



NEFA are the only known entity which encompasses the North East Region within its entirety. The aims of this newsletter are twofold;

The first is a shared knowledge so that similar groups with matching aims and ideals are able to be beneficiaries within their regions and then link-in with neighbours, members and partners, thereby enriching the lives of their patrons.

The second is to pool resources available within our entire North East region so that everyone may benefit.

Please feel free to send us your news and information on events in your area. Let us help each other to help the communities in which we live.

FUNDING-SUPPORT FOR PROJECTS FOR OLDER PEOPLE

The Kellett Fund established in 1996 FROM legacy OF Mr Douglas Kellett, supports projects that enable the active participation of older people in all aspects of community affairs and/or provide leisure and learning activities to them. . Funding is open to community and voluntary sector agencies active in Tyne & Wear, Northumberland and Chester-Le-Street. Find out more on the website www.communityfoundation.org.uk

THE LATEST COVID-19 VIRUS UPDATES



[Coronavirus \(COVID-19\): guidance and support - GOV.UK \(www.gov.uk\)](https://www.gov.uk) **Lateral Flow Testing**

You can now [request 7 free Lateral Flow tests for your household on GOV.UK](https://www.gov.uk) to allow you to test yourself twice a week for Covid - 19. You can submit a request every day for 7 tests. Kits are then sent directly to your home address. These tests are not mandatory but you may wish to have a supply to carry out home tests. **Order by phone** If you cannot order online, call 119. Lines are open 7am to 11pm and calls are free. **After**

Your test packs arrive take a rapid lateral flow test twice a week (every 3 or 4 days) [report rapid lateral flow test results](#) the day you or someone in your household takes the test, no matter what the result. Everyone in the household must [self-isolate](#) immediately.

The person who tests positive must [get a PCR test](#) to confirm the result (a PCR test is a different type of COVID-19 test). **How rapid lateral flow tests work** Around 1 in 3 people with COVID-19 do not have symptoms.

Rapid lateral flow tests help to find cases in people who may have no symptoms but are still infectious and can give the virus to others. The test usually involves taking a sample from your tonsils (or where they would have been) and from your nose, using a swab. You can get a result in 30 minutes.

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| MAY | MONDAY, MAY 17 | STEP 3 |
| | <ul style="list-style-type: none">✓ Rule of six scrapped outdoors✓ indoor hospitality reopens, cinemas, soft play areas, rest of accommodation sector✓ Smaller outdoor sports venues allowed 4,000 fans or half capacity (whichever is lower) Up to 10,000 people - or a quarter of capacity - allowed at stadiums holding 16,000 people or more (whichever is lower)✓ Possible return of international travel | |
| JUNE | MONDAY, JUN 21 | STEP 4 |
| | <ul style="list-style-type: none">✓ Last remaining legal restrictions lifted✓ Remaining hospitality re-opens✓ Nightclubs can reopen✓ Large events and performances can restart with full crowds✓ Restrictions for weddings may still be in effect | |

COVID-19 vaccine animations launched to help tackle disinformation

NHS England and NHS Improvement has launched a series of animations aimed at tackling disinformation about the COVID-19 vaccine. Aimed specifically at encouraging uptake in ethnic minority groups, **the animations are available in 17 different languages** and are suitable for use on a wide range of social media platforms. They **cover key topics including vaccine safety, how it was tested, how it was developed so quickly, what is in it, and what the side effects are.**

Report launch - Unlocking the Digital Front Door: keys to inclusive healthcare

On 19 May, National Voices CEO Charlotte Augst and Alice Williams, from the Accelerated Access Collaborative, will be joined by: UK vaccination lead Dr Emily Lawson, who knows first-hand the power of partnership working between communities and the health and care system in a discussion on digital healthcare and how Covid changed the system.

NHS rolls out headache-busting gadget

A small, portable device called [gammaCore](#) is now available on the NHS. The gadget is held against the neck and delivers a low-level electric current to block pain

VONNE Climate Action Alliance brings together a wide range of organizations across the North East.

The VCAA is seeking to engage with a large number of local charities, groups and environmental/ climate action organizations so that the work of the Alliance can be developed to meet their needs. This will also help to make the case for funding to develop tools, resources and training to support the sector to take climate action.

The Alliance has set a target to get 100 responses to 2 short surveys which are currently live. Please spare 8-10 minutes to visit the prototype VCAA website <https://vcaa.dev>

Connected Voice Networking Event: Volunteering and Employment Wednesday 26 May 2021 - 13:00 to 15:00 on zoom

In advance of Volunteers Week 2021, the focus is on the variety of ways that volunteering opportunities and routes into employment are reflected in the work of the local VCSE. Introduced by Chief Executive Lisa Goodwin -thinking differently about volunteering in order to meet the challenges of the 21st century. Connected Voice -and the work to support volunteering.

Booking link <https://www.eventbrite.co.uk/e/151204937037>

Free Online Classes for Older Adults and Carers

Unforgettable Experiences provide creative interactive experiences for older adults with mental health issues, neurological conditions or dementia and their carers by engaging them in artistic sessions online. Digital Activity Buddies provide support to help you to get online, with technical expertise to help you to solve any challenging technical activities and supporting you twice a week to join in an artistic session of your choice online. There is a wide range of arts activities to choose from including art, music, history, photography, creative writing, performing arts, and dance. A qualified and talented team of artists will help you to feel comfortable.

To find out more, you can access the Unforgettable Experiences website by clicking [Home | Unforgettable Experiences](#)