

Get Well for Winter Weekly Bulletin

Get Well
for Winter

A graphic featuring a blue umbrella with a curved handle, positioned behind four teal hearts of varying sizes.

News and
information.



Covid19 updates

Weekly timetable
from 9th November
to 15th November

Introduction



Get Well for Winter is a brand new programme running from 7th September until Christmas aimed at people with a learning disability and anybody who supports them in the North East and Cumbria to help them Get Well for Winter.

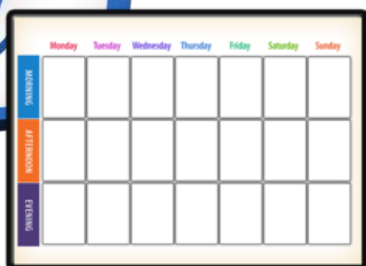


It is more important than ever this Winter to keep well because of Coronavirus and flu.



You can find out more information about the programme by watching this video here:

<https://youtu.be/KuWJoRyGAj0>



Watch out for this weekly bulletin that will tell you all about what activities we have coming up and lots of information and resources to help you Get Well for Winter!

Getting Connected

How to connect to the Get Well for Winter Facebook Page



We have set up a Get Well for Winter Facebook page where you can access lots of information and connect with other people, You can find the page by clicking this link here:

https://www.facebook.com/GeordieVoices/?hc_ref=ARQ6RhZSut4VNoIVR40EJC6LBDHNBaU9lwUcB9HCamnx7JKnD4KDJvYhYDaayBZ2Dc&ref=nf_target&tn=kCH-R



How to connect to the Get Well for Winter website page



The Get Well for Winter website page is on the Skills for People website. You can access it by clicking this link here:

<https://skillsforpeople.org.uk/support/get-well-for-winter/>



We have changed the format with how we are going to tell you what's coming up this week. If you would like any more information or to join one of the groups contact

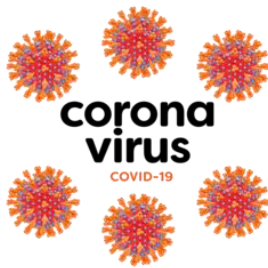
stephen.thompson@skillsforpeople.org.uk or on 0191 281 8737

What's coming up this week?



- Covid19 virus update
- Mental Health
- Healthy Eating (We will be focusing on this a lot over the next 2 weeks)
- Exercise group
- Women's group
- Move more eat well group
- Independent Voices group
- Geordie voices cuppa and a chat group
- Craft video's
- Wind down and relaxation group
- Share you creative things!
- Share what you have done to Get Well for Winter this week
- Common illnesses over winter and what to look out for
- How to contact your GP and why things might be a bit different
- Why are Annual Health Checks important

Using Health Services



It is a really challenging time for people and things are looking very different to normal because of Coronavirus.

This also means when you are accessing health services things will be a different.



Health services are still open and if you are feeling poorly and need help then you should contact your GP Practice about what to do.



When you contact your GP it might be a bit different to normal. They might have:

- A long automated message on the phone telling you about coronavirus
- Ask you if you have any symptoms of coronavirus, if you do please tell them as this will keep you, health staff and other people around you safe. They will still give you help about what to do.
- You might have appointment over the phone or over video call instead.
- If you do go in to the practice you will have to wear a face mask at your appointment this helps keep you and the health staff safe. You will also need to keep a safe distance away from other people.
- You will need to wash or sanitise your hands when you go in to the practice and when you leave this will help keep you safe



Hands



Face






Space

National Lockdown




Our Prime Minister Boris Johnson announced on the 31st October we will go in to a national lockdown on the 5th November. Denise at Inclusion North explains more about it here:

https://www.youtube.com/watch?v=FQTP_kSAM2c&feature=emb_logo



This information is about the lockdown in England from the 5th of November until the 2nd of December.



This information is for people living in England.

Because the number of people with

This means there will be some new rules we have to follow. Mencap have developed an easy read guide about this which can be found here:

<https://www.mencap.org.uk/sites/default/files/2020-11/November%20lockdown%20%282%29.pdf>



Some people may be able to get support from the government because of Coronavirus. You can find out more here: <https://www.gov.uk/find-coronavirus-support>



Inclusion North update



December Art Project. Inclusion North are asking you to create art in November for them to share every day in December. You can find out more about it here:

https://inclusionnorth.org/our_work/coronavirus/



Inclusion North will be closed from the 18th December – 4th January. They are supporting people whilst they are closed by posting out some Christmas activity packs on the 23rd and 28th December. You can find out more here:

https://inclusionnorth.org/our_work/coronavirus/



Inclusion North do a weekly virus update you can find the video's here:

https://inclusionnorth.org/our_work/coronavirus/

Have you seen these flu myth busting films



1. If I have a learning disability should I get the flu jab?
<https://www.youtube.com/watch?v=KhGGscMesPM>



2. How do I get the flu jab?
<https://www.youtube.com/watch?v=2eW0bt9dYZo>



3. Why should I get the flu jab?
<https://www.youtube.com/watch?v=mHDRh9gOAXE>



4. Can the flu jab give you flu?
<https://www.youtube.com/watch?v=MRcnjeFLKqM>



5. Does the flu jab hurt?
<https://www.youtube.com/watch?v=5nl7HRhCEuU>



6. How can I help the people around me be protected from flu?
<https://www.youtube.com/watch?v=ZKH M4VPovb0>

Contact Us



Please look out for next weeks bulletin and timetable.



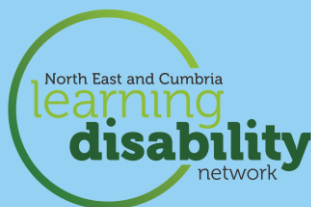
It will be shared on the 18th November. We have decided to move our bulletins to every 2 weeks now.



You can contact the Get Well for Winter team by emailing Stephen.thompson@skillsforpeople.org.uk



Or calling him at 0191 281 8737



Get Well for Winter

What can you do in
your area?

Get Well
for Winter

A graphic featuring a blue umbrella with a curved handle. The handle of the umbrella is shaped like a heart. There are four teal hearts arranged in a row, with the umbrella's handle passing through them.



Bridge Creative Durham



Bridge Creative have group video call activities. If you would like to know more you can contact them below



[Bridge Creative](#) or their Keeping Connected closed Facebook group

Their phone number is 01388 449410



email hello@bridgecreative.org

**BRIDGE**
CREATIVE

**Keeping Connected**

Support to help you keep safe, well and connected during the Covid-19 pandemic 

**KEEPING PEOPLE ACTIVE**

Free daily exercise sessions with a personal trainer!
Get a free Keep Active pack including fit-bit, resistance bands and water bottle

KEEPING PEOPLE CREATIVE

A free 8-week, fully accessible online creative arts course!
Learn new skills and work with a professional artist, all materials provided!

**KEEPING PEOPLE CREATIVE DANCE**

Interactive, accessible online dance classes with a professional dance tutor!

SEE ABILITY

See Ability County Durham



For people with a learning disability who live in County Durham

See Ability are working with some opticians in this area to provide reasonably adjusted eye tests for people.



Adobe Acrobat
Document

More information can be found by double clicking on the icon to the left.



Border Links have a full timetable of activities through video calls. If you would like to know more you can contact them below.



Their Facebook is
[borderlinkscommunity](https://www.facebook.com/borderlinkscommunity)

Their phone number is 01289
305423



email borderlinks@btconnect.com



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Berwick upon Tweed, TD15 2EN
(01289) 305423
07900 252894
borderlinks@btconnect.com
www.borderlinks.co.uk

BORDER LINKS NOVEMBER	DIARY
WEEK 33	
Tuesday 3 rd Nov-Zoom Catch-up	11.30am via Zoom invitation
Tuesday 3 rd Nov-Zoom Bingo & Quiz	7pm via Zoom invitation
Wednesday 4 th Nov -Smile through Sport	2pm via Zoom invitation
Wednesday 4 th Nov - Zoom Disco	7 - 8pm Via Zoom invitation
Thursday 5 th November-Music with Carole	10.30am via Zoom invitation
WEEK 34	
Tuesday 10 th Nov - Zoom Catch -up	11.30am via Zoom invitation
Tuesday 10 th Nov - Zoom Bingo & Quiz	7pm via Zoom invitation
Wednesday 11 th Nov Smile through Sport	2pm via Zoom invitation
Thursday 12 th Nov - Music with Carol	10.30am via Zoom invitation
WEEK 35	
Tuesday 17 th Nov - Zoom Catch -up	11.30am via Zoom invitation
Tuesday 17 th Nov - Zoom Bingo & Quiz	7pm via Zoom invitation
Wednesday 18 th Nov. Smile through Sport	2pm via Zoom invitation
Thursday 19 th Nov -Music with Carole	10.30am via Zoom invitation
WEEK 36	
Tuesday 24 th Nov - Zoom Catch -up	11.30am via Zoom invitation
Tuesday 24 th Nov - Zoom Bingo & Quiz	7 - 8pm Via Zoom invitation
Wednesday 25 th Nov -Smile through Sport	2pm via Zoom invitation
Thursday 26 th Nov - Music with Carole	10.30am via Zoom invitation

Events may be subject to change.

Sunderland People First Sunderland



Sunderland People First have been working to help people in Sunderland with a learning disability, autistic people and their families use different ways to stay connected. If you would like to know more you can contact them below.



Their Facebook is [Sunderland People First](#)



Their phone number is 0191 5214123
email info@sunderlandpeoplefirst.com

Keeping People Connected



During Coronavirus our team have been working to help people in Sunderland with a learning disability, autistic people and their families use different ways to stay connected.



We have been working with other organisations to look at different ways that we can all work together to make this happen.



We have been using social media like Twitter and Facebook to share important messages. We have set up WhatsApp groups for people's friends and family.



We have been using a programme called Zoom to connect with people and share things that we think may help.



We have used Zoom to keep in touch and organised fun things like cookery classes and online quizzes.



Lots of people have said that they have enjoyed talking online, have had fun and that it is something to look forward too.