



Get 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

BRIDGE CREATIVE

Keeping Connected
Support to help you keep safe, well and connected during the Covid-19 pandemic

KEEPING PEOPLE ACTIVE
Free daily exercise sessions with a personal trainer!
Get a free Keep Active pack including fit-bit, resistance bands and water bottle

KEEPING PEOPLE CREATIVE
A free 8-week, fully accessible online creative arts course!
Learn new skills and work with a professional artist, all materials provided!

KEEPING PEOPLE CREATIVE DANCE
Interactive, accessible online dance classes with a professional dance tutor!



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



4a Grove Gardens
Berwick upon Tweed, TD15 2EN
(01289) 305423
07900 252894
borderlinks@btconnect.com
www.borderlinks.co.uk

BORDER LINKS NOVEMBER	DIARY
WEEK 33	
Tuesday 3 rd Nov-Zoom Catch-up	11.30am via Zoom invitation
Tuesday 3 rd Nov-Zoom Bingo & Quiz	7pm via Zoom invitation
Wednesday 4 th Nov -Smile through Sport	2pm via Zoom invitation
Wednesday 4 th Nov - Zoom Disco	7 - 8pm Via Zoom invitation
Thursday 5 th November-Music with Carole	10.30am via Zoom invitation
WEEK 34	
Tuesday 10 th Nov - Zoom Catch -up	11.30am via Zoom invitation
Tuesday 10 th Nov - Zoom Bingo & Quiz	7pm via Zoom invitation
Wednesday 11 th Nov Smile through Sport	2pm via Zoom invitation
Thursday 12 th Nov - Music with Carol	10.30am via Zoom invitation
WEEK 35	
Tuesday 17 th Nov - Zoom Catch -up	11.30am via Zoom invitation
Tuesday 17 th Nov - Zoom Bingo & Quiz	7pm via Zoom invitation
Wednesday 18 th Nov. Smile through Sport	2pm via Zoom invitation
Thursday 19 th Nov -Music with Carole	10.30am via Zoom invitation
WEEK 36	
Tuesday 24 th Nov - Zoom Catch -up	11.30am via Zoom invitation
Tuesday 24 th Nov - Zoom Bingo & Quiz	7 - 8pm Via Zoom invitation
Wednesday 25 th Nov -Smile through Sport	2pm via Zoom invitation
Thursday 26 th Nov - Music with Carole	10.30am via Zoom invitation

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



Sunderland People First Sunderland



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 0191 5214123

email info@sunderlandpeoplefirst.com

Keeping People Connected



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 working with other organisations to look at different ways that we can all work together to make this happen.



We have been using social media like Twitter and Facebook to share important messages. We have set up WhatsApp groups for people's friends and family.



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



We have used Zoom to keep in touch and organised fun things like cookery classes and online quizzes.



Lots of people have said that they have enjoyed talking online, have had fun and that it is something to look forward too.



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

Monday	Tuesday	Wednesday	Thursday	Friday
<p>12:00-2:00: Cooking with Confidence 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>1:00 - 2:00 - FANE Online Safety Workshops Every 2 weeks Contact: Danielle or Amy</p>	<p>2:00-3:00: Quiet Group A small group for those who prefer to have a quieter get together with others. Limited spaces Contact: Hannah</p>	<p>2:00-3:30: Self-Advocacy Meetings 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>1:00 - 2:30 Staying Well - Mental Health Group 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>10:30-12:00: Mindfulness Practice Sessions 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>3:00-4:00: The Creative Crew. 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>10:00-11:00: Accessible Fitness (Starting 16th Sep 2020) 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>3:00-4:30: Digital Voice Project and other activities 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>2:00-3:00: Catch up and a Cuppa 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>