Information NOW
Information for people in Newcastle upon Tyne

24 October 2024 InfoNOW News

NEWS



ESOL : English lessons for people who speak English as a second or other language

Help to use health services for refugees and asylum seekers

Accessible and public toilets

Help with shopping and prescriptions

P.S. Want to add your events and activities to InformationNOW? Use our quick and easy events form here

Carers Rights Day Event

This year, Carers Rights Day's theme is "recognising your rights". Newcastle Carers are holding a free lunch and information session just for carers, at Newcastle Carers Centre in Byker. There are different sessions throughout the day:

Morning drop-in (10.30am to 12.30pm) No need to book. You are invited to share your views and experiences. This will help to form Newcastle City Council's carers' strategy.

Lunch: 12.30pm to 1pm: Join Newcastle Carers for a free lunch. Please contact Newcastle Carers to book a place for lunch.

Afternoon drop-in (1pm to 3pm) No need to book. You can drop-in to get information and find out about support available to you. You can also find out more about your rights as a carer from various organisations.

Read more on InformationNOW about the Carers Rights Day event

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Adopt North East events

25 October 2024, City Library, NE1 8AX and 3 December 2024, Online

This week is National Adoption Week, and Adopt North East will be out and about talking to people about adoption at Newcastle City Library on 25 October. Drop in for a chat about the adoption process, support or if you've thought about adoption.

Adopt North East will also be holding an online information session on 3 December 2024 about adoption, hearing from people who've adopted about their journey with the adoption process and to now.

Read more and book a space on the Online session on InformationNOW

New NHS Complaints Advocacy Service launching in Newcastle

Do you need support to navigate the NHS complaints process? From 1 October 2024, Your Voice Counts is the new provider of Independent NHS Complaints Advocacy in Newcastle. This service?provides free, confidential and independent support to anyone who needs help to make a complaint about an NHS service they've received.

Whether it's issues with care, treatment or communication, trained advocates can guide people through the process, explain their rights and ensure their concerns are heard.

Read more on InformationNOW about Having your say about health and care services

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Sexual Health Services 4 Newcastle move to Hadrian House

Sexual Health Services 4 Newcastle has moved to a new venue, at Hadrian House on Higham Place. They provide free sexual health support. This includes: contraception and testing for

sexually transmitted infections (STIs).

You can **request a free STI home testing kit online,** attend an emergency walk-in clinic or book a face to face appointment for help with:

- pregnancy advice
- contraception, coil fitting
- emergency contraception
- sexual assault support
- HIV testing or treatment if you have been exposed to HIV (PrEP and PEP)
- Chems support
- young people's clinic with **Streetwise**
- LGBTQ+ clinic
- relationships

From 28 October, general walk-in appointments will now be available by phone booking only. Call 0800 200 3019 Monday and Tuesdays between 8:30am to 9:30am or Thursday between 10:30am to 11:30am

Read more about sexual health

Wey Aye! Deaf Festival

1 to 2 November 2024, Gosforth Civic theatre

The Wey Aye Deaf festival is the first ever of its kind in the North East of England. The event is happening at Gosforth Civic Theatre on 1 to 2 November 2024.

This unique deaf-led community event is embracing and showcasing talented deaf people through an eclectic set of workshops during the two days and two evenings of performances. There will be an art exhibition and stalls from local deaf organisations.

For more information visit their website: www.weyayedeaf.org.uk or email: info@weyayedeaf.org.uk

Read more on InformationNOW about Deaf and hard of hearing support

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Safeguarding Adults Week

18 to 22 November 2024
Adult Social Care at Newcastle City Council and the Newcastle Safeguarding Adults Board (NSAB) are pleased to announce the schedule of events and webinars throughout Safeguarding Adults Week. These are aimed at professionals and volunteers.

18 November 2024: Safeguarding Adults from Radicalisation: Prevent in Newcastle (Webinar)

19 November 2024: Safeguarding Adults "Speed Geeking" Event (in-person event) at One Strawberry Lane

20 November 2024: Building Resilience Against Fraud – Navigating Financial Abuse & Scams hosted by Teeswide SAB (Webinar)

21 November 2024: Language and Victim Blaming (Webinar)

22 November 2024: InformationNOW – helping you find the right information at the right time to prevent safeguarding needs
(Webinar)

22 November 2024: Hoarding and Fire Risks hosted by Tyne and Wear Fire and Rescue Service (Webinar)

For more information and to register for safeguarding adults week events please visit the NSAB website

Read more on InformationNOW about Adult abuse

SPOTLIGHT ON…

Digital Inclusion in Newcastle

Last week was Get Online week 2024, a week that encourages people to get help to get online or support others to do so. There is support and events to help people get online in Newcastle.

A new Newcastle Digital Inclusion in Health and Social Care Project has recently launched. The project will work in partnership with individuals and organisations from across all sectors, including the NHS, Local Authority, the wider VCSE, research and industry. The project will seek to pull together and build upon all the wonderful work that is being done in Newcastle and apply local, regional and national learnings to further promote and improve digital inclusion, and with that increase equity in access to health and social care.

If you would like to share any projects, best practice, needs, and gaps regarding digital inclusion and accessibility in Newcastle, or if you would just like to find out more or have a chat, you can reach the Digital inclusion project manager Stella at Stella.Simbo@ConnectedVoice.org.uk. You can read a short introduction to Stella on Connected Voices website

Get Online Newcastle support anyone 18+ living in Newcastle to get online, learn to use digital devices and improve their digital skills. Their regular courses include:

- Online Basics,
- Introduction to Microsoft Office
- Techy tea parties

They are also planning to launch 2 new courses soon.
Get Online Newcastle are also looking to expand their team of dedicated volunteers and are holding a Newcastle volunteer event at City Library on 25 October 2024

Co-Creating Digital Futures with Older Adults is an online session on the 4th November 2024, that's part of the festival of social science. Hear from Elders Council of Newcastle and others

about overcoming digital barriers and the ways that older people imagine their digital futures.

AbilityNet have these upcoming online webinars Introduction to AI for older people on 20 November 2024 and How to steer clear of seasonal scams webinar on 4 December 2024

Read more on InformationNOW about Help to get online **and use digital equipment**, **Staying safe online** **or** **Computer classes and digital support**

Comic Relief Community Fund for communities

The Comic Relief Community Fund administered by Groundwork offers grants of up to £5,000 for grassroots, community-led organisations in England to help support the delivery of services and activity that benefit local communities.

Funding is available to organisations with an income of less than £250,000 and who deliver against one of the below areas:

- Tackling immediate impacts of hardship
- Building resilience to poverty and hardship
- Working to support equity and inclusion
- Working to support climate justice

Find out more and applyfor the Comic Relief Community Fund on Groundwork England website

Read more on InformationNOW about Cost of living support

Sustainability refugee champions

From 28 October 2024, The Bike garden, Studley Terrace, Fenham, NE4 5NU

Greening Wingrove and The Comfrey Project are running a 6 week sustainability champion course open to people from a refugee or asylum background living in Newcastle. The course is designed to share learning to sustainably grow free healthy food at home, helping save the planet and peoples pockets. The course will be held at the Bike garden in Nunsmoor park.

You can book a place on the course here, Email nicola@thecomfreyproject.org.uk or call 07869808335

Read more on InformationNOW about support for refugee and asylum seekers

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OPPORTUNITIES FOR ACTION

EquaDem Network Event

9 December, 1pm, The Catalyst, 3, Helix, Science Square NE4 5TG,

The EquaDem network is coming to Newcastle this December.

Join this quarterly in-person networking event explore the reasons people and families affected by dementia face inequalities and seek solutions

There will be opportunity for networking (over light refreshments) and we will have two speakers invited to give a talk about dementia inequalities. We will also share opportunities for funding and research internships for health and social care practitioners.

The event is open to anyone with an interest and professional or lived background in dementia. This includes health and social care practitioners, people with dementia, unpaid carers, academics, students, Charity representatives, and Local Authority representatives.

read more and book a space on informationNOW

Newcastle Neighbourhood networks

Newcastle Neighbourhood network events return this December. Newcastle Neighbourhoods Network events are opportunities for organisations working towards the wellbeing of the communities in the city to get to know one another, share good practice, explore links, reduce duplication, and collaborate with those communities.

- 4 December 2024 North
- 5 December 2024 Outer West
- 10 December 2024 East
- 12 December 2024 Inner West

Read more on InformationNOW about Newcastle Neighbourhoods

Newcastle Fund small grants

Newcastle Fund Small Grants are now open for applications:
The Small Grants part of the Newcastle Fund helps small groups and organisations in the city that are doing good things for our communities. It's intended for small projects or to help with important costs. Groups can ask for up to £5,000 for projects that need to be completed by 31 May 2025.

To learn more about the Newcastle Fund and the Small Grants visit Newcastle.gov.uk

Read more on InformationNOW about Getting involved in your community

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Blakelaw Universal Credit digital support

Every Friday 2pm to 4pm, Blakelaw Leisure United, NE5 3TS

Newcastle Libraries can help you apply for or manage your existing Universal Credit claim online. Support is also offered with completing other online forms and applications.

They have a new Universal credit support session on Fridays 2pm to 4pm at Blakelaw Leisure United, Cragstone avenue, NE5 3TS

They also run sessions Monday to Friday at
East End Library & Community Hub
Outer West Library & Community Hub
City Library
Kenton Library & Community Hub
West End Library & Community Hub

Read more on InformationNOW about Universal Credit digital support at Newcastle Libraries

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Host a 'On The Table'

Community Foundation Tyne & Wear and Northumberland are looking for expressions of interest for in hosting an On the Table event before the end of November 2024.

On the Table is an invitation to join a conversation about addressing our areas' challenges and opportunities. It draws on the Vital Signs report, which uses 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.

You can find out more about the On the Table on Community Foundation's website here

If you are interested in hosting a On the Table group you can complete the expression of interest form here

you can also email Ali Walker aw@communityfoundation.org.uk or call 0191 222 0945.

Read more on InformationNOW about Community Hubs

CONSULTATION & ENGAGEMENT

The Movement Strategy

Deadline 29 November 2024

Newcastle City Council have opened a consultation on the city's Movement Strategy (Transport Plan). The Movement Strategy will help shape the future of transport in Newcastle and focus on key issues, including:

- Net Zero Newcastle: Focusing on low-emission travel and climate resilience.

- Sustainable Growth: Supporting businesses and providing access to opportunities like jobs and education.
- Healthier, Active, and Safe Travel: Promoting health and well-being through safe and active travel.
- Inclusive, Connected, and Efficient Travel: Ensuring the transport network benefits all residents and visitors.

They want the strategy to reflect the diverse needs and aspirations of the city's residents, businesses, visitors and communities and in order to do that, needs your input.

You can read the Movement Strategy Consultation Booklet 2024 for more detailed information.

You can complete the Movement strategy survey online here

There will also be drop in sessions to share your views face to face:

- Monday 28 October – RVI hospital, in front of the MediCinema, 10.30am until 1.30pm.
- Monday 4 November – Eldon Square, in the community quarter, 3pm until 6pm.
- Monday 11 November – RVI hospital in front of the MediCinema, 12.30pm until 4.30pm.
- Wednesday 20 November – Grainger Market, 12.30pm until 4.30pm.
- Monday 25 November – Grainger Market, 10.30am until 1.30pm.

If you have any questions or need information in another format, such as large print, please contact movement.strategy@newcastle.gov.uk or call 0191 278 2767

Read more on InformationNOW about Public transport

Mental Health crisis management survey

Deadline 18 November 2024, 12pm

Healthwatch Newcastle want to hear from you to help improve crisis management services, This means understanding how people would respond
to a mental health crisis situation. Which service would you contact and do you think they are effective?

You can complete the Healthwatch Crisis Management survey here

May be an image of 1 person and text

Read more on InformationNOW about mental health

North East Adult Skills Learner Survey

Deadline 30 October 2024

The North East Combined Authority (North East CA) Learner Survey is an online survey about adult education in and around the North East. They want to hear about learners' course experiences and experiences on North East CA funded courses. This includes travel methods and

any support received.

By taking part in the survey you will help:

- to improve adult skills courses for everyone in the North East.
- make sure that the right courses are available in the right areas. So that all North East residents have access to the help they need to achieve their goals.
- the Elected Mayor and the North East CA understand who is taking part in adult education in our region, and how it has helped them.

There is a prize draw for 4 £25 shopping vouchers for those who complete the survey before 30 October.

You can complete the survey online here

Read more on InformationNOW about Adult learning, skills and training

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Parks and Allotments consultation

Deadline: **8 November 2024**

Newcastle City Council are looking at options for the future of Newcastle's parks and allotments. To help do this, they need to hear from you about your views on parks and allotments, what you think about them at present, and suggestions for what should be a priority for them in future.

You can share your thoughts on Newcastle parks and allotments here

There is also a Word document version of the survey to complete offline here – you can email it back to: letstalk@newcastle.gov.uk. Or, if you have printed it, you can post it back to **FREEPOST Letstalk**

You can watch a British Sign Language video about the consultation: Your Views on Parks and Allotments in Newcastle – October 2024

People's answers to this consultation will be used to inform how parks and allotments are managed in future.

Read more on InformationNOW about Parks, gardens, forests and woodlands

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RESEARCH & REPORTS

What does the NHS review mean for you?

Healthwatch England have released a summary of the recent independent investigation of the NHS by Lord Darzi. The report suggest next steps to improve health services and to inform the next 10 year health plan. The summary breaks down the key points of the reports and what this means for the public.

Read the Darzi Report – What does the NHS review mean for you? summary on Healthwatch's website

Read more on InformationNOW about Health

RESOURCES & TRAINING

Eating & food disorder workshops

If you care for someone with an eating disorder it can be hard to know what to say, or how to help. Eating Distress North East run a series of workshops that will help you understand more about eating disorders and feel more confident in your knowledge; reduce anxiety; and improve communication.

Over six weeks you'll explore:

- Unhelpful beliefs about eating disorders
- How to cope with the caring role
- Motivational skills
- Reflective listening skills
- How to bring about change

The workshops are facilitated by a Group Worker and a member of the Counselling team

Read more and book a space on InformationNOW

Read more on InformationNOW about Eating Disorders

NatWest Thrive Online

NatWest Thrive Online offers free resources for youth organisations. It is a a digital version of the NatWest Thrive programme that are available to download from the National Youth Agency's NatWest Thrive Online learning platform. These tailored sessions explore key topics such as enterprise, employability skills and money management to support young people up to the age of 24.

The interactive resources include activities, game and discussion-based sessions to use with young people.

To find out more visit the NatWest Thrive Online learning platform here and register. Then you'll be able to access NatWest Thrive Online modules on the website's dashboard.

Read more on InformationNOW about Employability skills and support

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UPCOMING EVENTS & ACTIVITIES

Winter on the Square

This autumn and winter, Newcastle's east end will come alive with a series of community events, building on the success of Summer on the Square. From Halloween movies to glowing festive lights, these events are all part of the wider effort to attract footfall and breathe new life into the area through the Newcastle East – Inclusive, Healthy, Vibrant High Streets Project, led by Newcastle City Council and funded by the North East Combined Authority.

- Winter on the Square: Halloween Movies on Hadrian Square
  30 October 2024
- Winter on the Square: Autumn Fest
  1 November 2024
- Winter on the Square: Illuminating Byker
  14 November 2024
- Winter on the Square: The Winter Circus
  14 December 2024

Read more about the Newcastle East – Inclusive, Healthy, Vibrant High Streets project

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Men Matter 2

7 November 2024, 6pm, The Brunswick Park Centre, Brunswick Village, NE13 7EG

Men Matter 2 at Brunswick Centre is a weekly men's group. It meets on Thursdays 6pm to 8pm. You can meet new people, and take part in games and activities such as: Chess, cards, dominos, checkers, foosball, and trips out.

Read more on InformationNOW about this event

Dementia Friendly Creative Writing Workshop

Starts 26 October 2024, Jesmond Library, NE2 2DL
A series of workshops with local artist Amanda Quinn will inspire and support people living with dementia and their carers to write or tell stories. Come along to meet other people and see how being creative can improve your wellbeing and boost your confidence. No previous experience is necessary and all materials will be provided.

Dementia Friendly Creative Writing Workshop on Information Now

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Our Voices Were Heard

26 October 2024, 10:30am, Newcastle City Library, 33 New Bridge Street West, NE1 8AX

Our Voices Were Heard is an age-positive new theatre show by The Elders Council of Newcastle and Unfolding Theatre. Through protest songs and real-life stories of taking action, a group of older people reflect on making their voices heard over the decades and where that leaves us now.

Our Voices Were Heard (Spirit of Rebellion) on Information Now

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Culture Fridays

1 November 2024, 12:30pm, Fenham Library, Fenham, NE4 9XD

A friendly, relaxed group run by Reading for Wellbeing and Search for people over the age of 55. Get together over a cuppa to chat about all things culture – from books, films, music and more

Culture Fridays on Information Now

UPDATED AND NEW ORGANISATIONS

Safe Spaces (UK says no more)

updated organisation

UK SAYS NO MORE is working with pharmacies, banks and selected jobcentres across the UK to provide Safe Spaces in their consultation rooms for people experiencing domestic abuse.

This replaces the Ask for ANI service f*rom 4th November 2024*

Read more on InformationNOW about Safe Spaces (UK says no more)

Being Well Space at Grainger Market

updated organisation

The Being Well Place, a new community health hub at Unit 86/101/102 in the Grainger Market has opened.
This innovative space offers hands-on health & wellbeing resources, the latest caring technologies, and fun workshops designed to help everyone live well and age better. The space is ran in partnership with Newcastle University's School of Pharmacy and the UK National Innovation Centre for Ageing

Read more on InformationNOW about Being well place at The Grainger Market

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UPDATED AND NEW ARTICLES

Recycle and reuse

Updated article

This article provides information on how you can make a difference to our environment by recycling, composting and reusing materials.

Updated with new electrical recycling point at The Lemington centre

Read more about recycle and reuse on Information Now

Last updated: October 30, 2024

Recent Newsletters:

InformationNow News 23 October 2026
NEWS InformationNOW A lot of work is happening behind the scenes as we continue to work on the InformationNow refresh. Once again, we'd like to thank everyone who provided feedback – your ideas and ...
InformationNow News 9 October 2026
NEWS Autumn Neighbourhood Networks A big thank you to all who attended the latest round of Newcastle Neighbourhood Networks events! It was great to see so many there representing the local services and organisat...