

Get Well for Winter Weekly Bulletin

Get Well for Winter

A graphic featuring a blue umbrella with a white heart on its handle. The handle is formed by a series of four teal hearts of increasing size, arranged in a line.

News and
information.



How to connect
online

Weekly timetable
from 14th – 20th
September.

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.

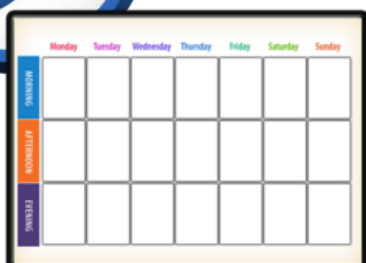


It is more important than ever this Winter to keep well because of Coronavirus and flu.




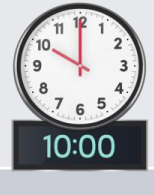
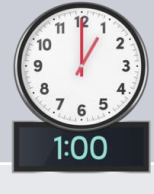
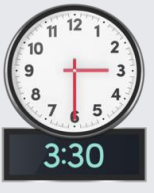

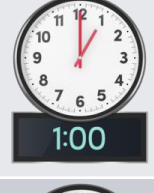

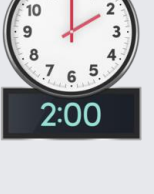
You can find out more information about the programme by watching this video here:

<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 14th – 20th September

Date	Day	Time	Session	How to join
September 14	Monday	 10:00	Get Well for Winter News Update. This week will focus on the new rules and guidelines about Coronavirus.	Facebook page
September 15	Tuesday	 10:00	Safety in the Community. Sally gets a test to see if she has coronavirus.	Facebook page
September 15	Tuesday	 1:00	Performance art. Share you performances this might be signing, poetry, drama and dancing etc	Facebook page
September 15	Tuesday	 3:30	Health and Wellbeing group (see advert).	Online contact Stephen.thompson@skillsforpeople.org.uk to get involved
September 16	Wednesday	 10:00	Keeping well tips from the Get Well team.	Facebook page
September 16	Wednesday	 1:00	Share with us what you are doing? Your cooking, art, photography, how you've been keeping fit etc.	Facebook page
September 17	Thursday	 10:00	Introduction to Eating Well project and how you can get involved	Facebook page
September 17	Thursday	 2:00	Get Well for Winter, Men of the North. A mens health and wellbeing group	Online contact Stephen.thompson@skillsforpeople.org.uk to get involved
September 18	Friday	Morning	Bulletin and timetable published for next week	Email
September 20	Sunday	All day	Post your comments, videos and photos about one thing you have done to Get Well for Winter this week	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=ARQ6RhZSut4VNoIVR40EJC6LBDHNBaU9lwFucB9HCamnX7JKnD4KDJvYhYDaayBZ2Dc&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/>

Advertisements



The Get Well for Winter Health and Wellbeing group advert

[https://www.facebook.com/GeordieVoices/posts/173574564300973?_cft_\[0\]=AZW1UGOint5xKvNhmrxb6bXNoHBe eNw7G](https://www.facebook.com/GeordieVoices/posts/173574564300973?_cft_[0]=AZW1UGOint5xKvNhmrxb6bXNoHBe eNw7G)



Staying Safe in the Community. Safe shopping at the Metro Centre

[https://www.facebook.com/GeordieVoices/posts/173154017676361?_cft_\[0\]=AZW1UGOint5xKvNhmrxb6bXNoHBe eNw7G](https://www.facebook.com/GeordieVoices/posts/173154017676361?_cft_[0]=AZW1UGOint5xKvNhmrxb6bXNoHBe eNw7G)



Get Well for Winter Healthy Mind Performance Art group

[https://www.facebook.com/GeordieVoices/posts/173176704340759?_cft_\[0\]=AZU2bkosycAUyW8rKBxMUzN-](https://www.facebook.com/GeordieVoices/posts/173176704340759?_cft_[0]=AZU2bkosycAUyW8rKBxMUzN-)

Be Cancer Aware



The Be Cancer Aware team are made up of people with learning disabilities across the region teaching other people with a learning disability about the signs and symptoms of cancer.



They have made 3 films which supportt the project and they can be found here:

1. Introducing the Be Cancer Aware project -

<https://www.youtube.com/watch?v=9YR8E01CXas>

Signs of Cancer

2. Signs of Cancer -

<https://www.youtube.com/watch?v=laL-RcyQ9Vs&t=10s>

Lung Cancer

3. Signs and Symptoms of Lung Cancer -

<https://www.youtube.com/watch?v=MekR-mKVqB8>

Contact Us



Please look out for next weeks bulletin and timetable.



It will be shared on the 18th September



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



Or calling him at 0191 281 8737