt for a long period of time and felt more actively in those aged between 65 and 74, possibly due to recent retirement and bereavement.
- Social activities are often the most successful in engaging older people, and community-based groups are well-received.
- Users who engage with some services are more likely to engage with multiple, services though there is a high rate of respondents here who do not participate at all.
- Key issues preventing potential users from engaging with services are poor transport options and a lack of development of local facilities.
- There is interest in specific activities, like physical fitness and arts activities for some people within some communities.

[Read the report and recommendations here](#)

Read more on InformationNOW about [Feeling lonely](#)

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## Healthy Caring City report

The Healthy, Caring City report has been delivered by Cllr Karen Kilgour, Newcastle City Council's Deputy Leader and Cabinet Member for a Healthy, Caring City. The report highlights the range of services the council delivers across adult social care and public health, challenges faced and progress made.

[Read the Healthy Caring city 2022 to 2023 report here](#)

Read more on Newcastle.gov.uk about [Newcastle: Healthier City](#)

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## Home invasion animations and webinars

A cross-partnership project has produced two animations on home takeover (sometimes referred to as home invasion or cuckooing). The animations are a joint effort across the [Newcastle Safeguarding Adults Board](#), The Newcastle Safeguarding Children Partnership and the Safe Newcastle Board, as well as input from the University of Northumbria, Newcastle.

You can watch and find out more about the animations here:

[www.newcastlesafeguarding.org.uk/home-takeover-animation-launched/](http://www.newcastlesafeguarding.org.uk/home-takeover-animation-launched/)

Please share these resources within your organisations and networks.

Webinars will be used to launch the animations and offer support and advice on how they can be used to cascade key messages within your organisations. If you would like to book onto a webinar, please complete this [booking form](#).

- **5 February 2024, 10 – 11am**
- **1 March 2024, 12 – 1pm**
- **20 March 2024, 1.30 – 2.30pm**

[Read more on adult abuse and how to report any concerns on InformationNOW](#)

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## **Knife crime awareness sessions**

[The Northumbria Violence Reduction Unit](#), in partnership with Newcastle City Council, are offering Knife Crime Awareness training for practitioners across Newcastle.

The purpose of the training is to give professionals a better understanding of the topic of knife crime and is suitable for anyone working with young people, and those working in other settings where this could potentially be an issue.

These are two-hour sessions, and a workbook will be provided to ensure that practitioners have an understanding of issues relating to knife crime.

For more information, or to book a place, please click on the relevant link below:

- **Thursday 8 February**, 9.45 a.m. – 12.00 p.m., Newcastle Civic Centre, Pandon Room  
[Register here](#)
- **Wednesday 17 April**, 9.45 a.m. – 12.00 p.m., Newcastle Civic Centre, Pandon Room  
[Register here](#)

For further information please contact Barbara Seale at [barbara.seale@newcastle.gov.uk](mailto:barbara.seale@newcastle.gov.uk)

[Read more on personal safety on InformationNOW](#)

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## **Pregnancy Social Groups**

[HealthWorks Newcastle](#) in partnership with [Children and Families Newcastle](#) are running a series of free pregnancy social groups.

The social groups are for families living in Newcastle, who want to meet others in the same situation, get support and information from staff and volunteers.

Monday 3 – 4:30pm at [Lemington Health Resource centre](#)

Tuesday 1 – 2:30pm at [The Haven at Kenton](#)

Wednesday 10 – 11:30am at [The Byker Sands Centre](#)

Thursday 10 – 11:30am at [The Galafield centre](#)

[Read more on InformationNOW about pregnancy and children's health](#)

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## **LGBTQ+ lunchtime social**

5 February 2024, 11:30am to 2pm

[LGBT+ Northern Social Group](#) have a new [LGBT+ lunchtime social](#) starting in February. A day time social group for people from the LGBTQIA+ community to come together. Hot drinks provided, feel free to bring your own food/snacks.

LGBT+ Northern social group are also planning a fortnightly evening coffee social group (5:30 to 8:30pm) starting in 2024. Tea, coffee and non-alcoholic drinks will be provided and guests can bring their own food. Please contact [office@lgbtng.com](mailto:office@lgbtng.com) to find out more about the evening group.

**Read more on InformationNOW about [LGBTQIA+ support and groups in Newcastle](#)**

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## Strictly Ballroom

1 February 2024 1 – 2pm

Join [Search Newcastle's Strictly Ballroom group](#) in Lemington, where you can learn to dance with like minded people aged 50+

**Read more on InformationNOW about [Music and dance events in Newcastle](#)**

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## Be Creative art workshops at the Bike Garden

7 February 2024 1 – 2pm

A series of free art workshops in a warm space at the [Greening Wingrove Bike Garden](#) in [Nuns Moor park](#). Create art using a variety of materials such as watercolours and pastels, drawing

Hot drinks and snacks available to buy from Northern Slice.

**Read more on InformationNOW about [Be Creative art workshops at the Bike Garden](#)**

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## Memory Tea at St Martins

Monday 5 February 2024

Join a dementia friendly [Memory Tea at St Martin's Centre](#) on the second and fourth Monday of the month. Have a cuppa and join in with a range of activities. Information and support available, carers, friends and family welcome to attend.

**Read more on InformationNOW about [St Martins centre events](#)**

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## Friends of Paddy Freemans sing along

Wednesday 31 January 2024

[The Friends of Paddy Freemans park](#) host a weekly Wednesday singalong group for anyone who wishes to get involved, its free to attend and open to the community.

## [Read more on InformationNOW about Friends of Paddy Freemans Singalong Group](#)

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### **James' Place**

New organisation

James' Place offer free, focused, one to one therapy to help men understand and recover from a suicidal crisis.

**Read more on InformationNOW about [James' Place](#)**

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### **Beacon**

New organisation

Beacon gives free independent advice on NHS Continuing Healthcare and NHS funded nursing care (CHC). They have a free telephone helpline and online information.

**Read more on InformationNOW about [Beacon](#)**

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### **Diabetes UK Local Support (North)**

updated organisation

Diabetes UK local support (North) provide information, advice and information talks for communities and workplaces. They also run a peer support group at the QE hospital in Gateshead on the 1st Wednesday of the month

**Read more on InformationNOW about [Diabetes UK Local Support North](#)**

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### **Shieldfield Art Works (SAW)**

Updated organisation

an arts space and a project of the Methodist Church. They explore contemporary art, theological reflection and community activism. They hold regular art exhibitions, have a community garden and a food and talk group SAW Reflects

**Read more on InformationNOW about [SAW](#)**

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### **Adult Abuse**

Updated article

Adult abuse can take many forms and isn't always easy to spot. However any adult who is experiencing or is at risk of abuse or neglect should be able to get help. This article looks at the

different types of abuse, how to report it and what happens once you've reported it.

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

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## **Learning disability support services**

Updated article

This article looks at the main Learning Disability services commissioned in Newcastle

**Read more on InformationNOW about [learning disability support services commissioned by Newcastle City Council](#)**

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Last updated: February 14, 2024

## **Recent Newsletters:**

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