

InfoNOW News 9 June 2025

NEWS

Here at InformationNOW, we've recently upgraded our events section to make it easier for you to find out what's on.

You can search our Events by:

- organisation
- specific date
- day of the week
- category
- postcode
- location
- keyword search

You can also switch to a calendar view to see all events happening by day, week and month.

Events Calendar

Today

<

>

Jun 2 - 8, 2025

List View

Search Events

Month

Week

Day

Mon 6/2	Tue 6/2	Wed 6/3	Thur 6/3	Fri 6/5	Sat 6/7	Sun 6/8
10:00am Festival/Groups Indoor - Belford						
10:00am Telephone Help - Volunteer/ing/Medical	10:00am Health and Social Care Academy Newcastle - free care academy course	10:00am Welfare Rights - Benefits advice session/Welfare Medical Group	10:00am Welfare Rights - Benefits advice session/Welfare Medical Group			
10:00am Welfare Rights - Benefits advice session	10:00am Welfare Rights - Benefits advice session (Cramble Park - GP)	11:00am Newcastle Reconnected (Stroke Rehabilitation) - Age UK Gateshead (In-house)	10:00am Billy's Perennial Fodder Group - North East Artisan/er Children Parents and Inclusion (Adult)	10:00am Welfare Rights - Benefits advice session (Callerton & Throckley)	10:00am Glasgow Festival	10:00am The Glasgow International Centre for Intake Help - Community Transport (Newcastle)
10:30am Welfare Rights - Benefits advice session (Blakes)	10:00am Welfare Rights - Benefits advice session (Cramble Park - GP)	11:00am Advice drop in for older people and carers (Marswell) - Free (In-house)	10:30am Newcastle Reconnected (Stroke Rehabilitation) - Age UK Gateshead (In-house)	11:00am Newcastle Reconnected (Stroke Rehabilitation) - Age UK Gateshead (In-house)	11:00am Craft and Chat - Lemington Methodist Church	10:00pm West Jesmond Jazz Club - West Jesmond Chess Club/2 in Walk/Market (Rover)
10:30am Cook, Play and Learn - Firehouse		11:00am Newcastle Reconnected (Stroke Rehabilitation) - Age UK Gateshead	11:00am Newcastle Reconnected (Stroke Rehabilitation) - Age UK Gateshead	11:00am Newcastle Reconnected (Stroke Rehabilitation) - Age UK Gateshead	11:00am Saturday Social - The Newbridge Project	

We've updated the way our event pages look, so you can quickly see the date, time, organisation or service offering the event and the location of the event at a glance.

Wednesday 2 July 2025

2.30pm to 4.00pm

Dementia Friendly Newcastle Project

Lemington

Why not [head over to our events section here](#) and have a look yourself?!

Want to reach more people and get the word out about your event? If you are an organisation or service you can use our event form here to add your event to InformationNOW. If your organisation or service isn't already on the website, [register for an account](#) today!

Carers Week

9 to 15 June 2025.

Carers Week is an annual campaign to raise awareness of caring, highlight the challenges unpaid carers face and recognise the contribution they make to families and communities throughout the UK. This year's theme is 'Caring About Equality', calling for an equal society where carers are truly valued, recognised and supported.

[Carers UK](#) will be talking through information on your rights at work, having a conversation with your employer about caring, and the practical support that is available to you. [Register for the Juggling work with care webinar on zoom here](#)

[Newcastle Carers](#) support adults, children and young people who care for someone living in Newcastle upon Tyne. They are running several events to celebrate:

10 June 2025, 1.30pm [Carers Week: Group Singing Session](#)

Take a break from your caring role and have some fun at our relaxed group singing session!

11 June 2025, 7pm [Carers Week: Carer's Celebration Party](#)

A chance for working carers to come along in the evening to meet, mingle, and make memories with other carers.

13 June 2025, 11am [Carers Week: Brunch](#)

Enjoy a cuppa and light bites, meet other carers in a similar situation, have a chat, and take some time for yourself.

[The Carers Room](#) is a free online service for people supporting and caring for older parents. They are running a '[Become a Dementia Friend session with Alzheimer's Society session online](#)' on 12 June 2025, 1pm.

[Mobilise](#) is a free online service for unpaid carers in Newcastle and across the UK. They have a range of online tools, resources, groups and communities to help you. They are running several carers week online sessions

11 June 2025, 12pm [Carers Week: Mini:LIVE on Complaining effectively](#)

11 June 2025, 4pm [Carers Week: Meet up with Neurological Carers](#)

12 June 2025, 12pm [Carers Week: Mobilise Mens Meet Up](#)

13 June 2025, 4pm [Carers Week: Bring a book club](#)

[You can view all Carers week activities on InformationNOW here](#)

Carers Pop up 2025

Do you provide any unpaid care and support to a family member, relative, partner, friend or neighbour? If yes, you could be a carer.

When you visit InformationNOW this month you may notice that we're running a pop up survey. As this June we celebrate carers week we want to help identify carers and help them to get support when they need it.

We're asking a couple of questions to help understand if you're a carer and more about your caring role. You have the option to ask us to refer you to [Newcastle Carers](#) for more support and information.

When you've completed the pop up, (if you've given us permission to use cookies on your device) the pop up shouldn't appear again for you.

Read more on InformationNOW about [Looking after someone](#)

Refugee week

16 to 22 June 2025

[Refugee Week](#) 2025 an annual, UK-wide awareness campaign and arts and culture festival celebrating the contributions of refugees and people seeking asylum. This years theme is "Community as a Superpower." Community is the incredible everyday. Ordinary and extraordinary. Simple acts of shared generosity.

You can find [Refugee Week resources here](#)

There is a range of Refugee Week events going on in and around Newcastle including:

16 June

[Community Vegetarian Cooking Session](#)

[11 vs 11 refugee week football match](#)

18 June

[Newcastle Sanctuary forum](#)

[Story sharing and writing workshop](#)

19 June

[Multicultural Ceilidh](#)

[Hostile documentary screening](#)

20 June

[Badminton Festival \(Refugee Week\)](#)

21 June

[Give & Take Backyard Fair](#)

23 June

[Building with Community](#)

26 June

[Tawseef Khan author talk](#)

[Baltic centre for contemporary art's](#) exhibition 'To own both nothing and the whole world' runs from 11 June to 6 July 2025. The exhibition focuses on the interconnected migrant journeys of people, plants, and place.

[North East Migration Partnership \(NEMP\)](#) are offering a series of lunch and learn sessions throughout refugee week, held online via Microsoft Teams:

- 16 June 2025, 12pm Welcome to Ukraine: Cultural Awareness Session
- 17 June 2025, 12pm Asylum in the North East: The Power of Community and Integration
- **18 June 2025, 12pm Resettlement – Refugee Journeys: Understanding Refugee Resettlement in the North East**
- 19 June 2025, 1pm UASC – From Arrival to Belonging: Fostering Community for Unaccompanied Children in the North East
- 20 June 2025, 12pm ESOL – Discovering the North East: Understanding Local Dialect and Culture

To join any of these lunch and learn sessions please contact nemp@middlesbrough.gov.uk

[View all Refugee week events on InformationNOW](#)

[Read more about Support for Asylum Seekers and Refugees on InformationNOW](#)

North East opportunity fund

Webinar 12 June 2025, 12:30pm to 1:30pm. Application deadline 7 July 2025, 11:59pm

The [North East Combined Authority](#) has launched the second round of the North East Opportunity fund and applications are welcome. The second round of funding will invest £225,000 in supporting community-led places and spaces within high streets or physical community hubs that meet people's basic day-to-day needs whilst also helping to connect people to opportunity, improve skills, digital access and health outcomes, and reduce child poverty.

A webinar will be held for potential applicants on 12 June 2025. This webinar will give more information, go over the guidelines and answer any questions you may like to ask.

[You can register for the webinar on TicketTailor.com here](#)

Grants of £5,000 to £10,000 are available for organisations to maintain, increase or develop new activity that:

- connect those that need help with the services that they require such as benefits or financial advice, grass-roots business support, health support, skills provision and employment and digital inclusion support.
- reduce the day-to-day impact of poverty on people's lives through providing access to foundational goods and services such as social supermarkets, community cafes, affordable food, meals or clothes.

Organisations applying must be rooted in or supporting residents in priority neighbourhoods as identified by the [Independent Commission on Neighbourhoods \(ICON\)](#).

The areas in Newcastle open to funding are:

Elswick
Benwell
Heaton South
Byker
Walker South
Walker North
City Centre & Arthurs Hill

[You can apply on Community Foundation North East's website here](#)

There will be two further rounds of the Mayor's Opportunity Fund in 2026.

[Read more on InformationNOW about Community involvement](#)

Volunteers week

Last week was [Volunteer week](#), an annual campaign to celebrate and recognise the important contributions of volunteers across different roles and areas..

[Volunteer Centre Newcastle](#) are the local volunteer organisation for Newcastle, operated by the national volunteering and social change charity, [Volunteering Matters](#). They support people to

- find volunteering roles that match their interests, skills and experience
- connect with their local communities through local volunteer roles.

They provide infrastructure support to any group or organisation that needs help to recruit volunteers. They also produce resources such as the [North of Tyne volunteer good practice guides](#)

Due to unforeseen circumstances, Volunteering Matters had to cancel their Volunteer Week coffee morning on Wednesday 4th June at One Strawberry Lane. They have rescheduled this for Wednesday 2nd July 12pm to 2pm at the same venue: Innovation Hub, One Strawberry Lane, NE1 4BX, (at the back of the café) to celebrate volunteers and the brilliant work they do!

[Read more about volunteering on InformationNOW](#)

Pharmaceutical Needs Assessment 2025-2028

Deadline 26 July 2025

Last year you were asked what you thought of pharmacy services in Newcastle.

Based on that Newcastle public health team has written a Pharmaceutical Needs Assessment which looks at:

- Where pharmacies are in Newcastle
- What services they offer now
- What services people might need in the future
- If existing pharmacies can make changes
- If new pharmacies can open

You can read the draft PNA here: [Pharmaceutical Needs Assessment 2025-2028](#)

Key findings include:

- there are 54 community pharmacies and 1 online-only pharmacy for Newcastle's 307,565 people – that's 18 pharmacies for every 100,000 people, which is fewer than the England average
- since the last PNA in September 2022, seven community pharmacies have closed and one has opened
- some areas in Elswick, Kenton and Heaton now have fewer pharmacies and that means people may have to travel further to get to one

Newcastle City Council Public Health team want to know what you think about the new PNA, and have your say on whether the report gives a true picture of pharmacy services in your area

[You can have your say about the PNA 2025-2028 on Let's Talk Newcastle](#)

If you have questions or need this information in a different format (like large print), email newcastlepna2025-2028@newcastle.gov.uk. You can also get paper copies of the report and survey at Newcastle Civic Centre and Newcastle City Library.

[Read more on InformationNOW about Pharmacies](#)

In The Round podcast

The Podcast presenters Kate, Anne, Violet and Richard welcome you to In The Round for June 2025, with topics and news to interest you. This edition has a focus on Volunteers Week.

- Harley from the Gateshead Volunteer Centre and Karen from the Newcastle Volunteer Centre to find out what they're planning.
- Mark Sproat, the lead Officer for the Church Conservation Trust in the North of England tells Violet about his role in the preservation of some of the marvellous historic buildings we have here in the North
- John White, a recently appointed trustee of the Elders Council of Newcastle and finds out what motivates him.

- Finally, Richard White from InformationNOW is on hand to tell us about some of the events and activities taking place during the month.

[You can listen to the June edition of In The Round on the LLARCooperative Mixcloud here](#)

[Read more about the Later Life Audio and Radio Cooperative \(LLARC\) on InformationNOW](#)

SPOTLIGHT ON

Everyturn Mental Health: 6 Ways to Wellbeing Groups

4 July to 19 August 2025, 9:30am – 11:30am, Brunswick Methodist Church

Join [Everyturn Mental Health](#) for Six Weeks of Wellbeing. Are you looking for a way to boost your emotional well-being and connect with other people at the same time? The 6 ways to wellbeing group is open to anyone who wants to manage their wellbeing, reduce anxiety and stress and build better habits.

Brief overview of the General 6 Ways to Wellbeing

1. Week 1: What is wellbeing, managing worry, and self-compassion
2. Week 2: Anxiety and stress
3. Week 3: Low mood and depression
4. Week 4: Healthy sleep habits
5. Week 5: Self-esteem, building confidence, and being assertive
6. Week 6: Celebration and reflection

You can read more about the 6 ways to wellbeing here

There are two sets of dates for people to join at [Brunswick Methodist Church](#):

- 4 July to 8 August 2025
- 15 July to 19 August 2025

If you would like to refer someone in to the 6 ways to wellbeing sessions you can complete the referral form here.

Then email it to: smi.support@nhs.net. When referring please identify which group the person would like to attend so we can keep a track of numbers.

If you would like to find out more please email: Morgan.Davies@everyturn.org

Unity in diversity

13 June 2025, 1pm to 3pm

Riverside Community Health Project, Carnegie Building, Atkinson



Road, Benwell, NE4 8XS

[Riverside Community Health Project](#) are holding a special Unity in Diversity community event. The event will celebrate and acknowledge diverse traditions, the value of different cultures and discuss how to build a community where every story matters and all voices are heard. There will also be guest speakers at this event.

Lunch & Refreshments are provided and a creche is available.

Contact communityaction@riversidechp.org.uk or [01912260754](tel:01912260754) to book your place. Please let them know if you have any dietary requirement or access needs when booking your space.

Silver Lining Social

Wednesday 11 June 2025, 11am to 2pm, St Gabriel's church hall, 2 St Gabriel's Avenue, NE6 5QN

[Silver Lining Social](#) is a new monthly social group for older adults in the East of Newcastle aged 55 or over ran by [Shine On \(formerly Caring Hands\)](#).

The socials are held the 2nd Wednesday of the month at St Gabriel's Church in Heaton, with accessible entry and accessible toilets.

Alongside the chance to socialise and chat with others, they offer a light lunch, refreshments, quizzes, raffles, tombola, games, activities and the occasional guest speaker.

Transport can be arranged if booked the week ahead of the social.

The social club is free at the moment but donations are very welcome.

[Read more on InformationNOW about food and friends groups](#)

Tyne Design Week

Tyne Design Week 23 to 27 June

Tyne Design Week is a new celebration of creativity, innovation and design taking place across the North East from 23rd to 27th June 2025.

Join workshops that foster cross-disciplinary collaboration, get a look behind the scenes by attending an open studio session or be inspired by seminars showcasing the impact of creative practice. We're inviting design thinkers, practitioners, businesses, educators, students and communities to take part in shaping a vibrant and inclusive design future.

Highlights include:

[Redesigning Infuriating Objects](#)

23 Jun 2025, 1pm to 4pm at the National Innovation Centre for Ageing, The Catalyst, NE4 5TG

[Inclusive by Design: Turning Moments into Meaning](#)

24 June 2025, 10am to 12pm, GT3 Architects, John Dobson House, 49 New Bridge St West, NE1 8AN

[Designing Progression: Creating Pathways Out of Poverty for Working Parents](#)

24 June 2025, 1pm to 4:30pm, Gateshead College, Quarryfield Rd, Gateshead NE8 3BE

[Safety and security on public transport, focused on Tyne & Wear Metro stations](#)

26 June 2025, 1pm to 4pm, Gateshead College, Baltic Business Centre, Quarryfield Rd, Gateshead NE8 3BE

[Read more on InformationNOW about Home adaptations, equipment and aids](#)

OPPORTUNITIES

Going Green Together Phase 2 Launch

[VONNE](#) is launching the second phase of Going Green Together: environmental support for voluntary groups, charities and social enterprises across the North East.

The project offers guidance and support to VCSE organisations, on ways to reduce their impact on the environment. With [Going Green Together](#) you will create a practical environmental strategy that works for you. You'll be able to show funders and your community your environmental commitments and learn ways to reduce expenses, all according to your community's needs, organisation size and capacity.

Their aim is to create a strong network of VCSE organisations across the North East that are knowledgeable and passionate about environmental protection, integrating this throughout their values and operations, supporting and leading their communities towards a brighter future on a healthy planet.

Want to know more? They are holding launch events across the North East where you can find out more about Going Green Together, hear from partners and past participants and meet other organisations in your area interested in environmental action. **The first event will take place in**

Durham on the 3 July at Framwellgate Youth and Community Centre from 10am – 1pm, with mid morning refreshments provided.

[You can book a space at this event on meetup.com](#)

Contact hello@goinggreentogether.org.uk to find out more.

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

Wellbeing Pathfinder open sessions

[Healthworks new community wellbeing pathfinder service](#) is offering drop ins across Newcastle for people to visit and learn more, no appointment needed. Join a drop in session between June to August to chat with a practitioner, find out more about the service and get referred on the spot.

The drop in sessions are held at:

[Building Futures East Community hub @ Tree Top Village](#)

- 30 June 2025 10:30am to 1:30pm
- 28 July 2025 10:30am to 1:30pm
- 18 August 2025 10:30am to 1:30pm

[Grainger Market](#)

- 26 June 2025 10:30am to 2:30pm
- 10 July 2025 1pm to 5pm
- 24 July 2025 10:30am to 2:30pm

[Healthworks Benwell Health Resource Centre](#)

- 24 June 2025 10am to 1pm
- 29 July 2025 10am to 1pm
- 26 August 2025 10am to 1pm

[Healthworks The Lemington Centre](#)

- 25 June 2025 10am to 1pm
- 30 July 2025 10am to 1pm
- 27 August 2025 10am to 1pm

[You can read more about the Wellbeing Pathfinder service in our last edition of InfoNOW News here](#)

Connected Voice Newcastle and Gateshead Funding Fair 2025

25 June, 11am to 3pm, Northumbria University Students' Union, 2 Sandyford Road, Newcastle, NE1 8SB

[Connected Voice's](#) annual Funding Fair returns for 2025 at Northumbria University Students' Union and is open to all VCSE organisations serving Newcastle and Gateshead.

The Funding Fair offers attendees a unique opportunity to speak one-to-one with a wide range of regional and national funders and other specialist support organisations, and there's also plenty of time for networking. Come and join us, and find out how you can make your ideas for positive change a reality!

Funders confirmed so far are:

- Big Issue Invest
- Community Foundation North East
- Easyfundraising
- Greggs Foundation
- The Heritage Lottery Fund
- The Joicey Trust
- The Key Fund
- LGA Foundation
- LGBT+ Consortium (joining virtually)
- Lloyds Bank Foundation
- National Lottery Awards for All
- National Lottery Community Fund
- Newcastle Building Society
- Newcastle City Council – Ward Grants
- The Newcastle Fund
- Newcastle Youth Fund
- Northern Powergrid Foundation
- Northumbria PCC
- Sir James Knott Trust
- The William Leech Charity

[For more information about the Funding Fair, and to secure your free place visit Connected Voice's website here](#)

Newcastle Youth Fund Round 5 – Online pre-launch information events

10 June 2025, 11am to 12pm, online

Newcastle City Council will be holding a [Newcastle Youth Fund Round 5](#) pre-launch information event on Microsoft Teams on 10 June. This will be an opportunity to learn more about the fund and its processes, and an opportunity to find out more about timescales and how to apply.

You only need to attend one of the online events – they will both cover the same information.

Please contact Mark Shone at mark.shone@newcastle.gov.uk for more information or to register your interest in the session you would like to attend – you will then receive a Teams link.

[Read more on Newcastle.gov.uk about Newcastle Youth Fund](#)

CONSULTATIONS AND ENGAGEMENT

Survey on the use of AI in healthcare settings

Deadline 20 June 2025

[The NHS North East and North Cumbria Integrated Care Board \(NENC ICB\)](#) is carrying out important research on how people feel about the use of Artificial Intelligence (AI) in healthcare settings.

AI is already starting to be used in health care systems around the world to help clinicians with some tasks. They want to know your opinions on the use of Artificial Intelligence (AI) tools in health care

Anyone in Newcastle or Gateshead can respond to the survey – you do not need to have direct experience of the services involved.

The deadline to respond to this survey is **Friday 20 June**.

[You can complete the Using Artificial Intelligence \(AI\) in health care survey online here](#)

[Read more on InformationNOW about the integrated care system](#)

Improving Black Health Outcomes (IBHO)

Join the IBHO BioResource and help shape the future of healthcare for Black communities!

Did you know that Black communities are at higher risk for health conditions like Type 2 Diabetes, Heart Disease, and certain Cancers, such as Prostate and Breast Cancer? By joining our IBHO research, you can help us better understand how these and other health conditions develop and specifically affect those from Black Communities. Your participation will also support efforts to create more effective treatments and improve healthcare outcomes.

People taking part will receive a **£15 Amazon Voucher** for their participation.

Who can take part?

- People aged 16+
- From any Black ethnic background
- Whether they have a health condition or not
- Individuals diagnosed with **Sickle Cell** or **Thalassaemia**, regardless of their ethnic background.

What's Involved:

- Donate a blood or saliva sample
- Complete a health and lifestyle questionnaire
- Provide consent for your data and samples to be used in research

[You can find out more about the Improving Black Health Outcomes \(IBHO\) on NIHR.ac.uk here](#)

If you would like to take part you can [complete a short online form on NIHR.ac.uk here](#)

For any questions, email the Newcastle bioresource team at newcastlebioresource@newcastle.ac.uk

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

Mens health strategy for England

Deadline: 11.59pm, 17 July 2025

this call for evidence is seeking the views of the public, as well as health and social care professionals, academics, employers and stakeholder organisations to inform a [Men's Health Strategy for England](#).

Men are disproportionately affected by a number of health conditions, including cancer, cardiovascular disease and type 2 diabetes. Life expectancy data also shows that men live on average 4 years fewer than women (79.1 versus 83.0 years in England, respectively).

Rather than a formal consultation on specific proposals, this call for evidence is a request for ideas and evidence that the government can build upon and discuss further with key interests.

The call for evidence is available to individuals aged 16 and over living in England and organisations that operate or provide services in England.

[You can read more about the call for evidence and men's health topics on GOV.UK here](#)

[If you are an organisation or service you can read the Questions for organisations on GOV.UK here](#)

[You can complete the call for evidence survey online here](#)

[Read more on InformationNOW about Health Inequalities](#)

Disability North Stakeholder Training needs

[Disability North](#) are reviewing the training that they offer to people and organisations in Newcastle to improve and develop their training offer ensuring a more inclusive and equitable community. They would like to involve stakeholders and local organisations. It would be really helpful to hear from organisations that may have accessed their training but also those who haven't.

[You can complete the Stakeholder training needs survey online here](#)

[Read more on InformationNOW about Disability Rights](#)

Experiences of Technology Facilitated Domestic Abuse and Online Harms

Changing Lives is conducting research on the experiences of individuals aged 18 and older based in England, regarding technology-facilitated domestic abuse and online harms. This is when Abusers may use technology to control, harass or intimidate you. They may carry out physical, sexual, psychological, or economic abuse using technology

Their aim is to shed light on the significant ways that technology can be used to perpetuate cycles of abuse and to establish the prevalence of this issue. By focusing on your experiences, they hope to raise awareness, advocate for improved safeguarding responses among statutory services, and push for increased protection of victims and survivors in policy and legislation.

[You can complete the online Experiences of Technology Facilitated Domestic Abuse and Online Harms survey form here](#)

[Read more on InformationNOW about staying safe online](#)

RESEARCH AND RESOURCES

Healthwatch Hospital discharge report

[Healthwatch Newcastle's](#) new report "Patient Experiences of Hospital Discharge Pathways 1-3 in Newcastle Hospitals" is now available.

This report looks at discharge pathways 1-3, which include patients who still have significant care needs after leaving hospital, focusing on two particular hospitals in Newcastle – the RVI (Royal Victoria Infirmary) and the Freeman Hospital.

[You can read the Patient Experiences of Hospital Discharge Pathways 1-3 in Newcastle Hospitals report on Healthwatch Newcastle's website here](#)

[Read more on InformationNOW about Useful information when leaving hospital](#)

Safeguarding Newcastle Against Poverty (SNAP) Training

[Newcastle Safeguarding Adults Board \(NSAB\)'s](#) Safeguarding Newcastle Against Poverty (SNAP) service is offering training to staff or volunteers of organisations, well-being hubs, or low-cost food providers that interact with individuals experiencing poverty. This training aims to equip participants with essential information and the ability to refer individuals to services that can provide further assistance.

20 June 2025, 10am to 12pm – How to make a good safeguarding referral

4 July 2025, 10am to 12pm – Healthy Start Programme and Family Hubs

If you, or anyone within your organisation wishes to attend any of these sessions, or would like more information please contact ashley.hands@newcastle.gov.uk or lucy.kelly@newcastle.gov.uk

[Read more on informationNOW about safeguarding adults from abuse](#)

NENC Facebook epilepsy support group for parents

A new [North East North Cumbria \(NENC\) Epilepsy Family Support Hub](#) has recently been launched on Facebook. This group is a parent-led supportive space for all parents and carers of children and young people living with epilepsy in the region. Here, you can connect with others who truly understand the challenges and triumphs of navigating life with epilepsy. Share your experiences, seek advice, and celebrate the small and big wins together in a safe and caring environment. Resources and support service information will also be shared in this group.

[You can share with any relevant parents and carers you may work with, or join here](#)

[Read more on InformationNOW about epilepsy](#)

Volunteering Matters – Good Neighbour Project

[Good Neighbours Newcastle](#) is a volunteering project connecting volunteers with local people for 'one-off' or flexible tasks, including helpful and short-term commitments like walking a dog, picking up a prescription, or helping somebody to an appointment.

Good Neighbours has had a positive launch over the last month or so, with volunteers helping members of the community with their shopping, tackling a little bit of cleaning and tidying, or just grabbing a coffee and having a chat. They offer full support and training, and volunteering roles can be picked up any time that works for you by the 'Volunteero' service online or in the app.

They're always looking for new volunteers who would like to get into volunteering and are looking for an opportunity that is fully flexible to them. Together we'll build a network of Good Neighbours that can make a difference in our local community.

Interested, or want to find out more? Get in touch! Email goodneighboursnewcastle@volunteermatters.org.uk.

Applications to volunteer with Good Neighbours Newcastle can also be made via the 'Volunteero' app, available for download on mobile via Google Play or the Apple Store, or via [the following link](#).

[Read more on InformationNOW about help with shopping and prescriptions](#)

UPCOMING EVENTS

Lit and Phil open day

19 July 2025, 9am to 4pm, The Lit and Phil. 23 Westgate Road, NE1 1SE

The Lit and Phil is celebrating its bicentenary with an open day featuring talks, entertainment and concerts.

[Lit and Phil bicentenary open day](#)

[Read more about The Lit and Phil on InformationNOW](#)

West Jesmond Chess club

22 June 2025, 2.30pm to 4.30pm, Jesmond Library, NE2 2DL

Join the chess club for a friendly game every Sunday at [Jesmond Library](#)

[View West Jesmond Chess Club at Jesmond Library on informationNOW](#)

Get Online Newcastle Digital Support Sessions

Various dates in June and July 2025

[Get Online Newcastle](#) support people living in Newcastle to get online and learn digital skills. Their computer courses take place at Newcastle City Library and Cruddas Park Library.

They include:

- [Basic Computer Training at city library](#) – Next session 8 July 2025, 10am to 12:30pm. This course teaches you how to access and use the internet, send and receive emails and how to attach a CV or photo to an email – this is a two-part course.
- [Intro to Microsoft Office](#), – Next session 10 June 2025, 1:30 to 4pm. This course includes Microsoft Office packages Word, Excel and PowerPoint – this is a four-part course, which can lead to a City & Guilds qualification.
- [Techy Tea Parties –](#) Next session Jul 10 • 2pm to 3pm .Come along to a Techy Tea party, you can take along your own device, laptop, smart phone, tablet or iPad and learn how to get the most out of it

[You can also book online using Newcastle Libraries EventBrite](#)

[Read more on InformationNOW about \[Get Online Newcastle\]\(#\)](#)

Discovery Nights: Unplugged

18 July 6pm to 9pm

An after-hours event at Discovery Museum. Ditch your phone and enjoy a chilled-out evening of mindful activities in a digital detox featuring mini meditations, book swaps, crafting with nature, object sketching, quizzes, storytelling, a chance to see new acquisitions at Tyne & Wear Archives – and a bar.

[Read more about Discovery Nights: Unplugged event on Information Now](#)

New Dementia Friendly Newcastle workshop dates

New dates for [Dementia Friendly Newcastle Project](#) drop-in creative workshops. There's no need to book to just pop along for a cuppa and get creative.

2 July 2025, 2.30pm to 4pm

[Newburn Library Drop-in creative workshop: Journal Making](#)

3 July 2025, 11am to 3pm

[Alzheimer's Society drop in creative workshop: Block printing](#)

10 July 2025, 1pm to 3pm

[Search Newcastle Memory Tea – Drop in creative workshop: block printing](#)

NEW AND UPDATED ON INFONOW

Integration Station

New organisation

Integration Station support refugees, migrants, and people from new and emerging communities in Gateshead, Newcastle and the North East of England. They run advice and information drop ins, social and support groups, food support and learning opportunities.

[Read more about Integration Station on Information Now](#)

Cobalt Studios CIC

New organisation

Cobalt Studios community interest company (CIC) is a not for profit music, arts and culture venue. They have a seasonal programme of music, theatre, poetry, club nights, learning workshops and other regular events.

[Read more about Cobalt Studios CIC on InformationNOW](#)

Autism Matters

New organisation

Autism Matters are a non-profit support service for autistic people in the North East. They operate in Newcastle, Gateshead, North and South Shields, Northumberland, and Teesside providing services for autistic people with or without learning disabilities. They are community-based charity

that focus on complementing existing support that people may have.

[Read more about Autism Matters on Information Now](#)

Accessible and public toilets

Updated information page

When going out and about it is useful to find where the nearest bathrooms, accessible toilets and changing places are.

[Read more on Accessible and public toilets on Information Now](#)

Dementia Friendly Newcastle

Updated information page

Newcastle is committed to becoming a Dementia Friendly city. This is a place where people living with dementia are:

- understood
- respected
- supported
- included
- involved
- confident they can contribute to their community
- have choice and control in their lives
- can find local help and support

[Read more about Dementia Friendly Newcastle – Information Now](#)

Last updated: June 10, 2025

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