

# Keeping Well for Winter

## What can you do in your area?

Get Well  for Winter 



# Bridge Creative Durham



Bridge Creative have group video call activities. If you would like to know more you can contact them below



[Bridge Creative](#) or their Keeping Connected closed Facebook group

Their phone number is 01388 449410



email [hello@bridgecreative.org](mailto:hello@bridgecreative.org)

The banner features the Bridge Creative logo at the top right. Below it, a green speech bubble contains the text 'Keeping Connected' and 'Support to help you keep safe, well and connected during the Covid-19 pandemic' next to an icon of a person on a phone. The next section, 'KEEPING PEOPLE ACTIVE', includes an icon of a person with a dumbbell and text about free daily exercise sessions and a free pack. The 'KEEPING PEOPLE CREATIVE' section features a colorful wavy graphic and text about an 8-week online creative arts course. The final section, 'KEEPING PEOPLE CREATIVE DANCE', includes an icon of a person dancing and text about interactive online dance classes.



# Border Links Northumberland



Border Links have a full timetable of activities through video calls. If you would like to know more you can contact them below.



Their Facebook is  
[borderlinkscommunity](https://www.facebook.com/borderlinkscommunity)



Their phone number is 01289  
305423

email [borderlinks@btconnect.com](mailto:borderlinks@btconnect.com)

<b>BORDER LINKS JANUARY DIARY</b>	
<b>WEEK 40</b>	
Tuesday 5 <sup>th</sup> Jan-Zoom Catch-up	11.30am via Zoom invitation
Tuesday 5 <sup>th</sup> Jan-Zoom Bingo & Quiz	7pm via Zoom invitation
Wednesday 6 <sup>th</sup> Jan -Smile through Sport	<b>NO SESSION THIS WEEK</b>
Wednesday 6 <sup>th</sup> Jan - Zoom Disco	<b>NO DISCO THIS WEEK</b>
Thursday 7 <sup>th</sup> Jan - Music with Carole	10.30am via Zoom invitation
<b>WEEK 41</b>	
Tuesday 12 <sup>th</sup> Jan - Zoom Catch -up	10.45am via Zoom invitation
Tuesday 12 <sup>th</sup> Jan - Zoom Bingo & Quiz	7pm via Zoom invitation
Wednesday 13 <sup>th</sup> Jan- Smile through Sport	2pm via Zoom invitation
Wednesday 13 <sup>th</sup> Jan Zoom DISCO	7pm via Zoom invitation
Thursday 14 <sup>th</sup> Jan - Music with Carol	10.30am via Zoom invitation
<b>WEEK 42</b>	
Tuesday 19 <sup>th</sup> Jan <sup>n</sup> Nov - Zoom Catch -up	10.45 am via Zoom invitation
Tuesday 19 <sup>th</sup> Jan - Zoom Bingo & Quiz	7pm via Zoom invitation
Wednesday 20 <sup>th</sup> Jan - Smile through Sport	2pm via Zoom invitation
Thursday 21 <sup>st</sup> Jan -Music with Carole	10.30am via Zoom invitation
<b>WEEK 43</b>	
Tuesday 26 <sup>th</sup> Jan - Zoom Catch -up	10.45am via Zoom invitation
Tuesday 26 <sup>th</sup> Jan - Zoom Bingo & Quiz	7 - 8pm Via Zoom invitation
Wednesday 27 <sup>th</sup> Jan -Smile through Sport	2pm via Zoom invitation
Thursday 28 <sup>th</sup> Jan - Music with Carole	10.30am via Zoom invitation

N.B. Tues Catch up time changes from 12<sup>th</sup> January and will start at 10.45am  
Events may be subject to change.



# Skills for People Redcar and Cleveland and Hartlepool



Skills for People have a timetable of activities for anyone in Redcar and Cleveland and Hartlepool.. If you would like to know more you can contact them below.



Their Facebook is [Skills for People](#)

Their phone number is 0191 281 8737



Email

[information@Skillsforpeople.org.uk](mailto:information@Skillsforpeople.org.uk)



# Sunderland People First



Sunderland People First have been working to help people in Sunderland with a learning disability, autistic people and their families use different ways to stay connected. If you would like to know more you can contact them below.



Their Facebook is [Sunderland People First](#)



Their phone number is 0785 822 6187

email [info@sunderlandpeoplefirst.com](mailto:info@sunderlandpeoplefirst.com)



During Coronavirus our team have been working to help people in Sunderland with a learning disability, autistic people and their families use different ways to stay connected.



We have been using social media like Twitter and Facebook to share important messages.



We have been using a programme called Zoom to connect with people and share things that we think may help.



Everyone has said that they have enjoyed talking online, have had fun and that it is something to look forward to. We also welcome your ideas about anything else that you would like to talk about.



You can use Zoom on your smart phone, laptop or computer.



People in Action have made a video about how to use Zoom on your computer. Click on this link to play: <https://bit.ly/2V7hONo>



We would like to invite more people with a learning disability and autistic people to join our meetings on Monday, Wednesday and Friday. If needed your supporter/carer is welcome to join too.



Please get in touch by direct messaging us **only**, on Facebook, Twitter or emailing our team at [info@sunderlandpeoplefirst.com](mailto:info@sunderlandpeoplefirst.com) or phoning Samantha on 07845750887 to book a place.



# Your Voice Counts Gateshead



Your Voice Counts have lots of sessions to help you feel fit, healthy and safe. If you would like to know more you can contact them below.



Their Facebook is [Your Voice Counts](#)




Their phone number is 0191 4786472

email [mail@yvc.org.uk](mailto:mail@yvc.org.uk)





Monday	Tuesday	Wednesday	Thursday	Friday
<p><b>12:00-2:00: Cooking with Confidence</b> A cooking group with step by step instructions and group support to cook tasty meals at home. Every 2 weeks Contact: Naomi or Danielle</p> <p><b>1:00 - 2:00 - FANE Online Safety Workshops</b> Every 2 weeks Contact: Danielle or Amy</p>	<p><b>2:00-3:00: Quiet Group</b> A small group for those who prefer to have a quieter get together with others. Limited spaces Contact: Hannah</p>	<p><b>2:00-3:30: Self-Advocacy Meetings</b> Meetings are chaired by self-advocates and support members to speak up and have their voices heard on issues that affect their lives in their communities and beyond. Open to people with learning disabilities and/or autism. Contact: Amy, Joanne or Terri</p>	<p><b>1:00 - 2:30 Staying Well - Mental Health Group</b> A course to explore low level mental health issues, what it means and ways that we can get help if needed. Contact: Danielle</p>	<p><b>10:30-12:00: Mindfulness Practice Sessions</b> To support course members to continue using mindfulness in their daily lives. The sessions include guided meditations and discussions. Open to people with learning disabilities and/or autism who have attended a Mindfulness for Life course or similar. Contact: Terri or Jane</p>
<p><b>3:00-4:00: The Creative Crew.</b> A peer-led group for those with a creative flare. This will include a mixture of arts and crafts using basic things around the home and learning new art/drawing techniques. Contact: Hannah</p>	 <p>If you want to join any of the groups just call us on 0191 4786472</p>	<p><b>10:00-11:00: Accessible Fitness (Starting 16<sup>th</sup> Sep 2020)</b> A fitness class run by energetic instructor Sarah to help us keep fit to music. Open to anyone - introductory chat needed with a YVC member of staff first to ensure accessibility. Contact: Hannah</p>	<p><b>3:00-4:30: Digital Voice Project and other activities</b> Activities are decided by attendees, alongside activities and short film making. Open to people with learning disabilities and/or autism. Contact: Amy, Joanne or Terri</p>	<p><b>2:00-3:00: Catch up and a Cuppa</b> An online group chat where people chat in small groups about what they are interested in whilst enjoying a cup of tea. Open to anyone - introductory chat needed with a YVC member of staff first to ensure accessibility. Contact: Naomi or Danielle</p>