

InformationNow News 14 August 2026

NEWS

Have Your Say Events: The Future of Adult Social Care and Prevention

2 September 2026 and 9 September 2026, Newcastle City Centre

Newcastle City Council is developing a new three-year Adult Social Care and Prevention Plan, and we want to hear from you. We're running two events in the city centre in early September, and we'd love you to drop in and share your ideas about what Adult Social Care and Prevention should focus on over the next three years. We welcome all who currently use services, care for someone, work in the community, or simply have views about how people can stay well and independent.

Free tea and coffee provided and no booking required!

Happening at Eldon Square on 2 September: [more details here](#).

And at Grainger Market on 9 September: [find out more here](#).

Read more on InformationNow about [working together](#)

Last Chance to Feedback on InformationNOW!

25 August 2026, 2pm to 3pm, Civic Centre

Last call for all who want to submit feedback on InformationNow!

If you've used InformationNow to support you or another person in the last few years, the team would love to hear your feedback! We're hosting an informal session later this month all about sharing your honest opinions on the site, what's working, and what's not. If you want to come along and contribute to the discussion and network with others, you can [register your interest here](#).

Free School Meals are Changing

Free school meals can help with the cost of living.? The scheme also makes sure that children can have a healthy meal during the school day.? Click the link below to find out more, including the different types of school meals, who can get them and how to apply. There is

also a leaflet you can download.

[Find out more about the changes here.](#)

Read more on InformationNow about [affordable food in Newcastle](#)

SPOTLIGHT ON

Help Shape Newcastle's Supported Housing Strategy

Newcastle City Council is developing a new Supported Housing Strategy and would like to hear from people with lived experience of supported housing to help shape its future direction.

We're particularly keen to hear from people whose voices are often less represented in consultation activity, including people with mental health needs, learning disabilities, experience of homelessness, domestic abuse, substance use recovery, leaving care, leaving prison, older age, and other communities who may benefit from supported housing.

People can get involved by completing a short lived experience survey and, in some cases, taking part in focus groups. The aim is to ensure the strategy reflects the experiences, needs and aspirations of people who use supported housing services across Newcastle.

Lived Experience Survey: [Take part in the lived experience survey](#)

Provider Survey: [Take part in the provider survey](#)

Read more on InformationNow about [supported housing](#)

OPPORTUNITIES

Become a Mentor to Young People

Could you spare an hour a week to help a young person discover their potential?

MCR Pathways is an award-winning, relationship-based mentoring programme, working to level the playing field so all young people can achieve their ambitions.

In September of 2025, MCR launched their programme in 4 schools in Newcastle

- Excelsior Academy
- Jesmond Park Academy
- Walker Riverside
- Callerton Academy

And they have an urgent need for volunteer mentors!

You don't need any specific skills or prior experience to become a mentor; all you need is a willingness to make a positive impact.

To take part, sign up directly on the MCR Pathways website: [Become a Mentor](#)

Read more on InformationNow about [MCR Pathways](#)

Community Mental Health Support Service 6 Weeks of Wellbeing Group

2 September 2026 to 13 October 2026, 5pm to 7pm, One Strawberry Lane

This group is ideal for someone who is currently working and feeling they need mental health support outside of the 9-5 time.

For referrals to this group, please click this link to access the website:

<https://www.everyturn.org/community-wellbeing/community-mental-health-support/>, then click on 'make a referral'. For 'referral reason' please select 'other' and then in the 'identified needs' box, include which group this is for, i.e. 'evening general 6 weeks of wellbeing group'.

There are limited spaces so if you want to check availability, please email

Morgan.Davies@everyturn.org

Read more on InformationNow about [EveryTurn Mental Health](#)

Introduction to Office, Word, Excel and PowerPoint

22 September 2026 to 16 October 2026, Newcastle City Library

Perfect for anyone wanting to get a basic understanding of how to use Word, Excel and PowerPoint. This course will show you how to use these programmes to edit your CV, cut and paste options, how to sort a spreadsheet and how to present your work on slides.

There are four sessions to attend over four weeks for anyone taking the course. [Learn more about how to apply to attend here.](#)

Read more on InformationNow about [getting online and using digital equipment](#)

Click and Connect Cafe

Every Tuesday, 10.30am to 12.00pm, Kenton

Join these relaxed drop-in sessions for a cuppa, conversation, and to help with your devices. You can also find out about home visit tech support.

This is a walk-in session for people who need help with their devices and / or any problems accessing online portals / information. There is a suggested donation of £10, though this is not mandatory.

[Event details here.](#)

Read more on InformationNow about [Silverline Memories](#)

CONSULTATION AND ENGAGEMENT

Could you be an organ donor?

Could you be 'one in a million' and register as an organ donor?

Our colleagues at NHS Blood and Transplant are calling on people in the region to be 'One in a Million' by registering their decision to be an organ donor. A new plan announced this week aims to increase the number of registered donors from 29 million to 30 million by the end of the year.

Life-saving organ donation is far more likely to proceed when families know that their loved one had made their wishes clear by joining the register. Last year 4,666 patients in the UK received an organ transplant – but sadly, every day someone dies while waiting.

One donor can save or transform up to nine lives through organ donation. Anyone can join the NHS Organ Donor Register by calling 0300 123 23 23 or visiting www.organdonation.nhs.uk.

Read more on InformationNow about [NHS Blood and Transplant \(Organ Donation\)](#)

Dementia Network Meeting

15 September 2026, 10.30am to 12pm, Laing Art Gallery

This meeting is open to anyone with an interest in dementia — professionals, carers, and community partners. Please bring along any updates, resources, or news you'd like to share, or send us to share on your behalf. If you weren't able to make it to previous meetings you are very welcome to join this time, no need to have attended before.

[Full meeting details are listed here.](#)

Read more on InformationNow about [dementia](#)

Have Your Say on How The Lottery Supports Good Causes

Open until 23 September 2026

The government is interested in hearing from a diverse range of people and organisations from across the UK to gather feedback on how the National Lottery good cause funding is being spent. This is part of their aim to make it easier for small, grassroots organisations to get the support they need, and give people a voice in how funding is spent.

You can [have your say directly by clicking here.](#)

Healthworks Newcastle PERFORM Trial

Running until March 2027

Healthworks Newcastle are recruiting participants for their PERFORM Trial, an exercise-based rehabilitation research programme until March 2027.

They're looking for people living with multiple long-term health conditions (multimorbidity), such as heart disease, COPD, diabetes, arthritis, and other chronic conditions. The programme explores whether personalised, exercise-based rehabilitation can improve health outcomes, well-being, and quality of life.

They are keen to receive referrals and welcome opportunities to speak directly with service users, attend community groups, or provide promotional materials.

For more information and to register interest, [please click here](#).

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

Understanding Ageing, Trauma and Support Needs

Researchers at Sunderland are inviting people to take part in their research study that explores how services support people with a learning disability as they get older, and how trauma may affect their needs and care. The aim of this study is to understand current practices, challenges, and gaps in support. The findings will be used to inform the development of a future research project focused on designing approaches to care for people ageing with a learning disability.

You can take part in this study if you are aged 18 or over and work as a manager in a health or social care service that supports adults with a learning disability.

[Take the online survey here](#).

Read more on InformationNow about [learning disability support](#)

The National Conversation

The National Conversation is a UK-wide listening initiative, inviting people across the country to share what they value about community life and the kind of communities they want to build together.

They're inviting everyone to have their say on the country they want to see by taking the survey or hosting their own Group Conversation. This will ensure we hear from real people and communities across England, Scotland, Wales and Northern Ireland.

[Find out more information here](#).

REPORTS AND RESOURCES

AI Mental Health Chatbots, Inequality and the Risks of Self-guided Care

A new discussion paper by patient empowerment expert, David Gilbert, assess the research on how the huge growth in the use of AI mental health tools can put people at risk and increase inequality.

[Read the full paper here.](#)

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

UPCOMING EVENTS

Summer Bird Walk

26 August 2026, 10am to 12pm, Big Waters Nature Reserve

Join local birder Matthew Harrison for a walk across Big Waters Nature Reserve. This walk is appropriate for both complete beginners and advanced birders.

Some likely species for this walk include: Snipe, Sandpiper, Tree Sparrow and Yellowhammer.

[All details of the walk are here.](#)

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

Dwellbeing Open Day

29 August 2026, 1pm to 3pm, Shieldfield Forum Cafe

Come meet members and find out how they've been shaping Shieldfield life together so far!

This is your opportunity to get involved and make our neighbourhood an even better place to live, work and play!

[Find out more about the open day here.](#)

Read more on InformationNow about [Dwellbeing Shieldfield](#)

Ouse Burn Way: Wild About Art

9 September 2026, 1pm to 3pm, Gosforth Nature Reserve

Join Natural History Society of Northumbria for a relaxed afternoon at 'Wild about Art' at Gosforth Nature Reserve! Whether you're starting something new or working on a project you've had on the go for a while, this is a welcoming space to get creative alongside others. They'll have some materials ready for you, but feel free to bring your own too. Tea, coffee, and good vibes included!

[More information available here.](#)

Read more on InformationNow about [Gosforth Nature Reserve](#)

Tyneside and the 1926 General Strike Talk

12 September 2026, 11.30am to 1.30pm, Newcastle City Library

Discover the history of the General Strike on Tyneside with hit Play writer, Ed Waugh. This talk explores the Strike's impact on millions of workers and their families.

[More details available here.](#)

Read more on InformationNow about [Newcastle City Library](#)

Charles Nicol Talk

17 September 2026, 6pm to 7pm, Jesmond Library

A special event to tie in with Heritage Open Week. Julian Harrop of Beamish Museum tells the story of Charles Nicol, a gifted photographer based in Grosvenor Road, whose archive is a vital record of local places and personalities from 1900 onwards.

[Further details can be found here.](#)

Read more on InformationNow about [Heritage Open Days](#)

Trees of Great Park

18 September 2026, 10am to 11.30am, Great Park Community Centre

Join James Common, NHSN senior botanist and author of Urban Flora of Newcastle and North Tyneside to discover the trees of Great Park.

[Full event details can be found here.](#)

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

A Family Guide to the Universe

26 September 2026, 7pm to 9pm, Hauxley Wildlife Discovery Centre

Join NASTRO for a really far out, immersive stargazing experience, as Dr Adrian Jannetta guides us through the dark skies of Northumberland.

You will get the chance to use the telescope (housed in the Hauxley observatory) and weather permitting, get to see the wonders of the night's sky.

This is both a classroom and outdoors event, please dress appropriately for the weather conditions.

[Full event details here.](#)

Read more on InformationNow about [Hauxley Wildlife Discovery Centre](#)

NEW AND UPDATED ON INFONOW

Shine On

Shine On (formerly Caring Hands) offer a range of services for people aged 55 and over in the East of Newcastle upon Tyne. They can help you to live independently and safely at home for longer. They offer impartial and confidential Advice and Advocacy, social opportunities, activities and support.

Read more on InformationNow about [Shine On \(formerly Caring Hands\)](#)

Everyturn Children and Young People's Services

Everyturn Children and Young People's Services – CYPS (formally known as Streetwise) is now part of [EveryTurn Mental Health](#). The Service supports young people aged 11 to 25 years to access free information, advice, counselling, support, community activities and youth voice. Services are confidential, accessible, welcoming and respectful to young people. Current services include:

Read more on InformationNow about [Everyturn Children and Young People's Services](#)

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