

Get Well for Winter Weekly Bulletin

Get Well for Winter

A graphic illustration featuring a blue umbrella on the right side. The handle of the umbrella is a blue line that curves down and then up to form the letter 'r' in the word 'Winter'. Along the handle, there are four teal hearts of varying sizes.

**Weekly timetable
from 21st – 27th
September.**



**News and
information.**



**What's it like getting
a Covid19 test?**

Timetable 21st - 27th September

| Date | Day | Session | How to join |
|--|--|--|--|
|  <p>September 21</p> |  <p>Monday</p> | Get Well for Winter News Update. This week will focus on the new rules and guidelines about Coronavirus in some of the North East. | Facebook page |
|  <p>September 21</p> |  <p>Monday</p> | Zoom group 'Understanding the Virus' | Zoom group contact Stephen.thompson@skillsforpeople.org.uk to get involved |
|  <p>September 22</p> |  <p>Tuesday</p> | Performance art. Share your performances this might be signing, poetry, drama and dancing etc | Facebook page |
|  <p>September 22</p> |  <p>Tuesday</p> | Staying safe in the community | Online contact Stephen.thompson@skillsforpeople.org.uk to get involved |
|  <p>September 23</p> |  <p>Wednesday</p> | Keeping well tips from the Get Well team. | Facebook page |
|  <p>September 23</p> |  <p>Wednesday</p> | Share with us what you are doing? Your cooking, art, photography, how you've been keeping fit etc. | Facebook page |
|  <p>September 24</p> |  <p>Thursday</p> | Find out about the moving more and eating well group that will be starting. Watch this space! | Facebook page contact Stephen.thompson@skillsforpeople.org.uk to get involved |
|  <p>September 25</p> |  <p>Friday</p> | Bulletin and timetable published for next week | Email |
|  <p>September 27</p> |  <p>Sunday</p> | Post your comments, videos and photos about one thing you have done to Get Well for Winter this week | Facebook page |

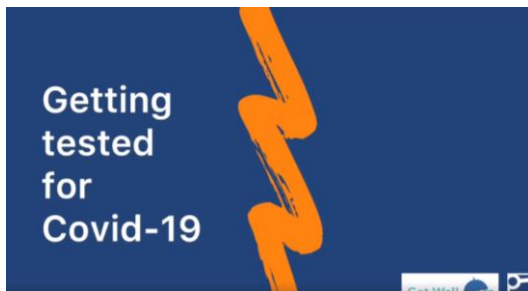
Covid19 Virus update



This week for Get Well for Winter we will be focusing on the new rule that have come in parts of the North East about Covid19 and what this means.



Life in Lockdown – watch the Geordie Voices team on BBC Look North talking about their experiences in lockdown



Sally Gets a Covid19 Test – watch this film about Sally getting a Covid19 test

https://ne-np.facebook.com/GeordieVoices/videos/getting-tested-for-covid-19-sallys-experience/809455033198764/?_so=_permalink&_rv=_related_videos



If you want to share any useful films or resources please let

Kirsty.Greenwell@nhs.net know

What's coming up in October



In October we will be focusing on flu immunisation. It is really important you are immunised against flu.



We will be showing you how to get your flu immunisation, sharing some flu myth busters and telling you why it's really important. Watch this space!



In October we will also be focusing on healthy eating.



We will be sharing lots of advice and tips about healthy eating, recipes and shopping. Watch this space!

Contact Us



Please look out for next weeks bulletin and timetable.



It will be shared on the 25th September



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



Or calling him at 0191 281 8737