

10 May 2024 InfoNOW News

InformationNOW Language resources

InformationNOW have produced print and digital resources in different languages with the support of [Newcastle City of Sanctuary](#) partners.

InfoNOW in your language postcards

These flyers give an overview of www.informationnow.org.uk and how to change the language on the website using our accessibility and translation tool.

Available in Arabic, Farsi, French, Polish, Sorani, Spanish, Ukrainian, Urdu

New to Newcastle flyers

Flyers for people who are newly arrived to Newcastle with QR codes that take you to information about: Support for refugees and those seeking asylum, Accessing health services for refugees and those seeking asylum, jobs, skills and training help, ESOL in Newcastle including community and women's only classes.

Available in English, Arabic, Farsi, Sorani, Ukrainian, Urdu

The language resources can be found by clicking on the [About Us Tab](#) and selecting [Free InformationNOW resources](#) in the side menu.

If you would like physical copies of these flyers please contact:
informationnow@newcastle.gov.uk

If you run groups, events or activities for people seeking sanctuary or learning English as a second language why not add your events to the site? You can do so using [this form here](#)

Read more on InformationNOW about [How to tailor InformationNOW to your access needs](#)

Dementia Action Week 2024

Dementia Action Week is an awareness raising campaign across the UK to encourage people to act on dementia. Each year, as part of [Dementia Action Week](#) there is a range of campaigns, awareness raising, events, coffee mornings and activities happening.

Dementia events and activities in and around dementia action week this year include:

14 May 2024, 2pm to 4pm
[Memory Lane](#) at St Vincents Centre

15 May 2024, 10:30am to 12pm

Search Newcastle's [Singing for your brain Cruddas Park](#)

15 May 2024, 1pm to 3pm

Silverline Memories [Young Onset Peer Support Group](#)

16 May 2024, 10am to 2pm

Newcastle City Council's [Dementia Action Day at Grainger Market](#)

17 May 2024, 11am to 12pm

[Sing and Socialise](#) at St Georges Jesmond

22 May 2024, 2pm to 3pm

[St Martins Centre Dementia friendly session](#)

[You can find more Dementia activities and events on InformationNOW here](#)

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

Riverside Spring Programme

Carnegie Building, Atkinson Road, Newcastle, NE4 8XS

[Riverside Community Health Project's](#) Spring programme of activities includes the dates and times for all their children and family groups, welfare sessions, training and women's groups throughout May June and July

View and [download the latest programme of activities here](#).

Read more on InformationNOW about [Community Hubs](#)

Digital switchover

The UK's telephone network is changing. Between now and 2025 most telephone providers will be moving their customers from old analogue landlines over to new upgraded landline services using digital technology.

This means services that rely on the old landline system such as home phones and healthcare devices will be switched over.

Newcastle City council has issue da statement about the switchover and how it may affect [Ostara](#) customers and [Housing Plus](#) schemes

You can read [Newcastle City Council's official statement on the Switchover, here](#).

There are also nearby face to face events about the digital switchover ran by BT:

Wednesday 5 June 2024, 10am to 3pm

[Digital Voice roadshow Newcastle – the digital phone switchover](#)

12 June 2024, 10am to 12pm

[Digital Voice roadshow Gateshead – the digital phone switchover](#)

21 June 2024, 9am to 3pm

[Digital Voice roadshow Wallsend- the digital phone switchover](#)

Read more on InformationNOW about [Telecare and personal alarm systems](#), [Home adaptations and equipment](#) or [Telephones](#)

Newcastle VCSE Health and Wellbeing Event

16 July, 1pm to 3.30pm, One Strawberry Lane, Newcastle, NE1 4BX

This will be their first event focused on supporting the Newcastle VCSE sector around the local health system. There will be presentations and updates from the following:

- Newcastle Place Integrated Care Board leads
- Newcastle GP Services
- Newcastle City Council Health Champions
- The latest on the VCSE Partnership Programme

As always, there will also be time for discussions and networking. You can now register for this event [here](#).

For more information, email isobel.corby@connectedvoice.org.uk

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

In The Round Podcast

You can catch up on the May edition of the 'In The Round' Podcast. Hosts Richard Finch, Kate Bowman and Moyra Riseborough are joined by:

- Natasha Hemsley from the Northumberland Wildlife Trust explains how you can get involved with Nature Connect.
- Simon Reay tells you more about Talking Therapies in Gateshead
- Richard White from InformationNOW drops in to let you know what's going on in Newcastle during the month.

You can listen to [In The Round – topics and news to interest you for April 2024 here](#). You can also listen to the podcast by visiting the News section on InformationNOW and clicking listen to launch the LLARC channel.

Read more on InformationNOW about [Local events](#)

Newcastle SELT open day

4 June 2024, 10am to 2pm, Turbine Hall at City Church Newcastle, Melbourne Street, NE1 2JQ.

[Action Foundation](#) have become an official partner of Trinity College London, enabling people to sit their SELT (Secure English Language Tests) for UK visas and citizenship.

An Open Day aimed at ESOL practitioners, agents, immigration advisors and local community groups in conjunction with Trinity will take place on 4 June. Attendees can drop in at any point in the day to have a chat and refreshments. Presentations will take place at 10.30am, 12:00pm, and 1.30pm.

[You can register for the event here](#)

Free awareness-raising tables are available to other charities and organisations. If you'd like to enquire about having a table at the open day, email: language@actionfoundation.org.uk

Read more on InformationNOW about [ESOL:English for Speakers of Other Languages](#)

Newcastle Service User and carer forum

16 May 2024, 12pm to 2pm

[Newcastle Service User and Carer Forum](#) is for service users, carers of people who are in and out of treatment and the recovery community. The forums are an opportunity to chat and to raise any issues that you may have. It also provides a supportive place for peer led activities, training, volunteer opportunities, advocacy, and mentoring. The forum meets every 2 weeks from 12pm until 2pm at [ReCoCO: The Recovery College](#)

Read more on InformationNOW about [Newcastle drug and alcohol forums](#)

Roots for Change – Community Interpreting Course

Tuesday 14 May, 9.30 am to 2.30pm, Healthworks, Adelaide Terrace, Newcastle, NE4 8BE

Are you bilingual? Ever thought about using your language skills to help out in the community? Did you know you can get many jobs with languages? You could make a great community interpreter if you speak English and another language fluently.

An opportunity to develop valuable interpreting skills to support communities is available through [Roots For Change's](#) community interpreting course. The course is designed to equip learners with the essential skills needed for community interpreting. To be eligible for the course, all you need is:

1. Proof of valid ID in the UK
2. Proof of benefits
3. English proficiency at Level 1 or 2

If you are interested in the course, be sure to fill out [this online form](#) ASAP.

Read more on InformationNOW about [Interpreting and translation](#)

Crisis- Experts by Experience Panel

The Member Involvement team are now recruiting for a new Experts by Experience Panel. The Experts by Experience Panel is a two-year project with a group of people with lived experience of homelessness who will have access to, and participate in, a wide range of opportunities across Crisis to support and develop our work.

To apply, please contact rachael.courtney@crisis.org.uk at Crisis by 14 May 2024.

Informal interviews will take place: Tuesday 21 May and Friday 24 May.

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

National walking month

May is National Walking Month. Walking is one of the easiest ways to improve your physical health and mental wellbeing.

You can join a series of free walks at Newburn and the Town Moor in Newcastle ran in partnership by RISE, Newcastle city council:

16 May 2024 10:30am to 11:30 am [Town Moor Wander](#)

23 May 2024 1pm to 2pm [Newburn Riverside walk](#)



22 May 2024 10:30am to 1:30pm [Walk Leader Training](#)

The walk leader programme is led by Newcastle City Council and RISE, and throughout your time as a volunteer they will offer ongoing support. The volunteer can either be an employee from your organisation or it can be a client.

At the end of the training, there will be some time to plan how frequently you will be leading walks. The training will also involve a walk at the end, so please come dressed appropriately.

Read more on InformationNOW about [Walking and health](#)

Dementia Voice launch

6 June 2024, 11am to 1pm, Cruddas Park Surgery, 178 Westmorland Road, NE4 7JT

[Alzheimers Society Newcastle](#) are launching a [Dementia Voice Local Group Newcastle](#)

Dementia Voice Local Groups are for people with a dementia diagnosis to share their insights and experiences nationally, locally and regionally to help influence change within Alzheimer's Society, Health Services, Local Authority, Research, and other organisations. It also offers the chance for people living with dementia to test and give their feedback on innovative technology and products that support people affected by dementia.

Read more on InformationNOW about [Dementia](#)

Homelessness accommodation consultation

Newcastle City Council is currently undertaking a review of commissioned homelessness accommodation offer.

The current homelessness accommodation offer comprises nearly 800 units of self-contained temporary accommodation, outreach support for individuals experiencing rough sleeping, and assistance for transitioning to longer-term housing solutions.

You can have your say at [Let's Talk Newcastle here](#)

Views are welcome from everyone with an interest in finding better solutions to homelessness, especially people who have experienced or are currently experiencing homelessness, service providers, partners and the wider system partners working in mental health, drug and alcohol, domestic abuse, and criminal justice services.

Read more on InformationNOW about [Homeless or worried about becoming homeless](#)

Property licensing in Newcastle consultation 2024

Newcastle City Council want your views on proposals to introduce new selective and additional licensing schemes in Newcastle.

Property licensing schemes play an important role in maintaining high standards in the private rented sector and ensure people have good, quality housing.

You can also come along to a drop-in information events:

- Jesmond Library – Monday 13 May, 4pm to 6pm
- Lemington Centre – Thursday 16 May, 11am to 3.30pm

You can [have your say online here at Lets Talk](#)

Read more on InformationNOW about [Getting advice about your landlord or housing issues](#)

Skin & Oral Disease research engagement event

How can we improve inclusion of patient voices in the shaping of research?

Join this Patient and Public Engagement (PPIE) in Research event to find out more about current Skin & Oral Disease research in the Newcastle BRC, and the different ways you can be involved, from lab based, to clinical research. Come and long and take part, ask questions and enjoy pizza with us at this NIHR Newcastle BRC event.

[Register a place at the event here](#)

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

Newcastle City Council PlayZone surveys

Six new PlayZones are set to be created across Newcastle, and Newcastle City Council are conducting surveys to gather the views of residents to understand the community need and requirements for the proposed PlayZones.

The PlayZone Programme is a new and exciting investment programme aimed at tackling inequalities in physical activity by funding community-led spaces.

Its aim is to focus on communities with the greatest need, and it will deliver new or refurbished safe and accessible mini pitches that will allow priority groups to be more active.

You can find out more about each proposed PlayZone and have your say by clicking the links below.

- [Cowgate](#)
- [Elswick](#)
- [Fawdon](#)
- [Gala](#)
- [North Kenton](#)
- [Pottery Bank](#)

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

Inner West Neighbourhood network

15 May 2024, 10.30 am to 12.30 pm, Cowgate Community Centre (NE5 3UT)

A reminder that the last Newcastle neighbourhood network of this quarter is on 15 May at Cowgate Community Centre. This event is for organisations and individuals based in the Inner West of Newcastle.

[You can register for the Inner West Newcastle Neighbourhood event here](#)

if you have any questions please contact
newcastleneighbourhoods@newcastle.gov.uk

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

St Vincent's recycled furniture store

[St Vincent's centre Newcastle](#) have now opened a low cost used furniture store including:

- household
- bric-a-brac
- electricals
- furniture
- linens
- baby equipment
- rugs
- cookware

All electrical equipment is PAT tested. safe, cheap furniture & household items. Local delivery is available upon request (small fees applied)

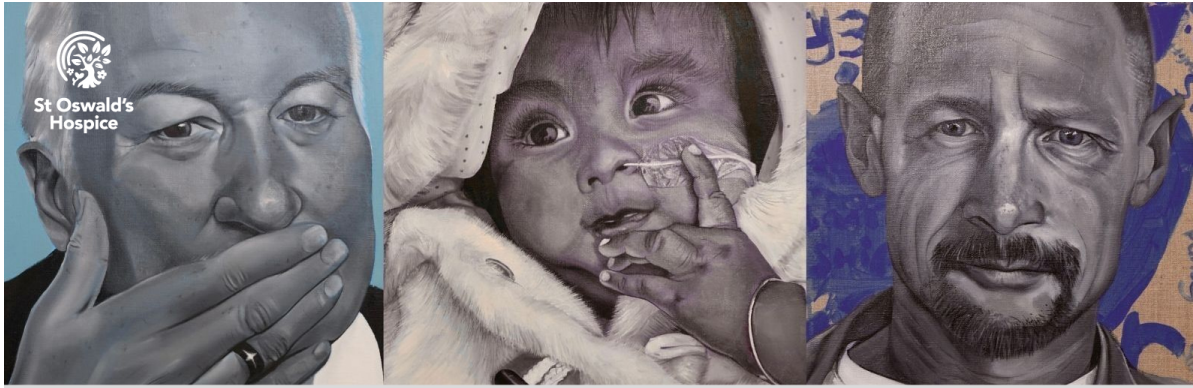
Read more on InformationNOW about [affordable furniture](#)

Portraits with Purpose exhibition

10 to 17 May, Newcastle Civic Centre, Barras Bridge NE1 Q

Portraits with Purpose: Continuing Bonds is a free exhibition of portraits from Artist Leanne Pearce. The exhibition is part of Dying Matters week and the portraits are highlight the stories and personalities of people who have been supported by [St Oswalds Hospice](#).

You can view the exhibition at Newcastle Civic centre from 10 May until 17 May 2024.



EXHIBITION 10TH – 17TH MAY 2024

Portraits with Purpose: *Continuing Bonds*

A collaboration between St Oswald's Hospice and Artist, Leanne Pearce

Read more on InformationNOW about [Planning Ahead for later life](#) or [palliative care](#)

The Role Of ICS' In Improving Dementia Diagnosis

This report looks at the role that NHS ICS or Integrated care systems can play in improving dementia diagnoses in communities.

You can read the [The Role Of Integrated Care Systems In Improving Dementia Diagnosis report here](#)

Read more on InformationNOW about [Integrated care systems](#)

Cultural competency Training

Cultural Competency training is funded by Newcastle City Council's Public Health team and is informed by the experiences of people in local communities explored through the Haref Network. **It is free for health and wellbeing practitioners delivering services in Newcastle upon Tyne only**, who wish to improve the reach of their services with ethnically marginalised communities.

These multi-agency sessions, delivered via Zoom, will enable to participants to connect with and deliver effective services to people across marginalised communities. The sessions are 2 hours and 30 minutes long, with interactive exercises, videos and discussion points for you to take back to your organisations.

We can also deliver Cultural Competency training direct to your organisation for free, **if your organisation is eligible**. To enquire, please contact isobel.corby@connectedvoice.org.uk

Upcoming multi-agency sessions:

Tuesday 4 June 2024, 9:30 am to 12pm [Book here](#)

Read more on InformationNOW about [Haref Network](#)

Good Practice Mentors training

[The Good Practice Mentors](#) programme offers free support for organisations to increase their engagement with older people. We can work with you to make improvements and changes to your services, learn more about co-production, and to reach more people in your community.

14 May, 10am, online

[Ageism in yourself & others – recognise and challenge ageist behaviour](#)

15 May, 11am online

[Making Space for Co-production](#)

22 May, 2pm, online

[Understand more about the psychology of loneliness and social isolation](#)

22 May, 10am, online

[The 'Torbay Community Helpline'](#)

23 May, 11am, online

[Increasing diversity of inclusion within co-production](#)

28 May, 10am, online

[Ripple Effect Mapping](#)

29 May, 11am, online

[Mind your co-production language!](#)

Read more on InformationNOW about [getting Involved](#)

Read more on Newcastle.GOV.UK about [Newcastle City Councils Adult Social Care and Prevention approach to consultation, engagement, co-design, and co-production](#)

Moving for our mental health resources

Mental Health Awareness Week 2024 is Monday 13 to Sunday 19 May.

This year, Mental Health Awareness Week is on the theme of 'Movement: moving more for our mental health'.

Physical activity has proven benefits for our mental health, however 4 in 10 adults don't reach the NHS recommended physical activity guidelines

There is a range of free, evidence-based support, resources and ideas available through the [Every Mind Matters website](#).

[physical activity resources can be found here.](#)

[‘Little Big Thing’ resources can be found here.](#)

Read more on InformationNOW about [benefits of physical activity](#)

Nature Connect

22 May 2024, 1:30pm to 3:30pm, Hauxley Wildlife Discovery Centre, Northumberland, NE65 0JR

[The Northumberland Wildlife Trust](#) Nextdoor Nature project is joining forces with [LLARC](#) to collect community stories of being in nature. Please join for a gentle walk around Hauxley and share your stories.

Refreshments available. Please wear suitable clothes and shoes for outdoor weather.

Read more on InformationNOW about [Nature Connect](#)

Welcome to Badminton

16, 25, 30 May 2024, 6pm to 8pm, Northumbria Sport Central Northumberland Road, NE1 8ST

[Welcome to Badminton sessions](#) are for refugees, asylum seekers and migrants based in the North East.

The Welcome to Badminton sessions are held at
Spaces are available, but sessions are generally well attended – please don’t hesitate to book your place!

If you need more information, email ashfordruth27@yahoo.com, or contact [07856 516 204](tel:07856516204) via WhatsApp.

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

Bewick Creative writing workshops

Newcastle City Library, 14, 21 May and 7 June 2024, 1-3pm

Join [Equal Arts](#) and creative writer Elizabeth Baker and dive into the brilliant world of Thomas Bewick in a series of free creative workshops.

The workshops explore the difference between the world of Bewick and the world today, experimenting with different poetic forms on climate change, our observations, wildlife and the environment

The workshops are for people aged 55+ and those living with dementia.

Read more on InformationNOW about [Bewick creative writing with Elizabeth Baker](#)

Ouseburn Markets

Second Saturday and Sunday of the month, 10am to 3:30pm until July 2024

The Ouseburn Market returns this spring and summer.

Artists, makers, designers and unique sellers showcase their work at over 80 stalls with food, drinks & live music in the heart of the Ouseburn Valley. Markets are on:

- 11 May
- 12 May
- 8 June
- 9 June
- 13 July
- 14 July

Read more on InformationNOW about [Ouseburn Markets](#)

Knots n Needles

15 May 2024, 10am to 12pm, John Buddle Work Village, Buddle Road, NE4 8AW

Crochet for beginners. Learn the basics of crochet and start to create your own crochet masterpiece in a friendly and warm atmosphere. The group is for women only. The group meets every Wednesday

Read more on InformationNOW about [Knots n Needles](#)

St Oswald's Hospice

Updated organisation

St. Oswald's Hospice is a charity that provides care for people with incurable conditions. They provide:

- **specialist patient-centric care** for adults, young people, babies and children with life limiting conditions from the North East of England
- **a bereavement service** to support adults and children coping with bereavement
- **support groups**
- **volunteer opportunities** in their hospice and charity shops
- **Lymphoedema Support Group** for people with Lymphoedema, their family and friends. Email them to find out more and for dates of the next meeting
- **23 charity shops** in the North East where you can donate or buy second hand items, including furniture, books, equipment and electrical goods.

Read more on InformationNOW about [St Oswalds Hospice](#)

Changing lives – help through crisis project

New organisation

Changing Lives Help through Crisis project works with socially disadvantaged and vulnerable families. They support families with or without social work involvement with areas such as

- **benefits and housing advice.**
- **advice, advocacy, and guidance.**
- **in person support at meetings and appointments.**
- **accessing parenting skills**

Read more on InformationNOW about [Changing lives – help through crisis project](#)

Church Action on Poverty North East

Updated organisation

Church Action on Poverty is a national ecumenical Christian social justice charity, committed to tackling poverty in the UK. They work in partnership with churches and with people in poverty themselves to find solutions to poverty, locally, nationally and globally.

Read more on InformationNOW about [Church action on Poverty](#)

Dementia Friendly Newcastle

Updated Article

Newcastle is committed to becoming a Dementia Friendly city, a place where everyone is aware of and understands dementia. This article gives an overview of dementia friendly information, support, community services and more in Newcastle.

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

Arts in Newcastle

Updated Article

There is a great variety of art and culture in Newcastle Upon Tyne and the North East, from traditional arts and crafts to modern, digital and multimedia art. Many galleries and exhibition spaces offer free entry, exhibitions and events. There are also many arts, crafts and multimedia groups and activities in the community

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

Last updated: May 30, 2024

Recent Newsletters:

[InformationNow News 28 August 2026](#)

NEWS InformationNOW Thank you to everyone who came along to our focus group session. Your feedback was invaluable and you were so generous with your time and insights. We're pulling all this information t...

[InformationNow News 14 August 2026](#)

NEWS Have Your Say Events: The Future of Adult Social Care and Prevention 2 September 2026 and 9 September 2026, Newcastle City Centre Newcastle City Council is developing a new three-year Adult Social Care and ...