

Newsletter

February 2024

0191 273 7443

Search Newcastle

Supporting older people in Newcastle

See and Be Seen

We would like to invite you all to join us on Wednesday 20th March at 10am-2pm at the Grainger Market, we want to See and Be Seen to break the stereotypes of ageing. All of Search's regular activities for the day will be moved to the Grainger Market such as a Guided Walk - Nightlife memories of Newcastle, Arts and Crafts, Creative Writing, Line Dancing, Singin for the Brain & other fun activities that showcase what is possible in older age.



Newsletter

Due to GDPR Data Protection Act we have to renew service users consent every two years. If you would like to continue receiving the newsletter we ask you to please contact Search on 0191 273 7443. If we do not hear from you we will presume you do not wish to receive the newsletter and remove you from our mailing list.

Volunteering

We are on the look out for passionate volunteers to join us at Search Newcastle. We are looking for volunteers to provide a warm welcome at our pop in centre on Adelaide terrace. At the pop in centre we require support at our advice and information drop in sessions, making cuppas, Help to facilitate activities, and answering telephone queries. Your time and talents can truly make a difference in our community.

Search is also looking for enthusiastic volunteers to lend a hand in our office, answering queries and providing administrative support to the teams. Full training will be provided, and DBS must be completed prior to starting the role. If you are ready to help us spread a little search sunshine, we would love to hear from you.

Please contact us on 0191 2737443 speak to Aimi our volunteer coordinator to discuss the volunteering opportunities we have.



West End Friends

West End Friends celebrated Chinese New Year 2024 for the Year of the Dragon at Robert Stewart Memorial Church on Wednesday 14th of February. Guests enjoyed cultural activities, food and Tai Chi performance by Newcastle Chinese Healthy Living Centre. West End Friends wishes everyone Good Health, Happiness and Prosperity.



Outer West Activities

The Outer West continues to have a good variety of activities and groups on offer and these will continue in March. Groups such as Line Dancing and Tai Chi keep going from strength to strength and the walking group has enjoyed some lovely late winter sunshine. Keep an eye on the bulletin for further information about existing groups like Museum Monday's and its meet up for the month, as well as any venue changes for Gentle Seated Exercise and Strictly Ballroom. There will also be 5 new groups in the Outer West and 5 in the Inner West starting throughout March covering a variety of activities. Keep checking the website and our monthly bulletins for updates on these groups.



Mental Health Awareness Week - Be Kind To Your Mind

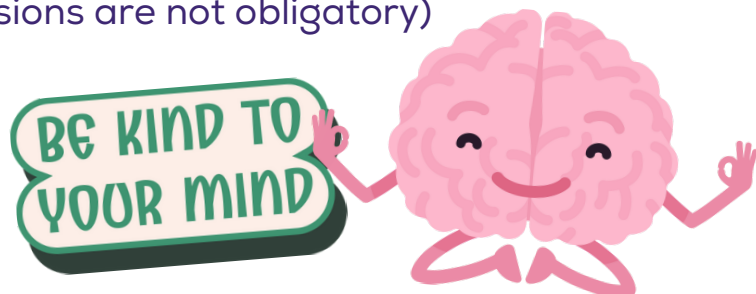
In support of Mental Health Awareness Week in May, we will be hosting 'Be Kind to Your Mind'. The focus this year will be self-esteem and relaxation. Join Search and friends for an interactive 'Building Self Esteem' workshop, followed by Guided Meditation from 1pm. Refreshments and a food spread will be provided during the break, with a suggested donation of £2. Come along for the chance to connect, reflect, and relax.

Stay tuned for our monthly bulletins or call us to secure your place. We look forward to welcoming you. (Both sessions are not obligatory)

Wednesday 15th May

11am -1:30pm

West End Library, Benwell, NE4 9JH



Evening Social

Come and join us for the Springs Evening social on Monday 13th May at 6pm-9pm.

Live music and food. Hillheads pub, Counden Road. Newcastle upon Tyne NE5 5QA. £3 per person. Call Search to book on 0191 273 7443.



Easter Afternoon Tea

We are hosting an Easter Afternoon Tea at Broadmead Way Community Church on Thursday 4th April at 1pm - 3pm. £3 per person and booking is essential, call Search on 0191 273 7443 to book a space.

90 Broadmead Way, Newcastle upon Tyne, NE15 6TS.



Buy and Bite

Do you like good food and good company?

Come along to Buy and Bite Mondays and Wednesdays at 11am to 1.30pm. You can do your weekly shopping and grab some lunch at the café with friends, transport can also be arranged.

- Monday's - Buy and Bite West Denton Morrisons.
- Wednesday's - Buy and Bite Cowgate Morrisons.



If you would like to attend please call Search on 0191 273 7443.

West End Warmers

With effect 1st April 2024 to 30th June 2024, the energy price cap will typically be reduced to £1,690 per year for households who pay by Direct Debit. This price cap will cover consumers who pay for their electricity and gas by standard credit, (if you make payment upon receipt of your energy bills), prepayment meter and economy 7 (E7) meter. This will be a saving of £238 as set out from 1st January 2024 – 31st March 2024 which was £1,928. How much you pay for each household will be dependent on how much energy your household will use, type of meter installed and where you live.

West End Warmers Project continues to strive to reach out to the residents of West End in Post Codes NE4, 5 and 15 offering free small energy measures to help offset the cost of their energy bills. These can range from LED light bulbs, radiator foils and draught proofing.

Switching energy providers now is still not proving a viable option and some customers will be coming to an end of their fixed contract and will be put on the variable tariffs. This will mean that there is no longer any protection on the current rates they are paying for their energy. The energy company will notify the customer accordingly. For all energy queries and assistance, call Search and ask for Meg (Energy Advisor).



Chain Reaction – Pioneers

Adam, Karen and Safia are the Chain Reaction Pioneers at Search and their job is to help people to join in with groups and activities, especially older people who face a few extra challenges in life around their health, or who have lost people in their lives who they used to socialise with.

Our groups tend to be smaller and more informal, and offer a chance to properly be introduced and meet other people. We do lots of different things including regular group meet ups and 'one off' opportunities such as Bus Pass trips and 'Meet and Eat' – for more information on our groups, outings and the encouragement we offer to join in with things please contact us on the main office number. We are looking forward to meeting you and any friends of yours who might want to try something new.

Pop In Centre

Our Pop in Centre on Adelaide Terrace continues to be a hive of activity Monday through to Friday. Whether you need to call on our Advice and Information Team at the Drop In's, take part in a range of activities or would like to call in for a cuppa and a natter in a warm friendly space, you are welcome to. Our doors are open 10am – 4pm Monday to Friday. Search also works in partnership with Conerstone Church to provide the Benwell Bridge Community Pantry. As long as you live in a 2-mile radius, you can order a food parcel containing 10 items for £2.50, (no frozen/fresh food due to storage). Call in to the Pop In Centre to place your order at and collect your parcel when delivered.



Unity Lottery – Search

Did you know you can support Search and have the chance of winning £25,000 at the same time? It only takes 3 easy steps:

www.unitylottery.co.uk/causes/search/

- 1** Choose Search as the cause you would like to support and pick how many £1 entries you'd like to play each week.
- 2** Click to join online by Direct Debit or Debit Card, or alternatively download or collect our postal form from Our Pop In Centre
- 3** Fill out your details and click submit, or post your form to Unity Lottery's Freepost address



You'll receive your lottery numbers in the post, and Unity Lottery will let you know when you will start playing.

If you win, Unity Lottery will contact you, so there's no need to claim your prize!