

31st March 2017 InfoNOW News

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So we know you're never going to get old but just in case, can we talk about it?

Launching the new improved InformationNOW

Wednesday April 26th 2017 at Newcastle Civic Centre, NE99 1RD

11.30am – 12.30pm in Pandon Room

Exhibitions and information available all day in the Banqueting Hall.

[Book a place at the launch event](#) to hear more about the new and exciting features of Newcastle's older people's website. Learn how to

- get the best out of the free information and advice to plan ahead
 - find events and activities
 - discover services in your area
 - save and share your favourite information
 - raise awareness of your organisation
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Customer Service Centre to move to City Library – Monday 24 April, 2017

[City Library](#) will open its doors to the Customer Service Centre on Monday 24 April, 2017. The move from its current location at the Civic Centre to a new purpose designed space will see most of the current services still being offered, although many of these will be provided digitally rather than through face-to-face contact.

As well as customer and library services, people will also be able to access services provided by Connexions and the council's Skills Hub (from Thursday 13 April) and Your Homes Newcastle's (YHN) Housing Options Service, (from Monday 8 May, 2017). Citizen's Advice Newcastle, already based in the City Library, will move to its new location on Level 4 from Tuesday 2 May, 2017.

International design practice, Ryder Architecture, who have their headquarters in Newcastle and who designed the City Library originally, were commissioned to deliver the designs for this new space.

For more information about this, and more detail of the changes this will bring please visit their [website](#).

Nokia relaunches the 'indestructible' 3310 handset

Many people love (and still use) the original Nokia 3310 mobile phone. Much loved because it's straight forward to use, affordable, robust and has a long lasting battery life.

Nokia have added some new features to the phone, such as a colour screen and a 2mp camera. It's also a bit lighter than the original version.

We know many of our visitors look for a mobile phone that does just what it needs to do, (make calls and send texts) and doesn't cost a fortune. It's currently being sold for £60. [Read more](#)

[Read more on Mobile phones on InformationNOW](#)

Financial Conduct Authority (FCA) publishes tips to help older people avoid investment scammers

The FCA has published information to help people over the age of 55 years beat investment scammers. The information includes details of the tricks used by fraudsters to deceive the public and their suggestions for avoiding such scams. [Read more](#)

[Read more on Fraud and scams on InformationNOW](#)

Learning across the life course

Keeping mentally active and engaged is important for wellbeing at any age, and it's also a key part of what people want for a good later life. Whether still working or not, we need more opportunities for all of us to keep learning and developing.

Dan Jones takes a look at the benefits of lifelong learning, and the challenges that employers and government face to ensure we all have the tools we need to further our development as we age.

[Read more from Centre for Ageing Better](#)

[Read more on Lifelong Learning on InformationNOW](#)

Help create new technologies for people living with dementia

Dementia affects over 850,000 people living in the UK. Using technology, we can help people affected by dementia to live more connected lives within their communities. Open Lab at Newcastle University are partnering with Dementia Care and Sunderland Software City to launch a brand new competition – Create4Dementia.

Share your experiences on their inspiration board and suggest ideas for new technologies which may help people with dementia and their carers (submissions taken from 27 March onwards).

If you are up for a challenge or want to submit an idea, please visit their website. Or if you would like to hear more or receive some promotional material, contact kellie.morrissey@newcastle.ac.uk

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Ageing in the UK Now

The **Beth Johnson Foundation (BJF)** has a new publication, **Ageing in the UK Now**, this short report is an opening review of areas where organisations interested in the field of ageing can make a significant impact, and assist in understanding where future initiatives might be focused. It will be especially helpful to those who are new to the area of ageing. This can be used as a tool that can be used to begin to explore relevant topics to the field of ageing.

Newcastle Fund Consultation

The Newcastle Fund is the Council's primary vehicle for grants to the voluntary and community sector (the VCS). In September 2016, the Council launched a Call for Evidence – Shaping the future of the Newcastle Fund to gather views and ideas on how the Newcastle Fund should look in the future. [The findings of the engagement phase are published on the Newcastle Fund website and are open for comments](#)

The closing date for feedback is 12noon on Thursday 6 April 2017.

We're recruiting! Development Manager (Information and Advice) Maternity Cover

Job Opportunity at Age UK Newcastle – Quality of Life Partnership

Full Time 35 hours per week £24,646 – £27,052

Maternity Cover Fixed Term 12 Month AppointmentA new opportunity has arisen to join a small team to maintain and develop our award winning website InformationNOW.org.uk. You will also be responsible for promoting the website to a variety of audiences, including the production of our weekly InfoNOW News e bulletin. Experience of delivering information and advice services and an understanding of multi-agency working, you should have sound knowledge of working with websites, databases and social media and excellent IT skills. You will also need an understanding of and empathy with the needs and aspirations of older people.

For more information download

- **Job Description**
- **Advert**
- **Job Application**

How to apply

Age UK Newcastle values diversity, promotes equality and challenges discrimination, and is committed to providing equality of opportunity for all individuals. Applications are welcome regardless of gender, age, marital status, disability, religion, ethnic origin, political opinion, sexual orientation or whether or not you have dependents.

If you are interested in the above post and have the relevant experience, we would be delighted to hear from you. Information and application forms can be obtained by visiting the [Age UK Newcastle website](#) or by contacting us by email on recruitment@ageuknewcastle.org.uk Tel: 0191 235 9546. You can also call in at Age UK Newcastle, 2nd Floor, Broadacre House, Market Street, Newcastle NE1 6HQ. CVs will not be considered. For an informal chat about the post, please contact Lauren Hoy, Development Manager (Information and Advice) on 0191 208 2703 (Wednesday to Friday) or email lauren.hoy@newcastle.gov.uk

Closing date for applications: Monday 3rd April 2017

Interview date: Wednesday 19th April 2017

Free Locking Cooker Valve

Vulnerable people such as those with Alzheimer's or autism may need extra protection from gas leaks in their home. You can now request a locking cooker valve which can be fitted for free by a your gas provider. The valve allows carers to lock off the gas supply so the cooker cannot be used unless the key holder is present. [Click here for further details.](#)

[Read more on Gas and electricity on InformationNOW](#)

Carers Wellbeing Fund

[Newcastle Carers](#) manage the Carers Wellbeing fund. If you care for someone who lives in Newcastle upon Tyne, the Carers Wellbeing Fund may be able to provide a small grant of up to £200 to help you as a carer. The fund is intended to support carers in need and to improve their own health and wellbeing.

You may not realise that you are a carer. See [looking after someone](#) for more information.

What can I apply for?

You can apply for a small grant of up to £200 for something that will improve your health and wellbeing. This could be:

- A holiday or weekend break in the UK
- College course fees, books or equipment
- Gym membership, exercise classes, swimming sessions, etc.
- Driving lessons
- Purchase of items for an activity or hobby e.g. a tent or a bicycle

- Household items, e.g. a washing machine, a cooker or a fridge

[Read more on InformationNOW](#)

Activities and events coming soon

- Dementia Cafe at Great Park Friday 31 Mar 2017
 - Dementia Carers Support Group Friday 31 Mar 2017
 - Heaton Park Walk Sunday 2 Apr 2017
 - Tap Dancing Monday 3 Apr 2017
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Getting to know your iPad or Android tablet

Do you want to know more about your iPad or Android tablet? [Then why not book a place on one of the friendly and informal sessions here.](#) Hurry as only limited places available!

[Find more information on Techy Tea Parties and Computer classes on InformationNOW](#)

Patient and Carer Membership Event

Your mental health and wellbeing is important. Good wellbeing helps our confidence and self esteem, helps our relationships and enables us to cope with life stresses. Our mental wellbeing can change from day to day and it's important that we take time to look after our mental health.

The first membership event of the year is all about wellbeing and takes place on Tuesday 4 April at St Nicholas Hospital from 4pm to 6pm

At the event you'll be able to listen to our guest speaker and browse our information stalls. A nurse will be on hand to give advice around diet, alcohol and smoking cessation and will also offer blood pressure, pulse, temperature, height, weight and BMI checks.

You can also meet our governors. Don't miss out – book your place today.

[Read more](#)

Live Well – Culture and heritage activities for over 50s

Live Well is the TWAM's culture and heritage programme of inspiring activities and experiences promoting wellbeing for people aged over 50.

The programme welcomes people who are interested in visiting museums and galleries but find it difficult to do so and need some support. The programme works in partnership with people who

work with older people from: carers groups, care homes, community organisation, NHS, day centres, housing and council commissioned services across Tyne and Wear

For more information, contact 0191 227 2253 or email livewell@twmuseums.org.uk

[Read more on Museums on InformationNOW](#)

Reading group for people with memory issues

Starts 27th April

[Chain Reaction](#) run a dementia friendly reading group for people with memory issues at Gosforth Library. Each session focuses on reading a short story, with breaks to talk about the plot and character development and the story. Places are limited. Call to find out more information and book a place.

It's free to attend and will include an opportunity to chat, have a cuppa and socialise with others in the group at the end of the session.

[See all of the Dementia Friendly Reading Group on InformationNOW](#)

[Download the poster for more information](#)

Free Tai Chi for over 50s

Tai Chi Chuan is a holistic martial art which uses internal energy for good health, relaxation and inner balance. Focusing on slow, flowing movements, it is a perfect exercise for anyone, regardless of their current fitness level.

The low impact exercises can be easily adapted for those suffering with arthritis. Tai Chi is a renowned stress buster: a way to harmonise the mind and rebuild core mental and physical strength.

See what Tai Chi can do for you and experience the incredible Great North Museum at the same time. You might remember it as the Hancock Museum from years gone by!

Thursday 27 April's session takes place before the museum opens – this means you'll be practicing Tai Chi in amongst the objects in one of the galleries.

Dave Robinson is a full-time Tai Chi Chuan instructor, teaching in Tyne & Wear, Durham and Northumberland. He began his training in martial arts with Karate in 1974 and became hooked on Tai Chi in 1996 after attending his first class.

[See more on InformationNOW](#)

Organisations Updated

- [Powercut 105](#)
- [Care Directory](#)
- [Skills for Care – Employing Personal Assistants](#)
- [Astell Care Centre](#)
- [St. George's Church Jesmond](#)

Articles Updated

- [How to tailor InformationNOW to your access needs](#)
- [Gas safety](#)
- [Care and support](#)
- [Carers assessments](#)
- [Affordable furniture](#)

Last updated: February 12, 2020

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