

7 August 2024 InfoNOW News

InformationNOW


Did you know on www.informationnow.org.uk you can search our events calendar for local events and activities in a number of different ways?

- You can do a keywords search
- You can search by the type of event or category of activity
- You can search by the 4 areas of Newcastle (North, East, Inner West, Outer West), local ward areas, or other locations in Tyne and Wear
- You can search by postcode area to find events and activities within a few streets only.
- You can search by the organisation or service that runs the group
- You can search by the day of the week you want to go to an event or activity.

Did You Know

You can search for events, activities, groups, consultations and more by...


- **event organiser**
- **type of event**
- **location**
- **day of the week**
- **postcode**
- **keywords**

 **Find an event or activity by category, day or location**

[View calendar](#) | [Q Search events](#)

Search events and activities: <input type="text" value="Type here"/>	Type: <input type="text" value="LGBTQIA+"/>
Postcode: <input type="text" value="NE6 2UU"/>	Location: <input type="text" value="Byker"/>
Organiser: <input type="text" value="Type here"/>	Day: <input type="text" value="Tuesday"/>

[Clear search](#)



Do you have events, activities, support groups, drop ins, community projects, public consultation session to promote?

Want to add your events and activities to InformationNOW?

Use our [quick and easy events form here](#)

Small Sparks: North Newcastle grants

Applications deadline: 12pm 6 September 2024

Do you live in Coxlodge, Fawdon or Kenton? Do you have an idea that could light up your community in Newcastle?

Apply for a Small Sparks grant of up to £250 and have your idea spark into life!

Examples of small sparks opportunities are:

- Organising a community baking event
- Music event
- Pot plants: how to grow them successfully
- Sewing a banner for the local football team
- Marking walking trails
- A cleanup day for your local area

Projects must:

- Be open to anyone in the community who wants to take part.
- Be of benefit to adults (but can also include children).
- Involve new people in the neighbourhood, in particular those people who you might not know.
- Be based in the community you live/work in using the assets available.
- Show thought about how to be welcoming to people with a disability or who are isolated or lonely.
- Be completed in the timescale.
- Make a record –in photos or video or a brief story or any other creative way you like.
- Tell the story of their project at the Small Sparks celebration event and share how it worked.
- Take place within Coxlodge/Fawdon/Kenton.
- Be based around a way of bringing local people together.

Small Sparks is brought to you by [Collaborative Newcastle](#) and partners.

To find out more and to get an application form

Email: sarah.lim@newcastle.gov.uk or esme.reily@newcastlecat.org.uk

[Read the small Sparks application guidance here](#)

[Read a Small Sparks application example here](#)

Read more on InformationNOW about [community events and activities](#)

Your Voice Counts – Independent Statutory Advocacy Services

[Your Voice Counts](#) have been awarded the contract by Newcastle City Council for statutory advocacy to Your Voice Counts, following a competitive tender process. Independent Statutory Advocacy services are for people aged 16 years and over. Your Voice Count supports people with

- Independent advocacy (under the Care Act 2014)
- Independent Mental Capacity Advocates (IMCAs) (under the Mental Capacity Act 2005 and the Deprivation of Liberty Safeguards (DoLS))
- Relevant Person's Representative (RPR) which is covered in the Mental Capacity (Deprivation of Liberty: Appointment of Relevant Person's Representative Regulations 2008)
- Independent Mental Health Advocacy (IMHAs) under the Mental Health Act 1983

The primary referrers to this service are health and social care professionals, including health professionals at CNTW NHS Foundation Trust and NUTH Hospitals Trust. Referral forms are available on the YVC website.

[Read more on InformationNOW about other local advocacy services available in Newcastle and how they can help you to get your voice heard](#)

Summer travel concessions

20 July 2024 and Sunday 1 September 2024,

Kids across the North East will get free travel for the school holidays on Arriva, Go North East and Stagecoach Buses, Tyne and Wear Metro, and the Shields Ferry.

The scheme will allow free travel for up to three children aged 11 and under, when travelling with an adult with a valid ticket or concessionary pass holder during school holidays. Proof of age may be required to confirm the age of the children.

Read more about the [Kids Go Free scheme on northeast-ca.gov.uk](https://www.northeast-ca.gov.uk/kids-go-free)

Metro Gold Card for Concessionary Pass Users

Do you have or know someone with a Gold Card? During July and August travel restrictions are lifted – meaning you can now travel before 9.30am on Metro with your Gold Card.

Read more on InformationNOW about [concessionary travel](#)

Recovery in Newcastle Conference

Thursday 19 September, all day, Newcastle Civic Centre, Barras Bridge, Newcastle, NE1 8QH

The Recovery conference at Newcastle Civic Centre and explore ways to revive and support residents' health, wellbeing and recovery from alcohol and substance abuse in services, workplaces, universities and communities.

The conference will give attendees the opportunity to:

- connect, network and collaborate – understand the collective concerns of others and ways to improve the health and wellbeing of our residents
- launch the Revival Newcastle network – a key collaboration of lived experience and service providers with a vested interest in community connection and asset building
- understand recovery, how it can be hard to ask for help, and what this recovery means for the city and its people
- understand the assets and opportunities across the city, including services and community groups
- understand how to respond to the issues that alcohol and drugs cause for our workplaces, communities and residents

This conference is free to attend for professionals. Please email louisa.baily@newcastle.gov.uk to register your interest.

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

Cost of Living Helpline has closed

The Cost of living helpline ran by Newcastle City Council has now closed. You can still find a range of local help and support on InformationNOW with

- [Energy bills](#)
- [Telephones](#)
- [Mobile Phones](#)
- [Internet Wi-Fi and Broadband](#)
- [Emergency food parcels](#)
- [Free meals or cheap food](#)
- [Help with health costs](#)
- [Affordable Credit](#)
- [Affordable electrical goods](#)
- [Affordable furniture](#)
- and so much more

[Read more about cost of living support on Information Now](#)

CareFind the website to find care home availability

[CareFind](#) is a care home search website developed by NHS North of England Care System Support (NECS)

At www.carefind.com you can search for:

- Care homes by location
- Types of care they offer

- If there are rooms available at a care home (a green banner that says 'rooms available' will show)
- Care Home Facilities
- Room Facilities
- Leisure and Wellbeing activities

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

Springbank Pavilion arts and wellbeing

7 August to 13 September 2024. Springbank Pavilion, Leazes Park, NE2 4BJ

The Springbank Pavilion arts and wellbeing programme has returned for the final term of 2024 from 7 August.

Launched in partnership with Newcastle Hospitals Charity, Springbank Pavilion is an arts project that focuses on connecting people with nature through craft based activity. It hosts a range of art providers from [Chilli Studios](#), [Curious Arts](#) & [GemArts](#) for a variety of workshops.

These free weekly workshops bring the opportunity to be creatively inspired by nature and green space from working with things found in the natural landscape, to pottery and natural dyes. The sessions are:

[Cultural Threads](#)

Thursdays until 12 September 2024

[Pottery in the Park](#)

Fridays until 13 September 2024

[Creative and Curious](#)

Wednesdays until 11 September 2024

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

Kids eat free and other discounts this summer

This summer there is a wide range of low cost discounts or kids eat free with paid meals offers across supermarkets, restaurant and pub chains, garden centres and hotels such as:

Sainsburys Cafes – Kids eat for £1 with the purchase of an adult hot main. From 11.30am every day

Las Iguanas – Join 'My Las Iguanas' via the app and children eat free with every adult main

Travelodge and Premier Inn – Buy 1 adult breakfast from just £8.99 and up to 2 kids eat free

If you'd like to know more about these offers for kids during the summer holiday period you can read more about [Kids Eat Free \(or for £1\) Summer 2024 on Children and Families Newcastle](#)

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

Could you host a Health MOT session?

[North East Ambulance Service](#) (NEAS) is looking for more community groups across the region who might be willing to host a Health MOT session with the service's research team. **They want to hear from groups from outside of Newcastle, as they are already speaking to a number of groups in this area.**

They are looking to connect with community centres, church halls and 'warm zones', as well as public spaces such as car parks and local shopping districts, and they are particularly keen to reach ethnic minority communities and working men, who are known to be less likely to visit their GP. Health MOTs aim to help reduce heart disease and stroke in local communities.

[Find out more from NEAS here](#)

Read more on InformationNOW about [cardiovascular health and heart attacks](#)

RISE parent and carers workshop

16 August, 10am to 11am, Building Futures East, Low Yard, Walker, Newcastle upon Tyne, NE6 3PJ

[RISE](#) are holding a parents and carers workshop for parents to support their child/children emotional wellbeing and manage their emotions better.

Practitioners will guide parents through learning that they can share with their child/children, including:

- Recognising what happens in the brain and the body when we experience big emotions.
- Understanding the Survival Brain vs the Thinking Brain.
- Recognising and challenging unhelpful thoughts.
- Discussing ways to support your child with their emotions.
- Tips for parents/carers to support your young person.

This workshop is held at [Building Futures East](#). Children are also welcome to attend this session and participate in the activities as part of the workshop.

Spaces are limited – to book please call Dawn Emmerson on 0191 263 2752. You can [find out more on the event poster here](#)

Read more on InformationNOW about [family, friend or kinship carers](#)

Next Steps event

6 September 2024, 12pm to 3pm, Work and Thrive Central, City Library, NE1 8AX

Next Steps is an event for 16-19year olds – or up to 25 years old for people with an education, health and care plan (EHCP) – who are not in education, training, or employment

If you (or someone you know) are not in education, training or employment and need some help, support, and ideas as to how to move forward, you are welcome to attend.

At this event [Newcastle Careers Team](#), [Northern Directions](#), [Barnardos](#), Optimum Skills and others will be at [Work and thrive central](#) to offer information, help and advice.

You can register your place at the [Next Steps Event using their form here](#)

Read more on InformationNOW about [support to prepare for work or training](#)

Health Innovation Neighbourhood Newcastle

The Health Innovation Neighbourhood is being developed on the 29-acres around the former General Hospital in the west end of Newcastle. Its aim is to support people to live longer, healthier lives. The neighbourhood will be a mix of residential, educational, healthcare, research, and commercial spaces with green spaces, to explore, test, and try approaches that impact health, wellbeing, and sustainability. This knowledge will then be used to help improve lives across all age groups.

Research in the neighbourhood will focus on:

- **Health:** including non-medical factors such as inequalities, transport, and social opportunities and the role they play in health.
- **Innovation:** creating and developing tools and practices that will improve health outcomes and making sure local people can access them
- **Neighbourhood:** Investigating how changes in all the various parts of our environments can lead to healthier and more sustainable lives

Community Engagement is vital for the successful development of the Health Innovation Neighbourhood. There will be lots of ways to get involved from attending engagement events to participating in smaller projects. HIN want to hear about the needs of the community and for the research to be informed by those who live and work in the west end. Over the time of the development of HIN they are seeking to co-design research questions and develop engagement projects collaboratively between academics and community groups.

If you would like to sign up to their mailing list or have any questions or comments, please email EngageHIN@Newcastle.ac.uk

[You can view the HIN webpage on ncl.ac.uk here.](#)

You can read more about the [HIN master plan for the site on ncl.ac.uk](#)

Read more on InformationNOW about [health inequalities and research opportunities](#)

New Start

New Start is an employability programme that helps provide real work experience in career starter roles for people age 18+. who live in social housing.

New Start supports people to unlock their potential, help address barriers to employment and find a paid placement that could be the new start someone has been looking for. Whether people are looking for their first job, or want to change their career path, there's a range of career starter roles available exclusively for social housing customers in Newcastle, Northumberland, and North Tyneside.

Each role will last 5 months and will be up to 30 hours per week, there's no experience or qualifications necessary

You can find out more and apply now at www.new-start.co.uk

New Start is funded by the [North East Combined Authority](#), working alongside [Karbon Homes](#), [Bernicia Group](#) and [Newcastle City Council](#)

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

On the Table – Community Foundation

On the Table is an invitation from the [Community Foundation Tyne & Wear and Northumberland](#) to join a conversation about addressing our areas' challenges and opportunities. It runs alongside their [Vital Signs reports](#) which draw on statistics, research and local knowledge to highlight how philanthropy – the giving of money, time and expertise – can make the most difference to our region's people and places.

On the Table's format is simple. They invite hosts to gather a small group of people – community members, colleagues, family, friends – to chat about issues that interest them most, stimulated by what's come from Vital Signs. They gather feedback on topics discussed and ideas that come up and share that in a report in the new year giving a snapshot of what's on people's minds right now. This learning will help shape the Community Foundation's own plans and priorities from 2025.

[Read more and express an interest in taking part on their website.](#)

Read more on InformationNOW about [community involvement](#)

How the NHS uses your data: Risk stratification survey

Deadline: 16 August 2024

The NHS would like your views about how your local NHS uses data to improve your health services.

The technical name for this is 'risk stratification'. This means the NHS use data like the age, gender, diagnoses, hospital attendance and admissions, and compare it with data at GP practices. They analyse this data to look for patterns. This helps them better plan health services for your local area. It helps them to spot and work with patients to proactively manage long-term conditions, prevent unplanned hospital admissions and reduce the risk of getting other diseases.

[Complete the online survey](#) and have your say until 16 August 2024.

[Find out more on their website](#) or email necsu.icb.involvement@nhs.net

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

The Big Conversation: Improving health for women and girls

Deadline: 8 September 2024

The NHS have launched the Big Conversation to better understand what's working well and what they can improve. Listening and acting on the views and experiences of women is a key part of making health better and fairer for all women and girls.

[The NHS Integrated Care Board \(ICB\)](#) is working with [Healthwatch](#) across the North East and North Cumbria region to better understand experiences of health and healthcare.

The Big Conversation is a 10 minute survey for people who have experience of women's health issues or accessing health services. It will focus on areas like menstrual health and gynaecological conditions, menopause and cancer, as well as fertility, pregnancy loss and postnatal support.

If you fill in the survey, you can join a prize draw for a £100 Love to Shop voucher. This survey closes on 8 September 2024.

Please share with colleagues, friends and family.

[You can complete the big conversation survey online here](#) If you have any queries, need help filling in the survey or change your mind about taking part in this survey, please contact [Healthwatch Newcastle](#) on 0191 263 5321 or email info@hwnt.co.uk

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

Stigma kills

[Stigma Kills](#) is a campaign created by the [NHS Addictions Provider Alliance](#), a collaborative of addiction services working to ensure quality, knowledge, and care in addiction services across the UK.

The campaign follows from their 'breaking stigma down: Lived Experience Report'

[Read the 'breaking stigma down: case studies and report here](#)

The [Stigma Kills](#) digital campaign lets people know how challenging prejudice can save lives Encouraging health and social care workers, community organisations and the public too, to 'see the person, hear their story.'

- **Stop** using words that hurt and isolate people
- **Start** thinking about why someone might be ill
- **Ask** if they need any help or support



[Read more on InformationNOW about addictions and local support available](#)

Broken Budgets: A national debtline analysis

[New research](#) from the Money Advice Trust, the charity that runs National Debtline and Business Debtline, shows 6.8 million (13 percent) of UK adults are struggling to pay for their essential costs, such as rent and council tax. Despite inflation falling to 2 percent, an estimated 11.4 million (21 percent) people say their financial situation is worsening. The findings, based on an Opinion poll of 2,000 UK adults, reveals the lasting impact of the cost of living crisis for millions of UK households.

To learn more and read the full report, click [here](#)

[Read more on InformationNOW about dealing with debt](#)

What's the harm?

Alcohol before 18 – what's the harm? Like tobacco and drugs, alcohol can be harmful to children's developing bodies and brains.

Find out what every parent and carer needs to know and ways to talk to your child about alcohol at [Whatstheharm website](#)



[Read more on InformationNOW about Alcohol](#)

OneplusOne free healthy relationship support

[OnePlusOne](#) provides free healthy relationship support through 3 online programmes for families in Newcastle. Register online to use the free training:

Arguing better for anyone looking to learn how to cope better with stress and deal with arguments in a healthy way.

Me, You and Baby Too to help new and expecting parents navigate the changes that happen in their relationship when a baby arrives.

Getting it right for children to help separated or separating parents learn to manage conflict and minimise the impact it has on their children.

These resources are not suitable for situations where domestic abuse has been identified. [Local help is available if you are experiencing violence or abuse at home.](#)

They also have the [Separating Better app](#).

[Read more about family and relationship problems on InformationNOW](#)

PROPS drop in

9 August 2024, 11:30am to 1:30pm, John Buddle work village, Buddle road, NE4 8AW

Drugs and Alcohol don't just affect the users, they affect those living with or close to someone with addictions or worried about their use of substances.

[Reviving the Heart of the West End \(RHWE\)](#) have partnered up with [P.R.O.P.S](#) to offer free confidential support to those affected by someone else's use...

They will be running a drop in session at [John Buddle Work Village](#) on 9 August. Please feel free to pop along on the day, or give them a call on 0191 226 7979.

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

Drop in's at Marie Curie

[Marie Curie Newcastle](#) have 2 new drop in's for people in Newcastle

5th September 1pm to 2.30pm

Dementia Drop in at Marie Curie

A drop in session for people with dementia, their carers and families. Come along for a cuppa and a chat. Supported by [Alzheimer's Society](#).

[Read more](#)

10 October 2024 10am to 11.30am

Life Café at Marie Curie Join them for a cuppa, cake, and a chat about everything that matters to you around living with, or supporting someone with a palliative diagnosis

[Read more](#)

Read more on InformationNOW about [dementia](#) or [palliative care](#)

Coffee and Connect

Next session 14 August 2024, Leisure United Cafe, Blakelaw, NE5 3TS

Coffee and Connect is a community based support network run by [Newcastle Adult Social Care](#) and is for people 18 years old and above who would like help, advice, information or just want to know what social connections and support are in their area. This will initially run every Wednesday from 7 August 2024 for six months, and depending on the demand for this support, may run longer.

They would love to see you, so come along and join them for a coffee and chat.

Read more on InformationNOW about [Coffee and Connect](#)

Wellbeing Walks

Walking is one of the easiest ways to improve your physical health and mental wellbeing. There are a number of walks that you can join, ran by trained walk leaders. You'll receive a warm welcome and plenty of support to make it easier to stay active.

There are walks taking place on Wednesdays 11am to 12pm in August, at Ouseburn and Leazes Park.

[Wellbeing Walks Leazes Park](#)

Wednesday 14 August 2024

[Wellbeing Walk Ouseburn](#)

Wednesday 21 August 2024

WELLBEING WALKS

Come and join us on a Wellbeing Walk

Newcastle
City Council

GO
ZERO!
NEWCASTLE

RAMBLERS
WELLBEING
WALKS
Newcastle



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

There are a number of Wellbeing Walks you can join which are ran by friendly and trained walk leaders. You'll receive a warm welcome and plenty of support to make it easier to stay active.



Quayside

Wednesday 31st July
11am -12pm



Newburn Riverside

Wednesday 7th August
11am -12pm



Leazes Park

Wednesday 14th
August 11am -12pm



Ouseburn

Wednesday 21st
August 11am -12pm



Scan the QR code to book your place

Summer on the Square events

Summer on the Square is a programme of **free** events on Hadrian Square and Shields Road, Byker.

Highlights include:

12 August 2024

[Puppet treasure hunt](#) featuring 10 unique puppets at their new home on Shields road

18 August 2024

[Hadrian Market](#) featuring food and craft stalls, music, entertainment, and face painters.

23 August 2024

[Cardboard road](#) featuring mini models of Shields road

24 August 2024

[Byker groove](#) an all-day music festival showcasing local talent

Any children under 11 should be accompanied by an adult and anyone under the age of 16 will require parent or carer consent.

The programme is part of the [Newcastle East High Streets project](#). The project brings together public spaces, communities, and businesses in the Inner East of the city to jointly transform the high streets in the East of the city.

[Find more Summer on the Square activities on InformationNOW](#)

The Common Room Free Admission Day

14 August 2024, 10am to 4pm

The [Common Room](#) is having a general admission day open to the public. The open day gives people the opportunity to engage with the heritage building with the help of tour guides.

Their 5|Quarter cafe bar will also be open to serve hot drinks and cakes after your tour.

[Read more about this event on informationNOW](#)

Northumberland Wildlife Trust Summer Events

[Northumberland Wildlife Trust](#) have a range of new summer events throughout August and September, for people living across the north of Tyne.

[Weetslade Summer trail](#)

This is a downloadable self-guided trail running every day until 1 September 2024. book your place online to get an email with access to the map and information. The walk takes approximately 40 minutes.

[Creepy crawlies & flying bugs trail at Northumberlandia](#) This is a downloadable self-guided trail running every day until 1 September 2024. Follow the map around the Northumberlandia woodland and discover 12 numbered stops, where you will find intriguing and fascinating facts all about beetles, butterflies, spiders and others that are associated with Northumberland.

[Northumberlandia summer nature celebration](#)

20 August 2024, 10am to 4pm, Northumberlandia, Cramlington, Northumberland, NE23 8AU

[Storytelling with Jim Grant](#)

10 August 2024, sessions between 11am to 2pm, Northumberlandia, Cramlington, Northumberland, NE23 8AU

[In Focus](#)

11 August and 25 August 2024, 10am to 4pm, Hauxley Wildlife Discovery Centre, Northumberland

[Read more about Northumberland wildlife trust events on informationNOW](#)

Blakelaw community centre family craft sessions

14, 21 August 2024, 1pm to 3pm, Blakelaw community centre: NCAT, Binswood Avenue NE5 3PN

[Blakelaw community centre](#) are holding a series of fun family craft sessions for families in the local area. These are held as part of [Newcastles best holiday ever summer activities](#)

Read more on InformationNOW about [Blakelaw Family craft sessions](#)

Late bloomers at Scotswood Garden

14 August 2024, every Wednesday, 1 to 3pm, Scotswood garden, Yewcroft Avenue NE15 6TU

A gardening group for older women (55+) in the West End of Newcastle at Scotswood garden, running weekly on Wednesdays.

To join please contact leanne or Jennie on 0191 275 0000 or email: leanne@sncg.org.uk or jennie@sncg.org.uk

Read more on InformationNOW about [Late Bloomers](#)

Uniformerly

[Uniformerly](#) is online school uniform marketplace, where parents and parent teacher associations can buy, sell, give away and recycle school uniform. It's free to sell your uniform on the site. Helping you to save money and save clothes from going to landfill. You can also use the site to sell uniform that is no longer needed to raise funds for your school.

[Read more about help with clothing on Information Now](#)

Ouseburn Trust

The Ouseburn Trust provides learning experiences, heritage projects, tours, cultural events and activities in the Ouseburn area of Newcastle. They also support the regeneration of Ouseburn Valley.

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

Keeping safe from radicalisation

Newcastle is generally a safe and diverse city. But radicalisation can take place. From Islamic fundamentalism to far right extremism, vulnerable people can be radicalised.. This article has

information on how to spot signs of radicalisation, how to raise your concerns and resources to help at home, work or in education

Read more on InformationNOW about [Keeping you and your community safe from radicalisation](#)

Help with clothing

This article gives an overview of where you can get support and help to get free, cheap and second hand clothes at an affordable cost. This includes adult workwear, childrens clothing, school uniforms and grants that can help pay towards clothing costs.

Read more on InformationNOW about [Help with clothing](#)

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