

Card shows a little help goes a long way - updated July 2016

This handy information card offering practical advice and contact numbers was originally launched by the region's mental health and disability care provider ahead of World Mental Health Day last October.

The credit card sized hand-out has been produced by Northumberland, Tyne and Wear NHS Foundation Trust's (NTW) Patient Information Centre in partnership with the Newcastle Community Forum and Newcastle Health and Race Equality Forum.

Anthony Quinn, Directorate Manager for Access and Treatment at NTW said: "Sometimes life can be challenging and it's often difficult to find out how you can receive support. However, this card has been designed to make this process much simpler and contains contact details for local and national helplines.

"It's been produced in collaboration with local charities and I would like to thank Newcastle Community Forum and Newcastle Health and Race Equality Forum for their help."

Mandy Taylor, Chair of Newcastle Community Forum, said: "The Community Forum members have been instrumental in supporting the development of the health information card. It will help make a difference by signposting those in need of support to the right services at the right time.

"This was such a positive and inclusive process, which kept everyone's ideas and suggestions in mind and produced a card that we can all use and circulate among our communities".

As well as directing people to the Trust's self-help guides on the NTW website, it gives information on who you can talk to including local Psychological Wellbeing Services.

The card has recently been updated to reflect some changes in local helpline numbers and will be available to key community groups across the region and will also be available at doctors' surgeries, libraries and carers centres.

If you would like a supply of the cards please email: pic@ntw.nhs.uk



'In It Together' Northumberland Locality Meetings

For parents or carers of children and young people with additional needs

All parent/carers of children and young people with additional needs and disabilities are welcome to come along and join the 'In It Together' parent carer forum for a coffee and a catch up and to tell them your views on what matters to you.

Future meeting details are:

South East/Central Northumberland

Age UK Ashington, The Round House, Lintonville Parkway, NE63 9JZ on
Thursday 22nd September 2016 from 10am - 12noon

West Northumberland

Hexham Community Centre, Gilesgate, Hexham, NE46 3NP on
Thursday 22nd September 2016 from 10am - 12noon

North Northumberland

YHA Berwick, Dewars Lane Granary, Dewars Lane, Berwick upon Tweed TD15 1HJ on
Friday 23rd September 2016 from 10am - 12noon

For further information, please Tel: 0772 919 2909 or email info@in-it-together.org.uk

Volunteering Opportunities

North Tyneside Carers Centre

North Tyneside Carers Centre are looking for new volunteers to help with the running of their Wallsend Centre Peer Support Group.

Volunteers will receive training and support. This is an excellent opportunity to gain skills and meet new people.

For more information about volunteering opportunities please contact North Tyneside Carers Centre on Tel: 0191 643 2298 or email enquiries@northtynesidecarers.org.uk

www.northtynesidecarers.org.uk

Little Stars Under 5's Toddler Group

Little Stars is a play session for children under 5 years of age with additional needs and their siblings.

The session is held every Thursday from 10am - 11.30am at the Galafield Centre, Newbiggin Lane, Newbiggin Hall, Newcastle upon Tyne NE5 1LZ. Sessions cost £2 per family.

For further information, please Tel: 0191 211 5700.

User and Carer Newsletter

The latest edition of our monthly User and Carer Newsletter can be viewed at:
www.ntw.nhs.uk/section.php?l=1&p=1233



Services from Age UK Newcastle

Age UK Newcastle Will Day

Tuesday 20th September 2016



Age UK Newcastle are offering the opportunity to come along to their Will Open Day to see a friendly, local solicitor and make your Will. The cost is just £50 (or £80 for a couple making mirror Wills) although any donations over and above this amount would be very gratefully received!

To find out more or to book an appointment please contact the Advice and Support Team on Tel: 0191 232 6488 or email enquiries@ageuknewcastle.org.uk

Age UK Newcastle Legal surgeries

Age UK Newcastle provide a free legal surgery at their offices with qualified solicitors to help customers with most legal issues and queries. Appointments and further details can be obtained by ringing them on 0191 232 6488 or email enquiries@ageuknewcastle.org.uk

The legal surgeries are running on the following dates:

- August 3rd and 17th
- September 7th and 21st
- October 5th and 19th
- November 2nd and 16th
- December 7th and 21st

Seeing Ear

The online library for blind and print-disabled people



Founded in 2005, Seeing Ear is a charity dedicated to helping those people who want to read but can't use printed books.

Their online library provides books in a flexible format that can be downloaded by library members. The service is free for anybody who needs books in an accessible format due to reasons such as visual impairment, dyslexia or a physical disability.

All books are available in a variety of formats, including Microsoft Word, plain text and Braille. The books in Microsoft Word format are marked up in order to make it as easy as possible to customise the book to suit the way you want to read them.

For more information please Tel: 0142 477 7466 (Office opening hours are Monday - Friday 9am - 5pm) or email support@seeingear.org

www.seeingear.org

Would you like to publicise events or information about your group or organisation?



If you would like to put an article in 'Information Exchange', free of charge, please contact the Patient Information Centre, contact details are listed on the back page of this newsletter.

DNEX - The Annual Exhibition of Disability North



Disability North is holding the North's largest Independent Living Exhibition DNEX at Newcastle Racecourse on Wednesday 21st and Thursday 22nd September 2016. The exhibition is open from 10am to 5pm on Wednesday 21st September and from 10am to 4pm Thursday 22nd September (last admission 3pm).

DNEX is a free exhibition which provides information, advice and equipment for disabled people, older adults, carers and health or social care professionals on a range of disability related issues including digital technology, aids and adaptations for independent living and accessible leisure facilities. The event is an opportunity to view and handle the products on display to help you decide which best suits your needs.

There is free on-site car parking and there will be a free bus hopper service from Regent Centre and Four Lane Ends Metro Stations operating at regular intervals.

For visitors requiring the use of a wheelchair or scooter, there will be a free loan facility (please speak to reception when you arrive).

In an exciting new development, DNEX 2016 will be co-located for the first time with Disabled Living Foundation's (DLF) Moving and Handling People North: the two day CPD accredited learning event for healthcare professionals.

For more information about DNEX 2016 contact the events team on Tel: 0191 284 0480 or email events@disabilitynorth.org.uk




www.disabilitynorth.org.uk/dnex.html

Mental health and wellbeing resources

Use the online search to find resources on various health related conditions, including our mental health self help guides at www.ntw.nhs.uk/pic




Get Involved – Sign up to become a Northumberland, Tyne and Wear NHS Foundation Trust member


 www.ntw.nhs.uk/getinvolved  0191 245 6827  FREEPOST NTW MEMBERSHIP

Membership is completely free and as a member you can:


- ⇒ Give your views on the Trust's plans and any issues that interest you
- ⇒ Vote in the Governor Elections or stand as a Governor yourself
- ⇒ Receive regular information about the Trust

You can contact the Patient Information Centre in the following ways:

 0191 223 2545/6

 Fax 0191 223 2547

 Email pic@ntw.nhs.uk

 Patient Information Centre
St Nicholas Hospital
Jubilee Road, Gosforth
Newcastle, NE3 3XT

Mailing Label for
GP's