

Some useful information from Blakelaw and North Fenham Community Council - Supporting you through lockdown



Mental Health and Well-Being support from Active Newcastle

At Active Newcastle not only do they promote good physical health. They also understand the importance of good mental health and wellbeing.



This effects how we think, feel, and act.

It also helps determine how we handle situations. Mental health and wellbeing is important at every stage of life, having good physical, social and mental health can help to improve our overall wellbeing.

Physical symptoms can be easier to notice. We know when we're in pain or when we have an injury through activity. Noticing a change in our wellbeing can be difficult.

For more information visit: <https://www.activenewcastle.co.uk/contact> or <https://www.facebook.com/Activenewcastlepage/>

www.InformationNOW.org.uk



Information for people in Newcastle upon Tyne

Information NOW is the information website for adults, their families and carers in Newcastle. Helping you stay informed, make choices, plan ahead, be independent and have an excellent quality of life.

Need help and support to search for local organisations and services?

There's something for everyone on **Information NOW**, from what to do in your spare time, to managing your money, coping with family issues, choosing or adapting housing, keeping active, motivated and healthy.

Visit: <https://www.informationnow.org.uk/>

We know that life can be tough sometimes and we may face difficult times; if you have been bereaved, affected or are thinking of suicide yourself then please do reach out for help and support



Crisis text support 24/7 Free anonymous and confidential text support when you need it. Text ICUS to 85258

Education Secretary Statement to Parliament

Some Key points of Education Secretary Statement to Parliament on national lockdown

- Free school meals will remain
- Covid testing for teachers will remain
- Exams will be given via teacher assessment - not algorithms
- Sats exams cancelled

For More information: <https://www.gov.uk/government/speeches/education-secretary-statement-to-parliament-on-national-lockdown>

FREE learning websites for kids

SWITCHZOO.COM - Make animals, play animal games, learn about animals

FUNBRAIN.COM - Maths, science, spelling, grammar and more

READING.ECB.ORG - Activity guides, student videos and more

NATGEOKIDS.COM - Learn about geography and animals

TWINKL.CO.UK - Learning resources recommended by schools

BRIAN COX LEARNING

www.stem.org.uk/resources/collection/314734/brian-cox-school-experiments



Schools and families can request free mobile data increases for students without broadband and/or who can't afford extra data for devices.

Three, Smarty, Virgin Mobile, EE, Tesco Mobile & Sky Mobile are all taking part in the scheme.

For more info: <https://get-help-with-tech.education.gov.uk/about>

The Foodbank Centre - Church of the Venerable Bede

OPENING TIMES: Mon 10:00 - 13:00 Thu 10:00 - 13:00

ADDRESS:

Church of the Venerable Bede, Newcastle upon Tyne NE4 8AQ

0191 2753019 / 07580 751365

Email - <https://newcastlewestend.foodbank.org.uk>

Newcastle City Council has a welfare website where people can obtain welfare support.

The website is www.newcastle.gov/welfare



Blakelaw and North Fenham Council

BLAKELAW WARD

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For any further information on the Community Council, please contact Helen Richardson, Community Council Clerk on email: bnfcc@outlook.com

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