

InfoNOW News Friday 31st May 2024

Putting Carers on the map

InformationNOW: Carers Week 2024

It's not long until [Carers Week 2024](#) and this years theme is 'putting carers on the map'. There's an amazing range of support for carers across services and organisations in Newcastle.

So if you are planning anything to mark Carers Week or if there's carers activities, events, webinars, reports or other opportunities you run during June we want to get the word out about it!

You can [add your event to InformationNOW direct by using this form](#) or Email us at InformationNOW@newcastle.gov.uk

[Find carers week Events on InformationNOW](#)

Carers Week 2024

Highlights of events for carers week 2024 include:

10 June 2024 [Carers tea party](#)

13 June 2024 [Beginners creative writing for wellbeing](#)

13 June 2024 [Carers UK – Share & Learn \(online\): Self Compassion](#)

14 June 2024 [Learn & Share \(online\) – Carers Panel discussion: caring in Older age](#)

Carers Week events for professionals

[Newcastle Carers](#) are running two learning sessions for professionals

12 June 2024, 2:30pm to 4:30pm

[Carers Week: learning session for professionals](#)

13 June 2024, 1pm to 3pm

[Carers Week: learning session for professionals](#)

During the sessions you will enhance your knowledge and understanding about carers, have the opportunity to discuss what you can do in your professional role and make your 'Carers Week Pledge' to commit to supporting unpaid carers.

The session will be interactive and informative, designed to leave you fully equipped to provide the right support for anyone with a caring role. Refreshments will be provided. These sessions will

be held at Newcastle Carers Centre

Local carers services

[Newcastle Carers](#) are your local service that support adults, children and young people who care for someone living in Newcastle. They help carers to find ways to make their situation easier. They can help with benefits, counselling, support groups, social activities, finding work, taking a break and much more.

[The British Red Cross Carers Emergency Contact Card Scheme](#) is a free service, so the person you care for can be looked after if you have a personal crisis such as, an illness, accident or emergency.

[PROPS](#) supports carers affected by a loved ones drug or alcohol misuse across Newcastle.

Read more on InformationNOW about [Looking after someone](#)

Stop Loan Sharks

Stop Loan Sharks week was 13 – 19 May 2024, a week where problem of [Illegal money lenders, or loan sharks](#), support and credit options are highlighted.

Are you worried that you, or someone you know, has borrowed money from a loan shark? Are you worried that a loan shark is working in your neighbourhood? Speak to [Stop Loan Sharks](#). This is a confidential service.

There are other affordable credit options available in Newcastle, if you need to borrow money, even if you have been turned down for credit or a loan in the past.

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

HINENC Digital Inclusion Forum

10 June 2024, 1:30pm to 3pm, Online

Join [Health Innovation North East and North Cumbria's](#) (HI NENC) Digital Inclusion Forum featuring a discussion on 'Disability Voices: Digital Divide' with Amy Heard from Healthwatch Cumberland, and a session on 'Health Literacy' with Ryan Swiers from South Tyneside and Sunderland NHS Foundation Trust.

[You can book your free Digital Inclusion Forum Tickets on Eventbrite](#)

Read more on InformationNOW about [help to get people online](#)

Newcastle Sanctuary Forum – Refugee Week 2024

18 June, 10am -12.30pm, BALTIC Centre for Contemporary Art, NE8 3BA

The Sanctuary Forum is a space for people to come together to learn, share and explore the issues related to migration and seeking sanctuary in Newcastle, and this Refugee Week you will hear about the work of Newcastle City of Sanctuary and Awards of Sanctuary across the city.

You can [book a space via Eventbrite here](#)

Read more on InformationNOW about [Newcastle City of Sanctuary](#)

Four Million Homes social housing training

Four Million Homes are offering free training events (recognised by the Chartered Institute of Housing) for social housing residents at [Jesmond community Library](#).

These sessions help to deepen your understanding of your rights and to meet other social housing residents. After these sessions some attendees take a first step towards forming a residents' group to engage collectively with their landlord.

19 June 2024, 1:15pm to 4:30pm

[Four Million Homes social housing training session: Equality, diversity, and inclusion](#)

17 July 2024, 1:15pm to 4:30pm

[Four Million Homes social housing training session: Resident panels](#)

18 September 2024 1:15pm to 4:30pm

[Four Million Homes social housing training session: How to run an effective residents' association](#)

16 October 2024 1:15pm to 4:30pm

[Four Million Homes social housing training session: Social housing legal requirements](#)

13 November 2024 1:15pm to 4:30pm

[Four Million Homes social housing training session: Social housing regulatory requirements – Information Now](#)

Read more on InformationNOW about [housing issues](#)

Newcastle Council Plan 2024 – 2027

Have you read Newcastle City Council's 2024 to 2027 plan?

In the plan Newcastle City Council outlines its priorities for the city with a clear focus on tackling poverty, creating an economy that works for all, and reaching Net Zero carbon emissions.

[Read the Council Plan – 2024 to 2027 on newcastle.gov.uk](#)

Read more on [Newcastle.gov.uk](#) about [Our city | Newcastle City Council](#)

Dementia support across Newcastle

On 16 May some of the organisations that help make Newcastle a more dementia friendly city; came together for a Dementia action week event at the Grainger market to mark the occasion. There they gave information on how they support people:

[Alzheimer's Society Newcastle's](#) dementia support workers can provide information, guidance and support for people living with dementia, their family and carers and run a dementia voice group monthly.

[The British Red Cross Carers Emergency Contact Card Scheme](#) is a free service, so the person you care for can be looked after if you have a personal crisis such as, an illness, accident or emergency.

[Dementia UK](#) have a national Admiral Nurse helpline.

[Search Newcastle](#) offer a range of services for people aged 55+ that are dementia friendly such as Memory tea's, singing for your brain and more.

[Silverline Memories](#) provide places to go and things to do for people with dementia including dementia cafes, young onset dementia support groups, choirs, knit and knatter and more.

[Newcastle Carers](#) support all carers in Newcastle including carers of people living with dementia.

[Newcastle Libraries](#) have Reading Well collections including books on dementia.

[St Oswalds Hospice](#) provide support for people with life limiting conditions including dementia.

[Join Dementia Research](#) match you to dementia research studies you may be able to take part in, both online, nationally and in your local area.

[Home Instead](#) provide home care services to support people living with dementia in Newcastle

There are other organisations who can support people living with dementia in Newcastle such as:

[Equal Arts](#) run Creative Age in Newcastle – regular workshops are for people aged 55+ and those living with dementia.

[Marie Curie Newcastle Hospice](#) provide support for people with life limiting conditions including dementia.

[Newcastle United](#) run a monthly NUFC Memory café with football guests and activities.

[Newcastle United Foundation](#) run walking football sessions that are dementia friendly

[Scotswood Community Garden](#) run supported gardening sessions for people with dementia in a relaxing natural space.

[St George's Church, Jesmond](#) have sing and socialise on Fridays, a dementia friendly singing group.

[St Martin's Centre](#) have Memory Tea Sessions twice a month (2nd and 4th Mondays) where people come together and socialise in a dementia friendly environment.

[St Vincents centre](#) run a monthly Memory Lane group.

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

Mobilise Online support for carers in Newcastle

Mobilise is a new free online service for unpaid carers in Newcastle. They have a range of online tools to help you. This includes help to access financial support and carers' guides.

Register with Mobilise to connect with other carers online over a cuppa, share tips, get support and information.

You can get help with their 5 step email course, carers allowance checker, book a 30 minute telephone or video call for support and more.

Visit the [Mobilise Newcastle landing page here](#)

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

Loneliness awareness week sessions

Loneliness Awareness Week raises awareness of loneliness and encourages everyone to make connections during 10 to 16 June 2024.

The Good Practice mentors are running free sessions on tackling loneliness and social isolation: 10 June 2024 3:30pm to 4:45pm [Understanding and addressing barriers to participation through comms](#)

13 June 2024 2pm to 3:30pm

[Understand more about the Psychology of Loneliness and Social isolation](#)

18 June 2024, 12pm to 1:15pm, Online

[Informal community assets and co-production for 'Random Acts of Connection'](#)

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

Digital Inclusion, Health & Care Project

Deadline 15 July 2024, 12pm

Connected Voice have an opportunity for a new Digital Inclusion, Health & Care Project Manager in Newcastle.

The role and project is aimed at delivering digital inclusion to underrepresented people with no tech or low-tech ability across communities in Newcastle.

For more details and how to apply [visit Connected Voices website here](#)

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

HealthWatch Drop in sessions

Healthwatch Newcastle have 2 upcoming drop in sessions where you can speak to a member of Healthwatch Newcastle about any issues, find out information, share your experience about Health, care and social care services.

- 31 May 2024, 10am to 12pm
[Health Watch drop in: Jesmond library](#)
- [Healthwatch Newcastle Drop in: Outer West Library](#)
4 June 2024
- [Healthwatch Newcastle Drop in: Cafe Beam](#)
5 June 2024
- [Healthwatch Newcastle Drop in: East End Library](#)
7 June 2024
- [Health Watch drop in: Royal Victoria Infirmary \(RVI\)](#)
25 June 2024

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

Volunteering drop-in event at Jesmond Library

14 June, 10am to 12:30pm.

Volunteer Centre Newcastle will be running another drop-in session at **Jesmond Library**. Drop by between 10am and 12:30pm to talk to Matthew from Volunteer centre Newcastle about opportunities to volunteer across Newcastle, or ways to recruit volunteers to support your organisation's work.

Read more on InformationNOW about [volunteering](#)

Local community partnership capacity building workshops

Connected Voice are offering free capacity building workshops for VCSE organisations working in areas of the North and Outer West of Newcastle. You can check the catchment area for these workshops by checking the [Community Partnership interactive map](#)

The workshops will be interactive and activity based, and cover:

- **Strategy**
- **Good Governance**
- **Funding**
- **Community Engagement**
- **Technology**

There are 2 session times to choose from:

- **Tuesday 2 July, 2pm to 5pm** at The Owl Tree Children's Café, corner of Kenton Road and John Street, NE3 3XH
- **Thursday 4 July, 1pm to 4pm**, The Lemington Centre, Tyne View, NE15 8DE

You can [book a place on a workshop using the form here](#)

The workshops are free to attend and funded by the UK Government [Shared Prosperity Fund](#) and North East Combined Authority.

Read more on InformationNOW about [involving your community](#)

Have your say in developing the ICB's regional Quality Strategy

Public, patients and carers are being asked 'what does high quality care mean to you?' through a 10-minute survey that will help develop a new Quality Strategy for the region.

The survey is being carried out by the [NHS North East and North Cumbria Integrated Care Board \(ICB\)](#), the organisation responsible for planning health and care services for the area.

[Take part in the survey online](#) to help develop the strategy to support and build a positive culture of safety, openness and learning across health and care.

The strategy will focus on a number of themes, including:

- **Clinical effectiveness** – making sure that care and treatments are proven to work well and improve patients' health;
- **Keeping patients safe** – creating safe environments and systems so that accidents and harm are avoided;
- **Clinical and multi-professional leadership** – supporting clinical and healthcare staff to develop their skills and use their expertise to make changes that improve patient care;
- **Experiences of care** – taking into account patient experience.

All responses are anonymous. The ICB will gather all of the feedback to help build the final Quality Strategy.

Updates on the survey and next steps will be available on the [ICB's website](#).

If you would like the feedback sent directly to you, or if you would like further information or support completing the survey, please contact necsu.icb.involvement@nhs.net

Read more on InformationNOW about [the Integrated Care System \(ICS\)](#)

Independent NHS Complaints Advocacy service event

Friday 14 June, The Pandon Room, Civic Centre, 2.30 pm to 4.30 pm

This event is for those who may be interested in learning more about, shaping or providing the Independent NHS complaints contract for residents in Newcastle.

Friday 14 June, The Pandon Room, Civic Centre, 2.30 pm to 4.30 pm

- NHS Complaints is a person-led flexible service that empowers anyone who wishes to resolve a complaint about healthcare commissioned and provided by the NHS in England. It will also support people with a grievance related to any aspect of healthcare that falls under the jurisdiction of the Parliamentary and Health Service Ombudsman (ie NHS services provided by hospitals, integrated care boards, trusts, GPs, primary care services, dentists, pharmacists, opticians and other health care practitioners).

The session will give you information about previous experience of the contract, the competitive tender process, as well as the timeline for procurement and value.

Please contact Kate Bowman at: kate.bowman@newcastle.gov.uk to register or use the reference above on NEPO to express interest.

Read more on InformationNOW about [How to complain about health services](#)

Work and Thrive community employability survey

[The Work & Thrive Partnership](#) are looking to understand what works well and where improvements can be made with employability services with 2 survey forms.

[The Work & Thrive Building Survey](#) is for organisations that have a building or community space. The survey explores options for delivering employability services from local community settings. To show what employment support services currently run from community settings, and identify places they could run in the future.

[You can complete the survey here](#)

[The Expression of Interest Form](#) is for organisations who would like to support Work and Thrive to gather feedback from people using services.

[You can complete the form here](#)

They intend to issue a thank you payment to organisations that are able to support. They will take into consideration; the number of organisations who apply, number of completed surveys secured, method(s) used to obtain completed surveys and geographical spread to decide the payment amount

Read more on InformationNOW about [looking for work](#)

Last Chance: Newcastle digital inclusion survey

Deadline 7 June 2024

[Get Online Newcastle](#) are looking to find out more about digital inclusion activities available to Newcastle residents, through the Newcastle City Council Digital Inclusion survey

This survey is for anyone delivering any type of digital inclusion activity to Newcastle residents.

Newcastle City Council will be creating a networking group for any organisation delivering digital inclusion activities to Newcastle residents.

You can [take the survey here](#)

Read more on InformationNOW about [Get Online Newcastle](#)

Last chance: STTAA survey

Deadline end of day 31 May 2024

The National Innovation Centre for Ageing and The Internet of Caring Things is running a survey on behalf of the Specialist Training Transportation & Autism Awareness (STTAA) to understand what is needed to transform “Home to School” transport for children with autism.

They are looking for responses from people aged 18-65, and who have a connection to someone with autism, or are interested in community-based initiatives.

A key aim of the project is to see if there is community support for improved, safer transportation for neuro diverse students and whether it could create employability in local communities. It will also explore how the approach of fostering collaboration and local partnerships might be beneficial to SEND children.

[You can complete the survey here](#)

Respondents will also be entered into a £50 prize draw upon completing the survey.

Read more on InformationNOW about [autism and neurodiversity local support services](#)

Inclusion North Annual report

[Inclusion North's](#) 2023-2024 annual report shares some of the work they've done throughout the year, and highlights what is happening in the year ahead.

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

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

The economic impact of dementia report

New research from the Alzheimer's Society has revealed that by 2040, yearly dementia costs to the UK economy will rise from £42 billion a year to £90 billion, due to an ageing population raising the numbers of people living with dementia from 1 million to 1.6 million in 2040.

Unpaid carers, adult social care and the NHS will face the expected 46 per cent rise in cost over the next 16 years.

[Read a summary of the findings here](#)

[Read the full report here](#)

Read more on InformationNOW about [Dementia](#)

Adults at Risk of Exploitation: Putting the Pieces of the Jigsaw Together

Tuesday 16 July 2024 1pm to 2.30pm

Recent years have seen a growth in research literature focusing on child exploitation and how a contextual safeguarding approach is required to deal with this extra familial abuse. However, there is very little guidance or research on how best to support adults who are at risk of exploitation. There is a post code lottery of responses to the issue nationally, leaving many adults at risk falling through gaps in support. Uniquely, Newcastle City Council utilise Safeguarding Adults Procedures to ensure a coordinated multi-disciplinary response to those adults identified at risk.

Funded by the NIHR Applied Research Collaboration Northeast North Cumbria, Newcastle City Council, and Northumbria University have undertaken a 2-year realist evaluation of how adult exploitation is being managed in Newcastle.

Quantitative analysis of 58 case records were conducted as well as a total of 60 qualitative interviews with adults at risk and their family members, professionals who have experience of working with adults at risk of exploitation and policy makers who have been responsible for ensuring policy and procedures are in place. From all this combined knowledge and experiences the analysis identifies what is needed and works effectively at an individual, operational, and strategic level to reduce risk for vulnerable adults.

Join a free 90-minute webinar about this work on adult exploitation in Newcastle.

Book a place via [Eventbrite](#)

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

Free museum object boxes to borrow

Museums, culture and heritage can help to improve your health and wellbeing. Looking at museums objects, remembering things and telling stories can help people to improve your mood, with memory issues and to feel at home in Newcastle. [Tyne & Wear Archives & Museums](#) have free museum object boxes that you can borrow for up to 4 weeks. You can use these can be used as part of a guided session.

[Read more about their free health and social care resources.](#)

New videos to help refugees and asylum seekers carers

Newcastle Carers have worked in partnership with carers, refugees, and asylum seekers in Newcastle to create a series of animated videos to help identify asylum seekers and refugees with a caring role and provide information about how they can seek support.

Watch the videos and read more about [how Newcastle Carers can support for refugees and asylum seekers](#)

[Read more on InformationNOW about support from refugees and asylum seekers in Newcastle](#)

[Visit our Events & Activities section to see what's happening near you this week on our calendar. Or search by location or postcode.](#)

Art for Craft & Wellbeing – Patchwork Quilting

St Martin's Centre, Bykler, NE6 2RJ

Come join free craft workshops at [St Martins centre](#) where you will explore sewing skills and hand stitched designs for a patchwork quilting project in a safe and relaxed environment. All abilities welcome. Provided by Newcastle City Learning.

Read more on InformationNOW about [Art for Craft & Wellbeing – Patchwork Quilting](#)

HENRY course in Walker

Starts 7 June 2024, West Walker family centre, NE6 3BU

“HENRY” stands for Health, Exercise and Nutrition for the Really Young. Its a 7 week programme at West Walker Family centre for families with children under 5 living in Newcastle.

Read more on InformationNOW about [Henry \(Health, Exercise and Nutrition for the Really Young\)](#)

Women's bike workshops

25 June 2024, 5:30pm to 7pm, Recycle y' bike, 164 Brinkburn Street, NE6 2AR

Women's bike workshops that take place at [Recyke Y' Bikes](#) Byker shop. The workshops are all about getting women into bike mechanics. They are designed for people who have no bike mechanic experience, and want to feel safe on a bike.

Read more on InformationNOW about [Womens bike workshops](#)

Chain Reaction Social Group drop in

3 June 2024 and every Monday from 1.30 pm – 3.30 pm, Heaton Community Centre, NE6 5DY

[Chain Reactions](#) Drop in social group including games, bingo and pool at Heaton Community centre

Read more on InformationNOW about [Chain reaction drop in social group](#)

Kindness Society Women's Craft Sessions

4 June, 10am – 12pm, Local Women Local Enterprise Gateshead Hub, NE8 1PQ

As part of the 'Together We Can' initiative to provide wellbeing and confidence services for women, Kindness Society are hosting Women's Craft Sessions with [The Millin Charity](#)

The Kindness Society brings together local women to take part in crafts activities, have a cuppa and make new friends. The sessions are led by a group of volunteers who take turns in leading the session.

Read more on InformationNOW about [Kindness Society Women's Craft Sessions](#)

GemArts Masala Festival

15 July 2024

From 15 July 2024 [GemArts](#) are hosting the Masala festival with a range of performance, music, dances and celebration

[Read more about the events taking place this year in the festival programme on InformationNOW](#)

Wash: ME Revolution Laundry

Wash: ME Revolution Laundry are an outdoor washing machine and tumble drier service. Their 24 hour, self service laundromats are located in the car park of supermarkets, petrol stations or shopping centres.

In Newcastle you can find them at:

Byker Morrisons, Cowgate Morrisons and [Kingston Park Community Association](#)

Read more on InformationNOW about [Revolution Laundry](#)

Safe Haven – A ray of hope

Safe Haven: a ray of hope are a children's organisation supporting under-privileged children and children with a disability.

Read more on InformationNOW about [Safe Haven – a Ray of Hope](#)

ACORN Community Union

ACORN is a mass membership organisation and network of low-income people organising action for communities. Their community action is aimed at companies, councils, and parliament.

Read more on InformationNOW about [ACORN Community Union](#)

Moving from Children's to Adults Social Care

New Article

Children's Social Care supports families, children and young people under the age of 18. Young people start the move to Adult Social Care between the age of 16 and 18. This article looks at the many things to consider and support to help you move to adult social care.

Read more on InformationNOW about [Moving from Childrens to Adults Social Care](#)

Food Help and Cheap Meals

Updated article

There are free hot meals and takeaway food provided by volunteer and community groups in Newcastle, as well as community meals and pay as you feel supermarkets or food pantries where you can buy low cost food.

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

Adding InformationNOW to your home screen

New Article

You can add InformationNOW to the home screen of your mobile device or smart phone. This is an easy way to quickly open our mobile friendly website on the go. Helping you find the right information at the right time.

Read more on InformationNOW about [Add InformationNOW to your home screen](#)

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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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