

Get Well for Winter Weekly Bulletin

Get Well for Winter

A graphic featuring a blue umbrella with a white heart on its handle, and four teal hearts arranged in a row below it.

Weekly timetable
from 5th October –
11th October



News and
information.



This month is all
about flu

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=ARQ6RhZSut4VNoIVR40EJC6LBDHNBaU9IwfUcB9HCamnx7JKnD4KDJvYhYDaayBZ2Dc&ref=ntarget&tn=kCH-R



How to connect to the Get Well for Winter website page




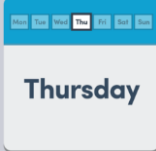








The Get Well for Winter website page is on the Skills for People website. You can access it by clicking this link here:

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

Timetable 5th to 11th October

Date	Day	Session	How to join
 <p>October 5</p>	 <p>Monday</p>	Get Well for Winter News	Facebook page
 <p>October 5</p>	 <p>Monday</p>	Stewarts Mate and Hate Crime. Zoom meeting	Zoom group contact Stephen.thompson@skilforpeople.org.uk to get involved
 <p>October 6</p>	 <p>Tuesday</p>	Staying Safe in the Community	Online contact Stephen.thompson@skilforpeople.org.uk to get involved
 <p>October 6</p>	 <p>Tuesday</p>	Getting creative. Post your creative art, singing, poem, photos etc	Facebook page
 <p>October 6</p>	 <p>Tuesday</p>	Health and Wellbeing Group Men and Women	Zoom group contact Stephen.thompson@skilforpeople.org.uk to get involved
 <p>October 7</p>	 <p>Wednesday</p>	Keeping well tips and mid week relaxation	Facebook page
 <p>October 7</p>	 <p>Wednesday</p>	Tell us about what you have been up to this week	Facebook page
 <p>October 7</p>	 <p>Wednesday</p>	Exercise Together Zoom group	Zoom group contact Stephen.thompson@skilforpeople.org.uk to get involved
 <p>October 7</p>	 <p>Wednesday</p>	Keeping Well Tips from the Health and Wellbeing group	Facebook page

Timetable 5th to 11th October

Date	Day	Session	How to join
		Craft with Emily	Facebook page
		Healthy eating Zoom Quiz	Zoom group contact stephen.thompson@skillsforpeople.org.uk to join
		Keeping out and about	Facebook page
		Weekly virus update	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

Flu Jab



Part of this month we will be focusing on why it is important for people with a learning disability and anybody who cares for them to get your flu jab!



From Wednesday 7th October we will be sharing some flu myth busting films with you.

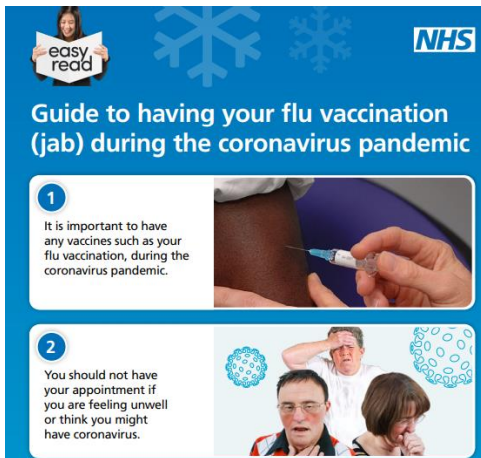


If you are on the GP Learning Disability Register you will receive an easy read letter from the national NHS England Learning Disability team telling you that you're eligible for a free flu jab, where you can go for it and why it is important.



They are already some easy read resources which you can access to find out more about the flu jab.

Flu Jab



easy read NHS

Guide to having your flu vaccination (jab) during the coronavirus pandemic

1 It is important to have any vaccines such as your flu vaccination, during the coronavirus pandemic.

2 You should not have your appointment if you are feeling unwell or think you might have coronavirus.

Easy read guide to having your flu jab during a pandemic -

https://assets.publishing.service.gov.uk/government/uploads/system/uploads/attachment_data/file/921781/PHE_Flu_Vaccination_during_a_pandemic_Easy-Read_A4_flyer_2020_03_WEB.pdf



easy read NHS

Protect yourself from flu, have the flu vaccine

Information for people with a learning disability



Protect yourself from flu – easy read flu leaflet

https://assets.publishing.service.gov.uk/government/uploads/system/uploads/attachment_data/file/905376/PHE_flu_easy_read_winter_2020_leaflet.pdf



easy read NHS

Get your free flu jab

Some people with a learning disability can get very ill if they get flu.

The best way to avoid flu is to get a free flu jab.

NHS GP surgery You can have the flu jab at your GP surgery.

Pharmacy + Or you can have the flu jab at a pharmacy.

If you are scared of needles, tell the nurse. You may be able to have the vaccine as a nose spray instead.

HELP US HELP YOU PROTECT AGAINST FLU

Flu immunisation Helping to protect everyone, at every age

Protect yourself from flu – easy read flu poster

https://assets.publishing.service.gov.uk/government/uploads/system/uploads/attachment_data/file/905375/PHE_flu_easy_read_poster_2020_2021.pdf

Useful Links & Resources



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

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



Do you know it's national Stoptober month which is about helping you to quit smoking. You can find out more info and how to get support here:

https://www.nhs.uk/better-health/quit-smoking/?WT.mc_ID=StoptoberPPC&gclid=CjwKCAjw_NX7BRA1EiwA2dpg0qwk0WwfZy1bkubsYcZ6WVqw04PXgNyN6ToYmYKThtcOwnxzOOgHnRoCR5oQAvD_BwE,



You can also join their Facebook page for support here:

https://www.facebook.com/groups/707621863012993/?source_id=162994267161135



October is also Breast Cancer Awareness Month we will be sharing some information about this later this month. Watch this space.

Contact Us



Please look out for next weeks bulletin and timetable.



It will be shared on the 7th October



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



Or calling him at 0191 281 8737