

InformationNow News 5 June 2026

NEWS

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Laughter Therapy at Connie Lewcock and Byker Lodge

Laughter truly is the best medicine! Last month, local comedians visited the Connie Lewcock Resource Centre and Byker Lodge to perform stand-up sessions to boost people's mood, well-being and energy levels. These inaugural sessions "worked wonders", with audience members expressing what a positive experience they found the sessions.

The Care and Support service is now rolling out these sessions to take place every other month, meaning everyone at the Connie Lewcock and Byker Lodge will have the opportunity to enjoy the sessions.

ITV News even covered the sessions! [You can get a flavour of the gigs by following this link.](#)

Read more on InformationNow about the [Connie Lewcock Resource Centre](#) and [Byker Lodge](#)

Gathering for Dementia Action Week in the Grainger Market

To mark Dementia Action Week 2026, local organisations came together in the iconic Grainger Market on 20 May for a day of information, advice and practical support for people living with dementia, their families and carers. The event highlighted the wide range of support available in Newcastle as a dementia-friendly city, and showcased how communities, charities, health

services and local organisations are working together to ensure no one faces dementia alone.

A host of inclusive activities were on offer for visitors to the market, including choir singing, Boccia and a lively Ceilidh. These activities highlighted the important role that staying active, connected and engaged plays in supporting wellbeing for people living with dementia and the wider community.

A variety of activities took place across Dementia Action week, including Dementia Awareness sessions, designed for individuals interested in gaining a deeper understanding of dementia. While Dementia Action Week is now over, you can still take part in the online sessions if you're interested. [Simply follow this link to sign up.](#)

Read more on InformationNow about [dementia support](#)

SPOTLIGHT ON

Fairer, Healthier Newcastle

In a previous issue we highlighted the UK Health Equity Network – a national network to support collaboration and knowledge sharing on health equity and the social determinants of health. The network aims to drive national and global action through partnerships, conferences, webinars and thematic working groups, and to build a social movement for health equity, fostering dialogue across public, private, and voluntary sectors.

Within the network, we have a [Fairer, Healthier Newcastle](#) group – a space for people and organisations who share a passion for reducing these inequalities and improving the conditions that shape health across our city. Here, you can connect with others working across Newcastle's communities, share ideas, resources and good practice, explore challenges, and co-create practical solutions.

We aim for this space to be used for:

- updates on events, workshops and webinars
- opportunities to work together on meaningful, action focused collaboration
- sharing information, reports, data and insights

[Join here](#) or visit <https://healthequitynetwork.co.uk> and search 'Newcastle'

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

June is LGBTQ+ Pride Month!

LGBTQ+ Pride is celebrated throughout the month of June. This month is dedicated to championing inclusivity, equality, acceptance and visibility of LGBTQ+ people and communities. It's also a time to celebrate the progress that has been made so far, and to be mindful of the work ahead still to be done.

We're looking forward to Newcastle Pride, which takes place on 25 and 26 July this year. You can view the full programme of activity and more ways you can get involved [here](#).

Newcastle City Council is committed to celebrating and embracing diversity, and value the positive impact that our differences offer our great city.

Read more on InformationNow about [support for LGBTQ+ people](#)

Get Around on the Bus this Summer

If you're looking for places to explore over the summer that are easily reachable by bus, look no further than the latest EC Rider, produced by the Elders Council of Newcastle. The latest edition provides plenty of inspiration for days out using public transport and concessionary travel passes.

[You can download the latest edition here](#). Hard copies are also available from the Elder's Council office.

Read more on InformationNow about the [Elders Council of Newcastle](#)

OPPORTUNITIES

Open Mic Night for Refugee Week

Friday 19 June, 5pm to 7.30pm

The Glasshouse are looking for musicians, spoken word artists and storytellers to take the stage at their Refugee Week Open Mic Night.

Whether you've performed loads before or you're trying something new, you'll find a warm welcome and a supportive crowd waiting for you.

[Book a slot here](#).

Read more on InformationNow about [The Glasshouse International Centre for Music](#)

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 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 [High Blood Pressure \(Hypertension\)](#)

Water Efficiency

Did you know that Northumbrian Water offer free water efficiency home visits? They can check for leaks and offer advice on water-saving devices.

To find out more click [here](#) or email NWL@aqualogic-wc.com or call 08000 987 889.

Read more on InformationNow about [Northumbrian Water](#)

New Workshops for Families in Newcastle

Barnardo's are running a number of workshops in the weeks ahead aimed at supporting families in eating well and making healthy choices. Free creche places covering the sessions are available for free if booked in advance.

Eat Well for Less

Wednesday 10 June, 10.00am to 11.30am, Byker Sands Family Centre, Byker

This workshop is for families who would like to eat more healthily, but aren't sure where to start without breaking the bank. It will cover:

- Tips for a cheaper, healthy shopping basket
- Healthy meal planning to make the most of the food you buy
- Recipes for tasty, simple and healthy low-cost meals

[Full event information is available here.](#)

Fussy Eaters Workshop

Wednesday 1 July, 10.00am to 11.30am, Byker Sands Family Centre, Byker

This workshop is here to help parents struggling with stressful mealtimes, come along to get support and ideas for:

- How to encourage your child to try new foods – and begin to enjoy them
- Child-friendly foods that provide what they need to grow and be healthy

- Happier family mealtimes

[More information about this event can be found here.](#)

Parents and carers do not need to attend both sessions, but they can if they like. All parents and carers who live in Newcastle are welcome to join.

[To sign up, please complete this form.](#)

Read more on InformationNow about [Barnardo's](#)

CONSULTATION AND ENGAGEMENT

Disability North Living Well Survey

Disability North provides independent information and advice for disabled people, their families, friends and carers. They have a demonstration space for people to try out different aids, adaptations and equipment and are looking for get feedback from people ahead of the space being redeveloped.

If you have used the demonstration space at Disability North and would like to help shape the way it changes, click on the link below.

[Complete the survey here.](#)

Read more on InfomationNow about [Disability North](#)

Evaluation & Research: Supporting the VCSE Sector and Building Partnerships

Tuesday 7 July 2026, 1.00pm to 2.30pm, online

The Newcastle Health Research Partnership is hosting a session exploring how research and evaluations can support Voluntary, Community, and Social Enterprise (VCSE) organisations with capacity and evidence building. This can help with funding bids and organisational development, as well as providing meaningful opportunities to develop better links between researchers, academic institutions and the third sector.

This session is for:

- VCSE organisations;
- Researchers and academics interested in working with VCSE organisations;
- Those who want to improve their understanding of what VCSE organisations need and how to support them.

Presenters will share practical insights into what worked well, what proved challenging, and what can be learned to support the VCSE with research partnerships. The webinar will showcase experiences from:

- [Healthworks](#)
- [School for Public Health Research](#)
- [IDEAS National Evaluation Team](#)
- [Newcastle Foodbank](#)
- [Voluntary Organisations' Network North East \(VONNE\)](#).

[You can sign up for the event here](#). For more information, or if you have any queries email: nhrp@newcastle.ac.uk.

Read more on InformationNow about [Newcastle Health Determinants Research Collaboration](#)

Housing with Care Services Recommissioning 2026

Closing 17 July 2026

You are invited to share your views on Housing with Care services in Newcastle, to help us to re-commission the Housing with Care Framework. Newcastle City Council wants to understand how well Housing with Care is working for the people who live in these schemes, including whether the current model delivers the right care, support, safety, community connections and independence for residents.

We'd like to hear from current residents, family members, carers, advocates, health professionals and voluntary and charity sector organisations.

[To participate in the survey, follow this link](#).

If you have any questions, or would like to receive this information in another format, please email gateway@newcastle.gov.uk, or call 0191 278 7878.

Read more on InformationNow about [housing for older people](#)

Help Shape the Future of Arts and Culture in Newcastle

Newcastle City Council's Arts Development Team is looking to connect with community organisations, local venues and neighbourhood networks who are interested in creativity, culture and community life in their area.

The team is keen to hear from:

- Community groups and organisations that meet regularly around a shared interest
- Organisations engaging local residents through accessible creative and cultural activity

- Groups with an established presence in their neighbourhood
- Communities already delivering creative activity and interested in developing it further

The aim is to begin conversations with communities across the city about what culture means locally, what activity already exists, and where there may be opportunities to support future creative and cultural development.

[Find out more information about how to take part here.](#)

Read more on InformationNow about [Community Foundation North East](#)

Your Views on Adult Community Services

Newcastle City Council are asking for feedback and opinions from people who have used day services either privately or through the council, as well as feedback from their carers, relatives, and family members. 'Community Activities' are places provided by social care services that people can go to for a few hours to socialise, exercise or learn something new. This service is due to be recommissioned, and we need to hear people's views to help us do this.

If you are a day services user, or someone who is a carer, relative or family member of a day service user, you can take part online here: [Adult Community Activities \(Day Service\) Survey 2026](#),

You can also contact the team at adultsgateway@newcastle.gov.uk to ask for a paper copy, or if you have questions about this, or need this information in another format, such as large print.

We would also like to hear from health or social care professionals or anyone who works for an organisation that works with service users. There is a specific survey for them, which can be found here: [Day Services Recommissioning 2026 Professionals Survey](#).

Read more on InformationNow about [day services](#)

REPORTS AND RESOURCES

Improving CVD Health Awareness in Young Adults

Health Innovation North East and North Cumbria's (HI NENC) recent case study highlights how accessible testing and targeted engagement can help identify cardiovascular risk factors earlier.

Their screening initiative engaged adults aged 25- 40 in a faith-based setting, a Coptic Orthodox Church, improving access to early cardiovascular risk detection and health literacy. The event delivered blood pressure, BMI, cholesterol and HbA1c testing to individuals who may not routinely access preventative services.

By bringing screening directly into the community, the team reduced access barriers and improved engagement. Participants reported 100% satisfaction, high convenience, and increased

confidence in understanding cardiovascular disease. The initiative demonstrated the effectiveness of NHS community collaboration in promoting early detection, improving awareness, and strengthening trust in preventative healthcare services.

[You can read more about the screening programme here.](#)

Read more on InformationNow about [HI NENC](#)

UPCOMING EVENTS

Art Exhibition: Kate Miller, Gosforth Nature Reserve Artist in Residence

Friday 26 June to Tuesday 30 June 2026, 9:00am to 4:00pm each day, Gosforth Nature Reserve

Visit a special exhibition celebrating Kate Miller's residency at Gosforth Nature Reserve.

Over the course of her residency, Kate has spent time exploring the reserve and creating a brand new collection of printmaking work inspired by the landscapes, wildlife, and changing seasons she has encountered along the way.

There is no need to book a ticket, just drop in, for free, between 9am and 4pm in the Field Studies Room to enjoy the art on display. ?

Please note, to access the wider reserve, normal charges apply.

[More information about booking can be found here.](#)

Read more on InformationNow about [Natural History Society of Northumbria](#)

Discover Festival 2026

Saturday 13 June 2026, 10.00am to 4.00pm, Newcastle University

Newcastle University welcomes you to their free, one-day festival of interactive family fun, activities, crafts and shows.

You'll get the chance to meet the experts at the forefront of their fields – from health detectives to performers, to scientists and engineers. Take part in real-life science experiments and robotics workshops, listen to inspiring music and watch captivating stage performances, and get involved in activities suitable for children and adults alike.

[Find out how to book your tickets here.](#)

Read more on InformationNow about [Newcastle University](#)

Revolutionary Research into Childhood Cancer

24 June 2026, 4.00pm to 8.00pm, The Herschel Building, Newcastle University

Join Children's Cancer North to explore the progress and discoveries that are leading the way in childhood cancer research at Newcastle University. This free, public engagement highlights cutting-edge genetics research into childhood cancer.

You can expect:

- Young scientist zone
- Behind-the-scenes lab tours
- Research poster display
- Meet the experts
- Keynote speech
- Panel discussions.

Open to adults, young people and children, this is a relaxed, informative session.

[See here for more information on booking.](#)

Read more on InformationNow about [local information and advice on cancer](#)

Young Rangers in the Park

Saturday 27 June 2026, 10.00am to 12.00pm

Want to make a difference in a local park? Join Northumberland Wildlife Trust for a morning of practical tasks in the beautiful Leazes Park for some conservation work.

Newcastle City Council and Northumberland Wildlife Trust have teamed up to provide focused practical conservation sessions for young people (16+). Help support the rangers with the upkeep of the park, cutting back growth, keeping paths clear for visitors to enjoy, and spend some time in a green space for your own wellbeing.

[Information on how to join this effort can be found here.](#)

Read more on InformationNow about [Northumberland Wildlife Trust](#)

NE1's Screen on the Green Returns!

29th June 2026 to 31st August 2026

NE1's award-winning Screen on the Green returns to its summertime residency at Old Eldon Square on 29 June for a summer of sports, films, and fun.

Opening the show will be live sporting action from Wimbledon, which will be broadcast for two weeks, closely followed by a six-week movie schedule featuring a range of blockbusters, new releases and classics. There is something for everyone to enjoy, with over 100 free movies in total and up to three films shown per day.

[More information and the full film schedule can be found here.](#)

Read more on InformationNow about [Get Into Newcastle NE1](#)

Cafe Neuro

Friday 3 July 2026, 1.00pm to 3.00pm, Tesco, Kingston Park

For people living with neurological conditions and their carers. Join for informal peer support, conversation and connection. Come along to join a friendly, relaxed space to meet others, share experience and enjoy a cuppa.

No appointment necessary – just drop in – you'll be very welcome!

What to expect:

- Friendly and welcoming
- Tea, coffee and conversation
- Meeting others who understand
- Occasional guest speakers and gentle activities

[More information and contact details can be found here.](#)

Read more on InformationNow about [Marie Curie Newcastle](#)

NHSN New Members' Socials

Thursday 18 June 2026, 2.00pm to 3.30pm, or 5.30pm to 7.00pm, Great North Museum: Hancock

Join the Natural History Society of Northumbria (NHSN) for a relaxed New Members' Social. This informal drop-in is a chance to meet fellow nature enthusiasts, chat with the NHSN team, learn more about their work across the North East, and learn more about local wildlife.

Members who've joined within the last 12 months are welcome to drop by at any time during the event. Enjoy a cup of tea or coffee, light refreshments and good conversation in friendly company.

[Please book your spot for either the afternoon or evening session.](#)

Read more on InformationNow about [Natural History Society of Northumbria](#)

NEW AND UPDATED ON INFONOW

Tyneside and Northumberland Mind

Updated organisation

Tyneside and Northumberland Mind provide mental health support services and training to promote positive mental health.

Read more on InformationNow about [Tyneside and Northumberland Mind](#)

Routes Healthcare

Updated organisation

Routes Healthcare is a provider of home care services for people over 65, over 18 with learning disabilities and autism, mental health needs, physical disabilities, sensory impairment, dementia, or other specific needs. They are registered with the CQC and inspected for their personal care service.

Read more on InformationNow about [Routes Healthcare](#)

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