

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 organisations coming together to consider how we can make things better for the people of Newcastle.

We covered:

- What does living a good life look like?
- What does good care and support look like?
- Identifying barriers and gaps

And how Newcastle City Council, health services, VCSE organisations and communities can unite to strengthen approaches to supporting our diverse communities.

The sessions proved as lively and engaging as ever, with invaluable connections forged between organisations working towards a common cause. Reports containing the full details of the discussions will be circulated to those who attended in the coming weeks.

If you're interested in getting involved in these neighbourhood working opportunities, look out for announcements of the next dates in InfoNOW News.

SPOTLIGHT ON

Talking Therapies

Are you feeling low? Worried? Overwhelmed by the pressures of everyday life? Struggling to cope with the cost of living crisis?

NHS Newcastle Talking Therapies is a free short-term talking therapy service for people over the age of 16, living in Newcastle.

Talking therapy can help you to improve your mental wellbeing. If you're facing depression, anxiety, excessive worry or low mood, you can get help quickly. Known as IAPT

(Improving Access to Psychological Therapies), Newcastle Talking Therapies service can help you to get things back on track with your mental wellbeing.

Read more on InformationNow about [NHS Newcastle Talking Therapies](#)

Hate Crime Awareness Week

Hate Crime Awareness Week runs 10 to 17 October this year. The purpose of this week is to encourage authorities, key partners, and communities affected by hate crime to work together to tackle hate crime across the UK.

Hate crime is the targeting of anyone verbally or physically because of a personal characteristic. This can be an act of violence, aggression, prejudice or hostility directed at a person because of their:

- Age
- Disability
- Sexual orientation
- Gender identity
- Race or ethnicity
- Religion or belief
- Lifestyle

[Connected Voice](#) support people who have experienced hate crime through their [advocacy services](#).

They also offer hate crime and anti-social behaviour training for professionals which helps frontline staff identify hate incidents more effectively and ensure victims can access the right support. [You can find out more information about accessing this training here.](#)

Read more on InformationNow about [hate crime](#)

Get Online Week

Running from 19 to 25 October, Get Online Week shines a spotlight on the millions of people who can't get online. [Only 1 in 3 UK adults are comfortably online — and 72% of UK adults believe the Government should do more to change that.](#) This week asks professionals to spread the word about digital exclusion and rally for change.

The [National Digital Inclusion Network](#), ran by [Good Things Foundation](#), is free to join and is open to organisations supporting people with digital inclusion or who would like to start providing this support. [You can find out more about joining the network here.](#)

InformationNOW also hosts a wealth of resources that can help you support someone who wants to increase their confidence online, and each signposts to organisations that can support further.

Some useful articles are:

- [Digital support](#)
- [Getting online and using digital equipment](#)
- [Making your computer or mobile device easier to use](#)

[Newcastle Libraries](#) also offer a variety of course designed to get people online, including [Basic Computer Training](#), beginning 20 October.

OPPORTUNITIES

Wellbeing Taster Session for People Affected by Parkinson's

Tuesday 5 November, 1pm to 3pm, Marie Curie Wellbeing Centre

Relaxation and social and creative activities for everyone affected by Parkinson's. Meet other people with Parkinson's, their partners and their carers.

Contact Sarah Fraser for [more information](#) and to book a place. Phone 07964 037154 email sfraser@parkinsons.org.uk.

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

Badminton Sessions at Tyneside Badminton Centre

From Monday 12 October 2026, 2pm to 4pm

Free badminton sessions at Tyneside Badminton Centre available for refugees, asylum seekers, migrants and BNOs.

Equipment is provided and travel costs of up to £7.50 are reimbursed on production of a valid travel ticket.

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

Read more on InformationNow about [West End Refugee Service](#)

Newcastle Dementia Voice Group

First Thursday of each month, 11am to 1pm, Cruddas Park Surgery

A small, friendly group of people living with a dementia diagnosis and their carers. The group discuss a wide variety of local and national topics, provide feedback to influence change in organisations and dementia-friendly communities.

If you would like to make an impact for changes now and in the future for anyone affected by dementia please get in touch.

[Full group details are available on InformationNow.](#)

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

Historic England Launches Neighbourhood Heritage: Grants for Communities

Applications open until 27 November 2026

Historic England has launched Neighbourhood Heritage: Grants For Communities. The grants are aimed at supporting communities to use heritage as a way of shaping the future of their local places.

Grants of up to £15,000 are available for projects that help communities explore what they value about their local heritage, strengthen local voice and influence, and support community-led placemaking and regeneration.

Historic England is particularly interested in projects that involve communities whose voices are less often heard in heritage and local decision-making, and welcome applications from both heritage and non-heritage organisations with strong community connections.

More information including funding criteria is available [here](#).

CONSULTATION AND ENGAGEMENT

Your Views on Council Tax Support

Open until 15 November 2026

We're consulting on proposed changes to Newcastle's Council Tax Support (CTS) scheme; the consultation is now live and runs until 15 November 2026. Proposed changes include:

- Increase the amount of savings a household can have and still get Council Tax Reduction
- Give more support to people who have a limited capability for work and work-related activity awarded in their Universal Credit because of their health or a disability, carers, and families with disabled children
- Introduce an exceptional hardship provision to help households facing severe financial difficulty

Everyone can give their views here: [Council Tax Support Scheme 2027-2028](#).

Anyone who has questions, would like to take part in person, or who needs information in another format, such as large print or a paper version, can contact the Revenues and Benefits by email at:

revsandbens@newcastle.gov.uk, or call: 0191 211 5065.

Community Health Services

Get a healthy heart check, health advice, your blood pressure checked, or your cholesterol monitored on the Newcastle Community Health bus, Monty.

[Click here to find your nearest health check.](#)

Read more on InformationNow about [Newcastle GP Services](#)

Independent Advocacy Service Opportunity

Wednesday 21 October, 3pm to 5pm, Collingwood Room, Newcastle Civic Centre

Newcastle City Council is tendering for Independent Integrated Advocacy Services in Newcastle. This combines delivery of the Statutory Advocacy Service with the NHS Complaints Advocacy Service.

The provider market engagement session will give information about the proposed model of advocacy for the contract, the value and information about the experience over the past two years of the contract, as well as the timeline for procurement.

If you are an organisation interested in providing this contracted service, a representative from your service/organisation is welcome to attend the service provider event. The event offers an opportunity to listen, for questions and discussion.

Please look at OPEN our procurement platform Project # OPEN-PR-30092026143541425

Category codes include 321010 and 410000.

Contact kate.bowman@newcastle.gov.uk and [click here to see further details](#).

Read more on InformationNow about [Advocacy support to get your voice heard](#)

Carers Views 2026

Newcastle Hospitals and Newcastle Carers are working to better understand the experience of carers who look after someone using Newcastle hospitals services. They want to improve the experience of carers, better understand the current experience and identify areas for improvement.

This is an anonymous survey. Any questions about the survey or support to complete it can be found at nuth.experienceofcare@nhs.net, or by calling 0191 2231382.

[Take the survey here.](#)

Read more on InformationNow about [Newcastle Carers](#).

UPCOMING EVENTS

Forget Me Not Friday

Third Friday of every month, 1.30pm to 3pm, St John's Church, Kingston Park

Enjoy a welcoming space with light refreshments, an opportunity to connect with others and have fun. Two dedicated spaces: one for socialising and activities and one for carers for support, advice and information.

Open to people living with dementia and their carers who reside in Newcastle.

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

Read more on InformationNow about [Alzheimer's Society](#).

Misinformation v Disinformation

Monday 19 October, 10.30am to 12.30pm, City Library

Discover how artificial intelligence is shaping the information we see online. Learn practical ways to spot misinformation and disinformation.

City Library and [AbilityNet](#) are delighted to offer this engaging session exploring how AI influences the content we read, share, and trust online. From deepfakes to algorithm-generated news, AI can be used to inform, but also to mislead — and knowing the difference is more important than ever.

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

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

Step into Nature with the Natural History Society of Northumbria

The weather might be turning cooler, but there's still plenty to be enjoyed outdoors in Newcastle in the coming months. Natural History Society of Northumbria are hosting a variety of walking tours in the weeks ahead to make the most of local nature:

Ouse Burn Way: City Tree Trail

Thursday 15 October, 10am to 12.30pm

Join NHSN Senior Naturalist, James Common, for a friendly, informal walk exploring the fascinating trees that thrive in Newcastle's urban spaces. From exotic laurels, curious hollies and a few pesky poplars, there will be plenty to discover and enjoy.

[Event details here.](#)

Walking the Ouse Burn Way

Tuesday 27 October, 10am to 12pm

Join Natural History Society of Northumbria for an exploration of different sections of the Ouse Burn, with a focus on urban nature in Autumn.

[Booking information can be found here.](#)

Winter Bird Walk at Gosforth Nature Reserve

Wednesday 4 November, 10am to 12pm, Gosforth Nature Reserve

Join local birder Matthew Harrison for a guided walk around Gosforth Nature Reserve, in search of wintering birds. Likely species for this walk include: Marsh tit, Kingfisher, Redwing, Bittern.

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

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

NEW AND UPDATED ON INFONOW

Happiest at Home

Updated organisation

Happiest at Home helps you find one-to-one care and support from someone you choose and get to know. You're matched with a dedicated CarePal for support shaped around your needs, interests, routine and the way you like to live.

Read more on InformationNow about [Happiest at Home](#)

Men Walking and Talking

New organisation

Men Walking & Talking UK was created with to support men's mental health through the power of connection and conversation. They bring men together for weekly walks in local communities across the UK, creating a safe, relaxed space where it's okay to talk — or just listen.

Here in the North East, their local one-hour walk in Newcastle is along the **Newcastle Quayside**:

- **Meeting Point:** The Cycle Hub, NE6 1BU
- **When:** Tuesday at 6.30pm
- **Duration:** up to 1 hour
- **Cost:** Free

Read more on InformationNow about [Men Walking and Talking](#).

Public Toilets and Baby Changing Facilities

InformationNow's list of public toilets now includes a list of baby changing facilities in the city centre and in communities throughout Newcastle to help you find a place to feed and change your baby when out of the house. All of the facilities listed are dad and male-carer friendly too, to help support everyone to find a place to change their child.

[You'll find InformationNow's list of public toilets, baby changing and accessible facilities here.](#)

Last updated: October 9, 2026

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