



NECA News

October 2022

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New NECA Website

Watch out for the new NECA Website and Intranet launching very soon.
See below for a sneak peak - details will be coming soon via e-mail.

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NECA Greenhope Allotments

Greenhope has been used as a base to provide opportunities for service users to develop and achieve qualifications.

[CLICK HERE FOR MORE INFO](#)

Welcome to NECA

NECA is a registered Charity whose key focus is to improve the lives of individuals and communities throughout the region. For over 40 years NECA have supported and enabled thousands of individuals to sustain long term Recovery from substances and Gambling misuse.

Our Values

EMPOWERMENT
WE WORK WITH YOU AS A

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Our Services

Gambling Advice & Services

NECA, in partnership with GamCare provides a range of FREE support for Gamblers, as well as friends and family who are affected.

[MORE INFO](#)

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- Gambling Support
- Gambling Advice
- Gambling Treatment

If you're worried about your own gambling, or if someone else's gambling is negatively affecting you contact:

- NECA Gambling Services: 0191 562 3309
- National Gambling Helpline (24/7): 0800 8020 133
- Email: gamcare.referrals@neca.co.uk

[LIVE CHAT](#) [SELF REFER HERE](#)

Is problem gambling affecting you or someone close to you?

NECA, in partnership with GamCare provides a range of FREE gambling support, gambling advice and gambling treatment options for Gamblers, as well as friends and family who are affected.

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Working in Partnership

To enhance our delivery of services we work in partnership with a range of providers both formally and informally. These include our partners in local Authorities, Health, DASH, CWS, Criminal Justice and other Charitable organisations.

GamCare
In partnership with GamCare,

MATRIX
In partnership with The MATRIX,

Freebel Trust
The Freebel Trust grant has

National Lottery Community Fund

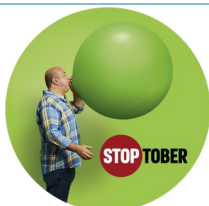


BETTER HEALTH AT WORK

Health Awareness Campaigns ~ October & November

01-31

Oct



Stoptober

[Click here for further information](#)

03-07

Oct



Back Care Awareness Week

[Click here for further information](#)

10

Oct



World Mental Health Day

[Click here for further information](#)

16

Nov

bhf.org.uk/cpr

#RestartAHeart

Restart a Heart Day

[Click here for further information](#)

01-30

Nov



Movember

[Click here for further information](#)

14

Nov

DiABETES UK
KNOW DIABETES. FIGHT DIABETES.

World Diabetes Day

[Click here for further information](#)

Top 10 tips for Back Pain



1. Exercise your back regularly – walking, swimming (especially back stroke) and using exercise bikes are all excellent to strengthen your back muscles but anything that you enjoy and helps you keep active will be beneficial.
2. Keep active and moving even when you have pain. Gentle walking and stretching will prevent stiffness. Also try to avoid long periods of bed rest as this is counterproductive.
3. Always lift and carry objects close to your body, bend your knees and your hips not your back and never twist and bend at the same time.
4. Try to maintain a healthy diet and lifestyle as this will help prevent back pain. Quit smoking as it increases your chances of developing back pain.
5. Use painkillers when pain occurs to allow you to carry on being active. If pain is persistent see your GP as they may be able to prescribe stronger painkillers or investigate further.
6. Consider your work environment. If you work in an office look at your work space and ways to adapt it to help you manage your back pain. If your work is more manual in nature try to be aware of and work according to health and safety procedures such as manual handling or loading procedures.
7. Try to carry items in a rucksack and avoid carrying single sling bags.
8. Always try to maintain good posture. Avoid slumping in your chair, hunching over your desk and walking around with your shoulders hunched up.
9. Always use a chair with a back rest and sit with your feet flat on the floor or on a footrest. Don't forget to change your sitting position every few minutes.
10. If you do suffer from backpain made worse by being at work, talk to your manager or HR department - ensuring you complete the Health & Safety DSE risk assessment form.

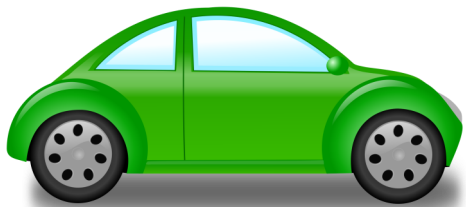


NECA Community Garden

A huge thank you to everyone that came to our Summer holiday club this year. It was a very busy few months, and the team are ready for a short break before they start preparing for more fun activities during the October half-term.



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

NECA Gambling Services

The Gambling Treatment and Young Peoples Harm Prevention services have continued to attend some amazing events across the North East, in order to promote and spread awareness of our services. Alongside delivering gambling harm prevention training sessions to young people.



Leanne and Heather (Education and Training Lead & Senior) holding a pop up event at the NECA Community Garden



Paul (PSI Gambling Practitioner) at "Back on the Maps" event around illegal money laundering.



Paul and Julie (PSI Gambling Practitioners) at Gateshead College Freshers Fair



Heather and Rachael (Education and Training Lead & Senior) delivering harm prevention sessions on gambling/gaming alongside the Northumbria Violence Reduction Unit



Rachael (Education and Training Lead) (also joined by Heather) at Metro Centre's Community Hub

New Starters:

- Julie Crawford started as a PSI Gambling Practitioner on 1st September.

Transfers:

- Heather Teasdale started her new role as Senior Education and Training Lead, North East for NECA's Young Peoples Gambling Harm Prevention Programme.

Leavers:

Announcements:

Don't forget to let HR know as soon as possible if you change address/ name/bank details, or if you need to amend your Expression of Wish or Declaration of Outside Interest forms.

Did you know? You can check your own pension details online with the Scottish Widows Portal Register Page at [Scottish Widows | Retirement](#) | [Retirement campaign](#)

HR & Development Team

NECA Headquarters

Derwent Point, Clasper Way
Swalwell, Newcastle upon
Tyne, NE16 3BE

Tel: 0191 414 6446
Fax: 0191 414 8124

NECA News Produced by
Human Resources

human.resources@neca.co.uk

