

# Get Well for Winter Weekly Bulletin

Get Well  
for Winter

A graphic featuring a blue umbrella with a white handle. The handle is shaped like a heart, and there are four teal hearts of varying sizes arranged along the handle's path.

News and  
information.



Breast Cancer  
Awareness Month

Weekly timetable  
from 19<sup>th</sup> October –  
25<sup>th</sup> October

# Introduction



Get Well for Winter is a brand new programme running from 7<sup>th</sup> 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.

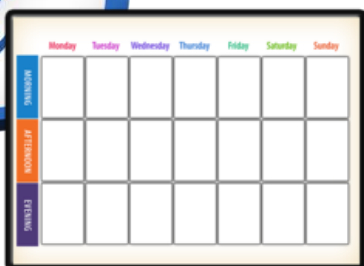


It is more important than ever this Winter to keep well because of Coronavirus and flu.



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



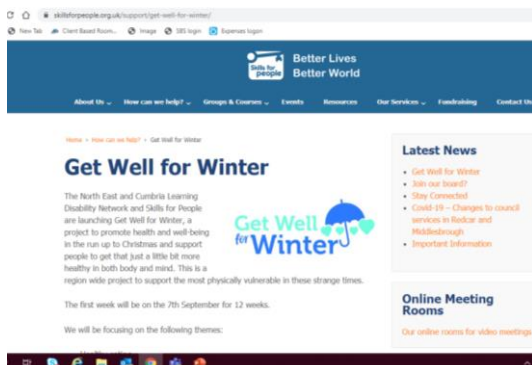
## How to connect to the Get Well for Winter Facebook Page

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=ARQ6RhZSut4VNoIVR40EJC6LBDHNBaU9lwFucB9HCamnX7JKnD4KDJvYhYDaayBZ2Dc&ref=ntarget&tn=kCH-R](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/>

# Timetable 19<sup>th</sup> to 25<sup>th</sup> October

Date	Day	Session	How to join
 <p>October 19</p>	 <p>Monday</p>	Get Well for Winter News	Facebook Page
 <p>October 19</p>	 <p>Monday</p>	Virus Update Group	Zoom group contact <a href="mailto:Stephen.thompson@skilforpeople.org.uk">Stephen.thompson@skilforpeople.org.uk</a> to get involved
 <p>October 20</p>	 <p>Tuesday</p>	Staying safe in the community	Online contact <a href="mailto:Stephen.thompson@skilforpeople.org.uk">Stephen.thompson@skilforpeople.org.uk</a> to get involved
 <p>October 20</p>	 <p>Tuesday</p>	Show us your crafts. Post your creative art, singing, poem, photos etc	Zoom group contact <a href="mailto:Stephen.thompson@skilforpeople.org.uk">Stephen.thompson@skilforpeople.org.uk</a> to get involved
 <p>October 20</p>	 <p>Tuesday</p>	Health and Wellbeing Group Men and Women	Zoom group contact <a href="mailto:Stephen.thompson@skilforpeople.org.uk">Stephen.thompson@skilforpeople.org.uk</a> to get involved
 <p>October 21</p>	 <p>Wednesday</p>	Keeping Well tips form the Health and Wellbeing Group and mid week relaxation	Facebook page
 <p>October 21</p>	 <p>Wednesday</p>	Tell us what you have been up to this week	Facebook page
 <p>October 21</p>	 <p>Wednesday</p>	Exercise together Zoom group	Zoom group contact <a href="mailto:Stephen.thompson@skilforpeople.org.uk">Stephen.thompson@skilforpeople.org.uk</a> to get involved
 <p>October 22</p>	 <p>Thursday</p>	Craft with Emily	Facebook page

# Timetable 12<sup>th</sup> to 18<sup>th</sup> October

Date	Day	Session	How to join
 <p>October <b>22</b></p>	 <p>Thursday</p>	Cooking online with Your Voice Counts Zoom group	Zoom group contact <a href="mailto:Stephen.thompson@skillsforpeople.org.uk">Stephen.thompson@skillsforpeople.org.uk</a> to get involved
 <p>October <b>23</b></p>	 <p>Friday</p>	Weekly virus update	Facebook page
 <p>October <b>23</b></p>	 <p>Friday</p>	Keeping out and about	Facebook page
 <p>October <b>23</b></p>	 <p>Friday</p>	The Friday wind down relaxation group	Zoom group contact <a href="mailto:Stephen.thompson@skillsforpeople.org.uk">Stephen.thompson@skillsforpeople.org.uk</a> to get involved
 <p>October <b>24</b></p>	 <p>Saturday</p>	Pets and local wildlife. Post your nature photos and pets	Facebook page
 <p>October <b>25</b></p>	 <p>Sunday</p>	One thing I have done this week to Get Well for Winter	Facebook Page

# Healthy Eating



Next week we will be focusing on Healthy Eating.



We will be sharing information around healthy recipes.



We will be sharing information about healthy shopping.



We will be sharing information about Type 2 Diabetes from the Northern Clinical Diabetes Network

# Annual Health Checks & Flu Jab



You will of seen on our Twitter and Facebook pages all of this month is about promoting the importance of flu and Annual Health Checks. We made a series of short films which you find here:



Why are Annual Health Checks and Flu Immunisation important this year for people with a learning disability?

<https://www.youtube.com/watch?v=e3ZSPDyBAVA>



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>

# Annual Health Checks & Flu Jab



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=5nI7HRhCEuU>



6. How can I help the people around me be protected from flu?

<https://www.youtube.com/watch?v=ZKHM4VPovb0>



# Contact Us



Please look out for next weeks bulletin and timetable.



It will be shared on the 21st October



You can contact the Get Well for Winter team by emailing [Stephen.thompson@skillsforpeople.org.uk](mailto:Stephen.thompson@skillsforpeople.org.uk)



Or calling him at 0191 281 8737