

Keeping Well for Winter Weekly Bulletin

Keeping Well for Winter



Weekly timetable
from 1st February –
14th February

News and
information.

New Year

Introduction

Keeping Well for Winter is a brand new programme running from January to Easter 2021 aimed at people with a learning disability and anybody who supports them in the North East and Cumbria to help them Keep Well for Winter.



It is more important than ever 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 Keep Well for Winter!



Getting Connected

How to connect to the Keeping Well for Winter Facebook Page



We have set up a Keeping 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:

[Keeping Well for Winter Facebook Page](#)



How to connect to the Keeping Well for Winter website page



The Keeping 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/>

We have changed the format with how we are going to tell you what's coming up this week. If you would like any more information or to join one of the groups contact

stephen.thompson@skillsforpeople.org.uk or on [0191 281 8737](tel:01912818737)



Covid-19 Vaccine

Over the next couple of weeks you might be getting a letter or a phone call about the Covid-19 vaccine (some already have)



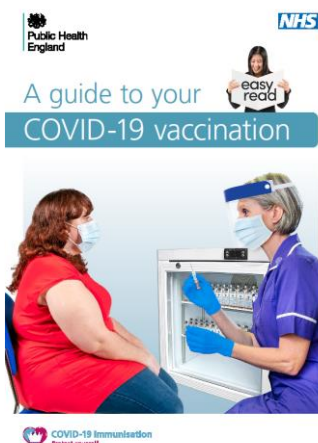
Keeping Well for Winter have been talking to their self advocates about getting the vaccine – The videos will be on our page this week

What is consent? We have done a video about what consent is and why you will be asked if you give consent before your vaccine



All these video will be on the Keeping Well for Winter Facebook page this week!

The Government has created a Easy Read guide to the vaccine



What's coming up over the next 2 weeks?



- Exercise group
- Women's group
- Independent Voices group
- Geordie voices cuppa and a chat group
- Craft video's
- Wind down and relaxation group
- Share you creative things!
- Men of the North
- Share what you have done to Keep Well for Winter this week



We have some new sessions coming....



Film Group

Craft sessions
that you can
join



Cooking videos
– that you
decide!

Weekly Zoom Sessions

(updated 6th January 2021) All events may change – please get in touch to check.

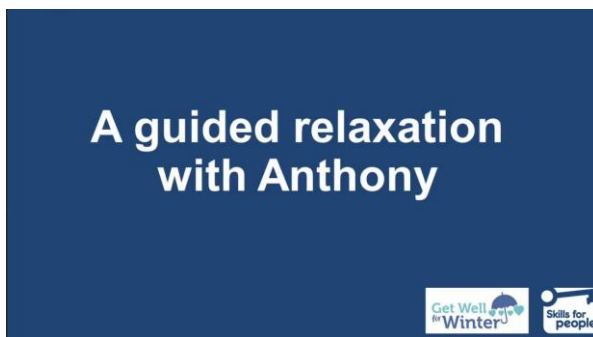
	Monday	Tuesday	Wednesday	Thursday	Friday
AM			<p>10.30am-11.30am Women's Group General chat and friendship group, for women. Zoom group (fortnightly) Kathy/Alison</p> <p>11.00am</p>	<p>10.30am-12.30pm Mindfulness Practice session A closed group – please speak to Kathy if you'd like to know more. Zoom Kathy/Gail/Suzie</p>	<p>11.00am-12.00pm Cooking Group We cook a recipe together. Please ask for more info. (with Redcar and Cleveland). Zoom group</p>
PM	<p>1.00pm-2.00pm Virus Update A chance to hear the latest information and ask questions. Zoom group Stew/Sally/Steve</p>	<p>3.30pm-4.30pm Health and Wellbeing group We talk about how to improve our wellbeing, including physical and mental health. Zoom group Steve/Sally/Emily</p>	<p>Breathe Easy Ways to look after our wellbeing in hard times. Zoom group (fortnightly) Kathy/Alison/Suzie</p>	<p>1.00pm-2.00pm Meet and Connect General friendship group. Zoom group Sally/Alison</p>	<p>1.30pm-3.00pm Friday Wind Down Group A calming way to end the week. Kathy Zoom group</p>
	<p>2.30pm-3.30pm Rights Round Table Open to people in Newcastle and North Tyneside. We talk about our rights. Sally/Emily</p>		<p>2.00pm-3.00pm Exercise Together We usually watch a Tai Chi video together. Zoom group Sally/Alison</p>	<p>3.00pm-4.00pm Geordie Voices We talk about important topics and campaigns. (fortnightly) Stewart/Sally</p> <p>3.00pm-4.00pm Men of the North We talk about men's health and other issues. (fortnightly) Stewart/Stephen</p>	
EVE	<p>6.00pm-7.00pm Geordie Voices Extra A group to chat with others and talk about different topics. Zoom group Stewart/Steve</p>		<p>All Autistics Accepted An online group to chat each month. (first Wednesday in the month) Zoom group Danielle</p>	<p>6.00pm Independent Voices Friendship chat and fun. Zoom group (with Redcar and Cleveland).</p>	

What have we been up to?



Would you like to Join Men of the North – watch this video to find out more:

<https://www.facebook.com/100471714944592/videos/243657053979267>



Anthony a Self Advocate from the Mindfulness for Life programme has shared a guided relaxation

<https://www.facebook.com/100471714944592/videos/215689076962280>



We have lots of craft videos on our Facebook page our latest one is how to make a dinosaur:

<https://www.facebook.com/100471714944592/videos/245695033832759>



Our Health and Wellbeing Group have been talking about ways we can stay positive when things are tough.

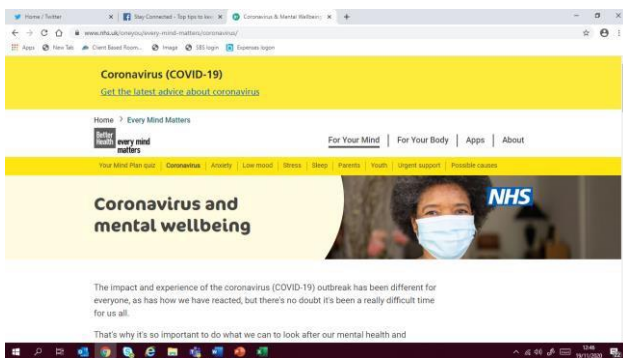
<https://www.facebook.com/GeordieVoices/videos/193952349054281>

Health Tips for Winter



During lockdown it's been tough to keep motivated to stay active and improve our health and wellbeing. We have made a film about top tips to stay active here:

<https://www.facebook.com/GeordieVoices/videos/474682373517460>



The NHS Better Health Every Mind Matters campaign have developed some resources for your mind and body to help support you through the pandemic they can be found here:

<https://www.nhs.uk/oneyou/every-mind-matters/coronavirus-covid-19-staying-at-home-tips/>



We have developed a four ways to health jigsaw film which you can find out more info here:

<https://www.facebook.com/GeordieVoices/videos/435790460763383>

Keep an eye out for the four health jigsaw films



The North East and Cumbria Learning Disability Network have developed a Covid19 Hospital Passport you can find it here:



Microsoft Word
Document

Get Involved



We want to know what you and any groups you are members of have been up to.



Please share with us on the Keeping Well for Winter Facebook and twitter pages.



Or if you want to include any information in this bulletin to share then please let amy.hocking1@nhs.net know



We are happy to share any photos, activities, timetables, films, information and resources to support people over the next few weeks.

Contact Us



Please look out for next bulletin and timetable.



It will be shared on the 10th February 2021



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



Or calling him at 0191 281 8737