



NECA News

June 2023

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Department of Education HAF Awards

The NECA Community Garden were delighted to have been named as regional champion in the first ever Department for Education award scheme designed at recognising organisations which help deliver activities and food during the school holidays! We went through to the final judging stage in London for an awards ceremony in the House of Commons. NECA staff joined by staff from South Tyneside Council had a brilliant time in London and were extremely proud to collect the Regional Champions Award on behalf of the Community Garden.

"It was such an honour to be in a room full of other amazing HAF providers from all over the country and we look forward to continuing to develop and grow our project for the future! Our partnership with South Tyneside Council has enabled us to increase and enhance our HAF activities and attract an ever rising number of local families. Ultimately we love what we do and having the opportunity to fill the Garden with families enjoying themselves makes us very proud. As always thank you so much to everyone for your continuing support of our Garden with special thanks to Charlotte from South Tyneside Council for all your support, we do truly appreciate it." – Louise Strong (NECA HR/Development Manager)





BETTER HEALTH AT WORK

Health Awareness Campaigns ~ June - July 23

12-18

June



Loneliness Awareness Week

[Click here for further information](#)

12-18

June



Men's Health Week

[Click here for further information](#)

19-24

June



Cervical Screening Awareness Week

[Click here for further information](#)

21-27

June



Love your Lungs Week

[Click here for further information](#)

03-09

July



Alcohol Awareness Week

[Click here for further information](#)

24

July



The Big Listen 2023

[Click here for further information](#)

Loneliness - Connections

We are hard-wired as humans to need social connections. Loneliness can often feel overwhelming and something out of our control, so it can be useful to have a starting point. Looking inward and taking care of yourself can be easier said than done - but it can be the key to discovering what you really need.

Source: www.marmaladetrust.org/connecting

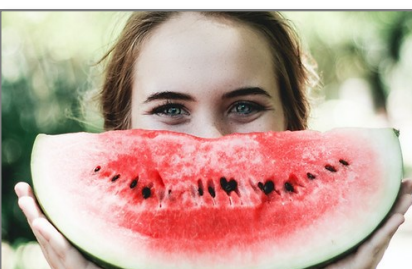
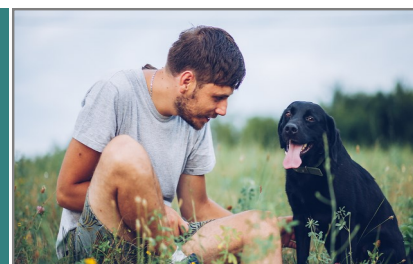


Social Media

Make an active choice to go on to be inspired, entertained or informed. Look for groups or communities you're interested in joining? Use it as a way of connecting with like-minded people, rather than engaging in a meaningless scrolling blur. Remember, what we post on social media can be very different to what is really happening in real life. So don't believe everything you see.

Self-Care for Loneliness

Changing our perception of loneliness can have a game-changing effect. Instead of seeing loneliness as something empty, or a lack in your life, imagine it as a blank slate on which to build new experiences, friendships and interests. It might take a bit of effort when you've been feeling a certain way for so long but keep going.



Feel Good Food

Food plays a huge part in how we feel, and research has shown that people experiencing chronic or long term loneliness have a lower intake of protein, fruits and vegetables in their diet. Longer term loneliness also has an effect on appetite, from a lack of motivation to cook and eating less, to higher consumption of unhealthy foods and alcohol.

Young People's Gambling Harm Prevention

A huge well done to our Education and Training Leads Heather, Rachael and Leanne, for another fantastic year.

Delivering Gambling Harm Prevention Workshops to 4,259 Young People and 897 Professionals/Parents on the risks associated with gambling related harms, and how and where to signpost into support services if required.

The team look forward to continuing to deliver the programme over the next 12 months across the North East region.

Over the last 12 months NECA's Gambling Education & Training team have proudly continued delivery of gambling harm prevention workshops to;

4,259

Young People

897

Professionals/Parents



Thank you to MPCT North East Military Academy for inviting Rachael, to deliver our Young People's Gambling Harm Prevention Programme to your cadets.

These young people are busy training ahead of their admission into the military, so it was a great chance to talk with them about their understanding and experiences of gambling harms and how they can access support, should they ever need it.

Heather and Rachael were delighted to be part of the Durham Youth Network Conference, thanks to the North East Youth Alliance for the invitation.

It gave them the opportunity to highlighting the important work we do at NECA in educating young people and those working with young people, on the harms of gambling/gaming and connecting with other like-minded workers and organisations.



As part of the Newcastle HSW College Advisory Board, Heather was in attendance at their recent networking event, where she had the opportunity to provide an update on The English Gambling Education Hub.

A new England-wide initiative aimed to bring organisations and resources together to prevent gambling harms in young people.

Heather is NECA's Engagement Lead for this new initiative.

Gambling Services



Amanda (Community Engagement and Development Lead), Jason Sheriff (GAP Engagement Lead) and Heather (Engagement Lead, Education Hub) have been out and about. Raising awareness of gambling harms and promoting NECA's services within a variety of settings across the region.

A few recent visits have included;

Amanda at Teesside University, for Student Money Day. With nearly 10% of UK students having used student loan money to gamble at least once, Amanda was there to help students identify gambling harms

Amanda was also at Durham University, pictured with Louise Burnip (Durham University Student Money Advisor) as part of an event to support students with money saving ideas during the cost of living crisis. Raising awareness of gambling harms and how to access our service for support.

Big Local Central Jarrow invited Amanda and Heather to attend their Health and Wellbeing event. Organised by Everyturn Mental Health, it was a great success with good contacts made on the day and good feedback for future working relations.

To celebrate Mental Health Awareness Week the "A better U Champions Network" help a drop in event at Cleadon Park Library, promoting the five ways to wellbeing messages. Heather, Amanda and Jason (joined by Suzy from GamCare) provided information and advice on Gambling Harms and the support available from NECA.



NECA Community Garden

Spring has sprung at NECA's Community Garden, with lots of planting and growing activities taking place during the School Holiday Clubs.

Follow the Garden's Facebook page for more information on events and all that's going on [CLICK HERE](#)



Queen's Awards for Voluntary Service

South Tyneside Thank you

NECA Community Garden (alongside other groups) were invited to attend a special civic 'thank you' for their hard work and dedication to the people of South Tyneside, in recognition of the receipt of the Queen's Award for Voluntary Service.

The groups were congratulated by the Mayor of South Tyneside, Councillor Pat Hay during a reception in South Shields Town Hall, with the Mayoress Jean Copp, Lord Lieutenant of Tyne and Wear Lucy Winskell and Deputy Lieutenant Col Ann Clouston also in attendance.

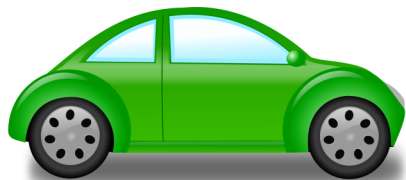
The Mayor said: "The Queen's Award is an extremely prestigious award – the highest tribute given in the UK for voluntary service. I'm delighted to see so many of our local groups and organisations honoured in this way during my two years in my Civic role. The passion and commitment of these individuals to the communities that they serve is incredible, making these awards so richly deserved.

"On behalf of the people of South Tyneside, I'd like to take this opportunity to praise all those recipients for their outstanding voluntary work and sheer determination as well as thank all those who support them. They are wonderful ambassadors for our Borough."



The Mayor of South Tyneside is pictured with the Lord Lieutenant of Tyne and Wear, Lucy Winskell, Deputy Lieutenant of Tyne and Wear, Col Ann Clouston, the Mayoress, and local recipients of the Queen's Award for Voluntary Service awarded during her time in office.

Travel on NECA Business



A reminder that Staff and Volunteers should not be using their own vehicle to travel on any NECA Business (including travel to HQ to attend Training) without first providing the following mandatory documents **(including renewals)** to HR;

HR13 Appendix A:	Vehicle Insurance:	MOT Certificate:	Driving Licence:	V5c - Vehicle Registration:
To be completed as soon as you are aware you may need to use your vehicle for NECA Business. A new form must be completed if you change vehicle or use an additional vehicle.	Must be valid, and cover be for: "Class 1 Business Use". You will not be insured if you do not have this cover. Updated copies must be sent to HR asap.	Must be valid. For first time MOT or for all renewals you must send HR a copy of the MOT certificate. Your insurance will not be valid if you do not have an up to date MOT.	Must be valid and have current address listed. If your licence is renewed (incl. name or address changes) a new copy must be sent to HR.	The full document must be presented to HR. Anytime you change or use an additional vehicle, then the new copy must be sent to HR.

* IMPORTANT REMINDERS *

- * NECA reserve the right not to reimburse travel expense claims until all documentation has been submitted.
- * Expenses will only be paid if documents and associated expenses are produced within the same financial year.
- * Expenses must be submitted on a monthly basis, not saved and submitted in batches.
- * Expenses forms must be completed clearly and in full, otherwise they may be returned.
- * Travel passes will be reimbursed for daily proportion of any days travelled for NECA Business.
- * HR do not send reminders for documents, it is the employee's responsibility to ensure all documents are submitted accurately and on time and that they have been received and verified by HR.

* Failure to adhere to Policy & Procedures could result in disciplinary action *

For any queries/clarification please speak with your Manager or contact HR on 0191 414 6446 or human.resources@neca.co.uk

New Starters:

- Jason Sheriff started as Engagement Lead - GAP Programme in the Gambling Service on 05 April.

Transfers:

- Heather started her new role as Engagement Lead - English Gambling Hub (North East), still within the Young Peoples Gambling Service.

Leavers:

Announcements:

Don't forget to let HR know as soon as possible if you;

- ⇒ Change address/telephone/name/bank details.
- ⇒ Want to update your Expression of Wish form.
- ⇒ Need to complete a new Declaration of Outside Interest form.

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