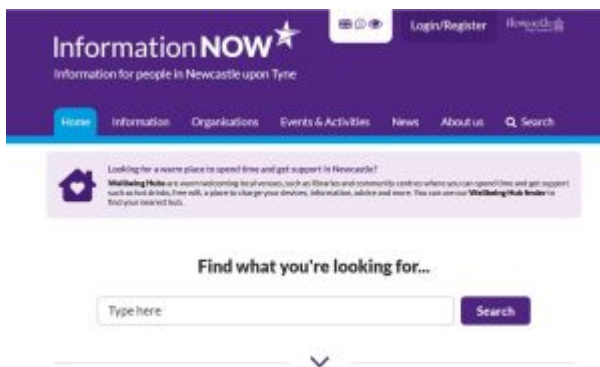


## InfoNOW News 14 February 2025

### New Wellbeing Hubs Finder on InformationNOW

[Wellbeing Hubs](#) are warm welcoming place to spend time in Newcastle. Local venues, such as libraries and community centres, offer a range of support such as hot drinks, free Wi-Fi, a place to charge your devices, information, advice and more.

Have you spotted our new banner on InformationNOW? This month we're highlighting the wellbeing hubs in Newcastle. It's has a handy link to our [Wellbeing Hub Finder](#) so you can search by location or postcode to find a wellbeing hub near you.



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### Stroke prevention

Are you aged over 40 and haven't had a cholesterol test in the past 5 years? It's important to get checked!

High cholesterol often doesn't have symptoms, but it can increase your risk of heart problems or stroke. If heart issues or high cholesterol run in your family, it's worth getting tested too.

You can get a cholesterol test at your GP practice, during your NHS Health Check (when eligible), or even at some pharmacies.

Take control of your health and get your cholesterol checked today—it could make a big difference! [❤️ #StrokePreventionDay](#)

[Read more about strokes on InformationNOW](#)

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## Travelling with Confidence

**[Travelling with Confidence is a brand new project funded by the Motability Foundation to increase opportunities for people with learning disabilities in the North East and Cumbria to enjoy and benefit from the ability to travel.](#)**

Training and peer support are at the heart of Travelling with Confidence, which will see people with learning disabilities receive accredited travel training so they can deliver bespoke awareness raising sessions and become buddies to help others overcome their own barriers to travel.

A network of Travel Champions with learning disabilities will also be established to engage with the transport sector and provide opportunities to influence policy and practice among local providers.

[Read more about Public transport on Information Now](#)

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## NGPS Health Bus 2025

[Newcastle GP Services \(NGPS\)](#) health bus is back for 2025! NGPS work on behalf of all [GP practices](#) in Newcastle providing health services in your community from their community health bus. Get involved in health research studies and contribute to finding cures and treatments for a range of conditions and diseases like cancer, diabetes, dementia and heart disease. Come and see the NGPS research team on the bus on the following dates:

- **18 February – 10am to 4pm** venue TBC
- **25 February – 10am to 4pm** Newcastle University, KGVI building, Queen Victoria Road, NE1 4LF
- **4 March – 10am to 4pm** venue TBC
- **11 March – 10am to 4pm** venue TBC
- **18 March – 10am to 4pm** Newcastle University, KGVI building, Queen Victoria Road, NE1 4LF
- **25 March – 10am to 4pm** Newcastle University, KGVI building, Queen Victoria Road, NE1 4LF

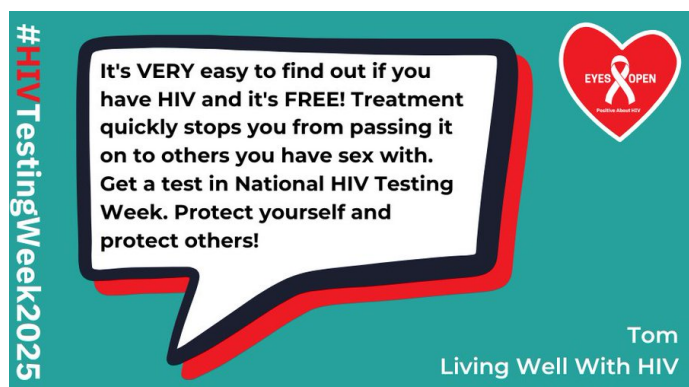
[Read more on InformationNOW about getting involved in health research](#)

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## HIV Testing Week

It's very easy to find out if you have HIV and it's free. Treatment quickly stops you from passing it on to other you have sex with. Get a test in National HIV testing week. Protect yourself and protect others #HIVtestingweek2025

[Read more about how to get a free HIV test in Newcastle on InformationNOW](#)



## **New name for North East Museums**

**North East Museums** (formerly Tyne & Wear Archives & Museums) is a regional museum, art gallery and archives service. They manage 9 museums and galleries across Tyneside and the Archives for Tyne and Wear. Most of their venues are free to visit. Visit their listing for more information about the venues' facilities, accessibility, exhibitions, activities, cafes and opening times

[Read more about Museums and attractions](#)

NORTH EAST  
MUSEUMS

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## Opportunities for action

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### New dates Cultural Competency Training sessions

Free training delivered on Zoom, to help you connect with and deliver effective services to people across marginalised communities. The sessions are 2 hour 30 minutes long with interactive exercises, videos and discussion points to take back to your organisations.

Haref at Connected Voice cultural competency training is funded by Newcastle Public Health team and informed by the experiences of people in local communities through the Haref Network. It is free for practitioners delivering services in Newcastle upon Tyne only, who wish to improve their reach of services with ethnically marginalised communities.

- Wednesday 12 March 9.30am to 12pm
- Tue 8 April 2025 1pm to 3.30pm
- Thursday 15 May 9.30am to 12pm
- Wednesday 11 June 1pm to 3.30pm

[Read more about Connected Voice Haref on Information Now.](#)

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### Supporting communities to access high quality arts activities

#### Max Grant Size: £2000

The North East Fund for the Arts is a grant for community groups using arts or arts projects. The grant could be used to engage a community in arts activity for the first time, develop their engagement, or inspire participants to seek further opportunities in the arts

Applications are invited from both community organisations and arts organisations. The strongest projects will demonstrate partnerships and wider community involvement. Priority will be given to applications that demonstrate longer term impact,

[You can apply for the grant through Community Foundation here](#)

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### Breaking the Barriers

Friday 14th March, 2pm to 4.30pm at Sunderland, Hope Street Xchange

Free event to explore how communities can better support women and girls who have experienced sexual violence — breaking barriers and opening more pathways to support. The event will feature insights from research, discussions on the power of language, and a guest speech by Susan Dungworth, Northumbria Police & Crime Commissioner. Attendees can expect

formal presentations, opportunities for discussion, networking, and refreshments—including cake!

[Book your place](#)

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## Become an Interpreter

**Opportunity for multilingual community members. Monday 3<sup>rd</sup> March, Newcastle: Time and venue to be confirmed**

[DA Languages](#) is hosting an event for people who might be suited for freelance interpreting work, want to earn extra income and want to make a difference in their community. The session is free to attend and open to everyone. At the event, you will learn about Dals and how to become an interpreter.

[Book your place online](#) Please feel free to share this information with your community members.

[Read more about interpreting and translation on InformationNOW](#)

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## Free Talk: GP Red Flags

**Tuesday 18 Feb 2025 at [The Byker Pantry](#)**

Understand when to seek medical help and how to ask for it with Dr Riaan Swanepoel. The key messages from this talk are:

- Do not ignore a lump on your body, breasts, testicles, or stomach. Tell your GP or practice nurse
- Always get help if you see blood in the wrong place
- Notice if your bowel habit changes and get help
- Tell your GP honestly how much you smoke or drink alcohol
- Insist on seeing your GP if you are worried something might be cancer. GPs are trained to refer anything that might be cancer to the specialists within 2 weeks
- Do not ignore your feelings if you are not coping. Always remember that help is available if you ask

[Read more about Free Talk: GP Red Flags](#)

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## Summerhill Trust Business Open Day

**Booking required: Date 20th February 12pm to 2pm**

Do you arrange room hire, training, workshops, events or meetings? Professionals are invited to book a place at the Summerhill Trust Business Open Day. Where you can take part in a site tour, introduction to their facilities, a short presentation and a light lunch. You can see the Summerhill Square Conservation Area, an oasis of contemplative calm close to the city centre, as well as the historic pavilion of the Bowling Club.

[Book a place to attend the session before the end of Tuesday 18th February](#). If you are interested but not free to come on 20th February, you can let them know on the form. They will arrange another day and time with you.

[Read more about Summerhill Bowling Pavillion](#)

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## Consultation and Engagement

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### Adult Social Care Survey 2024-25

Newcastle City Council are sending out reminders this week to people who have received a questionnaire on their experience with Adult social care. A sample of people who have received care and support services from Adult Social Care and Prevention at Newcastle City Council are being asked to feedback on their quality of life and their experience of the care that they receive. It is part of the national Adult Social Care Survey for people who are over 18 and who use adult social care.

Whether you attend a day centre or get care at home, share your thoughts and opinions on the services you use to help improve our services now and in the future.



Anyone who needs further information or support can contact [Adult Social CarePoint](#)

[You can find national information about last years Adult Social Care Survey on NHS England here](#)

**Read more on InformationNOW about [Adult Social Care](#)**

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## Research and Reports

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### NHS Road to recovery 2025

The National government has posted an update on their long term NHS plan. This mandate represents a critical step in responding to the issues identified by the [Darzi investigation](#) and addressing the urgent challenges facing the NHS. [Read the Road to recovery: the government's](#)

[2025 mandate to NHS England on GOV.UK](#)

**Read more on InformationNOW about [getting involved in community research and engagement](#)**

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## **CNTW Lived Experience Service Involvement Service and Peer Support Spotlight Report**

This report highlights some of the involvement and engagement work happening across Cumbria, Northumberland, Tyne and Wear (CNTW). Download the:

- [involvement report here](#)
  - [peer support report here](#)
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## **Events and Activities**

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### **Walking Football at NU Foundation**

[Newcastle United Foundation](#) run a range of walking football sessions for older people. Helping you to get back into sport while socialising with others. Walking football can help you to be more active, improve your fitness and recover from injury. Newcastle sessions include:

[Walking Football at NUCASTLE, Diana Street, NE4 6BQ:](#) Monday 5pm to 6pm, Tuesday 10.30am to 12pm and Friday 12pm to 1pm

[Women's Walking Football: Every Monday, 6pm to 7pm at Forest Hall YPC, Palm Court, Palmersville, Newcastle upon Tyne, NE12 9HW](#)

[Walking Football at West Moor Community Centre](#) Monday 6pm to 7pm

[Wallsend Walking Football:](#) Wednesday 3.30pm to 4.30pm

[Walking Football League at Cochrane Park: NU Foundation](#) Thursday 12pm to 3pm

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### **Life Stories of Transport Infrastructure**

**Thursday 20 Feb 2025 5.15 pm – 6.30 pm**

People make transport infrastructure, but how do they move on them? Hear Stories of delays, destruction, and 'transport adventures' explored through the philosophical and real-world lens of history and urban studies.

[Read more about Life Stories of Transport Infrastructure on Information Now](#)

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### **Our Adelaide Terrace: Community celebration**

[Our Adelaide Terrace: Community celebration](#) is a free creative community celebration on Adelaide Terrace. This event is open to everyone, of all ages.

Meet at 11:30am under the 'Welcome to Our Adelaide Terrace' Billboard for the opening of the event, with an opportunity for a group photo! From 12pm you can explore artwork, crafts and performances created by local residents. The event includes:

- [St. James Church](#): Photo exhibition, workshops, poetry & performances, hot drinks & cakes.
- [Patchwork Youth Project](#): Window Portrait Exhibition, drop-in art workshop.
- [Search Pop-In Centre](#): Warm space for older people, 'Community' and 'Nostalgia' craft activities.
- [Healthworks](#): Make your own Flower Basket, collect your Family Portraits.
- [West End Customer Services Centre and Library](#): Heritage photo display, Potted History, upcycled objects, family art workshops.

Our Adelaide Terrace' is part of the Newcastle High Streets Project funded by the UK Government through the UK Shared Prosperity Fund with the North East Combined Authority as the lead authority. Newcastle High Streets Project is a transformation programme aiming to revitalise selected high streets in the city.

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## **Sturdy Foundations: woodwork for people with dementia**

[Cornerstone Benwell](#) have a new woodworking workshop for people living with dementia or memory loss. The sessions are open to all abilities – beginners to pro's where you will make small home and garden items using hand tools. Refreshments available. Upcoming sessions:

- 15 February
- 1 March
- 15 March
- 29 March
- 12 April

Read more about [Sturdy Foundations: Woodwork for people with dementia or memory loss on Information Now](#)

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## **Date change: Dementia Information and Advice Group**

[Newcastle Carers](#) Dementia Information and Advice group will now be held on the second Tuesday of every month from 1pm until 3pm, starting from Tuesday 11 March. The Dementia Information and Advice Group is for carers looking after someone with dementia. This group provides a chance for you to connect with other carers, get information, and talk about the support available to help you look after yourself and deal with difficult days.

[Read more about dementia on InformationNOW](#)

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## House of Evergreen arts exhibition

[The house of evergreen arts exhibition](#)

Monday 3rd March 2025 3pm to 6pm at the North East Chinese Association on Stowell Street in Newcastle Chinatown.

There'll be a fabulous exhibition of artwork by Chinese Elders, the culmination of a 6 month artist residency project led by artist Pui Lee.

This project empowering people in later life

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## Star & Shadow Community kitchen

**New monthly event at [Star and Shadow Cinema](#)**

[Community Kitchen](#) provides a free & healthy hot meal, and a space to socialise with new people at the dinner table. There are a range of free activities such as films, haircuts, knitting, clothes repair and electrical repairs. Activities vary. Everyone who comes along is welcome to help out where they can.

Community Kitchen is for anyone and everyone – this is not charity but a social event. Under 16s must be supervised.

**Upcoming date: Wednesday 12 Mar 2025 Time: 6.00 pm – 9.00 pm**

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## Equal Arts dementia sessions

**New weekly events from [Equal Arts](#) for people with dementia and their carers.**

[Creative Crawcrook](#) at Crawcrook Library NE40 4NB, Mondays 1pm to 3pm

[Creative Hatton](#) at the Hatton Gallery NE1 8QB, Tuesdays 10.30am to 12.30pm

[HenPower](#) at Wood Green NE10 0SX, Tuesdays 1pm to 3pm

[Dance and Movement](#) at Washington Leisure Centre NE38 7SS, Wednesdays 10.30am to 12.30pm

[Carers Cultural Adventures](#) at Shipley Art Gallery NE8 4JB, Thursdays 1pm to 3pm

[Read more about dementia on InformationNOW](#)

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## Skills For People

[Skills for People](#) have a range of new courses and spaces at their groups this February:

- [First Aid](#)
  - [Being Well Course – Information Now](#)
- 

## New and updated organisations

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### Nunsmoor Centre Inner West Family Hub

#### Updated organisation

[Nunsmoor Centre](#) is a community and children and families hub run by the Nunsmoor Centre Trust. They run arrange of activities such as:

- Little Minds in Mind on Wednesdays.
  - Young Parent Group.
  - Baby Clinics – appointment only through a health visitor
  - Career Advice
- 

### Newcastle Queer Art Club

#### New organisation

[Newcastle Queer Art Club](#) run weekly sessions on Tuesdays at [One Strawberry Lane](#) which alternate between focus weeks and social weeks.

Focus weeks are smaller sessions for people who want to work on projects/study/read with few distractions. Social weeks are larger sessions which are less work focussed.

If you would like to attend any of their sessions please contact them directly through their Instagram account.

[Read more about Lesbian, Gay, Bisexual, Transgender, Queer/Questioning + \(LGBTQIA+\) support and groups in Newcastle](#)

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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

Last updated: February 14, 2025

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