

Get Well for Winter Weekly Bulletin

Get Well for Winter

A graphic 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 'W'. Along the curve of the 'W', there are four teal hearts of varying sizes.

**News and
information.**



**How to wear a face
mask**

**Weekly timetable
from 28th September
– 4th October**

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>




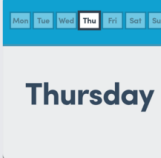


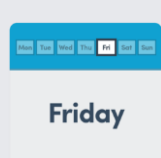

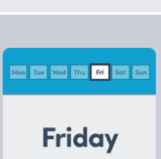
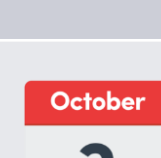

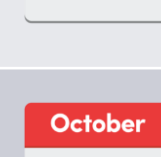



Watch out for this weekly bulletin that will tell you all about what activities we have coming up and lots of information and resources to help you Get Well for Winter!

Timetable 28th September – 4th October

Date	Day	Session	How to join
 <p>September 28</p>	 <p>Monday</p>	Get Well for Winter News Update. Information on the new Track and Trace app	Facebook page
 <p>September 28</p>	 <p>Monday</p>	Virus update your questions answered. Zoom meeting	Zoom group contact Stephen.thompson@skilforpeople.org.uk to get involved
 <p>September 29</p>	 <p>Tuesday</p>	Staying Safe in the Community	Online contact Stephen.thompson@skilforpeople.org.uk to get involved
 <p>September 29</p>	 <p>Tuesday</p>	Getting creative. Post your creative art, singing, poem, photos etc	Facebook page
 <p>September 29</p>	 <p>Tuesday</p>	Health and Wellbeing Group Men and Women	Zoom group contact Stephen.thompson@skilforpeople.org.uk to get involved
 <p>September 30</p>	 <p>Wednesday</p>	Keeping well tips and mid week relaxation	Facebook page
 <p>September 30</p>	 <p>Wednesday</p>	Tell us about what you have been up to this week	Facebook page
 <p>September 30</p>	 <p>Wednesday</p>	Exercise Together Zoom group	Zoom group contact Stephen.thompson@skilforpeople.org.uk to get involved
 <p>October 1</p>	 <p>Thursday</p>	Keeping Well Tips	Facebook page

Timetable 28th September – 4th October

Date	Day	Session	How to join
		Craft with Emily	Facebook page
		Eating Well and Moving More	Zoom group contact stephen.thompson@skillsforpeople.org.uk to join
		Keeping out and about	Facebook page
		Weekly virus update	Facebook page
		Stewarts got issues this week will be focussed on Hate / Mate crime	Facebook page
		Pets and local wildlife. Post your nature photos and pets.	Facebook page
		One thing I have done this week to Get Well for Winter	Facebook page

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=ARQ6RhZSut4VNoIVR40EJC6LBDHNBaU9IwfUcB9HCamnx7JKnD4KDJvYhYDaayBZ2Dc&ref=ntarget&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/>

Useful Links & Resources



Check out this video about how to wear a face mask:

<https://www.youtube.com/watch?v=-kVTpAfjoZo>



Find out about the new Eating Well and Move More group:

<https://www.facebook.com/watch/?v=375816583442745&extid=UC8MAx7euhp07MvE>



Stewart and Sally interview the police about online safety:

<https://www.facebook.com/watch/?v=661784144766850&extid=Kj22P3pcflGx9iYo>

Look at what some of the members have been up to this week:

Gordon's Poem:

<https://www.facebook.com/watch/?v=352375086008257&extid=K2lm9U4gVWYJBbBx>



Catherine's Latin Song:

<https://www.facebook.com/watch/?v=621694485179351&extid=XB27kuzce5bkfxlK>

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 1st October



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



Or calling him at 0191 281 8737