InformationNOW
Information for people in Newcastle upon Tyne

InformationNow News 11 May 2026

NEWS

InformationNOW

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Read more on InformationNow about Recite Me

Dementia Action Week

18 to 22 May 2026

Come join to celebrate Dementia Action Week in Newcastle's Grainger Market with dedicated stalls, activities, and information.

Actvities include:

- 10 minute massage with Newcastle Carers
- VR headset with Alzheimers Society and Assistive technology with TEDI Network
- Football Memorabilia with Marie from Newcastle University
- Dementia Collection Books, games, art activity, Divine boards with City Library & Equal Arts
- Activities for the Brain: Puzzle books, jigsaws, colouring etc. with Search & Alzheimer's Society
- Hand massage with Search Newcastle
- Benefits checks with Disability North
- Get involved in research opportunities Newcastle University and Northumbria University

Dementia Action Week is an awareness campaign led by Alzheimer's Society, bringing people and organisations together to act on dementia.

This year, we're encouraging everyone to join the Forget Me Not Appeal.

Behind each Forget Me Not badge, there are stories of lives devastated by dementia and when we all wear the badge together, it becomes a movement of hope, action and unity. A visible reminder that it will take a society to beat dementia.

Read more on InformationNow about Dementia Friendly Newcastle and Alzheimers Society Newcastle

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SPOTLIGHT ON

North East Warm Homes Service

The North East Warm Homes service is available to all residents living in the region, so if there are opportunities for you to share even further please do so.

What is the Installation Support Service?

We've partnered with Warmworks to offer dedicated support for households across the North East. It offers one?to?one help from assessing your home to overseeing the installation of home improvements, making it as easy as possible. Support includes:

- Understanding which improvements may be right for your home. Arranging a home assessment
- Helping you prepare for installation
- Coordinating all the work with trusted installers
- Ensuring the installation is completed to a good standard

Read more on InformationNow about North East Warm Homes

A Smoke-Free Future

Last month, the Tobacco and Vapes Bill was granted, meaning that those born after 1 January 2009 will never legally be sold tobacco. The legislation marks a significant turning point for the nation's health by protecting future generations from tobacco addiction and preventable death and disease.

The government is also investing in record levels of support to help the UK's 5.3 million smokers quit.

You can find local support to help you quit smoking, including the Newcastle Stop Smoking Service, here.

Read more on InformationNow about Quit Smoking NHS

Free Resources Training at the Discovery Museum

10:30am to 12:30pm Monday 18 May at Discovery Museum, Blandford Square, Newcastle Upon Tyne, NE1 4JA.

This free 2 hour session will help workers use museum activities and objects in community settings.

There will be

- Prompts
- Mental stimulation
- Sensory
- Person centred
- Reminiscence
- Involbelent
- Mystery objects

Please email to book joanne.charlton@northeastmuseums.org.uk

Read more on InformationNow about the Discovery Museum

OPPORTUNITIES

Free Certified Forest School Training

2 July, 3 July, 16 July, 17 July 2026

Scotswood Garden is inviting people to enrol on their free, certified Level 1 Forest School training as part of their Cultivating Solidarity project at Scotswood Natural Community Garden.

Delivered over four days, this hand-on outdoor training is for refugees and asylum seekers who are interested in working with children and nature. No previous experience is required — everyone is welcome to access the free training and gain new skills. Bus fares and free lunch are provided on all training days.

For further information please contact Umara Shahid; umara@sncg.org.uk.

Read more on InformationNow about Scotswood Garden

NHS Support Sessions in Newcastle

Newcastle GP Services (NGPS) will be delivering session during May and early June offering help with using the NHS App as well as the opportunity to hear about taking part in health research.

Patient-only surgery sessions:

- Park Medical Group (Kingston Park Avenue) – Friday 15 May, 1:30pm–4:30pm
- Thornfield Medical Group (Molineux) – Monday 18 May, 10:30am–12:30pm
- Saville Medical Group (Newbiggin Hall) – Wednesday 27 May, 10am–12pm
- Saville Medical Group (Saville Place) – Monday 1 June, 1pm–3pm

For surgery-based sessions, patients should contact their GP surgery directly for details and to request an appointment, unless advised that the session is a drop-in.

If there isn't a session available at your surgery or nearby, you can ask your GP surgery to refer you to a social prescriber for NHS App support.

Read more on InformationNow about Newcastle GP Services

CONSULTATION AND ENGAGEMENT

Have your say on Carers Active

Share your feedback on your experiences with Carers Active for a chance to win £20 in retail vouchers.

Have you taken part in Carers Active Together Day? Or engaged with Carers Active Hub, resources, or social media? If so, Carers Active want to hear your feedback!

Their **annual survey** takes no more than 10 minutes to complete and is your opportunity to share your experiences to help shape the future of Carers Active.

As a thank you, everyone who completes the survey will be entered into a prize draw to **win one of two £20 retail vouchers**.

Read more on InformationNow about Newcastle Carers

High Blood Pressure Study

High blood pressure affects around one in three people in the UK and is a leading cause of heart attacks and strokes. Unfortunately, many people find it difficult to manage.

Researchers at Northumbria University are investigating whether some simple changes can can help people manage their blood pressure from the comfort of their own home, with the right support and guidance.

The study is particularly interested in hearing from people across the region who are living with high blood pressure who have been prescribed medication to manage their condition.

If you have high blood pressure and would like to find out more about the HOME-FIT study, please get in touch with Helen Llewellyn at Northumbria University (**Helen.llewellyn@northumbria.ac.uk**), or **click here** to submit your details.

Read more on InformationNow about Northumbria University

REPORTS AND RESOURCES

Modern GP Practice Access Report

All 14 local Healthwatch across the North East & North Cumbria have worked together to listen to people's experiences of accessing GP care, the NHS App and Pharmacy First. They gathered honest feedback from hundreds of residents, people in warm spaces, libraries, community centres, foodbanks, GP practices and many places in between.

Their joint report brings all of that insight together, showing what's working well, where people are still struggling, and what would make accessing GP care clearer and fairer.

Read the full report here.

Read more on InformationNow about HealthWatch Newcastle

Study on Nicotine Pouches and Oral Health

Dental experts at Newcastle Hospitals and Newcastle University are leading a new study to determine how nicotine pouches affect oral health.

Nicotine pouches are small sachets that are placed between the lip and gum and release nicotine into the bloodstream. They are thought to be less toxic than cigarettes, however limited research means long-term side effects have not been determined.

Read the study here

Read more on InformationNow about Newcastle upon Tyne Hospitals NHS Foundation Trust

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Healthwatch Newcastle Annual Survey Results

Healthwatch Newcastle have published the results of their 2026 Annual Survey, which asked people to consider their experiences of a range of health and/or social care services which they had used in the past 12 months.

You can find out how they responded in the full report.

Read more on InformationNow about HealthWatch Newcastle

UPCOMING EVENTS

Latest events at the Discovery Museum

Thursday 13 May 2026, 2.30pm to 3.30pm.

Discovery Museum and Tyne & Wear Archives are marking 100 years since the General Strike of May 1926 which rocked the country. King George V declared a state of emergency as around 1.5 to 2 million workers went on strike in support of 'locked-out' miners.

A talk on the strike by Dr Joe Redmayne from Newcastle University will discuss the impact the General Strike had on the UK with a focus on the emergence of the Durham and Northumberland Joint Strike Committee.

Book tickets for the event here

Read more on InformationNow about the Discovery Museum

The Brunswick Club

12 May Graham Soult A Journey around Slovenia
19 May Christopher Tipple The Creation of Mount Rushmore
26 May Gordon Henderson Roman Occupation of Northern England

Meetings are held in the Brunswick Church Hall on Tuesday mornings between 10.30 and 12pm. For further information, contact John Herdman at <johnherdman@blueyonder.co.uk>.

Read more on InformationNow about The Brunswick Club

National History Society of Northumbria Events

This month, the NHSN are running two local events bringing you closer to nature.

Butterflies of the North East

17 May, 1pm – 3pm, Gosforth Nature Reserve

An introduction to spotting, identifying and recording our local butterfly species in the beautiful Gosforth Nature Reserve. Purchase your tickets here.

Gosforth's Wild Web: Finding the 24-Spot Ladybird

21 May, 1pm – 3pm, Tyne Riverside Country Park

Enjoy a friendly, informal walk in search of one of the UK's smallest, most charismatic yet often overlooked ladybirds. You'll be exploring Tyne Riverside Country Park along the way, looking for

a range of other insects and wildlife, too. You can buy tickets here.

Read more on InformationNow about the National History Society of Northumbria

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Big Toon Reading Challenge 2026

30 May, 11am – 1pm, Newcastle City Library

2026 is the the National Year of Reading. What better time to get back into books and become best mates with your local library? Newcastle Libraries has series of events and socials to welcome you and support you in getting back into reading.

To kick off this year's Big Toon Reading Challenge, head to City Library to collect your challenge pack, design a tote bag with local printmaker, Emma Sheridan, and get top notch reading recommendations from library staff.

Reserve your spot here.

Read more on InformationNow about Newcastle Libraries

Volunteer in the Dene

12 May, 1pm – 3pm, Ouseburn Park Visitor Centre

Feeling stressed from exams or want to help a local protect a local Newcastle park?

Here's your chance to take part in a volunteering afternoon in the beautiful Jesmond Dene, with like-minded, young volunteers. You'll help support the rangers with the upkeep of the park, cutting back growth, and keeping paths clear for visitors to enjoy.

All tools which will all be provided – just bring appropriate footwear!

This event is for 16-24 year olds, and any one aged 17 or under will need parental permission to book on.

Click here to reserve your spot.

Read more on InformationNow about Northumberland Wildlife Trust

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Dementia Day Club

11 May, 13 May, 18 May and 20 May – 10am to 4pm – Springbank Pavilion, Leazes Park

Rainbow Care Group are hosting a series of Dementia Day Club taster days. These clubs provide a warm, welcoming space where people living with dementia can enjoy stimulating, structured days surrounded by understanding, companionship, and care. The clubs offer:

- Engaging, personalised activities
- A high-staff ratio, with friendly, experienced staff
- Small groups – a maximum of 10-12 people per club
- Nutritious, home-cooked meals and refreshments (catering for all dietary requirements)
- A strong focus on dignity, joy and social connection

For further information, contact newcastle@therainbowcaregroup.com.

Read more on InformationNow about Rainbow Care Group

NEW AND UPDATED ON INFONOW

Nourish Food School

Updated organisation

Nourish Food School is a social enterprise and mobile cookery school bringing cooking skills and food education to the public, schools, and communities experiencing disadvantage in Newcastle and the surrounding areas.

Read more on InformationNow about Nourish Food School

Silverline Memories

Updated organisation

Silverline Memories is a charity that supports people who are living with dementia and the people who care for them. They run a dementia activity centre in Newcastle where people can take part in small group activities that support memory, conversation and social connection.

Read more on InformationNow about Silverline Memories

Last updated: May 13, 2026

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...