

# 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 along the handle.

News and  
information.



Breast Cancer  
Awareness Month

Weekly timetable  
from 26<sup>h</sup> October –  
1<sup>st</sup> November

# 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=ARQ6RhZSut4VNoIVR40EJC6LBDHNBaU9IwfUcB9HCamnx7JKnD4KDJvYhYDaayBZ2Dc&ref=ntarget&tn=kCH-R](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/>

# What's coming up this week?



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

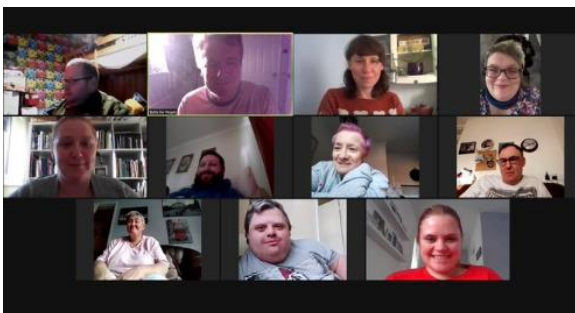


## Healthy Eating Week!

We will be sharing lots of recipes and videos of healthy meals if you want to send in any of your recipes then just let us know!



We will be sharing the Get Well for Winter jigsaw which looks at four things to help keep us healthy.



The moving more and eating well group have been working with professionals across the region and will be sharing their top tips about looking after your health and mental health.

# What's coming up this week?



- Covid19 virus update

- Wellness group

- Exercise group

- Women's group

- Move more eat well group

- Independent Voices group

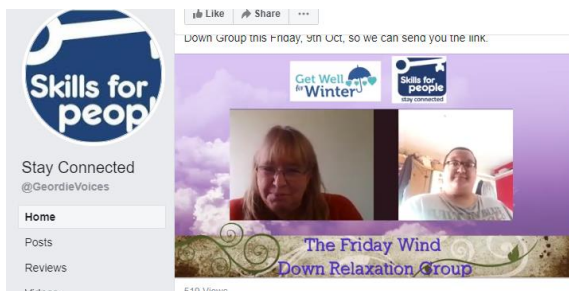
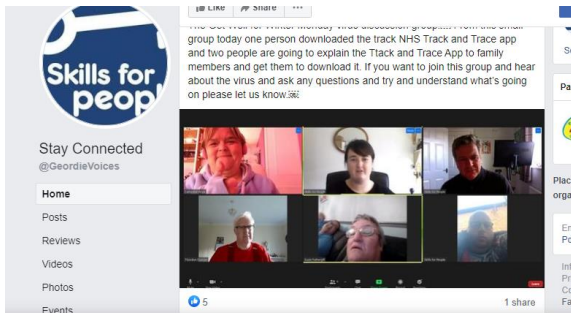
- Geordie voices cuppa and a chat group

- Craft video's

- Wind down and relaxation group

- Share you creative things!

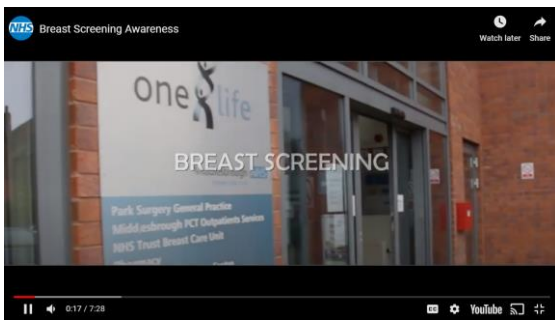
- Share what you have done to Get Well for Winter this week



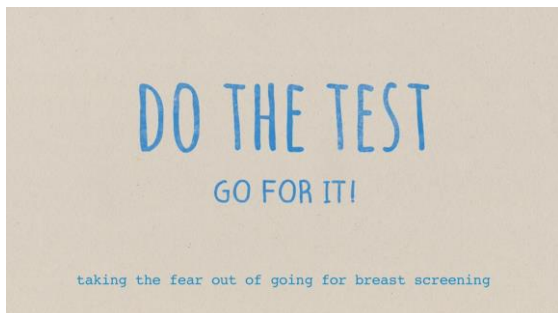
# Breast Cancer Awareness Month



October is Breast Cancer Awareness Month. We are developing some films about the signs and symptoms of breast cancer in both women and men. Check out our Facebook page to find them.



NHS Tees Valley CCG have developed a CCG about Breast Screening Awareness in women with a learning disability which can be found by clicking [here](#).



There is also a film by Public Health England Screening Team about going for Breast Screening which can be found [here](#).



There are lots of resources on the Northern Cancer Alliance website to support people with a learning disability which can be found by clicking [here](#).

# 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 28th 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