

OUR North Tyneside

**New Cultural Quarter
North Shields**
page 8

**More power for the
North East**
page 16

Social supermarkets
pages 19-22



EweMove Whitley Bay & Tynemouth Is Proud To Be Part Of **The Best** **National Sales & Lettings Agency** ...For The Second Year Running!



This is a huge achievement for us, as the Estate Agent Masters assesses over 13,000 agents nationwide. We were judged on our property marketing, customer service and results during a data analysis project and a mystery shopping exercise. EweMove proudly excelled in all areas.



Find Out What Your Home In Whitley Bay or Tynemouth Is Worth In Under 2 Minutes!



GET YOUR FREE INSTANT VALUATION REPORT NOW

This Hometrack report normally costs **£19.95**, is used by 16 of the top 20 UK lenders and includes ALL recent house sales near you.

Join the thousands of homeowners who've been surprised to find out what their homes are worth.

Anna Upson
Branch Director



Visit [EweMove.com/WhitleyBay](https://www.ewemove.com/WhitleyBay)
Call 24/7 0191 406 0019

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A message from the Elected Mayor

I'd like to welcome you to the latest edition of Our North Tyneside magazine, which is full of useful information, exciting developments happening across our Borough, and events and stories to inspire us all.

We want everyone living in North Tyneside to thrive, and in this edition, you will see the range of things the council can support you with. Whether it's getting fit and making some positive changes to your lifestyle (**pages 18 and 37**), support with food at our social supermarkets (**page 35**), or planting trees in your community (**page 26**), there is hopefully something for everyone.

On **page 4** there are details of this year's Council budget. Setting a balanced budget is always incredibly challenging, and this year has been no different.

For the Council it is necessary and responsible, to ensure we can offer services in the future. We continue to feel the impact of rising costs, inflation and a shortfall in funding. At the same time, there is high demand for our services, particularly in social care.

However I'm pleased that we have set a balanced budget, while still keeping support for vulnerable residents and investing in our Borough.

I'm happy that so many residents, businesses and young people gave us their views while we shaped the budget, as well as our partners in the voluntary and community sector. We are a listening council, and we consult on your views and I'd like to thank everyone who contributed.

I was delighted to join representatives from the North Tyneside Business Forum and visit Insulcon Technical in North Shields, the North Tyneside Business of the Year 2023. We saw the innovative insulation and fire protection services they offer globally and heard about their ambitious growth plans in the Borough. There's more information on the Business Forum on **page 13**.

This May, we will have elections for councillors for every ward in our Borough, the Police and Crime Commissioner for the Northumbria

Force Area and the Mayor for the newly formed North East Combined Authority. Information about these elections, and how to register to vote, is on **pages 14 and 15**.

Finally, like you, I'm looking forward to being out and about more now spring has arrived, enjoying our town and village centres, green spaces and coastline. If you're looking for inspiration for free events for the family, have a look at **pages 9-11**. There are a variety of things indoors and out across the Borough, from food festivals to Easter Egg drops. I do hope you enjoy them.

Norma Redfearn

**Dame Norma Redfearn DBE
Elected Mayor of North Tyneside**



Sign up to our monthly newsletter

Our North Tyneside Digital includes news, events and opportunities to have your say. Please sign up at my.northtyneside.gov.uk/newsletter
We will continue to deliver the printed magazine to every household three times a year.



Our Budget: still supporting, still investing.

Every year we have to set a balanced budget. The spending decisions we make are based on our priorities for the Borough, which include a promise to support the most vulnerable residents and to continue investing in every corner of North Tyneside.

Our priorities will make the Borough an even greater place to live, work and visit. They'll support our residents to live healthy, secure and fulfilling lives.

Our budgets are always challenging, and this year was no different. Our money has been stretched following changes to Government funding and growing pressure on our services, especially in social care. Rising energy costs and inflation are also having an impact.

We constantly review our budgets, and try to prepare for these challenges, but we are having to make difficult decisions.

We will prioritise our frontline services, and continue investing in our parks, leisure centres and libraries. Our support for residents who are struggling will continue. This includes continuing with our local Council Tax Support Scheme and Tenancy Sustainment Fund to support our council housing tenants.

There are more details about the support available for residents on the opposite page.

The budget supports major investment schemes across the Borough, including our ambitious redevelopment of North Shields and Wallsend, and improvements to our roads and cycle paths. We're working hard to secure even more external funding (for example, government grants) to pay for investment. The budget supports the Council's ambition to be a cleaner and greener Borough, and our aim to be carbon-net zero by 2030.

What about my Council Tax bill?

Council Tax bills this year will include an increase of 4.99%. The Government expects us to increase bills by this much as part of its decision on how much funding to give us. This means an extra £61.58 a year for Band A properties and £92.37 a year for Band D properties for Council services.

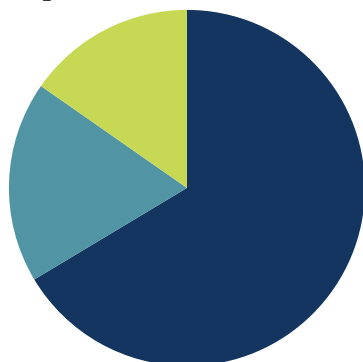
A listening council

North Tyneside Council is proud to be a Council that listens to and works with our residents and communities. This year's budget was shaped by the views of residents, businesses, community groups and young people in person and online.

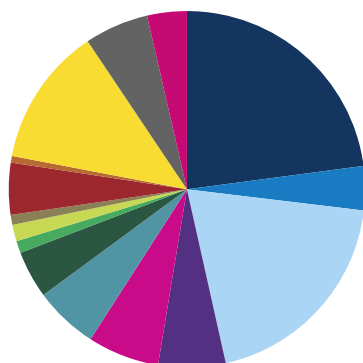
This year's budget was approved by full Council on 15 February.



Where each £ comes from (2024/25)



How each £ is spent



If you're struggling to pay your bills to the Council

If you are having trouble paying your council tax or rent, please contact us straight away – it's never too late to get in touch.

Paying your rent

If you are a council tenant and you are having difficulty paying your rent, we can provide support and guidance, or direct you to services that could help.

- Call the Housing Neighbourhood Team: 0345 2000 102
- Email: housing@northtyneside.gov.uk
- Visit www.northtyneside.gov.uk and search 'pay your rent'

Council Tax

If you think you might not be able to pay your bill, we can look at ways of supporting you, check whether you are entitled to a discount or arrange a payment plan.

- Call 0345 2000 104 (weekdays only)

Council Tax Support

This is a discount you can claim if you are on a low income to reduce the amount you pay (depending on your income and household size).

- Visit www.northtyneside.gov.uk and search 'Council Tax support'

Discretionary Housing Payments

You may get extra help if you receive Housing Benefit or Universal Credit which includes housing costs, but it doesn't cover your full rent.

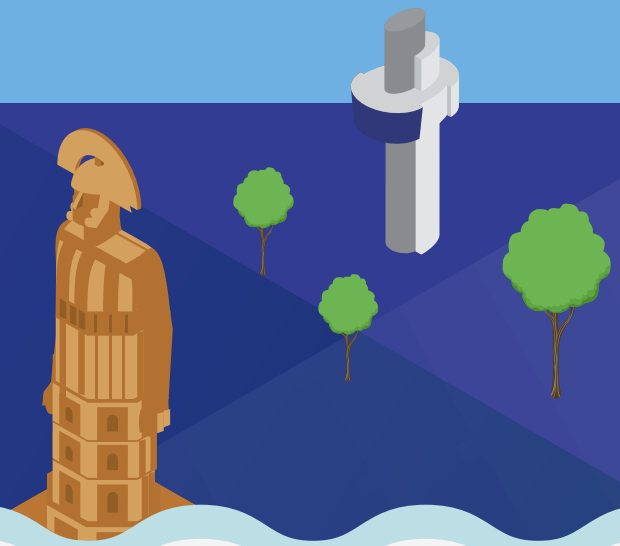
- Call 0345 2000 104
- Visit www.northtyneside.gov.uk and search 'Discretionary Housing Payment' and complete the online form to claim.

Crisis Support

Our Welfare Assistance team can provide advice and support for those who are experiencing exceptional hardship or crisis. If you need immediate help with food or utilities.

- Call (0191) 643 2777 and press option 2 (weekdays, 9am-2pm)

Our Ambition for Wallsend



Business support

Our support for businesses in Wallsend has continued and we've got an exciting spring market coming up in April.

The market will take place on Friday 12 and Saturday 13 April at Wallsend Market in the Forum Shopping Centre, building on the success of our Christmas market last year.

Stalls are initially being offered to businesses based in NE28 who can choose whether to trade on Friday 12 April, Saturday 13 April or on both days. The event aims to showcase smaller businesses that haven't been trading for long, giving them an opportunity to kickstart their businesses.

This market is funded by the North of Tyne Combined Authority's Towns and High Streets Innovation Programme.

As part of the Towns and High Streets Programme, we invited applications from businesses based in Wallsend Town Centre to carry out work to shopfronts and improve the external appearance of the buildings.

A number of them have already been completed and you can see some of the fantastic results!

Businesses can still get involved in our Digital Wallsend programme if you'd like to improve your online presence.

You can find more information and sign up at www.digitalwallsend.com.



Improving connections in Wallsend

One of the key aims of our Ambition for Wallsend is improving connections between key sites.

A scheme has been designed to improve the walking and cycling route between Segedunum/Hadrian's Cycleway and the High Street. The proposals include a new crossing point across the A187 Buddle Street, the route then runs via the Wooley Street and Maude Gardens housing area and the bus station to Atkinson Terrace and the High Street.

New trees will be planted along the route and the children's playground area in Maude Gardens will be upgraded in consultation with local residents. Once the scheme has been finalised, work will start in spring 2024.

This scheme is funded by the North of Tyne Combined Authority's Towns and High Streets Innovation programme.

Further information is available on our website by searching 'Ambition for Wallsend'.

Our Ambition for North Shields



Improvement works for Bedford Street

Bedford Street is about to be transformed by a major improvement scheme. It will be repaved, with trees and seating added.

The works will be carried out by the Council's construction partners Capita, using government funding secured from the new North East Mayoral Combined Authority.

The scheme will start in late spring and will connect with other regeneration sites at the Transport Hub, Howard Street, Northumberland Square, and the Riverside Embankment Walkway.

Access will be maintained so that businesses can continue trading.



Bedford Street artist's impression

Maritime Artwork

Three pieces of artwork inspired by North Shields' maritime heritage have been installed in the Transport Hub and Town Square.

Created by local artist Colin Davies, they are made using sustainable materials and paid for by the Government's Transforming Cities Fund.



Monkey's fist knot sculpture

Stephenson Street Gateway

Work is underway at one of the improved gateways to North Shields, at the Albion Road/Stephenson Street junction.

Capita is adding new traffic signals and upgrading pedestrian and cycle facilities to make it easier to get into the town centre.

Town Square Naming Event

The name of the new Town Square will be revealed at 10am on Friday March 15th at an unveiling event. All are welcome.

Launch of North Shields Cultural Quarter: Creativity Takes Centre Stage



Hundreds of people turned out to celebrate creativity and culture in North Tyneside, at the official launch of North Shields Cultural Quarter.

The audience at the Exchange 1856



Guests at the Exchange 1856 was told about plans to develop and support the cultural economy in the area, led by North Tyneside Council.

The Cultural Quarter is funded by the North of Tyne Combined Authority. Howard Street and Saville Street in North Shields form a focal point for the growth of the creative industries in North Tyneside and the wider region.

Anthony Lo-Giudice and Brendan Murphy perform



The Exchange 1856 theatre, North Tyneside Business Centre, Globe Gallery, Pinwheel and Helix Arts are all located or relocating within it. The Cultural Quarter's Projects and Events Fund is open for applications. Artists, creative practitioners and cultural businesses are invited to get in touch with ideas.

The programme will give residents and visitors the chance to enjoy high-quality artistic experiences.

Linskill Community Choir



Skills development activities, including training, workshops, mentoring and 1:1 business support are being delivered in partnership with Generator's Create:Elevate programme and Artists' Agency from Helix Arts.

A bursary funding scheme has been helping people access opportunities in the cultural and creative sector.

www.nscq.co.uk

What's On

All details are correct at the time of going to print. Please check event information closer to the time and before making your journey.

For more information see www.visitnorthtyneside.com.



Window Wonders, Whitley Bay 2 – 3 March

Window Wonders is a community-created arts trail on the pedestrian streets near Whitley Bay Metro. Search for Window Wonders Whitley Bay on Facebook.

Spanish City Fun Fair 29 March – 4 April Links, Whitley Bay

The annual family fun fair returns to the Links. For more information contact 01429 824014.

Killingworth Street Food Festival

30 March – 1 April, 25 – 27 May
Arrow Close, Killingworth

Food and craft stalls, street food, live music and children's activities. Search Killingworth Monthly Street Food Festival on Facebook.

Good Friday Procession of Witness

29 March, 10am

Beginning and ending at
Northumberland Square, North Shields

An act of worship, led by Churches Together in North Shields, which tells the Good Friday story and includes a walk around North Shields town centre.

Good Friday Procession of Witness

29 March, 11am

Bandstand, Wallsend Park

Join Wallsend Churches Working Together for a service and music by the Salvation Army band.
www.wallsendchurches.org.uk

North Tyneside 10k Road Race (sold out)

31 March

One of the UK's most scenic running events. Supported by Northumbria Spring and Start Fitness

Tyne Tri Lakeside Aquathlon

14 April

Lakeside Centre, Killingworth

Bi-annual adult and junior aquathlon event for all ages.

www.tynetri.org

Easter Crafts

30 March, 10am – 12pm

The Forum Shopping Centre,
Wallsend

Free Easter crafts and face painting. Drop in event.

Marvellous Mondays

1 & 8 April, 27 May

Segedunum Roman Fort, Wallsend

Free family friendly craft activities.
www.segedunumromanfort.org.uk

Make and Take Thursday

4 April

Stephenson Steam Railway

Make and design your own Easter mask.

www.stephensonsteamrailway.org.uk

Crafts & Games

4 April, 10am – 12pm

The Beacon Centre, North Shields

Free craft activities and games.

Tynemouth Station Book Fair

28 April & 23 June, 10am – 4pm

Browse books on all topics and genres.
www.tynemouthstationbookfair.co.uk

Tynemouth Food Festival

11 – 12 May

Tynemouth Priory and Castle

Street food, market stalls, live music and entertainment for children including cooking classes, creative play, yoga, facepainting and more.

Advance tickets are £4 (plus booking fee), under 15s are free with accompanying adult.

Book at www.seetickets.com.

Follow Tynemouth Food Festival on Facebook and Instagram for updates.



Classic Car Show

19 May, 10am – 4pm

Clifford's Fort, outside the Old Low Light Heritage Centre, North Shields

Members of the North of England Classic Car and Pre-War Automobiles Motoring Club will be exhibiting a range of classic cars. www.oldlowlight.co.uk

A Stone's Throw Festival

25 May

Various venues

A coastal music trail.

www.astonesthrowfestival.co.uk

Whitley Bay Carnival 'Leap'

25 – 26 May

Expect parade structures, carnival club promenaders, artists and musicians all joining the parade through Whitley Bay.

Join the community celebration.

www.whitleybaycarnival.co.uk

King Eddie's Stairs Challenge

15 June

King Edwards Bay, Tynemouth

A fun but competitive challenge for all abilities, raising money for charity.

www.kingeddiestairschallenge.co.uk

Cullercoats Festival

15 June, 10am – 5pm

Cullercoats

A celebration of creativity and culture; bringing together artists, musicians, dancers, poets and writers. There will be food and drinks, activities and family fun. Search Cullercoats Festival on Facebook and Instagram.

Coast Fest

21 – 23 June

Percy Park Rugby Club, North Shields

Music festival celebrating emerging artists. Search Coast Fest on Facebook.

Silent Disco

21 – 22 June

King Edward's Bay, Tynemouth

Watch the tide go out and the sun go down while listening to some tunes from musicians and DJs while dancing the night away.

www.awesomesilentdiscos.co.uk

Feast by the Sea

22 – 23 June

Spanish City Plaza, Whitley Bay

Street food and live music by the coast. Follow Feast by the Sea on Facebook for updates.

Fake Festival

29 June

Percy Park Rugby Club, North Shields

Featuring tributes acts, local bands, entertainment, food and a bar.

www.fakefestivals.co.uk

St. Mary's Lighthouse and Visitor Centre events

0191 643 4777, stmaryslighthouse@northtyneside.gov.uk

Search St Marys Lighthouse on Facebook. To purchase tickets for bookable events visit: <https://bookwhen.com/ntc-lighthouse>

Drop in Creative Craft

2 April (11am – 4.30pm),
3 April (12pm – 4.30pm),
9 April (10.30am – 12.30pm),
10 April (10.30am – 1.30pm)

Rockpool Ramble

12 April, 10.30am – 12.30pm and
30 May, 2pm – 4pm

Easter Egg Drop Stranding Event

4 April, 10.30am – 1.30pm

Under Five Event

8 April, 10.30am – 12.30pm

Fossil Frolics

11 April, 10.30am – 12.30pm and
29 April, 2pm – 4pm



MOUTH OF THE TYNE Festival

11-14 JULY 2024

THURSDAY 11 JULY

Ocean Colour Scene

WITH VERY SPECIAL GUESTS

ROACHFORD

SATURDAY 13 JULY

ANDREW CUSHIN

PLUS SPECIAL GUESTS

FRIDAY 12 JULY

Rick Astley

PLUS VERY SPECIAL GUESTS

LIGHTNING SEEDS

SUNDAY 14 JULY

heather small

AND MORE!

INTERNATIONAL OUTDOOR ARTS | TYNEMOUTH STATION FUN | COMMUNITY PARADE | JAZZ STAGE

Organised by:



North
Tyneside
Council

Supported by:

PORT OF
TYNE



Library transformation guarantees bright future

Forest Hall Library has re-opened!

There's open plan space, modern shelving, a new community room, comfortable seating, accessible toilets and a fun new children's area.

It's doing its bit for net zero too with a new air source heating system replacing the old gas boiler. This means the library can 'zone' areas to get the temperatures just right for customers!

The work's funded by the National Libraries Improvement.



Upcoming events

Poetry at Cullercoats with Ric Hool and Tom Kelly
Tuesday 9 April, 7pm

Bestselling, multi award winning
Mari Hannah in conversation
with Rob Scragg
Tuesday 16 April, 7pm



May is Local History Month

Libraries will be offering a range of talks, displays and activities across North Tyneside Libraries during the month of May.

Find all of our events and opening hours online by searching 'Libraries' on the North Tyneside Council website.

Enjoy a cuppa with a view

Our park cafés offer a warm welcome and tasty treats, including scones, cakes, breakfast baps, sandwiches, soup and daily specials.

Northumberland Park



Rising Sun Country Park

Whitley Road, Benton

Monday to Saturday, 9am until 3.30pm
Sunday, 10.30am until 3.30pm*

Northumberland Park

North Shields

Open every day, 10am until 3.30pm*


Richardson Dees Park


Wallsend

Open every day, 10am until 3.30pm*

*Summer opening times from 1 April. During school holidays, cafés are open until 4.30pm.

For up-to-date information on North Tyneside Park events, including Northumberland Park, Wallsend Parks and Rising Sun Country Park, follow us on social media.

 @North Tyneside Parks

 @nlandpark /@wallsendparks

www.northtyneside.gov.uk

What's on at the PLAYHOUSE WHITLEY BAY

Mark Watson: Search **Sunday 10 March 2024** **7.30pm**

Mark Watson's 12-year-old son has just got a phone. His 70-year-old dad has been through the most frightening experience of his life. Both a dad and a kid himself, around the midpoint of his life, the Taskmaster star and multiple award-winner – now also famous as one-third of YouTube cult sensation No More Jockeys – returns.



Easter Panto 2024 – Robin Hood **Monday 1 and Tuesday 2 April 2024** **Monday 3.30 & 7pm** **Tuesday 2 & 5.30pm**

Head to Whitley Bay this Easter and take a trip down to Sherwood Forest with a fun-filled panto for all the family in the form of Robin Hood!

Fireman Sam – **The Great Camping Adventure** **Tuesday 9 April 2024** **1 & 4pm**

Brand New for 2024. Norman wants to go on an adventure to impress his friends, so when two famous animal explorers arrive in Pontypandy, he decides to follow them into the mountains. But when Norman discovers a rare red squirrel, one of the explorers decides to take the glory for themselves, leaving Norman stranded in a cave.

The Makings of a Murderer **Sunday 14 April 2024** **7.30pm**

With more than 34 years as a senior detective, David shares his unique insight into the minds of the murderers, the famous cases that were never solved, and how the murderer got away with it... from someone on the inside.

The Coral – The Making of the First Album **Friday 19 April 2024** **7.30pm**

The Coral are celebrating the 21st anniversary of their eponymous debut album. The record was described by NME as being the funniest and most refreshing British debut in years. In this intimate evening, singer and songwriter

James Skelly will be joined by keyboardist Nick Power for an evening of conversation, audience questions and acoustic songs

Dad's Army Radio Show **Monday 20 May 2024** **7.30PM**

The nation's favourite sitcom returns! The boys are delighted to head to Playhouse Whitley Bay with three new episodes! Two actors, two microphones, over twenty-five characters – and lots of sound effects! The Dad's Army Radio Show brings Perry and Croft's classic BBC comedy to life in this highly acclaimed stage production.

The Zombies **Thursday 30 May 2024** **7.30pm**

The Zombies will be coming to North Tyneside as part of their "Celebrating 60 Years On Tape" tour! Don't miss the chance to see this legendary band perform live.

Aled Jones: Hatched, Matched, Dispatched **Thursday 10 October 2024** **7.30pm**

Prepare to hear Aled Jones as you've never heard him before. He was the boy treble who captivated the world with his angelic voice. Selling over seven million albums, Aled was the original, classical crossover star.

For full listings, further information and to purchase tickets:

- Visit www.playhousewhitleybay.co.uk
- Visit the PLAYHOUSE Box Office: Open Monday – Friday 10am to 4pm, Saturday 10.30am to 2.30pm, plus event days.

Be supported to develop your business idea, explore entrepreneurship, or grow your existing business or social enterprise.

The Business Factory is North Tyneside Council's business support programme, for aspiring entrepreneurs and established businesses and social enterprises.

Now available is a refreshed programme of workshops, designed to inspire your next big idea, give you a toolkit to start your own business, develop your business plan, or grow your existing business or social enterprise.

Access free business ideas, resources, diagnostic tools and more, 24/7, with our online Business Toolbox.

Visit businessfactorynt.co.uk to find out more and book onto a Welcome session.



YOUR TICKET TO SELF-EMPLOYMENT

Come along to our exposition event to find out more about the support available from The Business Factory

Book your place **at businessfactorynt.co.uk**

Delivered by



North
Tyneside
Council



The
Business
Factory

17 APRIL
The White Swan
Centre, Killingworth

Become a member of our supportive business community

Gain access to valuable networking opportunities, local insights, business support updates, and collaborate with local enterprises.

JOIN US - IT'S FREE



North Tyneside
Business Forum

Connecting and Supporting Businesses

SCAN TO
SIGN UP



YOUR VOTE MATTERS

DON'T LOSE IT



On **Thursday 2 May 2024** residents of North Tyneside who are registered to vote will elect the following:

- Three local councillors for their ward,
- The Police and Crime Commissioner for the Northumbria Force Area
- The Mayor for the newly formed North East Combined Authority.

Information about this election can be found on these pages and further information is available on our website at www.northtyneside.gov.uk

Your vote is important.

Polling stations will be open on 2 May from 7am to 10pm.

Remember: If you want to vote you must be on the Electoral Register. If you are not registered you can make an application to register online at www.gov.uk/register-to-vote

You will need your National Insurance number and date of birth. If you are unsure whether you are registered, please contact us.

Support for disabled voters

We are committed to supporting disabled people to vote in elections and can support disabled voters in a number of ways:

- In addition to being able to vote by post, disabled voters can register to vote by proxy.
- Every polling station will have an accessible entrance and a wheelchair- accessible polling booth.
- Large print sample ballot papers and tactile voting devices are available to assist voters with visual impairments.
- Someone can help you vote if you need them to. This can be the Presiding Officer at your polling station, a family member, friend or support worker, as long as they are 18 years old or over.
- Polling station staff can give you a tour of the station before you vote so you can familiarise yourself with the station.

More information is available on our website.



For more information on which forms of photo ID will be accepted, visit www.electoralcommission.org.uk/voterID. If you don't have an accepted form of photo ID, you can apply for a Voter Authority Certificate at www.voter-authority-certificate.service.gov.uk

Important dates

- **Friday 5 April, 4pm:** Last day for delivery of nomination papers
- **Tuesday 16 April:** Last day to submit an application to **register to vote** in the elections on **2 May**
- **Wednesday 17 April, 5pm:** Deadline to submit a **new** application for a postal vote
- **Wednesday 17 April, 5pm:** Deadline to submit any changes to **existing** postal OR proxy votes
- **Wednesday 24 April, 5pm:** Deadline to submit a **new** application for a proxy vote
- **Wednesday 24 April, 5pm:** Deadline to submit an application for a Voter Authority Certificate

In certain circumstances, where you have an emergency that means you cannot go to the polling station in person, you can apply for an emergency proxy up to 5pm on the day of the poll. For more information, please contact Electoral Services.

Poll cards

We will deliver poll cards to all registered electors from the end of March. Where you vote in person, your poll card will tell you where your polling station is. You do not need your poll card to vote but it is helpful to take it along to the station with you.

Check the location of your polling station on your card as it may have changed since the last time you voted.

If you cannot go to the polling station on Thursday 2 May or would prefer not to, you can do one of the following:

- Apply to vote by post online at www.gov.uk/apply-postal-vote
- Apply to vote by proxy (this means someone else can vote on your behalf) - www.gov.uk/apply-proxy-vote

If you can't apply online, you can request an absent vote application by contacting Electoral Services on 0191 643 2270 or by email at elections@northtyneside.gov.uk

When will you get your postal voting papers?

Postal votes will be delivered in two stages:

- From **Thursday 18 April** postal vote packs will be sent to current postal voters and those who apply for a postal vote before 25 March
- From **Tuesday 23 April** postal vote packs will be sent to anyone who applies for a postal vote between 25 March and the deadline on 17 April

If they do not arrive you can get replacement ballot papers, from Electoral Services up until 5pm on polling day. Please contact us to arrange this.

Please remember to send back your completed postal vote as early as possible. If you haven't received your postal ballot pack by **26 April**, contact us. We can then check you are registered to receive a postal vote and issue a replacement if necessary.

I've spoilt / lost my ballot papers / postal voting statement. What should I do?

If you have spoilt your ballot papers, please contact us so that we can advise on any action required.

Remember, if you have applied to vote by post, you cannot vote in person at a polling station.

The rules around handing in postal votes have changed. If you are handing your postal vote into any council building or polling station, you will be required to complete a short form. You can also only hand in a maximum of 5 postal votes plus your own.

How to contact us

Tel: (0191) 643 2270

Email: elections@northtyneside.gov.uk

www.northtyneside.gov.uk

Write:

Electoral Services, North Tyneside Council,
Quadrant, The Silverlink North,
Cobalt Business Park, North Tyneside
NE27 0BY

More power for the region

There are big changes for the North East this year after a historic devolution deal was signed with the Government.

The deal – which could be worth up to £4.2bn over 30 years – means decisions normally taken in London will be made here in the North East. This includes important decisions on things like transport, skills, housing and regeneration.

The new combined authority is expected to lead to an extra 24,000 jobs and unlock an additional £5bn in private sector investment.

The deal covers the seven council areas of County Durham, Gateshead, Newcastle, North Tyneside, Northumberland, South Tyneside and Sunderland.

But there's no change to the way your local council operates – this is about extra funding and powers across the whole area.

Each council will have a representative on the Cabinet of the new combined authority, so each area is well represented, and decisions are made fairly. Most decisions will be voted on by a new Mayor and the rest of the Cabinet, decided by a simple majority.

The functions of the North of Tyne Mayoral Combined Authority (NTCA) and the North East Combined Authority (NECA) will be passed to the new combined authority. As well as that the work of the North East Local Enterprise Partnership, Transport North East and Invest North East England will be delivered by the new combined authority.

Use your vote

A statutory order has been laid before Parliament. Once the order is approved, there will be an election for a North East Mayor on 2 May.

The Mayor will lead a new combined authority and work with the councils for the next four years to champion the North East to the UK and the world.

That's why your vote is important. You'll be seeing and hearing more about the forthcoming mayoral election between now and May as well as getting information through your door.

Find out more at www.devolutionnortheast.com



Wedding Ceremonies and Civil Partnerships on the Tyne



Are you looking for a beautiful coastal wedding or Civil Partnership ceremony?

North Tyneside registry office is located in the Grade II listed Maritime Chambers, with wonderful views of the River Tyne in North Shields. We can tailor your ceremony to suit your needs, and our amazing ceremony rooms can accommodate for as few as two and as many as 70 guests.

Each ceremony is unique; you can choose your perfect music, your own personal promises and readings to make your day extra special. Why not call into the office and our friendly team can show you around.

Our knowledgeable registrars are on hand to answer any questions you might have relating to our wedding service. For further information:

Telephone: (0191) 643 6164

Email: registrars@northtyneside.gov.uk


 [weddingsinnorthtyneside](https://www.instagram.com/weddingsinnorthtyneside)






Photo credits: Jules Williams Photography

Contact us

www.northtyneside.gov.uk

mycare.northtyneside.gov.uk

www.livingwellnorthtyneside.co.uk

   @NTCouncilTeam

Email

contact.us@northtyneside.gov.uk

Telephone 0345 2000 101

Mon-Fri, 7.30am – 8pm.

By post North Tyneside Council,
Quadrant, The Silverlink North,
Cobalt Business Park,
North Tyneside, NE27 0BY

Other main numbers:

- Emergencies (24 hour)
0330 333 7475
- Housing and repairs
0345 2000 102
- Envirolink 0345 2000 103
- Council tax and benefits
0345 2000 104

In person: Customer First Centres

- White Swan Centre, Killingworth
- Northumberland Square,
North Shields
- The Forum, Wallsend
- York Road, Whitley Bay

Monday – Thursday, 9am – 4.30pm;
Friday, 9am – 4pm. You can book a
Customer Service appointment in
advance by calling 0345 2000 106.

About this newsletter

Feedback: (0191) 643 2211

commsteam@northtyneside.gov.uk

Distribution: Swift Advertising
(0191) 265 3207.

If you need us to do anything differently (reasonable adjustments) to help you access our services, including providing this information in another language or format, please call (0191) 643 2211.



Serve up some fun this spring and summer

Active North Tyneside is providing free tennis sessions this spring and summer.

There are a range of sessions available for people of all ages and abilities, at different times, on different days of the week. You can take advantage of sessions such as cardio tennis, walking tennis, family tennis and more.

Tennis is a sport where you can enjoy the outdoors, have fun, get fit, feel good and learn skills.

Newly-refurbished tennis courts are available to hire to use at your leisure too for just £3 an hour, choose from:

- Two courts at Crawford Park
- Four courts at Richardson Dees Park
- Five courts at Souter Park

You can find the full schedule of free sessions or book a court for use by visiting www.northtynesidetennis.co.uk or by scanning the QR code below.

Those who want to attend are encouraged to bring a racquet (don't worry if you don't have one, there are spares available) and wear comfortable clothing and footwear (appropriate for outdoor physical activity).



Play Streets

With spring approaching it's time for kids to come out of hibernation and enjoy the great outdoors.

But finding somewhere close to home that's safe from passing traffic to allow kids the space they need to play freely can be a challenge.

Enter Play Streets!

Play Streets are organised 'playing out' sessions which take place on residential streets which are temporarily closed to traffic, creating the perfect space for children and young people in the community to play and socialise together.

A 'Play Street' provides opportunities for cycling, scooting, skating, skipping, racing, hopscotch, ball games, and even made-up games!

Interested? You can find more information and advice on applying, including a checklist of things to do, resources and FAQs by searching 'Play Streets' on North Tyneside Council's website.

Play Streets have been co-ordinated across North Tyneside for the last 10 years by Alison Stenning and a small team of volunteers. As Alison takes a step back, North Tyneside Council will support future applications and we would like to thank Alison and team for their fantastic work.

Refurb helps Helen's rehab

Helen has been a Contours member since 2012, regularly attending the gym at Tynemouth Pool.

After breaking her ankle in October 2022 – which resulted in a surgery involving three plates and 12 screws – Helen was back at the gym on her mobility scooter after just eight weeks.

For Helen, going to the gym was a crucial part of her rehabilitation. Being as active as she was before her accident meant she understood the importance of the support from her fellow gym goers and the instructors.

During her road to recovery that support became invaluable as she learned how to exercise with an injury and what was achievable as her ankle healed.

Fast forward to December 2023, three months after having the plates removed, the Contours gym at Tynemouth has gone through a refurb, just in time for Helen to mix up her routine and push into the final phase of her recovery.

“The refurbishment of the gym was perfect timing for me, since the gym re-opened and I've started to change my routine to use the functional area. I've added things like slam balls, kettlebells and power bags to my programmes which is helping to improve my strength.

“The gym itself looks more modern and the layout is better, but it's kept the friendly and relaxed atmosphere I like,” explains Helen.

The refurbishment of the Contours Gym at Tynemouth was completed in December and consisted of replacing the entire gym floor,

re-decoration and the installation of new TechnoGym equipment.

You can access Contours via a membership or on short-term packages which gives access to the gym, exercise classes and swimming pools across North Tyneside's leisure centres. Find out more by searching 'Contours' on North Tyneside Council's website.



Enjoy Mini Golf and FootGolf in 2024

Join us between 10am and 1pm on Saturday 23 March for **free** play, mini games, competitions, refreshments, prizes, a pop-up Kit Hub, coaching and more!

The nine and 18 hole courses will officially open for the season the following Saturday (30 March) for children, young people and adults to enjoy.

Where: Whitley Bay Mini Golf and FootGolf, The links, NE26 1TQ

Employment and skills support

In North Tyneside, we believe everyone should have the opportunities to grow and thrive and our specialist employment and skills services are designed to support you to do just that.

Working Well North Tyneside

North Tyneside Council launched Working Well North Tyneside in 2022, providing employment, skills and health services under one roof. Since opening the first hub in North Shields, over 6,000 residents have attended events, activities and accessed one-to-one support into employment.

Due to the success of the project, a second hub has recently opened in Wallsend Customer First Centre welcoming over 1,000 customers since September 2023.

The hubs are valued by residents who benefit from personal support including CV writing, redundancy advice, interview skills training, career planning, money management and wellbeing support.

In December, following support to end his four-month job search, local resident Michael praised the hub for their 'attitude and sincerity in assisting the community' noting the warmth of response when he confirmed he got a new job.



Working Well North Tyneside is more accessible than ever. Weekly events and drop-in sessions are available at John Willie Sams Centre in Dudley, Wideopen Library, White Swan Centre in Killingworth and Whitley Bay Big Local.

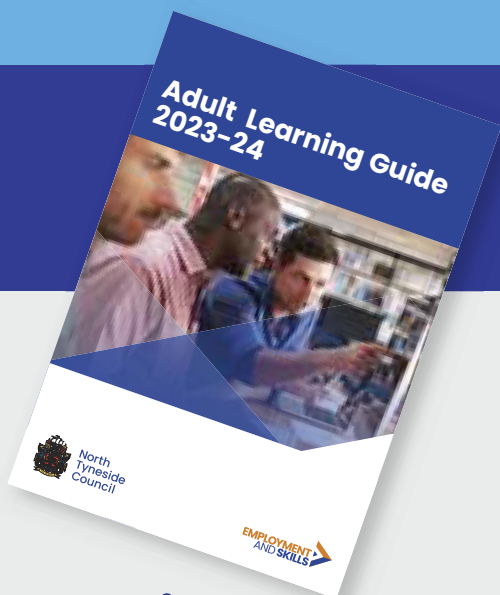
Digital Outreach Project



North Tyneside Council's unique Digital Outreach Project supports residents to develop skills for safe and easy use of digital devices. Using an informal, flexible and personalised approach, the Project delivers digital learning in the community.

The project's trained more than 40 digital champions to provide community support and encourage digital confidence. They've supported over 650 learners, helping many towards getting a job.

Veteran Tony Blakely proved it's never too late to start learning. The service's oldest ever learner recently mastered typing, taking photos and sending messages using a tablet, helping him to stay in touch with his family across the globe. At the recent Adult Learning Awards, he was presented with a special recognition award for his determination and hard work in the classroom and at home.



Adult learning and skills courses

Whether you are preparing for a job, starting a new career or building your skills, there is something for everyone with a wide range of courses from health and social care to digital skills, English and maths.

We know that learning is about more than just building skills and gaining experience, so our courses support wellbeing, boost confidence, build friendships and help you to realise your true potential.

We recognise that each learner is unique, so we work with you to create a personalised study programme that suits you. Whether you're looking for daytime, evening or online classes, we offer the flexibility you need to manage learning around other commitments – whatever your stage in life.

You will also receive outstanding support from our passionate student services and learning support teams for everything from help with childcare and course fees to one-to-one appointments with our wellbeing mentor.

For further information on all Employment and Skills services in North Tyneside:

Visit www.skillsnorthtyneside.org.uk

Email curriculum.support@northtyneside.gov.uk

Telephone 0191 643 2288



North Tyneside Council's outstanding training programme is looking for the next generation of inspiring trainee teachers

With the Council's early years and primary teacher training course, you can gain Qualified Teacher Status (QTS) and a Post Graduate Certificate in Education (PGCE), accredited by Northumbria University.

Renowned for its success in supporting its trainees to have successful, thriving careers in teaching, the programme is open for applications for its next intake of trainees in September 2024.

The year long course is school-centred and offers training at the Council's professional development centre where trainees will learn from experienced early years and primary professionals.

The 'outstanding' Ofsted rated course has a fantastic relationship with local schools, and trainees are guaranteed placements in schools in North Tyneside where they'll get practical, hands-on classroom experience.

Graduate Olivia completed the course in 2023 and is now teaching. Speaking of her experience she said: "The depth of knowledge I gained from this course was everything and more that I needed to be a successful teacher. I felt supported the entire time and knew I could seek advice and guidance from anyone.

"I made the right choice and would recommend the course to anyone looking for a high-quality teacher training programme. It is a very intense year, but it is extremely rewarding and 100% worth it."

For further information visit <https://ntscitt.org.uk>

A listening council



Thank you to everyone who took time to take part in our annual budget engagement by filling in the online survey or coming along to an event.

In total, 237 online surveys were completed and over 500 people heard about the proposals from face-to-face meetings and focus groups.

The survey asked whether the Authority's focus on the areas where it had identified changes could be made, to help achieve a balanced budget, was reasonable.

Sixty-seven per cent of respondents agreed that it was. Respondents were also asked whether the proposal to raise Council Tax by 4.99% was reasonable and 58 per cent agreed that it was.

At the in-person sessions, people were generally supportive of the budget proposals but had some concerns about rising living costs. There was a real emphasis on the need to support people and organisations through change. You can read more about the budget on pages 4 and 5.

North Tyneside Pride Event

We are planning a new North Tyneside Pride event.

This will be a cultural event for everyone, to sit alongside the regional Northern Pride event. We want to celebrate our local LGBT+ community, showcase different cultural organisations and create a great day for the whole family!

As part of our planning, we're putting together a group to help us create a fantastic event. If you'd like to get involved, please email engagement@northtyneside.gov.uk. No previous events experience is required, all welcome!

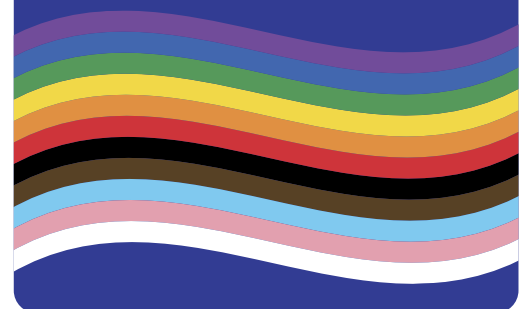
Council tenant? Get involved and make a difference!

We are always looking for tenants who are passionate about our housing service to work with us to help improve our service and influence the decisions we make.

Over recent months tenants have been involved in reviewing our Lettings Policy and tenant engagement plan; and several of our involved tenants will shortly be helping us shape or review the following:

- Tenant Support Fund
- Repairs Policy
- Repairs Handbook
- Tenancy Agreement
- Annual Tenants' Event

If you are interested in getting involved too, please call (0191) 643 7746 or email engagement@northtyneside.gov.uk



Our North Tyneside Voice



Sign up today and we will contact you every time we have an opportunity for you to share your views on our services. Scan the QR code to get started or call us on the number below.



Email: engagement@northtyneside.gov.uk
Telephone: 0191 643 2628



A GREEN NORTH TYNESIDE



Neat Streets: the story so far

Our Neat Streets initiative is transforming North Tyneside by enhancing cleanliness, greenery, and safety.

From August to December 2023, our teams cleared over 100 tonnes of waste, including 50 tonnes from 5,400 properties, through 22 estate clean-ups and 48 special collections.

We inspected hundreds of streets and communal areas, and we took enforcement action to have 129 'eyesore' gardens tidied up.

Our Helping Hands scheme made 150 extra visits (700 in total) to assist vulnerable tenants with the upkeep of their gardens.

A vital element of Neat Streets is getting residents involved through our digital reporting system. QR codes on bins and kiosks make it easier to report concerns, and we've received 380 reports so far about issues ranging from dog fouling to fly-tipping and graffiti.

These reports guide our teams to address specific concerns, identify trends, and prevent recurring issues, ensuring a lasting improvement in street cleanliness.

Neat Streets at a glance:

- 100 new bins placed at littering hotspots across the Borough
- New road sweeping and grass-cutting equipment
- New teams to maintain the cleanliness of our estates and tackle antisocial behaviour
- Digital reporting using QR codes attached to bins and kiosks
- 22 new neighbourhood officers, three neighbourhood managers, and a supervisor



Neat Streets team



A GREEN NORTH TYNESIDE

Find useful tips and advice at my.northtyneside.gov.uk/actiononclimatechange

A-Z of rubbish

Our comprehensive A-Z of rubbish provides guidance on how you can dispose of many household items.

We have picked out the items for disposal that we're asked most about.



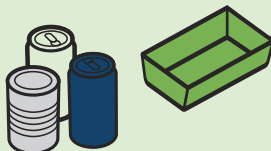
Aerosols: Drop your empties in the main part of your grey bin for recycling

Batteries: Don't belong in any of your bins as they can pose a fire risk. Please take them to a local shop or find your nearest recycling point on our website www.northtyneside.gov.uk and search 'find your nearest recycling point'.

Blister packs: Cannot be recycled as they are made of mixed materials, but many local pharmacies now offer free blister pack recycling.

Clothing: Clothing and textiles are not suitable for grey bins. Please donate them to charity shops, friends, or a clothing bank.

Electrical items: Recycle smaller items such as toasters, hairdryers, and phones at our collection points; larger ones at the HWRC (the tip).



Foil: Clean foil can be scrunched into a ball and recycled in your grey bin (including kitchen foil, aluminium pot lids, and foil trays). The bigger the better as it is easier to recycle!

Glass bottles and jars:

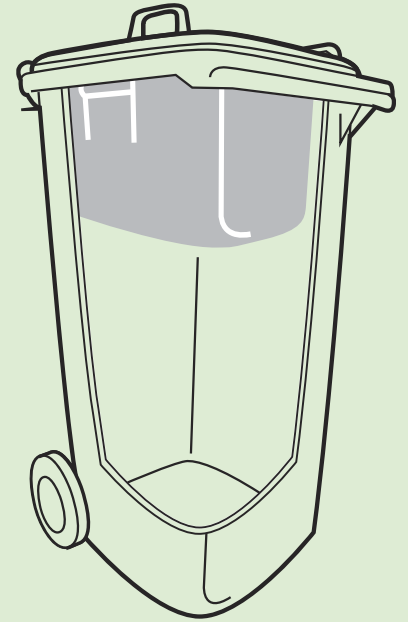
Rinse and place them in your caddy, and the lids in your grey bin. Your caddy must be inside your bin, or it won't be collected. Excess glass can be taken to the HWRC or one of our glass skips.



Light bulbs: Cannot be recycled but can be taken to the HWRC.

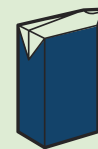
Nappies: Disposable nappies go in your green bin or consider the Real Nappies scheme for £30 cash back. Contact recycle@northtyneside.gov.uk for info.

Pizza boxes: Pizza boxes should only be placed in your grey bin if they are clean, with no grease or food leftovers. If the lid is clean, tear it off and pop it in your recycling bin, and the dirty part can go in your green bin.



Plastic bags: We cannot accept plastic bags in your grey recycling bin, but you can use a soft plastic recycling point at your local supermarket. Find your nearest one on our website www.northtyneside.gov.uk and search 'find your nearest recycling point'.

Plastic Plant pots: Do not place them in your grey recycling bin. Why not reuse them for planting new seeds?



Tetra Pak cartons (chopped tomatoes, long life milk cartons etc):

Any beverage, fruit juice, soup, sauce, or milk carton can be rinsed and recycled in your grey bin.

Wire coat hangers: Recycle in your grey bin.

Yoghurt pots: Rinse and recycle in your grey bin.



Let's get it right

- Make sure only non-recyclable items go in your green general waste bin
- All recyclable items should go in your grey bin loose – not in bags (bags can't be recycled and slow down the sorting process). We can't recycle plastic bags of any kind.
- Don't leave separate rubbish or recycling next to your bins as it won't be collected
- To find out what can be recycled, check out the A-Z of rubbish on our website, or call 0345 2000 103
- This recycling symbol does not guarantee an item will be accepted for recycling by your kerbside recycling collection, it means only that a material is capable of being recycled
- Placing non-recyclables in recycling bins is one of the biggest challenges we face. The wrong items can slow the sorting process down and can potentially damage machinery. This might explain why your grey bin hasn't been collected. Responsibility lies with the homeowner to ensure bins are free of contamination.



We're making a difference

Our carbon footprint is down by 58%



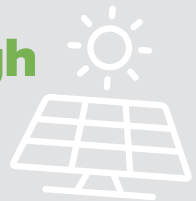
Planting 12,000 trees



Converting 30,000 street lights to LED



Generating power through solar panels



Please make your climate action pledge at my.northtyneside.gov.uk/actiononclimatechange



Household Waste Recycling Centre



Open 8am–8pm daily (except Christmas Day).

Book a timeslot and find out more about the materials accepted on our website.

A GREEN NORTH TYNESIDE

Find useful tips and advice at my.northtyneside.gov.uk/actiononclimatechange

First fruit and nut trees planted

Hundreds of apple, nut and pear trees will soon be growing around North Tyneside.

They're community orchards, where residents plant trees in unused spaces across the Borough. We pay for the trees and support the orchard getting started.

Orchards are great places for people to grow food, come together and learn new skills. They also increase the bio-diversity of an area, and we're delighted that the first successful residents' groups are starting to plant their whips (young trees!).

We had £11,300 of funding to give out, after applying to the government for

Coronation Living Heritage Funding, which commemorates the King's Coronation.

It's part of our commitment to plant more trees, as members of the North East Community Forest (NECF). We've planted 12,000 trees in North Tyneside since 2022, and those trees are expected to capture over 7,000 tonnes of carbon across the next 50 years.

We recently held two tree-planting events with Northumberland Wildlife Trust to support NECF.

Dozens of residents gave up their time and together we planted 1,125 trees in Backworth and Chirton.

They're a mix native to the North East, including silver birch, cherry, holly and oak trees, and we're delighted that most of them survived the winter. We'll be holding more tree-planting events this year, with locations advertised on our Facebook page and via our ward councillors.

For more information please contact treeplanting@northtyneside.gov.uk



Some of our wonderful residents helping out!



Young people back vape littering campaign in North Tyneside

Youth Councillors have unveiled new recycling points for single use vapes across North Tyneside.

North Tyneside Council has set up 15 new recycling points to collect used vapes, as part of a new initiative funded by Material Focus. Disposable vapes are difficult and expensive to recycle because they're made from a mixture of materials that cannot easily be separated.

Young Mayor, Cameron Quinn, said: "Disposable vapes have no place being littered on the ground and in our oceans as they are incredibly harmful and dangerous to the environment.

"Vapes contain hidden batteries that shouldn't be binned as they can ignite when crushed during the collection or sorting process. Our new recycling points will make sure vapes can be disposed of safely."

Councillor Hannah Johnson, Cabinet Member for the Environment, said: "Single use vapes have become one of the worst offenders in our throwaway culture, so I am really pleased to see these new locations set up to receive people's used vapes.

"The involvement of our Youth Council sends a strong message about the importance of environmental action and why it matters to young people."



Young Mayor, Cameron Quinn, and Youth Councillor, Daniel McTiernan

Grow and eat your own fruit and veg!

Create your own community garden and benefit from the fruits of your labour by taking home fresh fruit and veg you've produced yourself.

The 'Grow and Eat' grant can help you transform a communal space where people can come together to socialise and learn about the health benefits of fresh food and gardening.

Whether you're a business or a community group, if you have some outdoor space in need of some TLC and some willing volunteers, the Grow and Eat grant can get you started and provide your project with up to £500 for things like trowels, seed trays, pots, and compost.

Find out more by searching 'VODA Grow and Eat grant' online.

The Grow and Eat grant is a collaboration between North Tyneside VODA, Public Health and Active North Tyneside.



New life for old garages

A set of old garages in Battle Hill have been turned into comfortable, affordable homes by North Tyneside Council.

The former garage sites, in Bellshill and Blackhill Close, have been refurbished in partnership with HUSK. They have been transformed into nine two-bedroom bungalows across Battle Hill.

The garages had become an eyesore in the local area, but following the project, the site has been transformed and the first residents have now been welcomed into the homes.

The site was redeveloped using HUSK's patented method in which the garage roofs are removed, and the walls are retained. Prefabricated insulated timber framed walls are then erected with the elements of the home being created inside the void, including a kitchen, wet room, living and dining area.

The design also incorporates a resident parking area and individual front gardens.

The homes are eco-friendly with an insulated timber frame and roof, air source heat pump, and solar panels to help reduce the electric bills for new tenants.

The development forms part of the Council's Affordable Homes Programme, which is a commitment by the Elected Mayor and Cabinet to deliver 5,000 affordable homes in North Tyneside. To date, over 2,000 homes have been delivered and the Council is always looking at opportunities to increase this number.



Officers from North Tyneside Council and HUSK celebrating the completion of the new affordable homes.

Demolition work starts on former social club

Work has started on the demolition of a former social club to make way for high-quality affordable homes in Wallsend.

The former Rosehill Social Club, on Angle Terrace, has been out of use since 2014 and the site has since become derelict, becoming a hotspot for antisocial behaviour and vandalism.

Following the site's previous owner having difficulties maintaining and finding a renewed purpose for the site, North Tyneside Council has stepped into purchase and earmark the site for eight new affordable homes for residents.

And now, alongside Thomson's Demolition, the Council has begun work on a controlled demolition for the site that is expected to take around 10 weeks.

Officers are now working on plans for the scope and design of the homes that will be built on site, pending planning approval.



On site at the former Rosehill Social Club

Are you or a loved one looking for care and support at home?

We are here to help.

Our team are highly trained to offer a wide range of support and help you get on with life.

No two people are the same, which is why all of our care and support is tailored to meet your individual goals and aspirations.

Call us on **0191 287 7028** or visit www.everydayuk.org to find out more.



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 0191 287 7028

 enquiries@everydayuk.org



Discover rented housing with extra care at Sandringham Court

Our independent living apartments are designed to meet the specific needs of those over 55 who want to continue to maintain an independent lifestyle with the added support of care.

-  On-site manager
-  24-hour emergency call system
-  Care team onsite 24-hour a day delivering planned care calls at set times throughout the day
-  Onsite catering team/restaurant
-  Guest room available
-  A pet friendly environment*

Sandringham Court, Blackfriars Way,
Newcastle Upon Tyne, NE12 8SW

01916 225 147

www.anchor.org.uk/SandringhamCourt

*Anchor Pet Policy applies.
Calls from landlines are charged at a local rate. Call costs from mobiles vary according to your plan.



Coastal route on track



Good progress is being made to construct a safe two-way route for cycling, walking and wheeling along the seafront.

The project, which is being delivered for North Tyneside Council by its partner Capita, stretches from Tynemouth Front Street to St Mary's Lighthouse in Whitley Bay.

The work is split into two phases. Phase one is between Front Street and Beach Road roundabout and is expected to complete at the end of Spring 2024

Progress to date has included:

- Full carriageway reconstruction outside Percy Gardens' entrance gate
- Laying coloured tarmac and new kerblines for the new two-way segregated cycle path and footway
- Installation of new toucan crossing points along the route

The team will continue to construct the two-way segregated cycle path and footway. The section on the southern side of Beach Road, as far as the Broadway roundabout, will be completed in the coming weeks.

The project involves resurfacing long sections of carriageway, with some road closures expected towards the end of spring. Affected residents and businesses will be notified directly and there will be advanced warning signs to inform motorists.

On-going road and footpath diversions are clearly signposted.

The project is expected to finish by 2025. It supports the Council's ambition to work towards being carbon net-zero by 2030, and making the Borough cleaner and greener.

Funding has come from the Department for Transport's Active Travel England and Sustrans.

Stay up-to-date with the improvement work:

Subscribe to our newsletter, email: sustainabletravel@northtyneside.gov.uk and put "Seafront Sustainable Route" in the subject, or scan the QR code adjacent.



Listening to your views on highway projects

Whenever a planned highway improvement scheme is being developed, the Council engages and consults with the public. How we do this depends on the project.

Things like the location of the works, the number of people affected, impact on traffic flows, and whether the project involves something new or innovative, all influence how we engage with you.

As well as our residents, businesses and local councillors, the Council will often seek feedback from the emergency services and representative groups.

The comments received are carefully considered and can result in changes to the final scheme designs if found to be feasible and affordable.

The way we do it can include letter drops, online consultation and the opportunity to speak to officers at drop-in events.

In most cases, because a highway scheme will involve changes to the public highway, a Traffic Regulation Order (TRO) is needed.

This is a statutory requirement which means we formally advertise the proposed changes to the highway, such as a change in speed limit or new road humps.

The details are advertised in the local press, uploaded to the North Tyneside Council website and a notice will be displayed on site. The public then has the opportunity to comment or raise any concerns. Any objections are properly considered and attempts are made to resolve them.

Any objections not subsequently withdrawn are referred to the Cabinet Member for Environment who decides whether the TRO should be made, should be made with modifications, or not made at all.

Can you give a child a loving forever home?



Adopt North East, your local adoption agency, is looking for forever homes for more than 25 children right now.

Adoption changes lives. Bella's* first few years were tough, and she missed out on lots of things a loving family would give. Thanks to Adopt North East, she is now settled with a wonderful family with lots of love and laughter every day.

The regional adoption agency knows that financial concerns can put people off adopting children like Bella and that's why they will explore whether you are entitled to financial support to adopt.

So, you can worry less about the cost of living, and concentrate on the loving.

Get in touch with Adopt North East at any time to find out more about adoption, the ongoing support you would receive and how to join one of the informal, warm, and honest information events.

The next online event takes place on Wednesday 3 April or visit the team at their in-person event at the Linskill Centre in North Shields on Thursday 9 May.

www.adoptnortheast.org.uk
 Email: adoptnortheast@adoptne.org.uk
 Tel: (0191) 643 5000



* Children's names have been changed.

"Fostering for us is giving something back and making a difference to young people's lives."

In 2020, Lisa and Stephen Killinger signed up to become short break foster carers to help make a difference to children's lives.

Three and a half years later the couple have welcomed more than 30 children into their home and are sharing their story to encourage more people to consider foster care.

Stephen said "the thing that led us into fostering was my wife Lisa's job as a teacher. She'd come home with stories about children that had been abused or neglected and that made us think we wanted to do something to help."

Lisa and Stephen are parents to a three-year old. Lisa said "short term foster care is great because it gives you the best of both worlds. You have the children for a relatively short period of time so you get to build a relationship with them on a fun basis.

"Our three-year-old loves it when the kids come. They have lots of fun racing up and down the stairs, playing games and watching cartoons on the TV.

"I'd say to anyone who is thinking about fostering and feeling scared or frightened not to let those fears

take over because the rewards at the end outweigh everything else."

If you're interested in fostering in the North East, visit **fosterwithnortheast.org.uk** or call 0800 917 7771.



Childcare support is expanding



Thousands of families will have access to funded childcare this year following an expansion of childcare support.

Eligible working parents in England can apply for 15 hours of funded childcare for their two-year-olds today with more changes to follow:

The funding can be used at participating full day care (e.g nurseries), participating schools, childminders and sessional providers (e.g. playgroups).

You can apply for your space now at www.childcarechoices.gov.uk and parents have until 31 March 2024 to apply for a code to receive a funded two-year-old place in summer term 2024.



SCAN ME

April 2024 – eligible working parents with children aged two will have access to 15 hours childcare.

September 2024 – the 15 hours childcare offer will be expanded to eligible working parents with children between nine and 23 months old.

September 2025 – eligible working parents with children between nine months up to school age will have access to 30 hours childcare.



Healthwatch North Tyneside are here to help you find the health and care support you need. We also gather feedback from local people about **health and care services**, then work with providers to improve them.

We are **here to hear your views and experiences** any time, but we also have focused projects looking at what you have to say about:

- dentistry
- people with learning disabilities
- young carers
- experiences of care after a stay in hospital



www.hwnt.co.uk – 0191 263 5321 – info@hwnt.co.uk – scan the QR:

Independent living flats open in Forest Hall



Sixteen new apartments which allow adults with social care and health needs to live independently have opened in North Tyneside.

The brand-new facility on Oswin Road in Forest Hall was commissioned by the Council to provide independent, self-contained flats for residents living in residential care who were likely to live successfully on their own.

Residents are helped by the charity Community Integrated Care, who provide 24-hour support. The new residents include Susan Turnbull who moved into her new flat last year after a referral from her Social Worker.

She said: "I've been living here for two months, and I like it. I know I can

shut the door and think about life and be on my own and watch the television and do things I want instead of having people around you all day and night."

All referrals for Oswin Road are made through North Tyneside Council's Adult Social Care Team for those requiring support and care.

The flats come furnished with essentials including a bed, washing machine and fridge freezer and all residents have access to a communal outdoor space.

Transform lives as a Shared Lives Carer

If you have a spare bedroom, you could help to transform someone's life as a Shared Lives Carer.

North Tyneside's Shared Lives is a care and support service for adults who want to live independently in the community.

We're looking for more caring people with a desire to make a difference to open their homes and become Shared Lives Carers. In return, you'll receive a generous allowance for the care and support you provide.

You can decide if you want to provide long term support or arranged short breaks for emergency care and support. You'll receive support from a dedicated team.

The service was recently inspected by the Care Quality Commission (CQC) who said, "people were supported with warmth, compassion and dedication".

Now rated 'good' with outstanding features, the service is celebrating the result and looking to grow its community of friendly, compassionate carers.

If you're interested in becoming a Shared Lives Carer, please contact Martin McGregor on 0191 643 5241 or email martin.mcgregor@northtyneside.gov.uk



SUPPORTING YOUR HEALTHCARE NEEDS

IN NORTH TYNESIDE

Using the right service helps us help you. Going to the right place means you get the right care for your needs. And you may be seen more quickly.

1



Feeling unwell and not sure who to call?



NHS 111

(Your first port of call) NHS 111 will direct you to the right service for your needs.

Open 24/7. Call 111 or visit 111.nhs.uk.

2



Common illnesses

- Aches and pains
- Allergies
- Cold and flu
- Ear care
- Eye care
- Mouth care
- Skin care



Community pharmacies

Talk in confidence. No appointment required.

Visit <https://www.nhs.uk/service-search/pharmacy/find-a-pharmacy> for your nearest pharmacy.

3



A range of conditions

Symptoms that aren't going away that requires attention from a GP, nurse or other health professionals.



Your GP practice

Before you make an appointment, think about what other services might be able to help, such as NHS 111 or pharmacies.

Visit your practice website or contact them for details.

4



Injuries or illnesses that require urgent attention, but are not life-threatening

This includes:

- Head, ear or eye problems
- Sprains and strains
- Cuts and bites
- Wound infections
- Less serious fractures or broken bones
- Skin infections and abscesses



Urgent Treatment Centre at North Tyneside General Hospital (Rake Lane)

Open 8am to midnight.

Between midnight and 8am, you should contact NHS 111 to be referred to the right service.



5



Serious and life-threatening emergencies

This includes:

- Loss of consciousness
- Sudden shortness of breath
- Suspected stroke
- Severe chest pain
- Severe blood loss
- Severe stomach pain



Emergency Department at Northumbria Specialist Emergency Care Hospital (Cramlington)

Open 24 hours a day, 7 days a week



Affordable food stores open across the Borough

Food support has expanded in the Borough thanks to the opening of five new social supermarkets offering affordable food shops for residents.

We believe everyone should have access to affordable food and thanks to our voucher scheme, hundreds of residents have been encouraged to visit the stores.

It meant that the first food shop was completely free, and the second was half price to help those who needed it most.

There are now seven social supermarkets open each week across the Borough:

- **Cedarwood Trust's Nourish Store** is available in Meadowell via a weekly membership system. Members pay £4 to get at least £15 worth of shopping. To join, pop into the Cedarwood Trust with proof of address and £1 to join.

- **Wallsend Food Pantry** is in The Allen Centre (formerly the Allen Memorial Methodist Church), The Green, NE28 7NP. The pantry operates Friday mornings, 10am to 12pm, where residents can save up to 50 per cent on their food shopping. Pop along to register.
- **Whitley Bay Big Local's** social supermarket is open Tuesdays and Fridays 10am - 12pm. There's a range of fresh fruit and veg, milk, bakery items, tins and dried goods. The Big Local can be found at 158 Whitley Road, Whitley Bay, NE26 2LY. Tel: 0191 252 3570.
- **North Tyneside Disability Forum** social supermarket runs each Monday between 11am and 1pm and a food shop costs £5 for around £10 worth of food. The Forum is at Shiremoor Centre, Earsdon Road, Shiremoor, NE27 0HJ.
- **Cedarwood Trust's** Battle Hill pop-up food club, based at the Church of the Good, runs each Friday between 11am and 1pm. A shop costs £4 for around £16 worth of food.

- **St Paul's Community Partnership** runs a social supermarket each Thursday between 10.30am and 1pm. Membership costs £1 and members simply pay £5 for around £10 worth of food. The store is at St Paul's Centre, George Street, Willington Quay, Wallsend, NE28 6SL.



Registered Charity Number 1151746

Did you know that The Bay Foodbank is North Tyneside's only foodbank?

The Bay offers crisis support in really difficult times with referrals from our welfare team.

Located in Meadowell, it is the only emergency foodbank that supports our residents. That means any donations you make go directly to those living in North Tyneside.

There's information online about how you can donate food, time or money thebayfoodbank.org.uk

Need some help to introduce baby to solid foods?

Last Summer the 0-19 Children's Public Health Service asked parents of babies and young children how they could be better supported.

As a result of the survey, the 0-19 team has introduced a schedule of face-to-face sessions across North Tyneside where parents can get

together as a group and get tips, advice and guidance from Health Visitors as they approach the weaning stage.

Topics covered will include whether baby is ready for solid foods, where to start, what you will need, safety, what to expect as your baby gets older and more.

Sessions are taking place on:

Monday 18 March, 1.30-2.30pm	Waves
Wednesday 20 March, 1-2pm	Riverside Family Hub
Tuesday 2 April, 11am-12pm	Wallsend Customer First Centre
Thursday 4 April, 10-11am	John Willie Sams Centre
Monday 15 April, 1.30-2.30pm	Waves
Wednesday 17 April, 1-2pm	Riverside Family Hub
Tuesday 7 May, 11am-12pm	Wallsend Customer First Centre
Thursday 9 May, 10-11am	The Oxford Centre (Library)
Wednesday 15 May, 1-2pm	Riverside Family Hub
Monday 20 May, 1.30-2.30pm	Waves
Tuesday 4 June, 11am-12pm	Wallsend Customer First Centre
Tuesday 11 June, 1-2pm	Shiremoor Family Hub
Wednesday 12 June, 1-2pm	Riverside Family Hub
Monday 17 June, 1.30-2.30pm	Waves
Tuesday 2 July, 11am-12pm	Wallsend Customer First Centre
Tuesday 9 July, 1-2pm	John Willie Sams Centre
Wednesday 10 July, 1-2pm	Riverside Family Hub

Sessions are free to attend and there's no need to book, parents are welcome to just turn up at the time of the session.

It's a great opportunity to talk to professionals about all things weaning and listen to helpful tips and advice around introducing solid foods.



This Spring learn how to be Healthy4Life

Do you want to improve your child's health? Healthy4Life is a free 10-week programme to support you and your family to make healthy lifestyle changes.

There's a programme for families with children aged 4-7 and a separate programme for families with children aged 8+.

You'll work with other parents independently of your child(ren) and with them as you all learn about small changes you can make to be that little bit healthier.

From lifestyle topics like understanding food labels and learning about sugar and fat to preparing healthy snacks and trying new foods, there's an opportunity for the kids to try different sports and games, and for the parents to get some guidance in the gym.

The next programmes are due to start at the end of April/ beginning of May. For more information or to register for a programme, visit www.activenorthtyneside.org.uk/healthy4life



“Hope for the first time that I could turn my life around..”

North Tyneside Recovery Partnership (NTRP) is for anyone of any age in North Tyneside who is experiencing problems with drugs and/or alcohol.

“I am a recovering alcoholic and I am sober.

I always remember an appointment I first had with my Key Worker who asked me what I wanted to achieve and I said immediately abstinence without hesitation. I had drank to excess for many years and I knew I couldn't stop, I was in the grip of physical and mental addiction. This was the first time someone had spoken to me without judgement and understood where I was.

“I was asked to attend a woman's group while trying to reduce my drinking to avoid physical danger. I was very nervous to attend the groups and my mind was muddled but looking back the women in the group saved my life. I found these women who had the same issues as me, or worse, and the support for each other was priceless.

“After isolating in my addiction for so long I found people who had my best interests at heart. This gave me hope for the first time that I could turn my life around.

“I was given the tools I needed to stay well and it was down to me to take responsibility for my sobriety and use these tools to stay sober.

“My life has changed massively for the better but the biggest change is my attitude and behaviours towards everything in life and I owe this support entirely to workers and friends I've met in recovery.”

NTRP aims to make recovery a reality. The team supports people in a range of different ways to help them overcome problems with addition and substance misuse.

From harm reduction advice to abstinence programmes whatever stage you're at NTRP can help you plan a route to recovery.

If you'd like support from NTRP, you can contact the team directly by calling 0191 640 0180, or ask to be referred by your GP.

For more information visit www.cntw.nhs.uk and search 'NTRP'.



We will listen and support you

For women and girls (13 plus) who have experienced sexual violence

We offer counselling, helpline and email support, group work and practical emotional support in Tyneside and Northumberland

Helpline and email support:
0800 035 2794
emailsupport@rctn.org.uk

Monday – Thursday
6pm – 8.30pm
Friday 11am – 2pm

Information or referrals
0191 222 0272
rctn.org.uk
(Online referral form available)



Promote your group here!

This is space for voluntary or community groups to promote themselves, independent of the Council.

Are you part of a voluntary or community organisation? Would you like to tell North Tyneside residents about your work in this newsletter? If so, we'd love to hear from you. Please email marketing@northtyneside.gov.uk for details.

Probus Club

A club for retired and semi-retired men meets on the second Wednesday of each month, 10am – 12pm at Marden Community Centre, Bavington Gardens, North Shields NE30 3QD. Each meeting costs £2 and consists of coffee and an informal chat followed by a talk by a visiting speaker covering a broad range of topics. The club also arranges visits to places of interest and social events for members and partners. Just turn up or email blewittdavid@yahoo.co.uk for more information.



The Meadows

The Meadows is your local support hub.

Our **community garden** is a place where both people and nature flourish. Not only is it a haven for wildlife, but it's also a hub of fruitful activity. Here, we help young people and adults develop horticultural skills and work with local volunteers to make the garden a more beautiful place.

Our **Cafe** brings local people together with hearty, healthy, homemade meals at affordable prices.

We provide a range of **support options** for all ages, backgrounds, and abilities, whether you're looking to gain IT and work skills, or make new friends and improve your mental health.

We provide activity-filled **after-school clubs** for children aged 5 - 13.

For further information email info@themeadows.community



Mouths of the Tyne Community Choir

We are a small, friendly and relaxed group who sing for fun. We meet on Tuesdays from 7.30 - 9pm at the Baptist Church, Howard Street, North Shields. We enjoy singing a range of songs a cappella including folk, gospel, blues and pop. Come and give us a try, first week free, £6 per week after that. For further information contact mouthsofthetyne@hotmail.com.

Guide Dogs UK

Ready for a new volunteering opportunity? Guide Dogs have a role to suit everyone.

We are currently looking for volunteers in the North East to raise our puppies for the first year of their lives; fosterers to provide a temporary home for a dog in training; and fundraisers to join our local fundraising groups.

Join a welcoming community, create lasting friendships, and find fulfilment in making a meaningful difference to people with sight loss. For more information, please visit guidedogs.org.uk/volunteering.



Whitley Bay and Tynemouth Bridge Club

A friendly and sociable Duplicate Bridge Club which meets at 220 Whitley Road, Whitley Bay. Playing sessions are held at various times each day from Monday to Friday. New members are always welcome. For further information telephone 07960 840484.

Better Together

An inclusive group for adults with autism, their family and friends to have a coffee and socialise. Everyone is encouraged to be themselves through the group's motto 'we are better together'.

The group meets once a month at the Oxford Centre (typically the third Tuesday of the month between 1pm and 4.30pm) and once a month at Wallsend Library in the Ark Royal Room (typically the first Tuesday of the month between 1pm and 4.30pm). For further information email

waynetaylor@autismbettertogether.org.





Have you considered a career in local government?

If you're passionate about making a real difference, then working in local government is the place for you. We're promoting what a difference people can make by choosing a career within our services.

With a vast range of careers and opportunities, North Tyneside Council is a great place to work and somewhere you can make a real difference. For more information scan the QR code below.

Make a difference in North Tyneside, visit

northeastjobs.org.uk



Make
a
difference

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local council

This campaign is funded by UK Government.



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