

Keeping Well for Winter Weekly Bulletin

Get Well
for Winter

A blue umbrella illustration where the raindrops are represented by four teal hearts of varying sizes.

**Weekly timetable
from 13th January –
30th January**

**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:

https://www.facebook.com/GeordieVoices/?hc_ref=ARQ6RhZSut4VNoIVR40EJC6LBDHNBaU9IwfUcB9HCamnx7JKnD4KDJvYhYDaayBZ2Dc&ref=nf_target&_tn_ =kCH-R



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)





Information on the Coronavirus/Covid-19 Vaccination



It's a breakthrough we have a vaccine available this will help get our lives back to normal and help protect us and our loved ones from Covid19.


Public Health
England



A guide to your
COVID-19 vaccination



Public Health England have developed easy read information on the Covid-19 vaccination, you can find it here:

<https://www.gov.uk/government/publications/covid-19-vaccination-easy-read-resources>

What's coming up over the next 2 weeks?



- Nature photos
- Mental Health
- Healthy Eating
- Exercise group



- Women's group
- Move more eat well 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 Keeping Well for Winter this week

What have we been up to?

Top tips to learn new skills



Our Health and Wellbeing group has been sharing top tips for learning new skills

<https://www.facebook.com/GeordieVoices/videos/675149073420074>

A guided relaxation with Kathy



Kathy from the Mindfulness for Life programme has shared a guided relaxation

<https://www.facebook.com/GeordieVoices/videos/1063004544124619>



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

<https://www.facebook.com/GeordieVoices/videos/123494079537624>

Top tips to stay positive



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

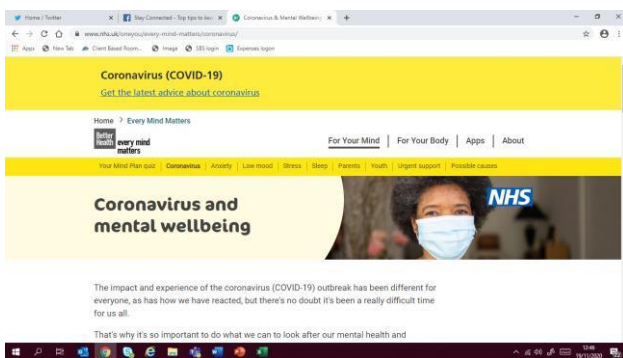
<https://www.facebook.com/GeordieVoices/videos/193952349054281>

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 weeks bulletin and timetable.



It will be shared on the 27th January 2021



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



Or calling him at 0191 281 8737