

# Get Well for Winter Weekly Bulletin

# Get Well for Winter

A graphic featuring a blue umbrella on the right side. The handle of the umbrella is formed by four teal hearts of varying sizes, arranged in a descending line from left to right.

**Weekly timetable  
from 21<sup>st</sup> – 27<sup>th</sup>  
September.**



**News and  
information.**



**What's it like getting  
a Covid19 test?**

# 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!

# Timetable 21<sup>st</sup> - 27<sup>th</sup> September

Date	Day	Session	How to join
 <p>September 21</p>	 <p>Monday</p>	Get Well for Winter News Update. This week will focus on the new rules and guidelines about Coronavirus in some of the North East.	Facebook page
 <p>September 21</p>	 <p>Monday</p>	Zoom group 'Understanding the Virus'	Zoom group contact <a href="mailto:Stephen.thompson@skillsforpeople.org.uk">Stephen.thompson@skillsforpeople.org.uk</a> to get involved
 <p>September 22</p>	 <p>Tuesday</p>	Performance art. Share your performances this might be signing, poetry, drama and dancing etc	Facebook page
 <p>September 22</p>	 <p>Tuesday</p>	Staying safe in the community	Online contact <a href="mailto:Stephen.thompson@skillsforpeople.org.uk">Stephen.thompson@skillsforpeople.org.uk</a> to get involved
 <p>September 23</p>	 <p>Wednesday</p>	Keeping well tips from the Get Well team.	Facebook page
 <p>September 23</p>	 <p>Wednesday</p>	Share with us what you are doing? Your cooking, art, photography, how you've been keeping fit etc.	Facebook page
 <p>September 24</p>	 <p>Thursday</p>	Find out about the moving more and eating well group that will be starting. Watch this space!	Facebook page contact <a href="mailto:Stephen.thompson@skillsforpeople.org.uk">Stephen.thompson@skillsforpeople.org.uk</a> to get involved
 <p>September 25</p>	 <p>Friday</p>	Bulletin and timetable published for next week	Email
 <p>September 27</p>	 <p>Sunday</p>	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](https://www.facebook.com/GeordieVoices/?hc_ref=ARQ6RhZSut4VNoIVR40EJC6LBDHNBaU9lwFucB9HCamnX7JKnD4KDJvYhYDaayBZ2Dc&ref=ntarget&tn=kCH-R)



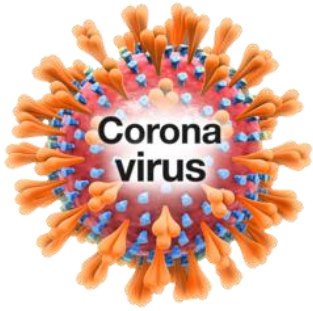
## How to connect to the Get Well for Winter website page



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/>

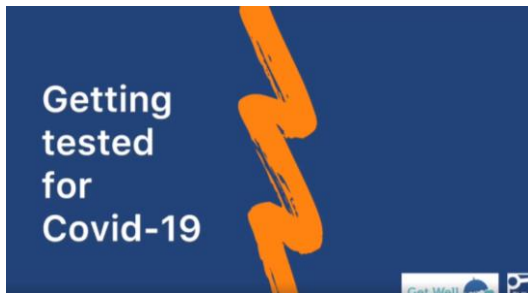
# Covid19 Virus update



This week for Get Well for Winter we will be focusing on the new rule that have come in parts of the North East about Covid19 and what this means.



**Life in Lockdown** – watch the Geordie Voices team on BBC Look North talking about their experiences in lockdown



**Sally Gets a Covid19 Test** – watch this film about Sally getting a Covid19 test

[https://ne-np.facebook.com/GeordieVoices/videos/getting-tested-for-covid-19-sallys-experience/809455033198764/?\\_so=\\_permalink&\\_rv=\\_related\\_videos](https://ne-np.facebook.com/GeordieVoices/videos/getting-tested-for-covid-19-sallys-experience/809455033198764/?_so=_permalink&_rv=_related_videos)



If you want to share any useful films or resources please let

[Kirsty.Greenwell@nhs.net](mailto:Kirsty.Greenwell@nhs.net) know

# What's coming up in October



In October we will be focusing on flu immunisation. It is really important you are immunised against flu.



We will be showing you how to get your flu immunisation, sharing some flu myth busters and telling you why it's really important. Watch this space!



In October we will also be focusing on healthy eating.



We will be sharing lots of advice and tips about healthy eating, recipes and shopping. Watch this space!

# Contact Us



Please look out for next weeks bulletin and timetable.



It will be shared on the 25<sup>th</sup> September



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