



## 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 a 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

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**DIVENT KNA PET**



**HEW! WHERE'S ALL THE CHIPS?**

**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)

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

**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](http://Facebook:walkerfoodbank)

**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](http://creativewavess)

**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](http://#LindisfarneLockdown)

**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](http://Facebook:7Stories)

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

**SHANTI BEE**  
An holistic wellbeing centre offering diverse and inclusive online wellbeing and yoga sessions from their 'Isolation Timetable'. [Facebook: ShantiBeeShanti](http://Facebook:ShantiBeeShanti)

**MAGIC HAT CAFE**  
This wonderful hot 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: [@magicchatcafe](http://gofundme.com/f/magic-hat-cafe-covid-19-response)

**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)

**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/)

**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 your support and donations through their Go Fund Me appeal [gofundme.com/f/covid19-support-newcastle-gateshead-foodbanks](http://gofundme.com/f/covid19-support-newcastle-gateshead-foodbanks)

**THINGS WHAT PEOPLE NEED**

**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)

**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](http://ticketsignite.com/event/2740/alphabetti-theatre-donations)

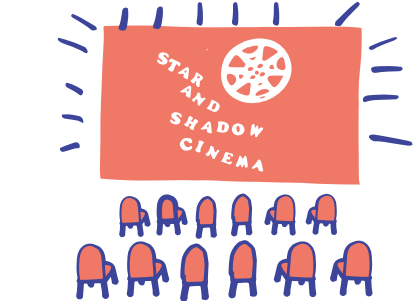
**THE CLUNY**  
Grassroots music venues like The Cluny need are a part of our local culture and unfortunately The Cluny could be at real risk of closing their doors permanently. [crowdfunder.co.uk/cluny-comeback-gigs-help-us-survive-covid-19](http://crowdfunder.co.uk/cluny-comeback-gigs-help-us-survive-covid-19)

**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](http://us04web.zoom.us/j/560010238) Website: <https://www.northeastwilds.org/>

**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 Sicking 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. [@alexicking](http://@alexicking) Just Giving page: [justgiving.com/fundraising/makersraffle-ne](http://justgiving.com/fundraising/makersraffle-ne)

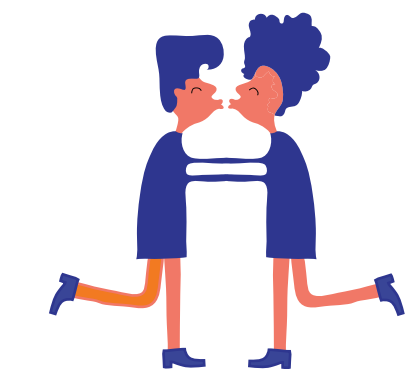
**GOLD TAPPED**  
Embrace your inner ceramicist with a free or pay what you feel video chat ceramic workshop. Showing you tips and relaxing techniques to create some beautiful artwork. Haven't got any clay? Not a problem they will drop off new clay in a washed bag to your doorstep within 1.5 miles of 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](http://@goldtapped)

**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](http://StarAndShadow)

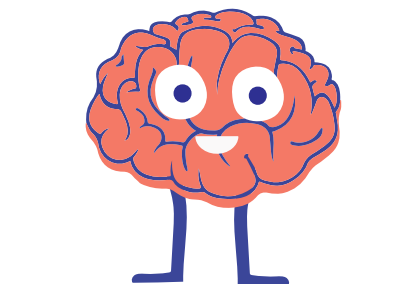


**YOUNG WOMENS FILM ACADEMY**  
This women led charity focuses on improving the well-being of girls and young women while providing them with film making skills. Supporting girls and young women aged up to 25 in the North East of England to advance their lives, through the provision. They have some lovely 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](http://youngwomensfilmacademy)

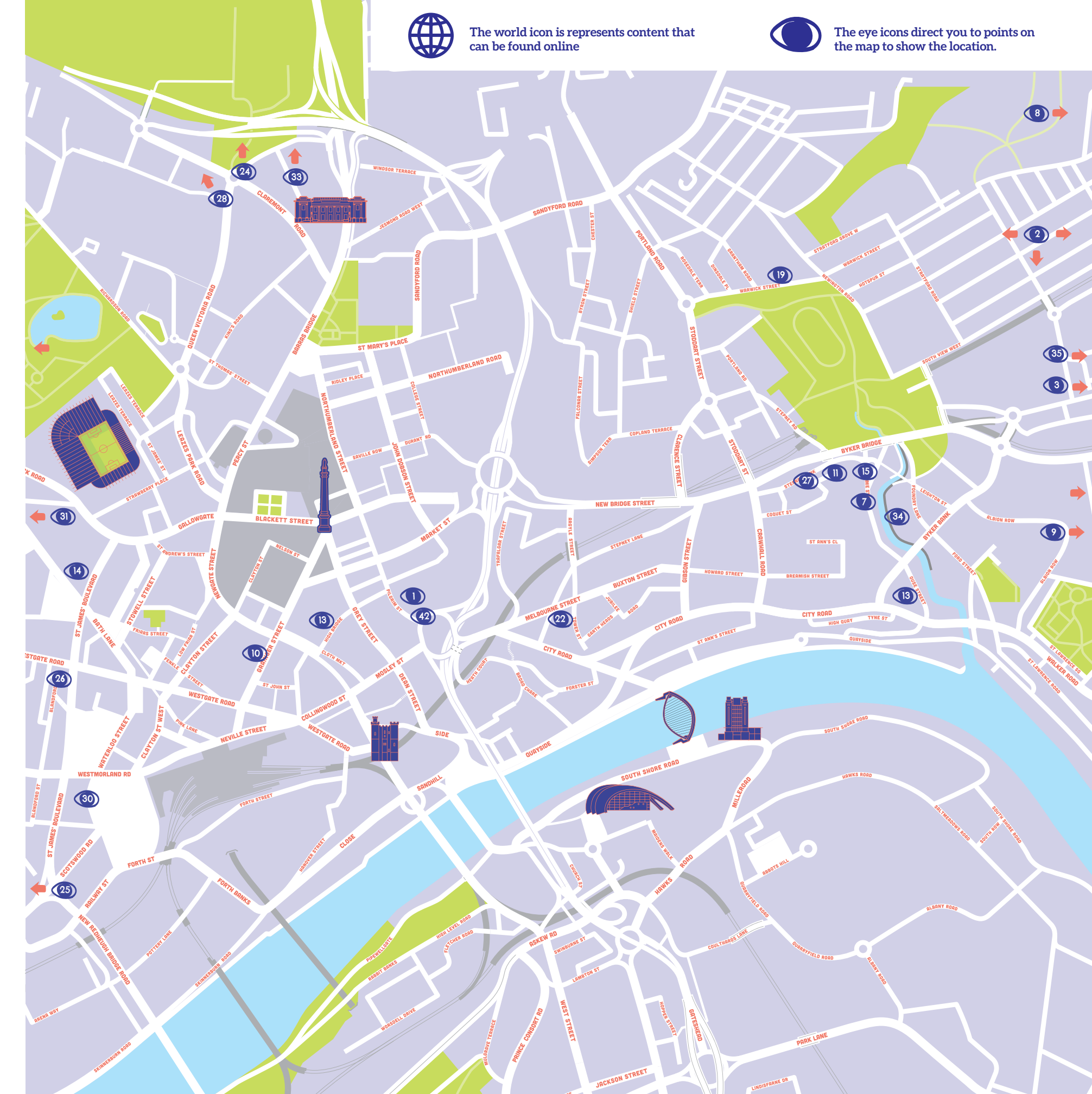
**STAY HOME, STAY QUEER**  
Local cabaret maker, binary breaker and performer Melody Sproates brings you 'Stay home, stay queer' which is a free downloadable resource pack full of LGBTQIA+ positive art, helpful links & pieces of written wisdom by Melody's own queer icons! This resource is for self isolating 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](http://@melodygroovysproates)



**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](http://actionfoundation)



**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](http://MindfulnessBasedTherapies)



The world icon represents content that can be found online

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

**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/)

**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](http://NCLWestEndFoodbank)

**NEWCASTLE CENTRAL MOSQUE**  
If you are elderly or vulnerable in isolation anywhere in Newcastle Upon Tyne help is available through delivery of essential food supplies & medicine directly to your home. Simply contact their COVID-19 support line on 07426313662 to arrange for delivery of your desired items. Facebook: [nclcentralmosque](http://nclcentralmosque)

**THALI TRAY**  
Thali Tray teamed up with Newcastle Brewing Ltd to create Newcastle's first craft brewery and Indian street food joint @Arch 2, Ouseburn. There is no reason to miss out on this delicious Indian street food as you can still order and collect (with social distancing followed of course). Serving 2-8 pm in limited and staggered collection slots. Pre order now by calling 07535625601 and check out their menu: [thalitray.co.uk/menu/](http://thalitray.co.uk/menu/)

**CAFE 1901**  
Cafe 1901 is a creative space that has community at it's heart. Their food menu,

afternoon tea, cakes, shakes, coffee, smoothies, groceries & meal prep are all available as delivery straight to your door, check out all they offer: [1901caffe.co.uk/jesmond/](http://1901caffe.co.uk/jesmond/) Facebook: [@caffel1901jesmond](http://@caffel1901jesmond)

**FAB BAKERY**  
Bread does not come any better that 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: [freshartisnbread](http://freshartisnbread)

**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](http://@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](http://life.org.uk/life-goes-online)



**CANFIELD 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-302016002610](http://eventbrite.co.uk/e/north-east-charities-come-together-connect-collaborate-support-tickets-302016002610)

**TYNE & WEAR MUSEUMS**  
Museums are another cultural sector hit by the pandemic so supporting them and staying connected 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 [museums.org.uk](http://museums.org.uk) and check our social media channels to keep up to date. [twmuseums.org.uk/](http://twmuseums.org.uk/) Twitter: [@TWAMmuseums](http://@TWAMmuseums)

**REHILLS OF JESMOND**  
A wee tippie in these strange times certainly has it's benefits and Rehills's whiskies, 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](http://Twitter:@RehillsJesmond)

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

**CRANFIELD TRUST**  
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**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](http://Carers Information Line): 0191 275 5060, Monday - Friday, 9:00am - 5:00pm. [newcastlecarers.org.uk](http://newcastlecarers.org.uk)

**CURIOS**  
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](http://teamcuriousarts) Website: [curiousarts.org.uk/](http://curiousarts.org.uk/)

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**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](http://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](http://youtube.com/watch?v=LxXy9AFNXA) Website: [streetwiseno.org.uk/](http://streetwiseno.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](http://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](http://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](http://suggestibles) Website: [thesuggestibles.co.uk/](http://thesuggestibles.co.uk/)

**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/](http://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](http://newcastlecovid19.com) Facebook: [NewcastleCovid19](http://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/](http://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/UCm85jmJKJkEeWkQuudOI8jW> where you can find gardening and activities. And they are continuing their city-wide domestic abuse support. [westendwomenandgirls.co.uk/](http://westendwomenandgirls.co.uk/) Facebook: [facebook.com/westendwomenandgirls](http://facebook.com/westendwomenandgirls)



### SOME CANNY TIPS FOR WELLBEING

### 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/>

**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 have 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>

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