InformationNOW
Information for people in Newcastle upon Tyne

InfoNOW News 441

InformationNOW

InformationNOW is the go-to information website for people living, working or supporting someone in Newcastle. We cover everything from hobbies, to support for carers, to foodbanks, to where you can access help in Newcastle.



Did you know we have information on…

Places of worship

Pets and animals

Arts in Newcastle

Parks, gardens, forests and woodlands

Safeguarding Adults Unit advice request form

There is now a new way for professionals to request Safeguarding advice for Adults Advice online in Newcastle.

Newcastle Safeguarding Adults Board (NSAB) is a group of organisations who make sure adults with care and support needs are safe from abuse and neglect. They agree policy and procedures which say how organisations will work together when an adult is at risk of abuse or neglect. **Please note this an advice service only.**

Read more about Adult abuse and how to report the abuse of an adult on InformationNOW

NHS Complaints Advocacy in Newcastle

Do you need support to navigate the NHS complaints process? Your Voice Counts is the 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. Your Voice Counts can also provide a self-help information pack for people who would prefer to make a complaint without the support of an advocate.

Read more about the Newcastle NHS Independent Complaints Advocacy (NHS ICA) by Your Voice Counts on Information Now

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International Women's Day

8 March 2025 was international women's day, a global day celebrating the social, economic, cultural, and political achievements of women and calling for gender equality. Many services, organisations an dindivudals held events and celebrations ot mark the occasion. Newcastle City Council asked people for nominations of inspirational women in Newcastle as part of the celebrations, and created a booklet recognising those woemn.

You can view the celebrating inspirational women in Newcastle booklet here

There are also events taking place this week to celebrate the day:

Breaking the Barriers, 14 March 2025, 2pm to 4.30pm, at Hope Street Xchange, 1-3 Hind Street, Sunderland, SR1 3QD

Join Rape Crisis Tyneside and Northumberland for Breaking the Barriers, a free event of reflection and discussion to explore how to better support survivors of sexual violence.

'A Story of Hope' women's art display by Her Circle and Harriet Mee, 6 to 31 March 2025 at Newcastle Cathedral, St. Nicholas Square, NE1 1PF

A collection of written, visual and digital artwork to Newcastle Cathedral in celebration of IWD on display throughout the month, each piece of artwork produced by Her Circle and Harriet Mee

explores themes of trauma, resilience and hope.

There are also many services in Newcastle which support women such as

Tyneside Women's Health offer a range of mental health and emotional support services for women

West End Women and Girls Centre have opened a new Women's Library where you can read, relax, and borrow your next book. You can also become more confident at reading with the assistance of their reading buddies.

Smart Works Newcastle support women who are looking for a job and have an interview. They offer coaching, clothes for the interview and support.

The Angelou Centre run by and for women from Black and minoritised communities across the North East. They support women experiencing violence, abuse or unfair treatment.

Find more women's events on InformationNOW

NHS healthcare records focus group

The North East North Cumbria Integrated Care Board (ICB) want to hear from people living in the North East and North Cumbria about their views on how NHS healthcare records are being used for research and planning. They have already carried out street surveys of over 1,500 people. They showed us some people have greater concerns about sharing their NHS records for research and planning.

This work is part of an ongoing conversation with the public about how their health and care records are used for research and planning.

They are looking for people from the North East and North Cumbria to take part in the focus groups. Everyone is welcome, but in particular, they would like to hear from:

- Women aged between 30 and 59
- People living in Whitehaven, Workington, Middlesbrough, Northumberland, Newcastle, County Durham and Darlington.

They have spoken to lots of people who are very supportive of their healthcare records being used for research and planning, but we would like to hear more from people who are worried about it, or who might have already opted out.

Each session will have up to 8 participants and last 90 minutes.
The focus groups will take place online on the following dates:

- 25 March, 6 – 7.30pm
- 26 March, 12.30 – 2pm
- 27 March, 6 – 7.30pm
- 1 April, 6 – 7.30pm
- 2 April, 6 – 7.30pm

- 4 April, 12.30 – 2pm

Read more and book a place for Online focus group: Have your say on NHS records on Information Now

12 March 2025 is national no smoking day. No smoking day is an annual health awareness day in the United Kingdom which is intended to help smokers who want to quit smoking.

Did you know that if you stay smoke-free for 28 days you're 5 times more likely to quit smoking for good? But you don't have to do it alone – and with the right support, quitting can be easier than you think.
A range of resources to help you support No Smoking Day are available to download from the department of health and social care's

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Read more on informationNOW about giving up smoking

Young Carers Action Day

Young Carers in Education: Webinar Invitation Thursday 13 March, 12.10pm to 12.50pm

Newcastle Carers Young Carers in Education webinar: a powerful exploration into the experience of young carers in schools. The webinar will cover useful and tangible tips on how to better identify and support the young carers that exist within your school community. During this friendly lunch-and-learn session, you will have the chance to:

- Explore the topic of young carers
- Hear about the wider support available
- Learn about the impact on attendance
- emotional wellbeing and progress of your young carers
- And, discover the importance of awareness of young carers across your staff team

Book your place

Newcastle Carers are also looking for people to join #TeamNewcastleCarers to run Great North Run and help raise vital funds to support carers of all ages in Newcastle. Your fundraising can help to make a difference. You can find out more by emailing

fundraising@newcastlecarers.org.uk , or phone them on 0191 275 5060. Great North Run charity places are allocated on a first-come, first-served basis. Support from Newcastle Carers includes

- a Newcastle Carers running top
- free training plans and support
- Fundraising tips and information
- eBulletins to keep you updated

Please note the registration fee is £59, and runners are asked to commit to raising a minimum of £200.

Read more on InformationNOW about looking after someone

Adult Social Care survey extended

21 March 2025

Have you received a Adult Social Care Users survey but not returned it yet? Your opinion matters so Newcastle city council have given you more time to have a say. Share your thoughts by Friday 21 March to help us provide better services now and in the future.

If you need help with the survey contact Adult Social Carepoint by email ASCP@newcastle.gov.uk or by phone 0191 278 8377.

Read an Introduction to Adult Social Care on InformationNOW

Spotlight on

Self Injury Support's email support service is returning on 3rd March

Self Injury Support provides confidential, anonymous, non-judgemental emotional support to anyone of any age or gender affected by self-injury. You can contact them for support by:

- freephone telephone helpline
- text message (texts cost standard rate)
- webchat
- email

If anyone you know or work with would like support via email, they can contact tessmail@selfinjurysupport.org.uk.



Read more about Self harm on InformationNOW

More than 1600 North East homes supported by new energy advice service

Since launching in spring 2024, Home Energy Advice North East (HEANE) has supported 1,643 residents with free, tailored advice on how to save money and carbon emissions through home upgrades, from draught-proofing and insulation to low carbon heating and solar panels. This includes more than 800 people who have utilised the service's home visit option. In Newcastle, 360 households have been supported by the service so far.

Read more on Help with energy problems and how to pay for them

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Wellbeing for Life: Repair and Re-use

2 April 2025, 10.30 am to 12pm, Jesmond Library, St. Georges Terrace, NE2 2DL

This Wellbeing for life session looks at repairing and re-using. Listen to Lindsay Cross talking about the Repair Café at Jesmond United Reformed Church, share memories of wartime and

post-war solutions, and be inspired to bring out your darning needles, sewing machine or workshop tools. Get your broken items repaired, rather than replaced,

Find more Wellbeing for life sessions at Jesmond Library on InformationNOW

Read more on InformationNOW about Recycle and reuse

Opportunities for action

Supporting LGBTQ+ young people in the North East and North Cumbria

27 March, 9am to 4.30pm, The Core, Newcastle Helix, Bath Lane, Newcastle, NE4 5TF

In 2024, a consortium of VCSE partners established Pride Youth Partnership, which is a network dedicated to supporting LGBTQ+ young people across the North East and North Cumbria (NENC).

The Partnership is now delivering a conference called ‘Supporting out LGBTQ+ young people living in the North East and North Cumbria’ on Thursday 27 March in Newcastle City Centre. They invite colleagues specifically working with young people across the NENC from a health, social care, education, research and commissioning context.

The aim of the conference is to:
• Place a spotlight on the current challenges that are faced by LGBTQ+ Young People living in the NENC area.
• Talk about specific health inequalities experienced by LGBTQ+ young people, and what this means specifically for our gender-diverse young people.
• Share learning and best practice that deepen understanding of intersectionality.
• Co-produce and agree priority areas for improving support and inclusion of LGBTQ+ young people living in the NENC that reach across health, education, social care and the VCSE.

Book a place at this event here

Read more on informationNOW about support for your rights as a LGBTQ+ person

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Headliners Easter filmmaking workshop

23 to 25 April 2025, 10am to 3pm each day

This Easter, Headliners are running a three-day filmmaking project – a fantastic chance to learn new skills, get creative, and work alongside other young people to produce a short film. This project is open to young people aged between 12-18 year olds and **places are limited**, so make sure to sign up early.

Spaces will be offered on a first come, first served basis. Lunch is provided daily and the sessions are free to attend

To apply for this programme please fill out the consent form here.

Find more things to do in Newcastle on InformationNOW

CNTW Voluntary services event

Cumbria, Northumberland, Tyne and Wear NHS Foundation Trust's Voluntary Services Department welcome you to an online recruitment event where you can find out more about who they are and the opportunities that they currently have available.

It is your chance to meet members of the Voluntary Services team, to ask any questions and find out if volunteering is for you.

11 March 2025 at 12.30pm on *Microsoft Teams*

Join the meeting using the link here

Meeting ID: 349 181 812 970

Passcode: RJ2zG3Xq

11 March 2025 at 6pm on *Microsoft Teams*

Microsoft Teams Need help?

Join the meeting using the link here

Meeting ID: 329 274 523 706

Passcode: Cj6R3DB7

You can find help on joining Microsoft Teams meetings online here

You can find more information about volunteering with CNTW here:

You can view current CNTW volunteer opportunities here

Consultations & engagement

North East Travel survey

Whether you use public transport, drive, cycle or walk, decisions made on transport will have an impact on you. Have your say about trvel, share how and why you travel in the annual North East Travel Survey.

At the end of the survey you can enter a prize draw where one winner will win £1,000 of Love2Shop or Amazon gift vouchers

The survey is open to residents of Newcastle, North Tyneside, Northumberland, County Durham, Gateshead, South Tyneside and Sunderland.

Complete the North East Travel Survey 2025 here

Pain Management Citizens' Jury

Deadline 16 March 2025

Are you passionate about improving healthcare and want to make a difference to people living with long term pain? Help shape how the NHS cares for long term pain and reduce the use of strong pain medicines like opioids.
Health Innovation North East and North Cumbria are asking for 15 people to join a Citizens' Jury. A Citizens' Jury brings local people together to talk about key issues for their community.

As a member you'll:

- Take part for 35 hours between May and June 2025
- Join for in person days and for evenings online
- Be paid £15 per hour for your time (£525 total)
- Have your travel, accommodation, and accessibility needs fully supported

Read more about the HI NENC citizens jury on their website here

You can apply for the citizens jury here

Read more on InformationNOW about Chronic pain

Help shape the CQC Way

The Care Quality commission (CQC) are developing 'the CQC way' a new set of draft proposals to make sure people receive safe and affective care and to help care providers improve to do this.

The draft proposals will describe:

- Why the CQC exists
- What they aim to achieve
- How they work and the process

They want to hear from as many people as possible. If you work in health or social care, use CQC registered services or have an interest in effective regulation, they would like your feedback. If you want to get involved, you can create an account on their online platform here

Use an email address and create a password to set up your account. Once you've done this, you'll receive an email letting you know when you can start sharing your thoughts from 12 March

You can read more about the CQC way here

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

Healthwatch Newcastle Annual survey

Healthwatch Newcastle use your views to make local health and care services better for you.

They do this by finding out how you are experiencing these services and ultimately feeding this back to the people delivering and commissioning the services, to influence positive change based on what they have been told.

You can take part in Healthwatch Newcastle's Annual Survey here.

This survey closes on **Monday 31 March**

Read more on InformationNOW about how to have your say and make a good complaint

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Training & Resources

Ramadan fasting resources

Connected Voice Haref's 2025 Ramadan prayer calendars are available online and in print format at local mosques and community-facing buildings.

Haref worked with mosques across North Tyneside, Gateshead and Newcastle, NHS Diabetes Centre, Glaucoma UK and Diabetes UK to create Ramadan fasting calendars. The calendars include prayer times, safe fasting information, tips on managing diabetes, and managing your glaucoma.

- Newcastle and Gateshead Ramadan Calendar 2025
- North East England Ramadan Calendar 2025
- North Tyneside Ramadan Calendar 2025

They also have specific calendars for Mosque's in Newcastle

- Bilal Masjid and Islamic Centre Ramadan Calendar 2025
- Heaton Mosque and Islamic Centre Ramadan Calendar 2025
- Madina Masjid Mosque Newcastle Ramadan Calendar 2025
- Newcastle Bangladeshi Association Ramadan Calendar 2025

Read more on InformationNOW about Religious and cultural festivals

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Free awareness training on data protection and the rules of GDPR

19 March, 1pm to 3pm, One Strawberry Lane, Newcastle, NE1 4BX

On Wednesday 19 March, join to learn more about data protection for the charity sector, including the risks involved in using AI technology, the privacy laws surrounding electronic marketing communications, and what to do if things go wrong.

Our experienced experts from Andrew Swan Law and Home Group will share essential tips on how to safeguard your organisation against a GDPR breach, among other topics.

This event is taking place in person and will include a light lunch

You can book a free place here.

Read more about Cyber crime, online fraud and scams on InformationNOW

Active Inclusion training

Active Inclusion Newcastle are holding iLearn Live events for front line staff and volunteers who come into contact with people who may be experiencing difficulties with debt, benefits and housing. You will learn why it is important to know about the services provided by Active Inclusion Newcastle, how they can help the residents you work with, how you can refer into their services, how they link in with Safeguarding 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 the our Spectrums of Advice documents).

Support for Residents in Difficulty

- Friday 21 March 2025 – 10:00am
- Wednesday 23 April 2025 – 3:00pm
- Wednesday 28 May 2025 – 3:00pm
- Thursday 26 June 2025 – 10:30am
- Tuesday 29 July 2025 – 11:00am
- Wednesday 27 August 2025 – 3:00pm

Please sign up here via iLearn.

Introduction to budgeting

- 28 March 2025 – 9.30am to 12.30pm at City Library – Bewick Room
- 29 May 2025 – 9.30am to 12.30pm at St Martin's Centre
- 29 August 2025 – 1.00pm to 4.00pm at City Library – Room 7

Further information and how to register for one of the sessions can be found here.

Read more on InformationNOW about managing your money or Cost of living support

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Research & Reports

Age Friendly Communities Impact report

This report from Centre for Ageing Better looks at the positive impacts Age-friendly Communities are having on the local systems they represent and the older people that live there.

The report describes the impact of the UK Network in terms of:

- The benefits of taking an Age-friendly Communities approach
- The role of the UK Network in realising these benefits
- The mechanisms that support and enable changes

Newcastle's Age Friendly network is included in the report as a case study 'Using culture to change mindsets in Newcastle'.

You can read the **full report here**

Read more about Age Friendly Newcastle on InformationNOW

UK digital inclusion action plan

The UK Government has launched a national strategy – the Digital Inclusion Action Plan – to address digital exclusion from the Department for Science, Innovation and Technology (DSIT).

The Digital Inclusion Action Plan sets out a coordinated, long-term approach to removing the barriers that prevent millions from accessing essential services, education, and employment.

The call for evidence is open until **11:55 pm on 9 April 2025.**

There is **12** questions and/or sections.

Submit your response online, Email: digitalinclusion@dsit.gov.uk or write to: Digital Inclusion and Skills Unit, Department for Science, Innovation, and Technology, 22-26 Whitehall,

Westminster, London, SW1A 2EG

Read more on InformationNOW about Computer classes and digital support

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Upcoming Events

Adult ADHD Support Group Meeting

27 March 2025, 6pm to 9pm, ReCoCo Recovery College Collective, 1 Carliol Square, NE1 6UF

Discuss help available, share useful coping techniques for ADHD and neuro diverse conditions and celebrate the positive side of being Neuro diverse. These sessions are held at ReCoCo on the 4th Thursday of the month.

Read more about Adult ADHD Support Group Meeting on Information Now

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Dwellbeing walks and cuppas

Dwellbeing Shieldfield have a series of wellbeing walks and cuppa and chats weekly:

- Dwellbeing Weekly walks 14 March 2025
- Weekly cuppa and chat 17 March 2025
- Dwellbeing Weekly walks 21 March 2025
- Weekly cuppa and chat 24 March 2025
- Dwellbeing Weekly walks 28 March 2025
- Weekly cuppa and chat 31 March 2025

Read more on InformationNOW about Walking, running and health

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Slatyford community forest planting

22 March 2025, 10am to 12pm, Slatyford Dene, Kewswick grove, NE5 2XT

Join Northumberland Wildlife Trust and Newcastle City Council for a tree planting event as part of the North East Community Forest at Slatyford Dene

Read more on InformationNOW about this event

Read more about the North East Community Forest project on their website here

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Holi Festival of Colours

15 March 2025 Time: 12pm to 4pm, Baltic centre,South Shore Road, NE8 3BA

Join GemArts for?Holi Festival of Colours hosted in partnership with?BALTIC. Celebrate colour and the Holi tradition through creative workshops, henna stations, dance, music and food.? Usually celebrated in March, Holi is a Hindu festival that celebrates spring, love, and new life. This event is for people of any faith and those with none.

This one-day event invites the communities across the Northeast that GemArts and Baltic work and create with, and live alongside, to enjoy and take part in activities through the day. You can enjoy exhibition tours and join contemporary artists exploring South Asian art forms?throughout the building.

This joyous event will culminate in colour throwing at 3pm, where they will gather outdoors to throw colourful powder pigment and celebrate the arrival of spring. This bit is fun and messy, so please wear something you don't mind getting dirty.

Read more about this event here

Jesmond arts, crafts and makers market

22 March 2025, Jesmond Cricket Ground, 34 Osborne Avenue, NE2 1JS

Jesmond Residents Association are holding their first arts, crafts and makers market at Jesmond cricket club. Free entry to the event with a range of local and regional makers and crafters.

Read more about this event on InformationNOW

Chapel House Memory Tea

Thursdays, Church of the Holy Nativity, Chapel House, NE5 1DR

Relaxed social activities for people living with dementia or memory loss.

Carers, family and friends welcome.

Please contact Kathleen at Search Newcastle to let them know you would like to attend or for more information.

0191 273 7443 or email kathleen.dickinson@searchnewcastle.org.uk

read more about Chapel House Memory Tea on Information Now

Active Through Football at NU Foundation

Tuesdays, Wednesdays and Thursdays weekly, various times

Newcastle United Foundation run a range of football sessions for people aged 16 and older.

Active Through Football Walker at Walker Central football Club NE6 2LJ, Thursdays 3pm to 5pm

Active Through Football Futsal at Walker Activity Dome NE6 3BR, Thursdays 7.30pm to 9.30pm

Active Through Football Wallsend at Wallsend Boys' Club NE28 8SX, Tuesdays 3.15pm to 5.15pm

United for Sanctuary Football SoccerWorld Newcastle NE4 9LG, Wednesdays 3pm to 5pm

Women's Futsal Walker Activity Dome NE6 3BR Thursdays 6.30pm to 7.30pm

Find more football actvities on InformationNOW

She Choir Newcastle

Wednesdays 6.30pm to 8pm

An inclusive, collaborative community choir for all women and non-binary people. Meets weekly on Wednesdays at Summerhill Bowling Club

Suggested donation £0-5

She Choir Newcastle – Information Now

Summerhill Socials

1 April 2025, 6pm to 10pm, Summerhill bowling club, Winchester Terrace, NE4 6EH

Summerhill Socials take place on the first Tuesday of the month from 6pm. Everyone is welcome to join their social gathering of friends, neighbours and supporters of Summerhill bowling club.

Next social is on 1 April 2025

Find out more about Summerhill socials on InformationNOW

New & updated organisations

Waythrough

Waythrough provide free, confidential support for mental health, alcohol, drugs, supported housing, domestic abuse, employment and training. They can help you find help for yourself or someone you care for. Use their website to find support in your area.

Togetherall is their online community where people dealing with mental health challenges can anonymously support each other. Everyone over the age of 16 who we support with mental health can access it for free. Togetherall is managed by trained professionals.

Read more about Mental Health on Information Now

Read Easy Newcastle & North Tyneside

Read Easy are a literacy charity that provide free, confidential and one-to-one support for adults who want to learn to read or lack confidence in their reading skills. They can meet you in quiet, safe places in the community twice a week to support you.

Read more on InformationNOW about Read Easy

New & updated articles

Health Inequalities

Health inequalities mean that not everyone has the same chance to be healthy. Some people are healthier than others because of where they live, how much money they have, access to education and information. This page will explain what health inequalities are and why they matter.

Did you know Newcastle has a Health and Wellbeing Strategy? A strategic plan for improving the health and wellbeing of our local population, developed by partners across health and social care in the city.

Read the HEALTH AND WELLBEING STRATEGY here

Read more about Health Inequalities on Information Now

Last updated: March 14, 2025

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...