

## 11th September 2024 InfoNOW News

### InformationNOW

The [In the Round podcast](#) has taken a late summer break during August and September 2024. However in the meantime InformationNOW is still providing a monthly run down of events and activities in Newcastle on Radio Tyneside. You can catch the last [Events and activities for September 24 from InformationNOW on Radio Tyneside Listen Again](#)

Want to add your events and activities to InformationNOW and have the chance to feature them on In the Round? Use our [quick and easy events form here](#)

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### Get home energy advice in Newcastle

[Home Energy Advice North East \(HEANE\)](#) help support people across the North East to reduce their energy bills and make energy saving home improvements. They can give advice and guidance about reducing energy bills, financial support available and how to apply.

You can use their [Homewise tool online](#) to give information about your home and get tailored information, advice and an action plan to make energy efficiency improvements to your home.

You can also get face to face energy advice and support where an energy advisor can visit you in your own home to discuss your options and get a personalised plan.

**Read more on InformationNOW about [energy saving tips](#)**

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### Coffee and Connect

Every Wednesday, Leisure United Cafe, Blakelaw, NE5 3TS, 11am to 2pm

Coffee and Connect is a community support session 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.

Drop in to [Leisure united Blakelaw](#) at the leisure united cafe to have a chat and a cuppa.

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

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### Food waste recycling service trial

From 9 September 2024 for selected households

Newcastle City Council is introducing a new weekly food waste recycling service which will see everything from tea bags and vegetable peelings to left over takeaways and pasta recycled to generate renewable energy and produce a fertiliser to grow crops.

5,200 households from across six of the city's wards – Kingston Park South, Newbiggin Hall, Blakelaw, West Fenham, Benwell and Scotswood and Wingrove will be invited to take part in a trial starting this week.

Residents who are taking part in the trial will be contacted by letter and will receive two new containers and caddy bags from 9 to 13 September. Collections will begin the 17th September with the aim to roll it out to the whole city in 2026.

Read more about [the food waste recycling trial on newcastle.gov.uk](https://www.newcastle.gov.uk/food-waste-recycling-trial)

**Read more on InformationNOW about [recycling and reuse](#)**

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## VCSE Networking Event: Wellbeing and the Environment

24 September, One Strawberry Lane, Newcastle, NE1 4BX, 10am to 12pm

Connected Voice's next voluntary, community and social enterprise (VCSE) Networking Event for Newcastle and Gateshead VCSE organisations is on the theme of Wellbeing and the Environment.

The event will feature presentations from:

- Christine Wright, Outreach Worker, The Royal Horticultural Society (RHS)
- Barbara Keating, Artist, Dinky Butterflies/Bensham Bees/Bensham Bites
- Scotswood Community Gardens
- and more!

The speakers have used the theme of the environment to improve the wellbeing of people in the community and will be sharing ideas and tips for low cost and no-cost activities.

[Book a space for this networking event on Connected voices website](#)

### October capacity building workshop

Connected Voice also offer capacity building support for VCSE organisations working in these areas of the North and Outer West of Newcastle:

- Blakelaw
- Brunswick Village
- Cowgate
- Fawdon
- Kenton
- Lemington

- Newburn
- Throckley
- West Denton

[Find more details and a map of the eligible areas on Commonplace](#)

The next free capacity building workshop is on 23 October, 1pm to 4pm, Church of the Holy Nativity, Hillhead Parkway, Newcastle upon Tyne, NE5 1DR.

The workshops cover topics including:

- Strategy
- Good governance
- Funding
- Community engagement
- Collaboration and partnership
- Technology adoption

You can sign up for the [Local Community Partnership Capacity Building Workshops here](#)

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

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## Freedom programme

From 20 September, 2024 at Building futures East, Walker, NE6 3PJ

The freedom programme is a free 10 week domestic abuse recovery course provided by [East End Women](#). It is open to all women impacted by abuse.

- learn about health and unhealthy relationships
- recognise traits and warning signs of abuse
- safely make changes in your life
- get support, information and resources

self referrals and referrals from professionals welcome

**Read more on InformationNOW about [adult & domestic abuse](#)**

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## Parents & families groups this autumn

15 October 2024, 12:30pm at [West Walker Family centre](#)

[Looking after ourselves – Family workshop](#)

A workshop session for parents and family caregivers to help you find ways to look after yourself, stay calm and find practical strategies to deal with family life stresses.

17 September, Tuesdays weekly, 11am, [Byker Sands family centre](#)

[Teen Mams support group](#)

welcoming and friendly group for teen mams to share experiences, socialise with each other and

receive support

17 September, Tuesdays weekly, 3pm, [Byker Sands family centre](#)  
[Dads drop in Tuesday](#)

Dads drop in to weigh your baby, learn new skills, meet other dads and find out what's on in your community.

If anyone would like to book a free creche space please let the venues know so they can save one for you. if available.

**Read more on InformationNOW about [Families Hubs](#)**

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## Learning disability link workers

Did you know [Skills for People](#) provides a community link worker service for adults on the Learning Disability Register at 16 Newcastle GP practices?

The Link Workers support people to connect with local social and support groups, volunteering opportunities, courses, fitness classes, support into employment, and more, often accompanying them to their first meeting. People learn to travel independently, and become confident to attend important health appointments, including annual health checks, cancer screening, and the dentist.

[Skills for People](#) have easy read leaflets available with information about the link workers at GP practices.

- [Cruddas Park Link Worker Leaflet](#)
- [Gosforth and Jesmond practices Link Worker Leaflet](#)
- [Outer West practices Link Worker Leaflet](#)

If you'd like more information about learning disability community link worker service contact [sally.hoban@skillsforpeople.org.uk](mailto:sally.hoban@skillsforpeople.org.uk) or call 0191281 8737

**Read more on InformationNOW about [local support for learning disabilities](#)**

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## Volunteer Centre Newcastle drop-in session at Jesmond Library

**20 September 2024, Jesmond Library, St georges terrace, NE2 2DL**

Matthew from [Volunteer Centre Newcastle](#) will be at Jesmond Library running another volunteering drop-in session. Drop by at any point between 10am and 12pm to chat to Matthew and find out about the latest volunteering opportunities across Newcastle. Or, if you are an organisation that involves volunteers, come along to discuss your volunteer recruitment needs.

[Read more about the event here](#)

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

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## Training Development Manager opportunity: Equal Arts

Equal Arts are looking for an experienced and committed trainer to join their team. The role will involve designing, delivering, and managing training programmes for care staff, artists and the wider creative ageing and dementia-friendly sector.

Deadline for applications is 12pm on 23 September 2024 with interviews expected to take place the week commencing 30 September 2024.

[Read more about the job role, application guidelines and more on Equal Arts website](#)

For an informal chat about the role please contact [hannah@equalarts.org.uk](mailto:hannah@equalarts.org.uk) or call 0191 261 1619

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

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## Newcastle Civic Centre Jobs Fair

**8 October 2024, Civic Centre banqueting suite,**

Looking for a new job or career change? Come along to the jobs fair and meet with a variety of employers ready to hire.

Whether you're a recent graduate, seasoned professional, or just starting out, this event is the perfect opportunity to explore job opportunities and network with potential employers.

**This event is free but you must book a 1 hour entry slots available from 10am to 2pm**

[Read more and book online on InformationNOW](#)

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

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## New Wards for Newcastle Consultation

**deadline 16 September 2024**

New boundaries are being proposed for council wards in Newcastle.

[The Local Government Boundary Commission](#) (LGBCE) review the number of councillors, wards and ward names for upon Tyne. They have published draft recommendations for new wards in Newcastle

The LGBCE wants to hear what residents and local organisations think about the proposals. A ten-week consultation on the proposals will run until 16 September 2024.

You can view the [Newcastle upon Tyne LGBCE recommendation and interactive map on their website](#).

You can read a [one page fact sheet on the proposed changes here](#)

You can view a [non interactive map of the changes here](#)

Share your views by:

- [Leaving feedback on their website](#)
- e-mail [reviews@lgbce.org.uk](mailto:reviews@lgbce.org.uk)
- or write to them at: Review Officer (Newcastle upon Tyne), LGBCE, PO Box 133, Blyth, NE24 9FE

**Read more on InformationNOW about [Getting involved in your community](#)**

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## Children and Families Newcastle Community Family Offer

**deadline 25 September 2024**

Newcastle City Council's current arrangements for Children and Families Newcastle Community Family Offer are due to end in March 2025.

Following engagement with providers and stakeholders, they are proposing to put in place four area-based contracts in Newcastle (North, East, Inner West & Outer West); which will bring together key services in each area under one contract, and would like to hear your views on this proposal.

[Find out more about this consultation on Lets Talk Newcastle](#)

Read the proposal document: [Children & Families Newcastle Community Family Offer Consultation](#)

You can send your comments by email to:

- Linzi McMeekin, Commissioning Programme Lead (Education and Early Help): [linzi.mcmeekin@newcastle.gov.uk](mailto:linzi.mcmeekin@newcastle.gov.uk), or
- Shamsun Choudhury, Commissioning and Procurement Lead Specialist (Children and Families Newcastle): [shamsun.choudhury@newcastle.gov.uk](mailto:shamsun.choudhury@newcastle.gov.uk)

If you have any question or need this survey in a different format such as large print please contact: 0191 278 7878.

**Read more on InformationNOW about [baby, children and young peoples health](#)**

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## Special Educational Needs Transport Consultation

Newcastle City Council are holding two consultations on special educational needs (SEND) transport options and Personal Travel Budgets. They are reviewing the way in which they provide home to school transport support to students who are aged 16 years and over, and who have a special educational need and/ or disability. There are four proposed options which you can read more about.

[Find out more about Post-16 SEND Transport Consultation](#)

[Find out more about the SEND personal travel budget consultation](#)

You can read the [Post 16 consultation proposal document](#) here.

More information can also be found on the Local Offer Website here: [Consultation: Post 16 SEND Transport and Personal Travel Budgets](#).

Once you have read the proposals you can share your views by

- writing to Newcastle council by Email: [SENDTPConsultation@newcastle.gov.uk](mailto:SENDTPConsultation@newcastle.gov.uk)
- You can complete a quick and simple form online here: [SEND Consultation 2024 Form](#)

There are face to face drop in sessions also being held:

- 11 September, 10am-11am at Charlton Street Centre, Carlton Street Lemington, Newcastle upon Tyne. NE15 8RN
- 17 September, 4pm-5pm at Byker Sands Children's Centre, 19 Raby Cross, Newcastle upon Tyne. NE6 2FF

**Read more on InformationNOW about [Moving from Childrens to Adults Social Care after age 16](#)**

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## Prevention into action report: the 'golden thread'

Prevention: the 'golden thread' in a national homelessness strategy

The new Prevention Into Action research has been published by Homeless Link. Based on a survey with local authorities and Voluntary Community and Social Enterprise (VCSE) providers across the homelessness sector, semi-structured interviews with representatives of promising prevention practice and an in-person workshop, the research assesses the interventions in place across England to prevent homelessness and identifies gaps and barriers to current prevention.

It also highlights opportunities to step-up prevention efforts and cites examples of identified good practice. [Prevention: the 'golden thread' in a national homelessness strategy | Homeless Link](#)

**Read more on InformationNOW about [homelessness support](#)**

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## Cancer Conversations Course!

Sign up for [HealthWorks](#)' free online training course to learn about cancer prevention, detection, and support. Be more confident in having meaningful cancer conversations with others. The online course includes:

- Online awareness session
- Breast, bowel and cervical cancer screening programmes in the UK
- signs and symptoms of common cancer types in the UK
- reducing risks and helping save lives

[Enrol for Cancer conversations online here](#)

**Read more on InformationNOW about [cancer support](#)**

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## Support for people struggling with the cost of living crisis.

Active Inclusion Newcastle are holding iLearn LiVE events for front line staff and volunteers who come into contact with people who are struggling financially due to the current cost of living crisis. You will learn why it is important to know about the services provided by Active Inclusion Newcastle, how we can help the residents you work with, how you can refer into our services and what other support may be available. The sessions will be delivered via Teams, will last no more than one hour, and include an opportunity for questions. These training sessions are aimed at staff and volunteers who are not specialist advisers but may support people who are experiencing difficulties with debt, benefits, and housing (described as tier 1 and 2 in our [Spectrums of Advice](#) documents).

The sessions will take place on the following dates:

Friday 27 September 2024 – 2pm

Friday 25 October 2024 – 1pm

Friday 29 November 2024 – 10am

If you would like to attend, please email [activeinclusion@newcastle.gov.uk](mailto:activeinclusion@newcastle.gov.uk) with your details and which session you would like to attend.

**Read more on InformationNOW about [cost of living support](#)**

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## Events and Activities

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

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## City lines

12 September 2024, City Library, 33 New Bridge Street West, NE1 8AX, 10:30am to 12:30pm

A creative workshop at City Library for people aged 55+ and people living with dementia. The workshops from Equal Arts cover a range of creative arts such as wire sculpture, ceramics and watercolour. Sessions are dementia friendly but open to anyone 55+.

[Read more about City Lines on InformationNOW](#)

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## Interaction

12 September 2024, The Turbine Hall, Melbourne Street, NE1 2JQ, 10:30am to 2pm

InterAction is a free citywide multi-agency weekly drop-in project in Newcastle for the benefit of the following people/organisations;

- Asylum seekers, refugees and/or other migrants
- Volunteers who want to help migrants settle and integrate in Newcastle
- Organisations that provide services that benefit migrants.

People applying for E-visas (replacing biometric residence permits – BRP and biometric residence cards – BRC from 31 December 2024) can now get support at these drop in sessions. You can also get E-visa support by emailing [interaction@actionfoundation.org.uk](mailto:interaction@actionfoundation.org.uk). Action foundation run an appointment system to deliver on E-Visas for clients before the 31 December deadline.

[Read more on InformationNOW about InterAction](#)

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## New Fawdon Mens Pie Club

starts 3 October 2024, Fawdon Centre, Cairns Way, , NE3 2SN, 10am to 12pm

[A New Mens Pie Club is](#) starts in Fawdon at Fawdon childrens centre from 3 October 2024. The club brings local men together to make, cook and eat pies and socialise.

**Read more on InformationNOW about [Mens Pie Club North East](#)**

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## Chi Me

16 September 2024, St Martins centre, Roman avenue, NE6 2RJ, 10:30am to 11:30am

Do you have a muscular skeletal condition such as arthritis or fibromyalgia. Chi Me helps improve flexibility, balance, mobility, and can help with pain. Why not pop along and give it a try?

Sessions are free. Every Monday.

**Read more on InformationNOW about [Chi Me](#)**

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## Updated and new organisations

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## Newcastle Foodbank

### Previously known as Newcastle West End Foodbank

Newcastle Foodbank has 6 centres where you can get food if you're in a crisis. You need to be referred to the Foodbank by one of their partner's such as [Citizens Advice Newcastle](#), your health visitor or GP. These partner agencies can work with you to manage your crisis.

When referred, you're given a voucher. Take the voucher to the Newcastle Foodbank Centre or a Distribution Point and exchange it for up to 3 days' emergency food. Updates are posted on the [Foodbanks article](#).

West End Food Bank is a Food Bank of Sanctuary. They also run the [Newcastle Community Pantry in Blakelaw](#) and [Newcastle Community Pantry in Walker](#).

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

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## Working for carers

New organisation

The Working for Carers project provides specialised one-to-one support for carers in work or looking for employment, education, volunteering or training opportunities. The project is available to carers across the North of Tyne area (Newcastle, North Tyneside, and Northumberland)..

Carers can get support to:

- manage their current job and caring role
- find job, training and learning opportunities
- understand your rights as a carer and support available

[Newcastle Carers](#) provide the working for carers project in Newcastle

Read more on InformationNOW about [Working for Carers project](#)

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## Updated and new articles

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### Problems at work

updated article

Discrimination, health problems and caring responsibilities can all affect your working life. Read on for more about issues that can happen and support available.

Read more on InformationNOW about [Problems at Work – Information Now](#)

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### Mental health crisis support

updated article

A mental health crisis is when you feel that you are unable to cope or you're not in control of your situation.

If you need help with a mental health problem or crisis there are services that you can use.

Read more on InformationNOW about [Mental health emergency or crisis services](#)

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# Thanks for reading InfoNOW News

We hope you found it useful. Please feel free to share this information and [subscribe to InfoNOW News](#)

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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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