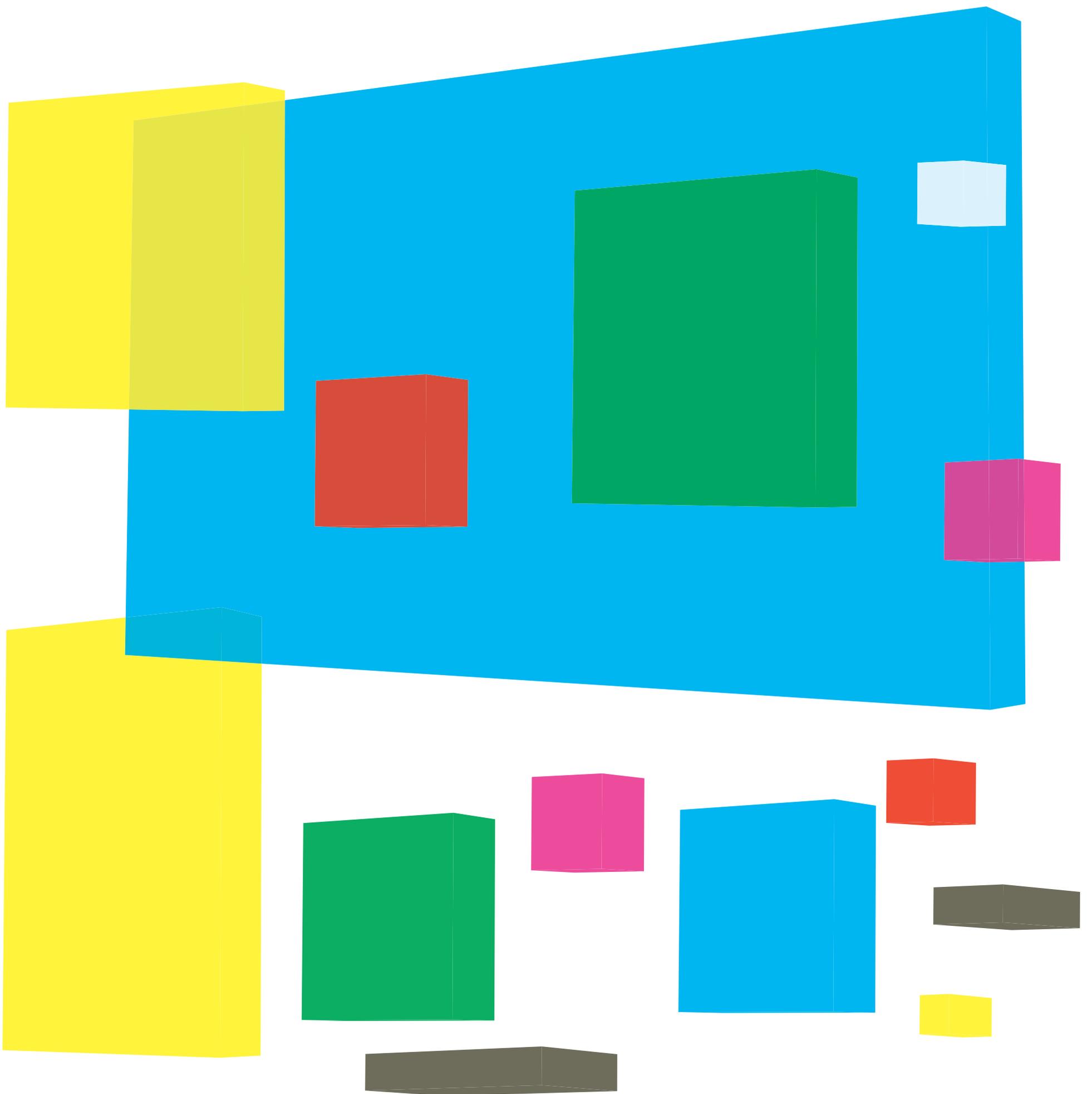


# The Lockdown Gazette

- MMXX -



activities | art | information | recipes | poetry | quizzes | **just**  
breathe

# FAMILY QUEST

# BALTIC

What red things can you spot on your daily walk, in your garden or from your window?

Write down, draw or record them in some way. Here's some to get you started:



Primulas

Goldfinches... they have the brightest red faces

A Robin

Tulips

Herring gulls... chicks tap their parent's red-spotted bill to receive food

A cinnabar moth... the red wing colour tells predators that it tastes vile!

A tiny velvet mite... covered in short, fine hair scurrying around on the ground

# A LOOK AT LADYBIRDS...

You will need:

- red paint
- a black pen
- paper

Press your finger into the red paint and make lots of red finger-prints. Allow them to dry.

Turn your prints into a collection of flittering and flying ladybirds. Add legs, heads, feelers and halve the body to make wing cases.

Add spots. Remember, each wing case is the mirror image of the other.



There are more than 40 species of ladybird in the UK. Popular with gardeners because they eat plant pests, the two-spot ladybird is one of the most common native species but some types have up to 24 spots. There's different colour variations too<sup>1</sup>.

At BALTIC, our exhibition *Animalesque / Art Across Species and Beings*<sup>2</sup> is inspired by our relationships with animals and how we impact their habitats through our own choices. To help these spotty friends flourish in your own green spaces consider planting ladybird-friendly plants and herbs<sup>3</sup> and adding a bug home near their food source<sup>4</sup>.

<sup>1</sup> For a ladybird spotting guide check out:  
<https://bit.ly/3ahsj4Y>

<sup>2</sup> Visit <https://bit.ly/2RFwsth> for more information, images, virtual tours and podcasts about *Animalesque*

<sup>3</sup> Top planting tips for supporting ladybird food sources here: <https://bit.ly/2VhxBJu>

<sup>4</sup> Here's the bug mansion of your ladybird's dreams:  
<https://bit.ly/3coRxjn>

Artist credit: Natalie Frost. With thanks to Foundation Press and The Comfrey Project, who collaborated to create the typeface used in the titles of Family Quest.

# lockdown diary

lockdown diary of Helen Shaddock

Enjoying hanging my washing outside in the sun

**Lockdown Week 6**

**Activities**

Wrote a number of letters to Friends

Mopped all my floors in the Flat and done more sorting

Essential shopping for me and my neighbours

Daily walks around local parks - Nunsmoor Park, Leazes Park, Exhibition Park and Town Moor

marginendeavour work

Walton Library work

Phonecalls and Videochats with friends, family and colleagues

Worked on writing 'The Thing' (my memoir) that is a work in progress

Daily lockdown journals

Weekly writing group

Walton Library Book club

Completed the weekly Crossword

Gardening

**Books**

The Maya Angelou Autobiographies by Maya Angelou

Letter to Louis by Alison White

MORANIFESTO by Caitlin Moran

The Mysterious Affair at Styles by Agatha Christie

**Films and Theatre**

One Man, Two Guvnors Starring James Corden on National Theatre Live

Synecdoche, New York Directed by Charlie Kaufman

Deconstructing Harry Directed by Woody Allen

**Garden Update**

Planted:

- Gypsophilia
- Nigella
- Poached Egg Plant
- Cornflower
- Wild flower mix
- Curly scarlet Kale
- Broccoli
- Cactus Dahlia
- Lobelia

New growth on my orchid

KALE

GYPSOPHILIA

CACTUS DAHLIA

CORNFLOWER

RHUBARB Now has 3 stalks!

LOBELIA

NIGELLA

**Pinky Watch**

No sign of Pinky all week but regular visits from his pigeon pals who are loving the bird seed

**Blast from the past**

Enjoyed watching a couple of lads playing kerby - a game I was taught by my neighbour, Mark, as a child. The game involves two people throwing a ball across the street aiming at the opponent's kerb.

create your own

Credit: Lockdown Diary, Helen Shaddock

You can find more of Helen's Lockdown Diaries here: [www.helenshaddock.blogspot.com](http://www.helenshaddock.blogspot.com)

template for your own Lockdown Diary

# My Lockdown Diary

The diagram is a hand-drawn template for a lockdown diary, enclosed in a pink diamond-patterned border. It features several sections with corresponding illustrations:

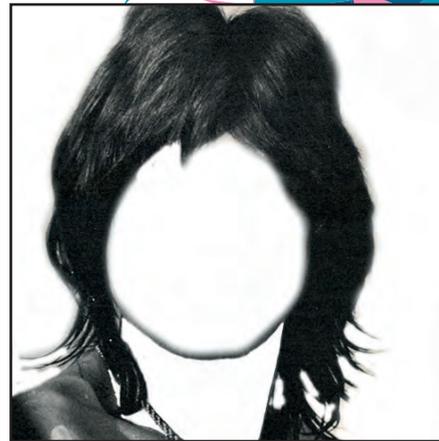
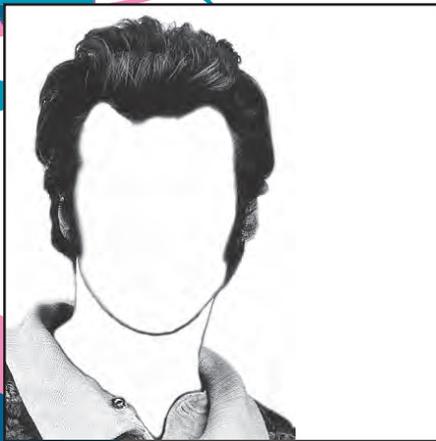
- Activities:** Located at the top left, it includes a calendar, a shoe, and a paperclip.
- Music:** Located at the top center, it features a portable music player, a cassette tape, and several musical notes.
- Films and Television:** Located in the middle, it shows a television set, a CD, and musical notes.
- FOOD:** Located on the right side, it depicts a bowl of rice, a can of 'TINNED TOMATOES', a carrot, and an onion.
- Weather and Wildlife Watch:** Located in the lower middle, it includes a rotary telephone, a sun, a bird, a butterfly, an umbrella, and sunglasses.
- Books:** Located at the bottom left, it shows a stack of books with one labeled 'BOOKS'.
- Other elements:** A stack of papers with a pen, a checkered pattern, a fork, a birdhouse, a bird, a beanie, and mittens are also illustrated.

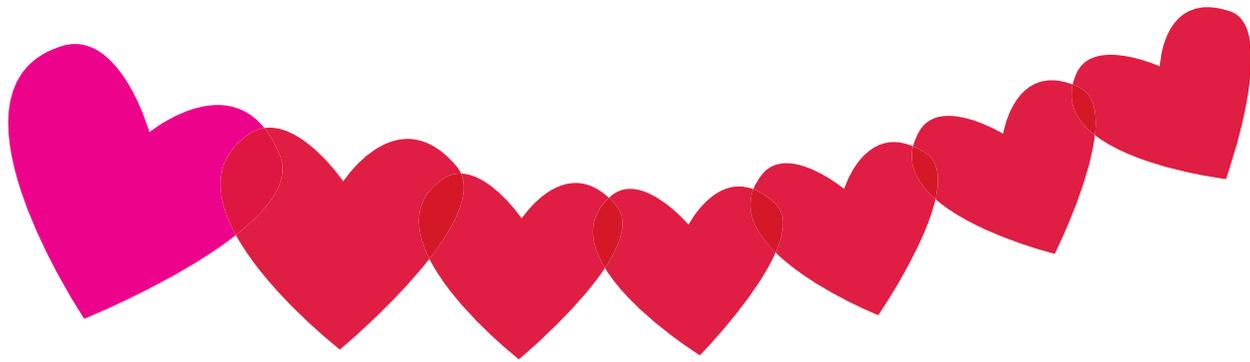
own diary

# Play With Vintage Hairstyles

by michael davies

Time travel to the 60's and 70's by painting a portrait into the vintage void. Draw yourself, friends, lovers, pets and see how they'd have looked back in the day.





# Create Paper Chains

at this time, while we're less able to congregate, chat and create together, we've been working with BaLTiC freelance artists to share some ideas for activities you could try at home. You don't need fancy materials or lots of space to be able to try them out, you just need your imagination and a willingness to experiment.

We can't wait to see what you create #balticconnect and look forward to welcoming you back to BaLTiC in the future.

by Bethan maddocks

## BALTIC



# Dioart TRail map by LADY KITT

#DioartTrail map

## Hia, i'm Kitt.

i Live in Heaton.

This is a "Dio (Doing it ourselves) art Trail map"-

some Places in Newcastle where we can join in with art making / experience creative stuff made by other People.

We can go to these Places anytime and experience what's there. Because they are Public Spaces, and People are invited to respond as and when they want, sometimes there may be lots of things to see and do. Other times there may be nothing.

i've made the map, because during lockdown i'm really missing:

- multi-sensory creative experiences
- stuff that helps us to connect and physically share our creativity

and i thought other People might be missing these things too.

some of the points on the map are things i've been involved in creating, some are not. Please feel free to add points to your own copy of the map / let other People know about other Places by:

- Leaving physical notes/ instructions at Places on the map
- (so People can find your recommendations)
- Putting instructions / photos on social media with #DioartTrail

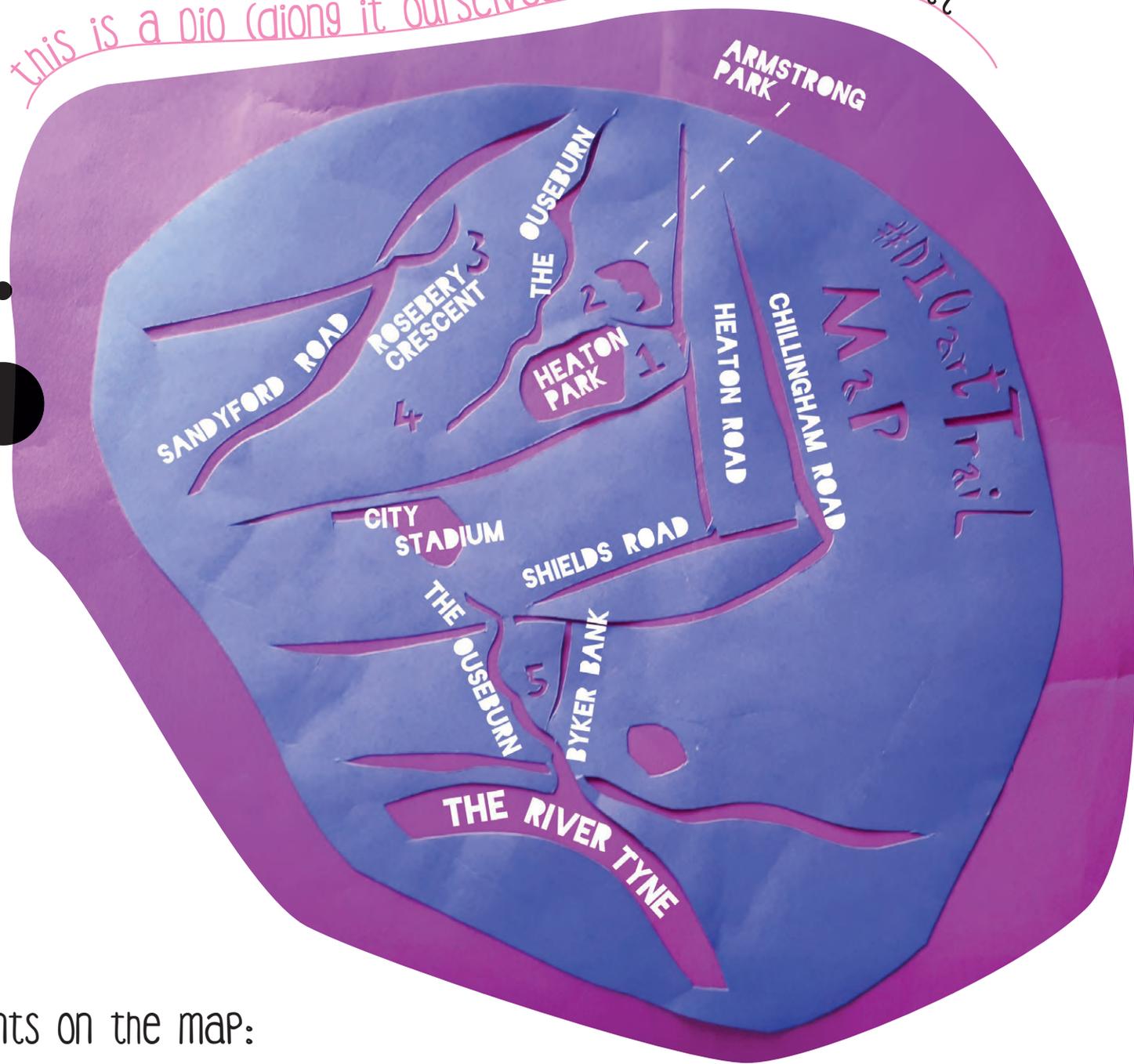
Things to think about if you're joining in:

- Please consider the environmental impact of what you are doing (use biodegradable/ natural material)
- Please consider how to keep yourself, others and venues safe while experiencing / adding to the #DioartTrail (make sure you're aware of Littering / criminal damage and UK government social distancing guidelines)

Looking forward to art-ing alongside you some time soon. Big physically-  
but-not-creatively distant love,

Lady Kitt

This is a DIO (doing it ourselves) art map by lady Kitt



Points on the map:

- 1. "Leave." a constantly changing, endlessness added to and amended patterns and structures made of leaves. anyone can add, remove, recreate at any time.  
King John's Palace, Heaton Park
- 2. shoe Tree. a tree full of shoes, as if they had grown there. anyone can add their own at any time.  
armstrong park, Heaton.
- 3. Rosebery crescent street Library / book exchange. a hand-made cabinet on the street where people are invited to take and leave books, free of charge, any time. also sometimes an accidental gallery for origami and book art.  
n22 1ET, OPPOSITE number 2 ROSEBERY CRESCENT
- 4. Towers. Piles of skimming stones to be added to and removed (for skimming purposes)  
on the bank of The ouseburn, ouseburn Road, far end towards warwick street.
- 5. fleet. Hand-made fleet of clay boats, Perpetually preparing to set sail. anyone can add a boat at any time. it's suggested that each boat should be roughly the size of the hands that made it and be left near, but not in, the water.  
Lime street, NE1 2PQ, alongside CIUNY Recording studio.

stay calm

From the people behind **the eclipse**: do it ourselves journalism fun for the family that asks . . .

# What's really gannin' on like?

The ongoing demise of journalism has been well reported. Once-powerful newspapers are now in rapid decline as innovative technologies, powered by algorithms, are radically altering how our news is created, and how we encounter it.

Journalism has often been referred to as the fourth estate, vigorously holding those in power to account be it the state, the judiciary or the business sector. Yet, the drastic economic damage inflicted on newspapers, now under the influence of wealthy owners with their own specific agendas, has resulted in growing cut backs on their most expensive asset – the journalists.

The argument that the erosion of

journalism leads directly to the erosion of democracy is well established and now, as Guardian editor Alan Rusbridger observes: 'for the first time in modern history, we are facing the prospect of how societies would exist, without reliable news.'

So, in a world where robust journalism is increasingly difficult to identify, how are we to know what's really happening?

Below we offer you two differing routes through the vast mass of information we now encounter daily. Playful tasks for the entire family, in an attempt to answer the question:

'What's really gannin' on like?'

## FAKE NEWS eye-spy:

Have you found yourself reading something particularly outlandish? Has it upset you or made you angry? You may have encountered fake news. *FAKE NEWS Eye-Spy* is a simple check list to help you and your family identify a fake news story when you see one. (Work in small groups or alone).

1. Research the author: If in doubt check the author. What else have they published, are they credible, are they a real person?
2. Consider the source: Where is the story published? Are they credible, what is their specific agenda?
3. Have you read the story?: Headlines are designed to get our attention, but does it reflect the whole story? How has the story been covered by others?
4. Supporting sources: Are there any additional sources or references? Does this information support the story?
5. Check the date: Old stories, regularly shared online, can be very misleading within the context of current events.
6. Check yourself: Could your personal beliefs or assumptions be shaping your reaction? If so, how?
7. Is it a Joke?: Could the story be satire? Check the site, author and maybe that it's not the 1st of April.
8. Speak to somebody else: Ask a friend, or an expert, or perhaps somebody very different to you for their opinion.



## The DEBATE game:

*The Debate Game* invites you to see situations from another perspective, by debating your friends and family in support of ideas or opinions you may disagree with.

Background: A debate is a discussion or structured contest about an issue which involves two sides, one supporting a resolution and another opposing it. Debates are commonly used in democratic societies to explore and resolve issues and problems.

### How to play? (Min of 2x people)

01. Each player writes down several topical opinions or statements onto separate pieces of paper, folding them before placing them anonymously into a hat. It doesn't matter if your contributions reflect your beliefs or not.

02. Sitting next to each other, one of you, (player one) takes a piece of paper from the hat and reads it aloud for everyone to hear. The same player now has to argue in support of this statement or opinion, uninterrupted for at least 2 minutes.

03. Once finished, whoever is sat on player one's right, (player two) must now argue against the position just put forward, uninterrupted, for at least 2 minutes.

04. Now player two must take a piece of paper from the hat and argue in support of this statement or opinion, uninterrupted, for at least 2 minutes.

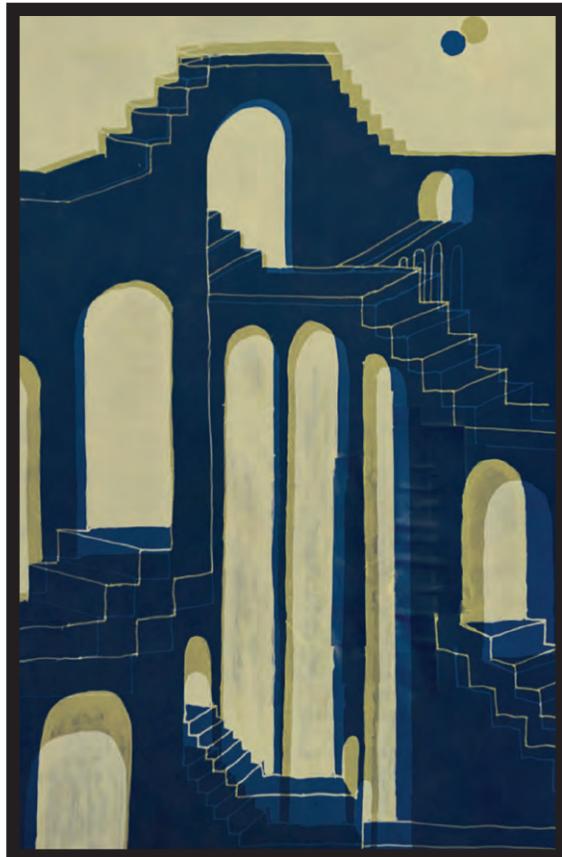
05. Once finished, whoever is sat on player two's right, (player three) must now argue against this position for 1-2 minutes, etc ...

# art

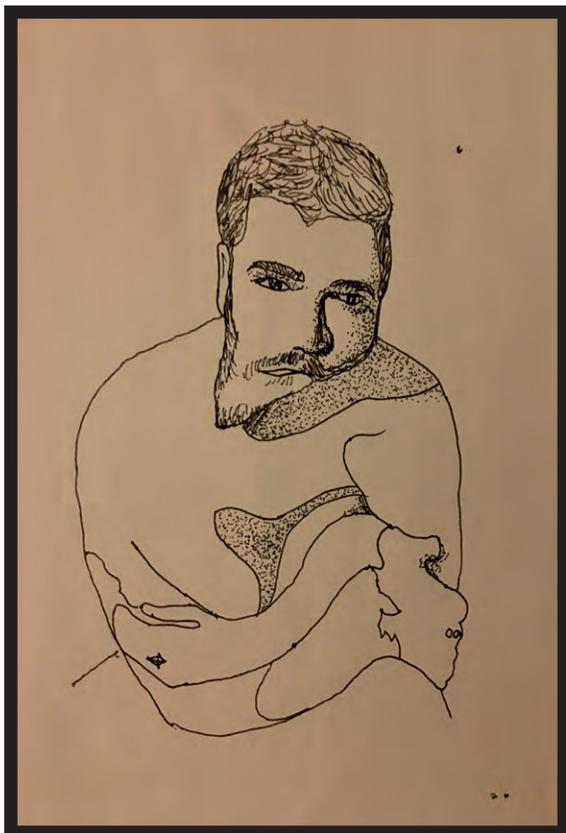
andrew  
mccoy



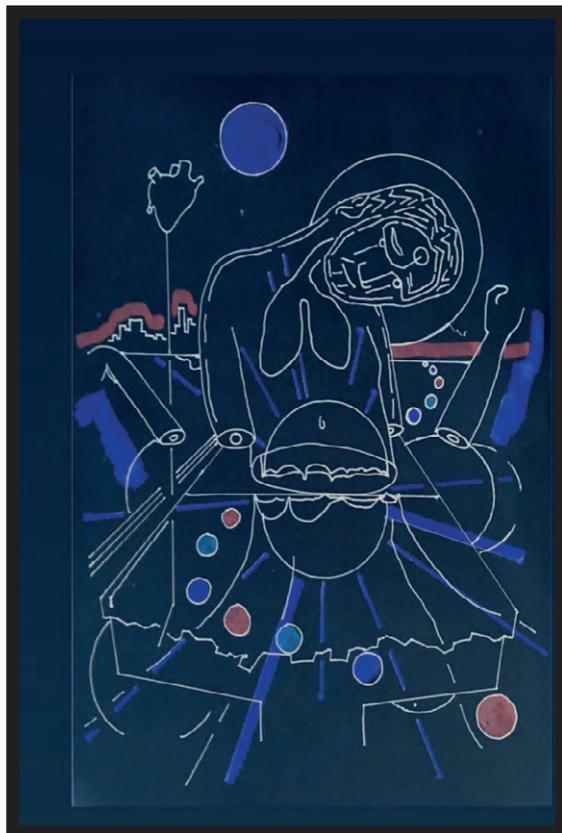
A Song for everything / (Riff on Picasso)



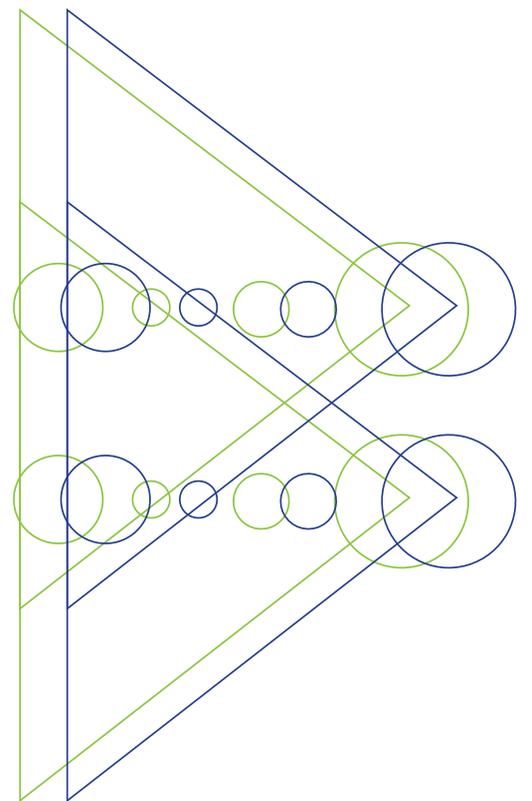
City of paths



Self Portrait



The death of one Neanderthal that lead to the splitting of the atom



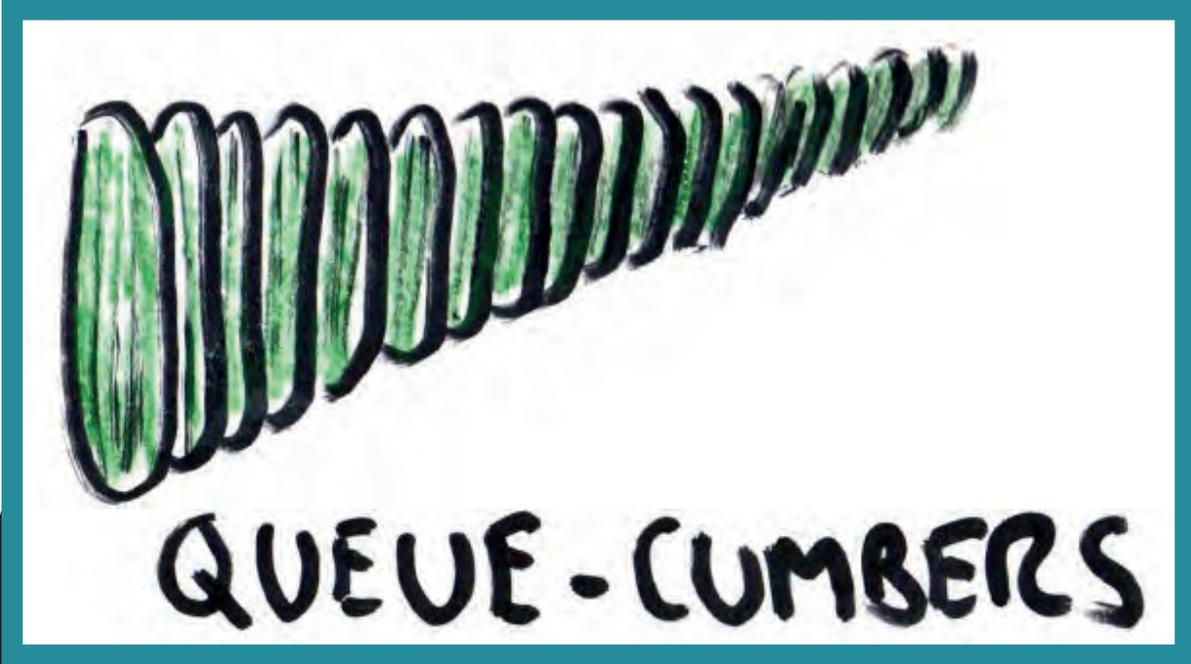
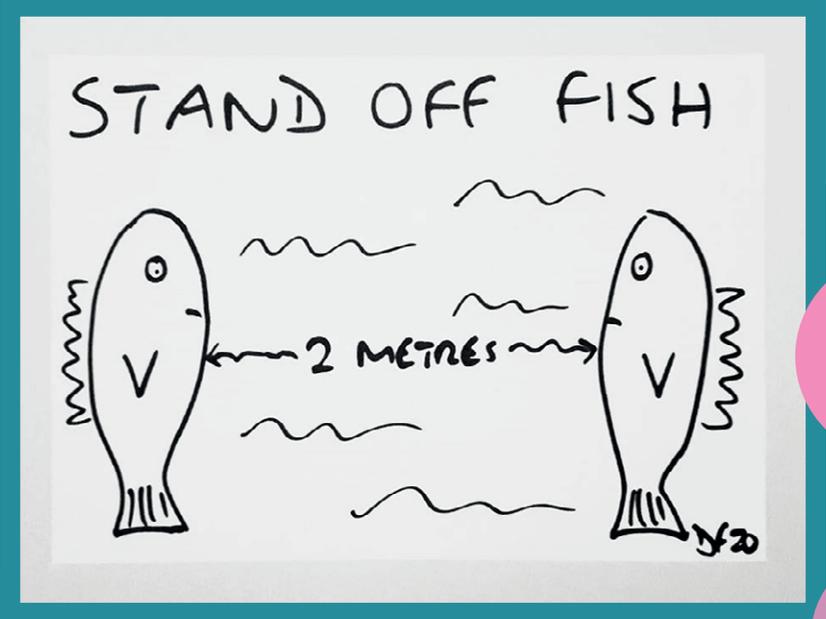
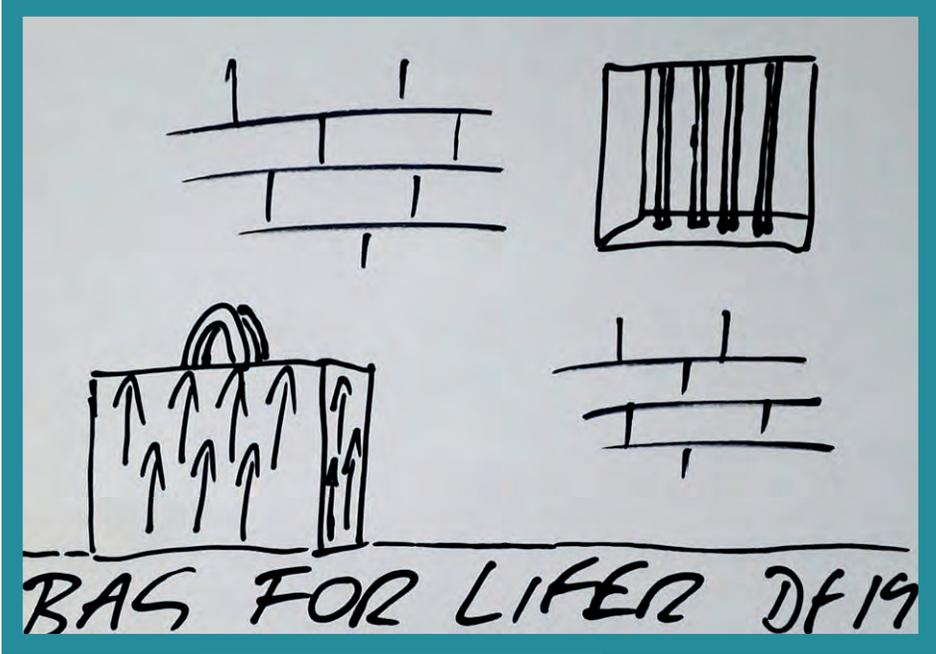
Claire Ogan

The pictures were inspired by my thoughts post covid. i will be extravagant and extra stylish even when its considered unnecessary.

my website is [www.overlaycouture.com](http://www.overlaycouture.com)



David  
Foggo





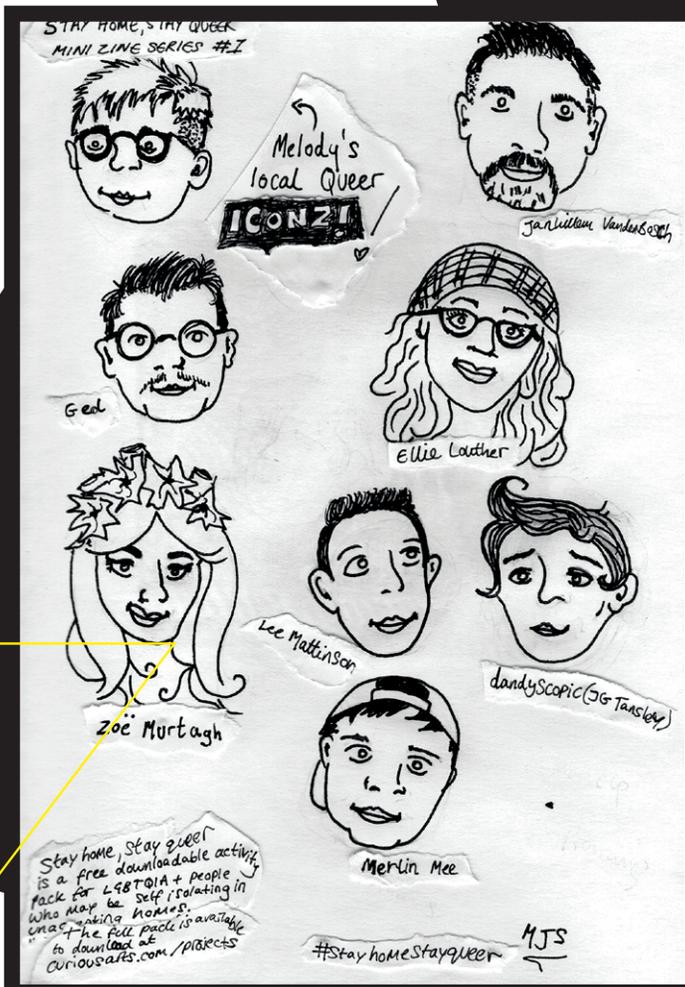
stay home, stay **queer** is a free online resource & activity pack curated by cabaret maker & binary breaker **melody sproates**. it is made for self isolating LGBTQIA+ people who may be living in unaccepting homes, or who are missing their queer friends. it is totally free to download and available here:

[www.curiousarts.org.uk/projects](http://www.curiousarts.org.uk/projects)

You can share your work or responses via #stayhomestayqueer or keep up to date with more interactive activities on melody's socials:

- insta: @ melodygroovysproates
- fb page: @ melodysproatesperformer
- twitter: @ gromlikeatroll

Designed by iamcreative and featuring illustrations from updog art. with thanks to The culture vulture, curious arts & The arts council England.



Art credits:  
ICONZ by Melody Sproates  
Cover design by @ iAMiCreative  
Black & White Illustration by @ updog.art (Sam Atkinson)

the shipley  
art gallery

THE  
**SHIPLEY**  
ART GALLERY

TYNE & WEAR  
archives &  
museums

Shipley art gallery  
Prince Consort Road  
Gateshead  
NE8 4JB  
(0191) 477 1495

<https://shipleyartgallery.org.uk/>

## The shipley art Gallery

opened in 1917 with a collection of 504 paintings given by local man Joseph Shipley. Since then the collection has grown to include nearly 800 paintings, textiles, design contemporary art and contemporary craft, including local favourite, William Irving's painting 'The Blaydon Races'.

The Shipley also has the Henry Rothschild Ceramics collection, John Christian Ceramics collection and an exhibition about Saltwell Park museum that used to be in Saltwell towers in the mid-nineteenth century. We are currently creating a community garden for all to enjoy.

The Shipley is a unique quiet space in the heart of Gateshead for everyone to enjoy and spend time. A place for people to visit and relax when we re-open. We would love to see you.

## shipley art Challenge

The Shipley art gallery has been working with Gateshead art society on ways to keep people busy and engaged with art. This is one of a series of challenges for you to create your own art using the Shipley collection as inspiration. You can draw, paint or you use whatever medium you want.



Ann Gillie, 'Kitchen Table', oil on board, 1956

## 'Kitchen Table' by ann Gillie

was painted 1956 and shows what she had on her kitchen table when she made this artwork as a still life. The painting shows four onions, two lemons and an apple. The onions could have been picked that day from her allotment or garden, and two of them sit in a pan, possibly to be cooked later for a meal. What do you have on your kitchen table right now? Do you grow your own fruit and vegetables? Do a quick sketch of or make a piece of art using the objects you have on the table.

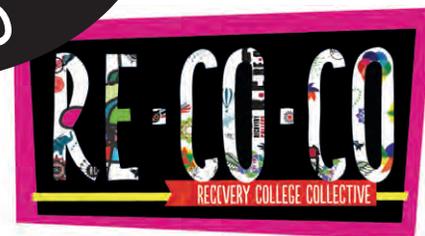


Sheila Mackie (1928-2010), 'The Red Handkerchief', oil on canvas, 1951.

This work by **sheila mackie** is called **'The Red Handkerchief'**. This work by sheila mackie is called 'The Red Handkerchief', and was painted in 1951. It shows a model sitting on a bed in a green dress and wearing brightly coloured headwear. Behind her on the top right is the corner of a painting or poster showing a zebra and an elephant, possibly in a zoo. However, the headscarf, or handkerchief, is the main focus of the work, both in the painting with its bright red colour, matched by the model's lipstick and in its title. Create a self-portrait of you in your favourite room wearing your favourite hat or headwear. Make the hat or headwear the focus of the work.

# information

RE-CO-CO  
tips



Let me tell you a story. of a brave band of brothers and sisters, outlaws and brigands, intrepid and daring, who ventured into lands unknown, unfamiliar territory. The hardship of their quest was challenging, the terrain intimidating, but on they ventured, growing more accustomed to their new surroundings and more familiar with each other. When peril threatened and fears rose, it was their fellowship, their camaraderie and their hard-earned skills that carried them through. These qualities were, over time, passed from generation to generation, each continuing the adventure. There was no map, there never would be, nor was there a destination, but on they went, continuing the journey, and the journey, the progress, the onwards movement became the mission. Here's another tale: meet an unpleasant individual, one whose behaviour goes beyond society's norms, who is uneasy in civil society, whose demeanour unsettles and upsets those in the vicinity. There are many like this person, each in their own destructive cocoon, ostracised by others, but also themselves rejecting others. The reasons for their isolation are many and varied, some lost in the mists of time, some immediate and pressing, but all resulting in a dispiriting, desolate stagnation for these separate, atomised, outcasts. Both stories are true, but neither capture the whole of the narrative of the people at Recoco, let alone of all of us out there in the lockdown world. In our more grandiose moments, we are that battalion of brave travellers. At our worst, we are those scattered, lonely, toxic individuals. We are singly screwed-up and screwed-over, and collectively, collaboratively, strong and resourceful. We are also a whole host of other things, too: mothers, fathers, sons, daughters, workers, carers, professionals, amateurs, funny, serious, wise, witless, awful and awesome. We are everything in those two fables, which, by definition, makes us fabulous. We are myriad in our singularity, and singular in our diversity. We are you, and you are they, and they are us.

Alisdair Cameron, Recoco

**DO NOT**



'DRINK THROUGH IT'.

**REMEMBER**



YOU ARE A WARRIOR.

**REACH OUT**



TO FRIENDS AND NEIGHBOURS  
WHO NEED HELP.

DO YOUR  
DAILY MAINTENANCE.



TRY AND GET FRESH AIR  
WHEN YOU CAN.



DO SOMETHING  
CREATIVE EVERY DAY.

DO SOME GRAFT EVERY DAY.

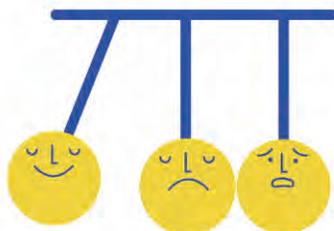


DO SOME MINDFULNESS OR  
BREATHING EVERY DAY.



USE THE TIME TO ASPIRE, PLAN.

**CONNECT.**



HEAL. LEAN INTO FEELINGS YOU  
RECOGNISE AND EXPLORE NEW ONES.

**BE PATIENT**



WITH THOSE YOU LIVE WITH.



A digital map keeping Newcastle connected

## WE'RE IN IT TOGETHER

Newcastle is a beautiful, vibrant and community spirited city and this current pandemic has only reinforced this all the more. So many individuals, independent businesses, charities and communities have jumped into action to support each other and this needs to be shared and celebrated.

We have created a map of the city to help join the dots and highlight some of the amazing support that is being offered right here on our doorstep in response to Coronavirus.

Our loved indies are currently in crisis, but it doesn't stop them from bringing us daily creativity, support, entertainment and delicious food too. We have highlighted some of them on the map, dreaming of when we can visit again. Some however, are only able to extend their arm online, so please use the handy key we have created to help navigate the best way to reach out to them and your community.

The current situation is thankfully a temporary one and for this reason this will be a fluid and ever changing map that will move with the circumstances. If you would like have a place on the map or know of anyone that might benefit from this, please get in touch and share any useful resources via the email below.

If there is one thing that creating this map has highlighted, it is that Newcastle is a caring, connected and creative city, so many people are thinking of new and innovative ways to reach out, which is both humbling and a beam of hope in this current time.

Thank you. Stay strong and stay connected Newcastle xxx

Brought to you by:

**sail**

Real-world impact through creativity



### 1 COMMERCIAL UNION HOUSE (ORBIS)

The home of a beautiful community in the heart of the city for freelancers, creatives and small businesses, they are asking for donations to help them keep this well loved community supported and alive. [orbis.one/save-our-community](http://orbis.one/save-our-community)



### 2 VEGANATOMY

Zoe has become a little rainbow in the east end of Newcastle, delivering her delicious hand crafted plant based food to your door on her bicycle and trailer in tow. Her food is divine and becoming very popular. The

perfect healthy alternative to a take-away, whilst supporting a local freelancer, win, win. [zoe.veganatomy.ncl](http://zoe.veganatomy.ncl)

### 3 WALKER AND DISTRICT FOODBANK

Dedicated to helping local families and people in crises. The foodbank network provide 3 days or more worth of food to local people in need. Facebook: [walkerfoodbank](https://www.facebook.com/walkerfoodbank)

### 4 LINDISFARNE

An independent music & creative arts festival on the stunning Northumberland coast. The festival are streaming live warm up sets by artists from their September line-up. [lindisfarnefestival.com](http://lindisfarnefestival.com) #LindisfarneLockdown

### 5 FOR SOLIDARITY

A regional digital map by the NewBridge Project and the Solidarity Economy Association

to pinpoint organisations, projects, initiatives and individuals that helps people to meet their material and social needs in ways that don't harm people or the planet. [newbridge.solidarityeconomy.coop](http://newbridge.solidarityeconomy.coop)

### 6 CREATIVE WAVES

A expressive platform thought up by Sail Creative that encourages all of us to turn off the news for a little while and get creative, in response to our pandemic experiences. [creativewaves.uk](http://creativewaves.uk) @creativewavess

### 7 SEVEN STORIES

A treasure in the middle of the Ouseburn bringing children's books to life. They are now providing free and accessible readings of their picture books for anyone and everyone in exclusive weekly virtual story times. Facebook: [/7Stories](https://www.facebook.com/7Stories)

### 8 SHANTI BEE

An holistic wellbeing centre offering diverse and inclusive online wellbeing and yoga sessions from their 'Isolation Timetable'. Facebook: [ShantiBeeShanti](https://www.facebook.com/ShantiBeeShanti)

### 9 MAGIC HAT CAFE

This wonderful lot up-cycle edible food waste and are now delivering parcels for individuals and groups across Newcastle. They are also looking for donations on their Go Fund Me page: [gofundme.com/f/magic-hat-cafe-covid19-response](https://www.gofundme.com/f/magic-hat-cafe-covid19-response) @magichatcafe

### 10 GRAINGER MARKET

The Grainger Market are sure doing there bit to ensure we get the healthy food provisions we all need, safely and at an affordable price with their home delivery service. Fresh fruit and veg to your door, fab! [graingerdelivery.com](http://graingerdelivery.com)



### 11 ERRANT BREWERY

Treating yourself is the way forward in these challenging times, so why not order a nice cool hand selected, beer delivered to your door. Orders are dispatched on Tuesdays for next day UK delivery [errantbrewery.com/](http://errantbrewery.com/)

### 12 ARTIST FOOD BANK NETWORK

The Artist Food Bank Network is a voluntary organisation ran by the arts community and collects vital items for food banks across Newcastle and Gateshead. [trusselltrust.org/get-help/find-a-foodbank/](http://trusselltrust.org/get-help/find-a-foodbank/) They also need our support and donations through their Go Fund Me appeal [gofundme.com/f/covid19-support-newcastlegateshead-foodbanks](https://www.gofundme.com/f/covid19-support-newcastlegateshead-foodbanks)



### 13 THE STAND COMEDY CLUB

We could all do with a bit of a laugh right now so The Stand are giving us free live streamed comedy shows via YouTube on Saturday nights at 8.30pm and a whopping 100,000 viewers so far... Get your laughing chops around that! Also, head to their website to find out the many ways in which we can all support this great venue right now. [thestand.co.uk](http://thestand.co.uk)

### 14 ALPHABETTI THEATRE

This treasured little independent producing theatre in Newcastle needs our support to keep it's lovely little community space on the map. You can donate on their Ignite page: [ticketsignite.com/event/2740/alphabetti-theatre-donations](https://ticketsignite.com/event/2740/alphabetti-theatre-donations)

### 15 THE CLUNY

Grassroots music venues like The Cluny need are a part of our local culture and unfortunately The Cluny could be at real risk of closing their doors permanently. [crowdfunder.co.uk/cluny-comeback-gigs-help-us-survive-covid-19](http://crowdfunder.co.uk/cluny-comeback-gigs-help-us-survive-covid-19)

### 16 NORTH EAST WILDS

How awesome is this... these lovely humans have teamed up with Chilli Studios to create "Garden kits" - a wellbeing, art and nature pack that have been delivered out to people struggling with their mental health. They are also holding online coffee mornings: Thursday 10.30am on Zoom, and then weekly after that. Here is the link: [us04web.zoom.us/j/560010238](https://us04web.zoom.us/j/560010238) Website: <https://www.northeastwilds.org/>

### 17 MAKERS FOODBANK RAFFLE

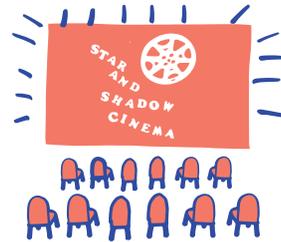
Okay, so this one isn't in Newcastle we admit but it such a lovely idea we decided to add it to the map. Local artist Alex Sickling has set up a NE makers raffle raising money for Gateshead food bank! So many amazing makers in the north and across the UK have donated some amazing pieces as raffle prizes! It's only £2 a ticket, and you can enter as many times as you like. While you're at it check out Alex's amazing work too. @alexsickling Just Giving page: [justgiving.com/fundraising/makersaffle-ne](https://www.justgiving.com/fundraising/makersaffle-ne)

### 18 GOLD TAPPED

Embrace your inner ceramicist with a free or pay what you feel video chat ceramic workshop. Showing you tips and relaxing techniques to create some beautiful artwork. Haven't got any clay? Not a problem they will drop off new clay in a washed bag to your doorstep within 1.5 miles of Newcastle City Centre on a Monday (this can then be left outside your house for 3 days before the workshop on a Thursday to kill any germs!) Afterwards we will collect this clay the following Monday and it will be fired at a later date and dropped back to you! Each workshop will be 1 - 1.30hrs and are suitable for age 5 upwards. If you are interested in a video workshop email them: [goldtapped@gmail.com](mailto:goldtapped@gmail.com) Instagram: @goldtapped

### 19 STAR AND SHADOW

This much loved DIY cooperative is a community gem providing a safe social space, with theatre, performing arts, film and so much more. They are currently streaming plenty of rich and cultural live content including radio, film and art to get amongst. [starandshadow.org.uk](http://starandshadow.org.uk) Facebook: [/StarAndShadow](https://www.facebook.com/StarAndShadow)



### 20 YOUNG WOMENS FILM ACADEMY

This women led charity focuses on improving the well-being of girls and young women while providing them with film making skills. Supporting girls and young women aged up to 25 in the North East of England to advance their lives, through the provision. They have some lovely projects to get involved in including Saturday Club and the Transatlantic Connections project, keep an eye on their social media or go straight to the site to get involved [youngwomensfilmacademy.co.uk](http://youngwomensfilmacademy.co.uk) Facebook: [youngwomensfilmacademy](https://www.facebook.com/youngwomensfilmacademy)

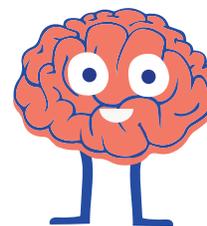
### 21 STAY HOME, STAY QUEER

Local cabaret maker, binary breaker and performer Melody Sproates brings you 'Stay home, stay queer' which is a free downloadable resource pack full of LGBTQIA+ positive art, helpful links & pieces of written wisdom by Melody's own queer icons! This resource is for self isolating young (and older) LGBTQIA+ people, who may currently be living in unaccepting homes, unable to fully express themselves or are feeling distant from their identities. Follow Melody for more information on Instagram: @melodygroovysproates



### 22 ACTION FOUNDATION

Action Foundation support refugees, asylum seekers and other migrants experiencing isolation in Tyne and Wear, they are working with other local organisations to help with welfare, befriending, essentials such as food, toiletries, cleaning products and information sharing. [actionfoundation.org.uk](http://actionfoundation.org.uk) Facebook: [actionfoundation](https://www.facebook.com/actionfoundation)



### 23 MINDFUL THERAPIES

Mindful Therapies is a not-for-profit organisation dedicated to offering a variety of mindfulness courses and events. Head to their Facebook page to get involved in their much needed meditation and mindful therapy sessions. All classes are offered on a donation basis: [mindfultherapies.org.uk](http://mindfultherapies.org.uk) Facebook: [MindfulnessBasedTherapies](https://www.facebook.com/MindfulnessBasedTherapies)



### 24 COMMUNITY FOUNDATION

The wonderful people at Community Foundation are launching the #coronavirus response & recovery fund for Tyne & Wear and Northumberland to help small local charities and community groups help vulnerable people and recover from impact. You can get more information and help to fund Community Foundation through the [communityfoundation.org.uk/coronavirusfund/](http://communityfoundation.org.uk/coronavirusfund/)

### 25 NEWCASTLE WEST END FOODBANK

Ongoing support to those who need it most with emergency food at their centres at the usual times, donations are also much in need such as hand soap, UHT Milk, cereals, biscuits, tinned tomatoes and soup or you can make an online donation on the [newcastlewestend.foodbank.org.uk/give-help/donate-food/](http://newcastlewestend.foodbank.org.uk/give-help/donate-food/) Facebook: [NCLWestEndFoodbank](https://www.facebook.com/NCLWestEndFoodbank)

### 26 NEWCASTLE CENTRAL

If you are elderly, vulnerable in isolation anywhere in Newcastle Tyne help is available delivery of essential supplies & medication to your home. See their COVID-19 page on 0742631366 for delivery of your Facebook: [nclcc](https://www.facebook.com/nclcc)

### 27 THALI TRAY

Thali Tray team Newcastle Brew create Newcastle brewery and In food joint @Arc There is no reason out on this delicious street food as you order and collect distancing follow Serving 2-8 pm and staggered Pre order now! 07535625601 and their menu: [thalitray.co.uk](http://thalitray.co.uk)

### 28 CAFE 1901

Cafe 1901 is a cafe that has community heart. Their food



The world icon is represents content that can be found online



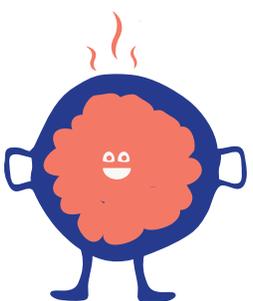
The eye icons direct you to points on the map to show the location.



**LITTLE MOSQUE**  
Cafe or  
isolation  
Newcastle Upon  
available through  
essential food  
medicine directly  
Simply contact  
support line  
2 to arrange for  
desired items.  
centralmosque

afternoon tea, cakes, shakes,  
coffee, smoothies, groceries  
& meal prep are all available  
as delivery straight to your  
door, check out all they offer:  
[1901cafe.co.uk/jesmond/](https://1901cafe.co.uk/jesmond/)  
Facebook:  
[@caffe1901jesmond](https://www.facebook.com/caffe1901jesmond)

**FAB BAKERY**  
Bread does not come any  
better than this. This small,  
independent bakery dedicated  
to the production of a large  
variety of sourdoughs and  
other breads using wherever  
possible organic and locally  
produced ingredients. They  
are doing pop-up shops  
around Newcastle and you  
can order your bread from:  
Facebook: [freshartisanbread](https://www.facebook.com/freshartisanbread)



**(30) LIFE CENTRE**  
As Life have put it 'We  
are stuck at home, but  
#LifeGoesOnline' There is no  
reason why being at home  
should stop you getting your  
science jig on. Follow  
[@ScienceAtLife](https://www.facebook.com/ScienceAtLife) on Facebook,  
Twitter or Instagram for  
science experiments and  
other fun activities you  
can enjoy at home. Videos  
will also be shared on their  
YouTube channel.  
[life.org.uk/life-goes-online](https://www.life.org.uk/life-goes-online)

**(31) TYNE & WEAR  
MUSEUMS**  
Museums are another  
cultural sector hit by the  
pandemic so supporting  
them and staying connect-  
ed is a wonderful thing.  
TWAM are creating digital  
experiences and resources so  
that you can still enjoy their  
wonderful collections from  
home. Sign up to the emails  
at [mustseemuseums.org.uk](https://www.mustseemuseums.org.uk)  
and check our social media  
channels to keep up to date.  
[twmuseums.org.uk/](https://www.twmuseums.org.uk/) Twitter:  
[@TWAMmuseums](https://www.facebook.com/TWAMmuseums)

**(32) CRANFIELD TRUST**  
The Cranfield Trust is  
a national charity and  
leading provider pro bono  
business support for the  
voluntary sector. Share  
what's keeping you awake  
at night during the crisis  
with like minded people,  
offer each other support  
both emotionally and  
practically #strongertogether.  
[eventbrite.co.uk/e/north-  
east-charities-come-together-  
connect-collaborate-support-  
tickets-102016002610](https://www.eventbrite.co.uk/e/north-east-charities-come-together-connect-collaborate-support-tickets-102016002610)

**(33) REHILLS OF  
JESMOND**  
A wee tippie in these  
strange times certainly has  
it's benefits and Rehill's  
whiskeys, wines, beers,  
spirits, cigars & delicatessen  
has more than plenty to offer  
your Friday night Zoom  
party. Instead of heading to  
the big supermarkets help a  
local business and check out  
their vast choice  
Twitter: [@RehillsJesmond](https://www.facebook.com/RehillsJesmond)

**(34) LITTLE BUILDINGS**  
To raise money to assist  
with running costs during  
the covid-19 pandemic,  
Newcastle's finest indie

venue launches an online  
store selling bootleg copies  
of past performances. Follow  
the story at: [narcmagazine.  
com/little-buildings-bootleg-  
archive-store/](https://www.narcmagazine.com/little-buildings-bootleg-archive-store/)

**(35) NEWCASTLE CARERS**  
This wonderful charity  
continues to extend their  
arm out to the amazing  
Carers here in our city. If you  
look after someone, they  
are still here to help and  
support you. They will also  
be offering online support  
soon too so reach out to them  
on the Carers Information  
Line: 0191 275 5060, Monday  
- Friday, 9:00am - 5:00pm.  
[newcastlecarers.org.uk](https://www.newcastlecarers.org.uk)

**(36) CURIOUS**  
Curious Arts is a Newcastle  
Gateshead based not-  
for-profit organisation  
developing LGBTQIA+ arts,  
artists and audiences across  
the North East of England.  
This is a definite one to  
watch!! Curious was set to  
celebrate it's 5th birthday  
this year, but watch this  
space, you just know Curious  
always have something  
amazing up their sleeve.  
Facebook: [teamcuriousarts](https://www.facebook.com/teamcuriousarts)  
Website: [curiousarts.org.uk/](https://www.curiousarts.org.uk/)



**OPEN CLASP**

Their aim is to change the world, one play  
at a time by placing theatre at the heart of  
transforming the lives of disadvantaged women  
and girls. You can now stream their 'Key  
Change' play for free which is in the Guardian  
culture's top picks of the best theatre & dance  
to watch online. Amazing! [openclasp.org.uk](https://www.openclasp.org.uk)

**STREET WISE**

Dealing with worry and anxiety during these  
difficult times is extremely challenging and  
distressing for children and young people.  
Streetwise has put together this short video  
aimed at helping young people to deal  
with their worries and anxiety during this  
locked down period. [youtube.com/watch?v=LxXy9AfNXA](https://www.youtube.com/watch?v=LxXy9AfNXA) Website: [streetwisenorth.org.uk/](https://www.streetwisenorth.org.uk/)

**ALZHEIMERS SOCIETY**

Some essential Coronavirus: Information  
for people affected by dementia. Living  
with dementia at any time brings everyday  
challenges for the person and those around  
them. Coronavirus is making daily life much  
harder. You may feel anxious, scared or lonely.  
But you are not alone - help is available right  
here Website: [alzheimers.org.uk/get-support/  
coronavirus-covid-19](https://www.alzheimers.org.uk/get-support/coronavirus-covid-19)

**THE BAGHDADDIES**

Who doesn't love a good jump up and down  
to the Baghdaddies! These funkmeisters were  
due to play The Cumberland Arms so instead  
they put this amazing video of them playing in  
their homes for us to dance to. Play loud, this  
is guaranteed to make you feel good YouTube:  
[youtube.com/watch?v=ia\\_Ysw1XJts](https://www.youtube.com/watch?v=ia_Ysw1XJts)

**THE SUGGESTIBLES**

You supply the suggestions. They supply the  
laughs! Catch their 'Carry On Improvising' live  
streams with Stir Crazy, Quizzes, Games, Lots  
of Dressing up and Dancing. Catch the Live  
Shows and join in the FUN! Amazing Virtual  
Prizes to be won. Facebook: [suggestibles](https://www.facebook.com/suggestibles)  
Website: [thesuggestibles.co.uk/](https://www.thesuggestibles.co.uk/)

**(42) NEW BRIDGE PROJECT**

The NewBridge Project is an active and

vibrant artist-led community supporting the  
development of artists and curators and they  
have a wealth of resources and assistance  
on their website including film, music  
therapy, financial support, artists responses  
to the current situation and tons more.  
[thenewbridgeproject.com/news/online-  
resources-assistance/](https://www.thenewbridgeproject.com/news/online-resources-assistance/)

**COVID 19 MUTUAL AID**

A community group set up for the  
coordination, planning and delivery of  
support for Newcastle upon Tyne residents  
who are impacted by the Covid-19 virus.  
This is primarily a Facebook group and they  
have groups across the region too. This is a  
perfect example of grass roots support and  
individuals coming together to support one  
another: [newcastlecovid19.com](https://www.facebook.com/newcastlecovid19.com)  
Facebook: [NewcastleCovid19](https://www.facebook.com/NewcastleCovid19)

**RE-CO-CO**

ReCoCo is the Recovery College Collective.  
Providing a peer led, peer delivered  
mental health education and support  
service where people can learn from each  
other's insights, skills and lived experience.  
They have loads of stuff online now: zoom  
drop-bys, mindfulness, self-esteem, a whole  
YouTube channel and lots of great resources  
and fun stuff on their socials and website:  
<https://www.recoverycoco.com/e-courses>  
Facebook: [facebook.com/RecoveryCoCo/](https://www.facebook.com/RecoveryCoCo/)

**WEST END WOMEN  
AND GIRLS CENTRE**

A local community for women and girls  
to meet, have fun, learn skills in a safe and  
supportive environment. They are doing a  
daily vegetable soup run 'Scan for the Fam'  
to isolated people and households in the  
West End of Newcastle, a youtube channel  
[https://www.youtube.com/channel/  
UCm8SjmJKkEeWkQuodOli8jIw](https://www.youtube.com/channel/UCm8SjmJKkEeWkQuodOli8jIw) where  
you can find gardening and activities. And  
they are continuing their city-wide domestic  
abuse support. [westendwomenandgirls.  
co.uk/](https://www.facebook.com/westendwomenandgirls.co.uk/) Facebook: [facebook.com/  
westendwomenandgirls](https://www.facebook.com/westendwomenandgirls)



**WELLBEING TIPS FROM  
OUR NHS HEROS...**

**TALK ABOUT YOUR WORRIES**

It's normal to feel a bit worried, scared  
or helpless about the current situation.  
Remember: it is OK to share your concerns  
with others you trust - and doing so may help  
them too. If you cannot speak to someone you  
know or if doing so has not helped, there are  
plenty of helplines you can try instead.  
NHS Website: [https://www.nhs.uk/conditions/  
stress-anxiety-depression/mental-health-  
helplines/](https://www.nhs.uk/conditions/stress-anxiety-depression/mental-health-helplines/)

**KEEP ACTIVE**

Our physical health has a big impact on how  
we feel. At times like these, it can be easy to fall  
into unhealthy patterns of behaviour that end  
up making you feel worse. Try to eat healthy,  
well-balanced meals, drink enough water and  
exercise regularly. You can leave your house,  
alone or with members of your household, for  
1 form of exercise a day - like a walk, run or  
bike ride. But make you keep a safe 2-metre  
distance from others. Or you could try one of  
our easy 10-minute home workouts.

**DON'T STAY GLUED TO THE NEWS**

Try to limit the time you spend watching,  
reading or listening to coverage of the  
outbreak, including on social media, and think  
about turning off news alerts on your phone.

You could set yourself a specific time to read  
updates or limit yourself to checking a couple  
of times a day. Use trustworthy sources - such  
as GOV.UK or the NHS website - and fact-  
check information from the news, social media  
or other people.

**CARRY ON DOING THINGS YOU ENJOY**

If we are feeling worried, anxious, lonely or  
low, we may stop doing things we usually  
enjoy. Make an effort to focus on your  
favourite hobby if it is something you can still  
do at home. If not, picking something new to  
learn at home might help.

**LOOK AFTER YOUR SLEEP**

Good-quality sleep makes a big difference to  
how we feel, so it's important to get enough.  
Try to maintain your regular sleeping pattern  
and stick to good sleep practices.

**TAKE TIME TO RELAX**

This can help with difficult emotions  
and worries, and improve our wellbeing.  
Relaxation techniques can also help deal with  
feelings of anxiety. Calm has created a free  
resource page with meditations, stories, music,  
talks and more, to support your mental and  
emotional wellness. Website: [https://blog.calm.  
com/blog/free-resources](https://blog.calm.com/blog/free-resources)

For more NHS wellbeing tips  
head to their website:  
[https://www.nhs.uk/oneyou/every-mind-  
matters/coronavirus-covid-19-staying-at-  
home-tips/](https://www.nhs.uk/oneyou/every-mind-matters/coronavirus-covid-19-staying-at-home-tips/)

# important information

## Domestic Abuse

Recent measures to tackle COVID-19, such as the order to stay at home, can cause anxiety for those who are experiencing or at risk of domestic abuse and for whom home is not a safe place.

Domestic abuse is more than physical violence. It can also include, but is not limited to:

- coercive control and 'gaslighting'
- economic/ financial abuse
- verbal abuse
- emotional abuse
- sexual abuse
- online abuse
- stalking and harassment.

Domestic abuse is unacceptable in any situation and it can happen to anyone regardless of gender, ethnicity, or age. For anyone who feels they are at risk of abuse, help and support is available.

Our local specialist services domestic abuse services are currently open for business. To protect the health and safety of service users and staff, support can be accessed via telephone, email, text and rather than face to face.

In Newcastle, our local 24 hour helpline is still operating; you can contact NIDAS **0191 214 6501** or email: [Nidas.Team@thirteengroup.co.uk](mailto:Nidas.Team@thirteengroup.co.uk)

## If you are in immediate danger, always ring 999.

If it after ringing 999, it is not safe to speak you can use the 'Silent Solutions System' – if '55' is pressed by the caller, the system will register this and the operator will transfer the call to the police as an emergency.

Information about other local and national services can be found here: <https://www.safenewcastle.org.uk/violence-against-women-and-girls>

Support is also available from Women's Aid's online chat service ([www.chat.womensaid.org.uk](http://www.chat.womensaid.org.uk)), open from 10am-12pm Monday-Friday.

Further information and advice can be found here: [www.womensaid.org.uk/covid-19-coronavirus-safety-advice-for-survivors/](http://www.womensaid.org.uk/covid-19-coronavirus-safety-advice-for-survivors/)

### If you are worried that someone is at risk of domestic abuse:

- Do not speak to the perpetrator about their behaviour, this could escalate the abuse and put them in further danger
- It is also important that you do not put yourself in a dangerous situation
- you can contact local domestic abuse services or the police for advice
- If you are worried about giving information to the police, you can contact Crimestoppers anonymously with your concerns

## Hate Crime

### Reporting hate incidents and hate crimes in Newcastle

During the recent Covid 19 situation, some groups within our community have been particularly targeted for starting and/or spreading spread of the virus. This is unacceptable. Nobody should feel targeted for who they are, and nobody should have to put up with it.

You can do something about it.

Hate crime, such as racist, homophobic, religious, transphobic or disability incidents, should not happen, but they still do.

- If you, your family or friends are having problems because of your 'race' or skin colour, this is a racist incident.
- If you, your family or friends are having problems because of your sexual orientation or transgender identity, this is a homophobic or transphobic incident.
- If you, your family or friends have been targeted because you have a disability then this is a disability hate crime.

Some types of these incidents, such as verbal abuse and threats are obvious. Other examples, such as damage to your property, bullying or rude gestures are harder to identify. If you believe you have experienced a hate incident, even if you have no proof, report it.

As less people are out and about on the street due to social distancing restrictions, more hate incidents/crimes are being seen online and on social media. This can still be reported.

### How to report a hate incident/hate crime in Newcastle:

If someone is in immediate danger or a crime is in progress, ring 999 or you can report via 101 if it is not an emergency.

Some people do not feel comfortable reporting hate incidents to the police and in Newcastle we have an option for people to report to our third-party reporting service:

### Stop Hate UK

You can report a hate incident whether it's about you, someone else or something you've seen.

You can report anonymously or have your details passed onto the police so that action can be taken or to local services who can provide you with support. In an emergency always call 999.

In Newcastle, hate incidents and hate crimes can be reported to our third-party reporting process through Stop Hate UK [www.stophateuk.org/talk-to-us/](http://www.stophateuk.org/talk-to-us/)

Stop Hate UK provides independent and confidential Hate Crime reporting services for Newcastle, whether you are a victim of Hate Crime, you have witnessed incident you believe to be a Hate Crime or you are a third party to an incident that could be a Hate Crime.

Stop Hate UK are here 24 hours a day:

- On the phone: **0800 138 1625**
- Chat on the web: [www.stophateuk.org/talk-to-us/](http://www.stophateuk.org/talk-to-us/). You can chat live to one of their operators. Please note that it may take a few minutes to connect to an operator
- In an email: [talk@stophateuk.org](mailto:talk@stophateuk.org)
- In a text: **07717 989 025**. Texts are charged at your standard network rate
- With text relay: **18001 0800 138 1625**. For people who are deaf, or have speech or hearing impairments
- In an online form at [www.stophateuk.org/talk-to-us/](http://www.stophateuk.org/talk-to-us/)
- In the post: **PO Box 851, Leeds LS1 9QS**
- Report Hate Crime in BSL using InterpreterNow: [www.stophateuk.org/talk-to-us/](http://www.stophateuk.org/talk-to-us/)

## For Solidarity CALL OUT for Co-Investigators

We are looking to recruit a small group of Co-Investigators who will work alongside members of The NewBridge Project to gather insights from a wide range of perspectives in response to the current outbreak of coronavirus disease (COVID-19).

Those collective insights will help inform the work we do through our For Solidarity programme, and help us prioritise immediate needs within our local communities. For Solidarity is an ongoing project that maps organisations, projects, initiatives and individuals in the region who are offering assistance to communities outside of a standard economic model.

As a Co-Investigator you will 'report back' on what you have observed or experienced. The group will be guided by a series of questions, which we will write together in a scheduled online meeting hosted with NewBridge members. These questions can also be sent via post or chatted through on the telephone if internet access is not appropriate.

We are open on how you gather and present your findings, they could be written, drawn, recorded sound or video, spoken or performed. The aim is to gather a rich and diverse collection of insights into the day-to-day lives of those most affected by the pandemic. These insights will inform the decisions we make in response to the global crisis, as we move forward together.

The co-investigators will each receive a stipend of £200 and will need to attend the Co-Investigators briefing, as well as one scheduled meeting with a NewBridge staff member. This meeting will be an opportunity to check in and establish if any extra support or help is needed. We realise that not everyone will have internet access and we are open as to how this chat take place; this could be through telephone, post or meeting face to face when it's safe to do so.

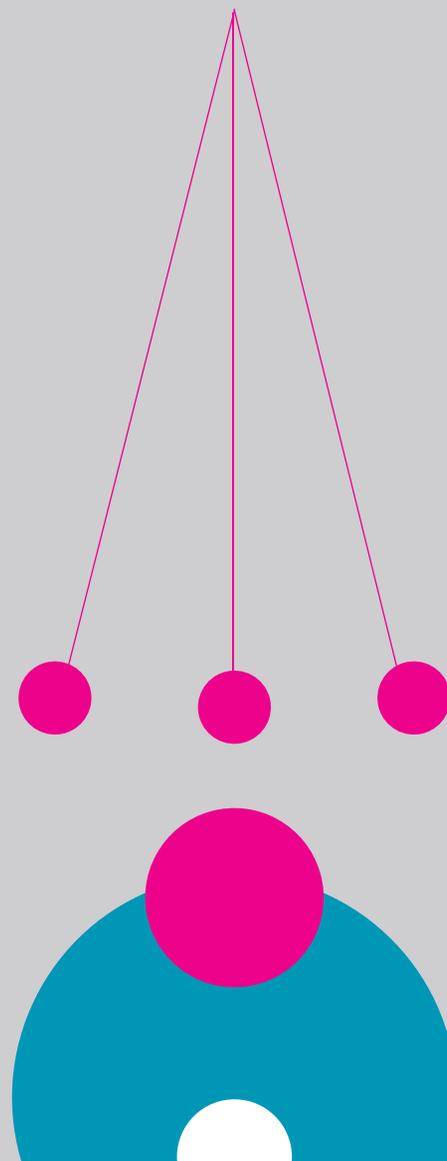
### KEY DATES

- **Monday 12th June (12 noon) – Deadline for expressions of interest**
- **Monday 8th June (we can be flexible with this) – Co-Investigators' Welcome and briefing online** (alternative arrangements for this can be made to suit your needs and requirements)
- **This can be decided collectively** – Share or present findings to The NewBridge Project

### TO APPLY

- Please send an expression of interest (max 200 words) detailing why you would like to be a Co-Investigator.
- We will also accept expressions of interest in alternative formats – this could be sent as audio recording or a NewBridge member of staff will be happy to arrange a telephone chat (Please contact us in advance and we will be happy to arrange).
- Within your application please feel free to outline any particular support that might be needed throughout the key dates listed above
- Postal Address: The NewBridge Project, Carlil House New Market Street, Newcastle upon Tyne NE1 6NE.

If you require any of the information or would like us to send you alternative formats of this opportunity, please contact Hannah Kirkham (h.kirkham@thenewbridgeproject.com) or Niomi Fairweather.



### Safeguarding adults for people self-isolating



We want to make sure that the **most vulnerable are safe** when they are self-isolating. Here are some things to think about if you are offered, or need, support during this time.

Could a **family member, friend** or trusted **neighbour help you?** If not, try to use **existing and trusted community groups.**



#### Not sure? Don't answer the door

If you're not sure about an offer of help, ask the person to leave details and talk to someone you trust about it.

You can contact **Adult Social Care** on **0191 278 8377** if you need support or you feel unsafe. In an emergency, call **999.**



If you are worried about a child, call **0191 277 2500**

## Adviceline stays open as Citizens Advice Gateshead moves its entire operation to home working.

Citizens Advice Gateshead has moved their entire workforce to ensure the coronavirus doesn't stop them in their mission to help the people of Gateshead.

The charity has redeployed its 162 strong workforce allowing them to continue providing free independent advice to people in Gateshead and across the country ... from their own homes.

The Gateshead charity has temporarily closed its Swan Street headquarters in response to the coronavirus pandemic, but their service is still open using telephones and online.

- If you live in Gateshead and need help or advice you can ring the local Adviceline on **0300 3309 035**
- Book a call back at [www.citizensadvicegateshead.org.uk/contact-us](http://www.citizensadvicegateshead.org.uk/contact-us)
- If you live outside the Gateshead area you can call the national Citizens Advice Adviceline on **03444 111 444**
- If you have a consumer-related issue, you can ring the Citizens Advice consumer helpline on **0808 223 1133**
- If you want advice on applying for Universal credit, you can call the Help to Claim helpline on **0800 144 8444**

## KEEPING PEOPLE SAFE FROM ABUSE AND NEGLECT

Volunteers can help the most vulnerable people stay safe and well at home

If you spot something that doesn't feel right or are told something, then you need to report it.

Report concerns to Adult Social Care on 0191 278 8377

If someone is in immediate danger call 999



## CityLife Line 0191 277 8000

Newcastle city council, Connected Voice and Volunteer Centre Newcastle have launched a new service to help people during the coronavirus pandemic.

Call: 0191 277 8000 and volunteers from charities and known voluntary groups will be matched to help you with:

- shopping
- medicines
- information

## Mutual Aid Groups

Mutual Aid groups are groups of neighbours volunteering to help their fellow neighbours. Mutual Aid groups are active throughout Newcastle and Gateshead.

Get involved in - either by offering support or being supported or both!

The monument Mutual Aid Coordinator will direct you to your local group:

**0191 691 1823**

## Gateshead Carers are here to support unpaid adult carers throughout the Coronavirus Crisis and beyond.

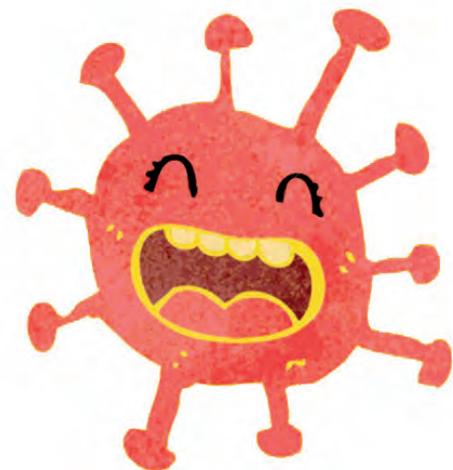
If you are an unpaid adult carer, caring for someone who Lives in the borough of Gateshead, and struggling because of the Coronavirus crisis, then Gateshead Carers is here to help. We can help with emergency grants through our **Carers COVID-19 Emergency Appeal**, through our wellbeing support and befriending, as well as signposting you to other agencies that can help.

All of our staff are still working from their homes and can assist with many of the same forms of support for carers via the phone, online and by email. We can support carers with health benefit applications including Carers Allowance and Attendance Allowance; with grant applications for basic goods or to improve wellbeing (Carer Wellbeing Fund); we can give information and advice relating to caring for a loved one with a specific health condition, advocating alongside you with health care providers, social services and schools. We can support carers with financial issues such as budgeting and debt. And we can give emotional support and refer to professional counselling.

Call us now on **0191 4900 121** or email [enquiries@gatesheadcarers.com](mailto:enquiries@gatesheadcarers.com) You can also visit our website and request support through our simple referral form <https://www.gatesheadcarers.com/forms/i-would-like-some-support> or use our Live Chat.

# HELLO!

**I am a VIRUS,  
cousin with the Flu and  
the Common Cold**



**My name is Coronavirus**

MANUELA MOLINA - @MINDHEART.KIDS  
WWW.MINDHEART.CO  
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spread  
love



***In Conversation: within the extraordinary context of the current Covid-19 pandemic Marian Milbourne and Gillie Kleiman respond to a question of friendship...***

*Dear Marian,*

I'm in my mid 30's and I'm keen to develop and maintain deep and meaningful friendships.

A teacher once said to me that a friend was someone that you turned to when you need support. But in my experience, I've encountered two main problems: a) it is often scary to ask a friend for help, as I don't want to be a burden, and b) how do I stop being friends with people that might be 'toxic' for my well-being? Is there a recipe for an enduring platonic love?

\*\*\*

**Gillie:** So, Marian, what happens when a friendship needs to end?

**Marian:** I would slowly detach. I wouldn't have been able to do that before because I was afraid of disapproval or people not liking me. But I now accept that not everyone will like me, so I have to do what's right for me.

If I think a friendship is 'going off the boil' I find it easy to end. When I say 'easy' I'm not being blasé about it, what I mean is I feel there is a very clear path, where I'm not available as much.

If there was a formula, I'd say some friendships come and go, and others last for a lifetime. There is no right or wrong. But just because a friendship is there, it doesn't mean you have to maintain it, because it might not be good for you to do that.

**Gillie:** I used to have these friendships that I now call 'co-dependent'. I would be in a friendship because we both felt a bit lonely but we were not well suited.

It was strange, an almost 'using each other' thing. It wasn't cruel or mean, but it wasn't always comfortable, and I often felt insecure.

Recently I think I've really nourished my friendships so they are mainly healthy, and delightful. Now when I feel like someone is trying to seduce me into a 'co-dependent' friendship I get a really strong reaction.

**Marian:** Do you think that's because you know yourself better than you used to. Is it more of a self-awareness thing, knowing what's good for you?

Everybody wants friendships for different reasons. We all want a close circle around us, to validate us, to make us feel secure and happy. But the only way



**We can't promise anything**

**Marian Milbourne  
Gillie Kleiman**

Transcribed, edited and designed by Andrew Wilson

***“Everybody needs help. So, if you present yourself to the world as always capable, and in control, you have to ask why you do that.”***

you have a healthy friendship, I think, is if you like yourself before you start to like other people.

**Gillie:** What about the other side of the coin, when you do need a friend?

In these current circumstances I've been doing favours, food shopping, etc, and friends have offered me practical help or advice. But what about when we feel shy or uncomfortable, or if we think we're a burden on our friends?

**Marian:** Well, that's what friends are for, but there are other sources of help too. You have to be aware of what help your

friends can give, and what help is available from other sources.

**Gillie:** If you had to stay in the house, would you feel comfortable ringing up a friend and asking if they would do your shopping?

**Marian:** Yes, I'd feel comfortable doing that. I have lots of neighbours who have rang me, or stood at the gate and asked if I need anything, particularly wine.

Everybody needs help. So, if you present yourself to the world as always being capable and in control, you have to ask why you do that. We all need help from

someone. I cannot however, ask friends for help when I feel I should be taking responsibility for myself. I can only ask for support to get me to where I need to be.

Am I asking for help to ventilate, before going back to whatever is making me unhappy? or, am I asking for help to navigate a way through the roots of the problem?

**Gillie:** That comes back to the nature of the friendship. I always call you with my romantic trials. I ring you because I really want your advice and I know that you'll listen to me. You give me advice and I might ignore it. But I know you've really listened to what I have had to say.

**Marian:** Vocalising and saying your problem aloud gives you the room in your head to look at the situation more rationally and realistically. When a thought goes around in your head it gets bigger and bigger.

There have been times in my life when I've relied on friends and I hope in return I've been there for them, but that's not the whole purpose of being a friend. There are fun times as well, it's a whole mix of demands and emotional threads all coming together.

**Gillie:** I think we can have quite a flat understanding of friendship. Where a friend is the person, we go to the pub with rather than a relationship that has as much complexity and nuance as a romantic, parental or sibling relationship. We tend to think these relationships as more complicated or richer somehow, but friendships are just like that too.

**Marian:** Yes, friendships in time can grow stronger and stronger, or they can fade away. But if a friendship doesn't work out in the long term it's not a failure, its perhaps just run its course.

I would like to say to the person who asked this question that I have a lot of empathy with what they ask. It is something that many of us have asked ourselves. I think it's an extremely normal analysis. Yet, nobody can really give the answer. I think you have to arrive there yourself.

**Gillie:** Well, it's not much of an advice panel if we just say that each time (laughs).

**Marian:** I know, I can see a little formula in there. Can you imagine! (laughs).

This is an excerpt from a radio show made for The Star and Shadow Cinema's online programme. Listen and find future content here: [www.starandshadow.org.uk](http://www.starandshadow.org.uk)



some of the poems our group members created are found below:

### Amira

I'm wide green spaces  
 I'm people's love  
 I'm the sound of birds and of calm  
 I'm the flowers' sweet aroma  
 I'm free and safe

### Phoenix centre group

I am the Phoenix centre  
 I am hot coffee on a cold morning  
 I am Fish & chips on Friday ("Fishy Fridays")  
 I am chatty people saying hello  
 I am warm hugs and friendly handshakes  
 I am the vision of being safely lived in  
 I am the Phoenix centre

### Noshin

I'm a beautiful city  
 I'm an ancient city  
 I'm the city of flowers and poetry  
 I'm the smell of orange blossoms  
 I'm plentiful gardens  
 I'm an ice cream with carrot juice on a warm evening  
 I am goat willow growing wildly everywhere  
 I am the sound of guitar being played in the streets  
 I am sparkling street lamps  
 I am a welcoming home

### maz

I am a small world with beautiful people  
 I am the taste of mango ice cream  
 I am Nelson Mandela, I bring love and I want to say: Let's Stay Together

### Shohreh

I am the green of the jungle  
 I am fresh soil after the rain  
 I am yummy hot chocolate  
 I am the song of melodic birds on the trees  
 I am the morning breeze

Credit:

This activity from the Comfrey Project has come from Poetry, Place & Identity in the 21st Century, Out of Bounds Activity Book



# SOLIDARITY POETRY PROJECT

by Midge Ryall

These poems were written by members of the local community in a series of creative writing workshops, as part of the For Solidarity Project events programme in 2019. Participants wrote each of the poems collaboratively as a group.

The poems are now displayed on a website, where members of the public can write their own lines to continue the poems on, and to connect with others through this shared storytelling.

If you wish to add your contribution to these poems, or if you would just like to read more of the work, you can do so online at [www.solidaritypoetry.uk](http://www.solidaritypoetry.uk).

25  
Tell me a story  
I'll let it envelop me  
and bundle me up.  
But bring it when I'm asleep  
let me taste it in my dreams  
then recite it in the daylight  
when it can no longer breathe

19  
The rage of the sea  
dripped through the canvas  
in waves and splashes.  
Wondering, wandering on,  
was the painting real or I?  
We speak in stripes as if there  
is enough oil to forgive

18  
Dawn breaks fragile hearts.  
Yesterday's love was betrayed,  
a tear-streaked sunrise  
leaves tracks like aeroplanes  
creating criss-cross patterns

12  
Bring me your boxes.  
Let me unpack them gently  
then put the stuff back  
with my fingerprints showing.

*Don't forget what I know now  
that I have unlidded the cardboard  
creature we created  
built out of birthday cards and bits of  
memorable packaging. - Ellie*

*Old things  
enabling new memories - Emily*

8  
The waves kiss the shore  
as the ships sail out to sea  
and the clouds spit rain  
on the turbulent waves  
of the toddler's bath tub

*The whole world rushing towards me  
Swells returning, easy as the breath  
RippLIng imagination storm  
Foetus-like in the water's embrace - Soph*

# Just a little breath



# blackbirds

BY ALICE WILSON

## The blackbirds in my garden don't care about lockdown.

For them, their annual routine is very much in full swing, if anything all the easier for the lack of humans getting in the way. I've watched them gathering nest material, feeding themselves up and singing their tiny hearts out to fend off any territorial rivals or the neighbour's cat. I've found myself chasing said cat out of the garden and away from the terrified house martins nesting in our eaves. I gradually watched the daffodils come and go, the bluebells replace them, and the blossom transform from a glittering garland on the branches to floating confetti on the driveway. I've watched the same pair of ducks go from courting to bringing up eight ridiculously cute ducklings and have grown so used to the buzz of a bumblebee that I don't even flinch when it comes a little too close to my ear.

There are many things about this lockdown that are totally shit. I haven't seen my boyfriend since the first week of March, I'm arguing with my parents simply because we're living on top of each other, my exams have been put back until God knows when, my brother's long-awaited wedding has been postponed and all I want to do when the weather is this glorious is find a pub garden to get gradually inebriated in. We're all struggling under the immense pressure not only of trying to remain sane when everything that usually helps us do so is off limits, but also the pressure that comes, mostly from social media, to somehow "better ourselves" during this lockdown.

All over the world, people seem to be writing love songs, painting masterpieces or knitting things, all so that they have something to show for their time in lockdown. Although for most people, work has slowed down and meetings and deadlines have been cancelled, we seem to have replaced these pressures from our working life with pressures from ourselves. We have to come out of lockdown a Michelin star chef, fluent in two extra languages and at least a stone lighter.

But this is not a healthy outlook to have. In a brilliant book I recently read by Robert Poynton called *Do/ Pause: You Are Not A To Do List*, he explains how time that we think is spent 'wasted' by doing nothing, are actually the very pauses which are integral to our doing something. Without pauses, we are simply machines, and machines burn out. Pause is the best way to ensure that we can continue to develop, be creative, be productive, function.

But I am no saint. I feel guilty every day I decide not to go for a walk or not to do my exercise regime, and I beat myself up every time I cave in and have a glass of wine after dinner when I swore I wasn't going to. For every episode of a TV programme I watch or every half hour I spend mindlessly scrolling through Instagram, there's an hour of self-loathing to follow. Why wasn't I working on my research? Why wasn't I practising my shorthand? Why aren't I producing something creative? Why aren't I writing? (One thing this lockdown appears to have succeeded at is extinguishing any capacity for me to write creatively).

One thing I have found unexpected joy in, however, is nature. I've always enjoyed being out of doors and walking, but I have never observed the unfolding of Spring so keenly as I have this year. To earn a bit of extra money, I started working as a temp at my local Co-Op store, but when they asked me to be at work for 6am, I was very close to quitting. Early mornings have always both eluded and appalled me and aren't something I wanted to get used to. But on my first dawn awakening, I was woken not by my alarm clock, but by birds singing. I can't remember the last time I was walking at that time in the morning without being drunk and carrying some take-out chips and gravy, so that's probably why I had never noticed just how beautiful the sky is when the sun rises. How peculiarly magical it feels to know that you are the only one awake, to feel like you've been given a private audience with the morning and that this tiny section of the day belongs to you and you alone.

I've actually begun to be interested in gardening (something I never thought would happen). Don't get me wrong, I have no interest in getting my hands dirty, nor in coming into contact with any of the beastly creatures lurking in the earth, but I found myself intrigued by the various plants my parents were sowing, the vegetables I might expect in the coming months and even helped my mum decide where to plant her birthday Hydrangea. I've even started watching *Gardener's World* (admittedly, the primary attractions are Monty Don's delightful fox-red retrievers) and on state-sanctioned daily exercise with my parents, we walked past someone's front garden and I genuinely exclaimed "Wow! Look how well their rhubarb's doing!" I decided at that point that I needed to watch some Netflix to bring

my mental age back to my 21 years, rather than the 47 it was quickly becoming.

I know that I am very lucky in that I had a nice family home to retreat away from university to, with a lovely garden to sit in and enjoy the sunshine. But one thing I have also learned is that even the smallest green spaces can show you glimpses of hope that Spring has in abundance. The promise that this isn't going to last forever and that good things are coming.

So I would encourage you to take advantage of the state-sanctioned exercise if you can, to get outside and observe. Or just look out of your window. By looking out of mine, I've figured out which shrub the blackbirds are building their nest in, so I'll know where to listen out for the first squeaky song of their chicks. By all means, have aims for the end of lockdown to have finished a book, written a song, lost a few pounds or painted a picture. But if you want to do absolutely nothing, that's fine too.







**Dingy Butterflies CIC** works primarily in Gateshead developing community art projects, with artists, community organisations, local residents and students. We believe that creativity can bring people together to understand and foster change, combat and question local and national social issues and support people in having a voice in their local community. Through community led and co-created projects and exhibitions, we aim to increase creative engagement and participation within the community; develop and improve creative and digital skills; and increase active engagement in local decision-making. Our work has resulted in new community archives, digital games and app-based narrative maps, public events, creative walks, and artworks. We are always looking for new people to work with. Get in touch!

'Bensham & Saltwell Cooks' was part of a project called The Saltwell Road Project that we developed in 2013. It involved working within the community of Bensham & Saltwell, Gateshead, to develop simple cooking and growing lessons for local people, and as a starting point to think about the growing and cooking of food in a community setting. It involved developing simple cooking lessons and recipes working with St Chads Community Project and Chef Rob Stewart; considering how the community could grow its own through community allotments, where food comes from and the ways of growing and sourcing it locally, and how underused areas of land could be used for the benefit of the community. A series of postcards were produced showing some of the recipes that Rob created with local people based on what they said they would like to learn how to cook, of which this is one. We feel this is a good point in time to revisit them and explore their relevance now.

**BENSHAM & SALTWELL COOKS...** ... chicken



**Chicken stir-fry**

Ingredients:

- 1 x sliced chicken breast
- 150g noodles or rice
- 1 red pepper
- 100g spring onions
- 6 mushrooms
- 1 clove garlic
- 1 pc ginger
- tsp of Soy sauce
- 1 red chilli
- Sesame oil (or veg oil)

Method:

- 1) Crush the garlic, dice the ginger and chop the chilli. Mix with the soy sauce and oil and marinate the chicken an hour.
- 2) Finely slice all the vegetables, heat a wok or big frying pan with a little oil.
- 3) Add the chicken to the pan, cook until coloured and add the vegetables in stages, hardest first. Allow each vegetable to cook for one minute before adding the next.
- 4) Put a little water and some soy sauce in with the mix, cover and cook for two minutes.
- 5) Serve over cooked rice or noodles.




**Chicken stock**

Ingredients:

- Carcass of chicken
- 1 carrot
- 1 onion
- 1 celery stick
- Black peppercorns

Method:

- 1) Chop the carcass up and place in a big pan
- 2) Cover with water and add the carrot, onion and celery.
- 3) Bring to a boil, pour off any of the scum from the top and fill back up with fresh water.
- 4) Add the peppercorns and simmer for four to six hours.



**Chicken, bacon and mushroom pie**

Ingredients:

- 1 diced chicken breast
- 4 rashers diced smoked bacon
- 200g sliced button mushrooms
- 250ml milk
- 20g butter
- 20g flour
- Ready-made puff pastry sheet
- An egg
- A little oil

Method:

- 1) Cook the chicken in oil until browned, remove and put in a bowl.
- 2) In the same pan, fry the mushrooms and bacon.
- 3) Add the butter and allow to melt on a low heat. Add the flour and cook gently.
- 4) Add the milk little at a time, stirring all the time, season, and return the chicken to the pan.
- 5) Pour it all into an oven proof dish and top with a sheet of ready-made puff pastry.
- 6) Break an egg, whisk and brush it over the pastry, bake at 180c until golden brown.




**Chicken broth**

Ingredients:

- 1 carrot
- 1 onion
- 1 stick celery
- 1 leek
- 2 ltrs chicken stock
- 1 tin pulses (chick peas, berlotti beans, haricot beans)

Method:

- 1) Finely dice all of the vegetables and cook in a little oil until soft. Add a bit of salt.
- 2) Add the stock, season, simmer for 30 minutes.
- 3) When the vegetables are softened, add the tin of pulses and cook for 20 minutes.
- 4) Season if needed and serve with crusty bread.







Ben Jones | Director | Dingy Butterflies CIC

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 @DingyButt

# QUIZ

## Hard-up Heroes

by LESLEY ANN ROSE

1.



### Question 1

- a: What super-hero or villain do we see?
- B: What items have they bought?
- C: Which shop did they buy them from?
- D: What is the cost of each item? \*Prices taken from online stores
- E: How much has his outfit cost to make?  
Hint: headwear, Cape, items on belt?

Answers:  
 Batman has been shopping at Tesco and has bought:  
 A bottle of water for 45p  
 A squash for 99p  
 A parsnip for 17p  
 A punnet of strawberries for £2.00  
 A banana for 25p  
 An apple ( he has eaten half) 27p  
 Outfit:  
 100 prush 80p  
 Nutcrackers £3.00  
 He man quilt cover (Models own) £28.78  
 Bag 5p

2.



### Question 2

- a: What super-hero or villain do we see?
- B: What items have they bought?
- C: Which shop did they buy them from?
- D: What is the cost of each item? \*Prices taken from online stores

Answers  
 Poison Ivy has been to Wilco and bought:  
 Seeds! Wild flower mix £5.00  
 Gladioli £1.75  
 Iris £2.00  
 Sunflower £1.00

3.



### Question 3

- a: What super-hero or villain do we see?
- B: What items have they bought?
- C: Which shop did they buy them from?
- D: What is the cost of each item? \*Prices taken from online stores

Answers  
 Wonder woman has been to Our price record store and has bought:  
 Pink Floyd Dark side of the moon album £8.00  
 Fleetwood Mac Rumors Album £12.99  
 Grace Jones Island life Album £6.20  
 Velvet Underground and Nico £176.24

4.



### Question 4

- a: What super-hero or villain do we see?
- B: the feather duster is from which shop and how much did it cost?
- C: The ornaments on the shelf are all different makes, how much did our character spend on each?
- D: What animal (type and species) does our character have as a pet?

Answers  
 The Penguin has been to B and M home stores to buy a feather duster  
 Feather duster costs: £3.99  
 Penguin ornaments no 1: Lladro 'Penguin family' cost £590  
 Penguin ornaments no 2: Skadium Penguins cost £119  
 Penguin ornaments no 3: Not on the high street £29  
 The Full size Penguin in the picture is a Macaroni penguin

## Benefits of Quizzing



i talk to so many people who say to me that they have just done a quiz - not just general knowledge but drawing or some other online game. This is great news. We are all connecting in new ways and also finding ways to stimulate our brains and motivate ourselves. Learning something new - whether it is facts for a quiz or a skill - from language to crafting or planting for the first time - all gives a sense of achievement. At this time, it may be beneficial to set a goal or a challenge and share the joy of what you have done with others.

On average, as you get older it will take you longer to remember things and to process information. Scientists have estimated that memory lapses are probably on the rise, as people lead even busier and more pressurised lives. So this period of enforced time at home, may be an ideal time to quiz with friends or choose a similar challenge - set a crossword for instance.

They don't have to be online, you can set the challenge and take part over the telephone or send it to someone in the post or a through a neighbour's door to complete - the point is to research, learn and answer questions to keep your brain active.

Remember, there is a well known mantra "use it or lose it" and that is why it is worth keeping our brain engaged in something that tests your memory - it may also help stave off dementia

To get you started, here is a quiz to see how much you know about the North East.

1. newcastle upon Tyne's famous football team is correctly known by which nickname?
2. which world famous bridge does the Tyne Bridge resemble?
3. The angel of the north is seen by how many people per year?
4. How many steps are there to the top of Grey's monument?
5. What is the population of Newcastle?
6. What size is the Town Moor?
7. What do the towns of Yarm on Tees, Warkworth and the City of Durham all have in common?
8. Comedian and TV's Pointless Presenter, Alexander Armstrong was born in which North East town?
9. What is the alternative name for St Cuthbert's Isle which lies just off the shore of its larger neighbour, Lindisfarne?
10. What famous drink was invented by William Owen, a chemist in Newcastle's Barras Bridge in 1927?

With thanks to Living North Magazine

- Answers:
- 01) The Magpies
  - 02) The Tyne Bridge was designed by Mott, Hay and Anderson who based their design on the Sydney Harbour Bridge, which in turn derived its design from the Hell Gate Bridge in New York.
  - 03) The A1 motorway is right next to it so it's seen by one person every second - that's 90,000 people every day or 33 million every year.
  - 04) 164 steps.
  - 05) 300,000.
  - 06) 1000 acres.
  - 07) All in the meander of a river.
  - 08) Rothbury.
  - 09) Seaton Sluice.
  - 10) Lucerne.

**FOR**

**SOLIDARITY  
SOLIDARITY  
SOLIDARITY**

This publication has been put together by the For Solidarity network in response to the exceptional circumstances imposed by the Covid-19 pandemic.

For Solidarity is a growing peer-support network of organisations, projects, initiatives and individuals across the North East. Collectively we aim to strengthen and grow existing networks of solidarity for a more democratic, socially just, and ecologically sustainable world that supports all of our material and social needs.

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The Comfrey Project  
Connected Voice  
Dingy Butterflies  
Dwellbeing  
The Eclipse  
Gateshead Carers  
Gateshead Council  
Mutual Aid  
The NewBridge Project  
Newcastle City Council  
Newcastle Safeguarding Board  
Recovery College Collective (ReCoCo)  
Roots and Wings  
Sail Creative  
Shieldfield Art Works  
ShIPLEY Art Gallery  
The Star and Shadow Cinema  
Sunderland University