



Keeping Well for Winter

What can you do in your area?

Keeping 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

The banner features the Bridge Creative logo at the top right. Below it, a green speech bubble contains the text 'Keeping Connected'. To the right, text reads 'Support to help you keep safe, well and connected during the Covid-19 pandemic' next to an icon of a person at a computer. The next section, 'KEEPING PEOPLE ACTIVE', includes an icon of a person with a dumbbell and text: 'Free daily exercise sessions with a personal trainer! Get a free Keep Active pack including fit-bit, resistance bands and water bottle'. The following section, 'KEEPING PEOPLE CREATIVE', features a colorful wavy graphic and text: 'A free 8-week, fully accessible online creative arts course! Learn new skills and work with a professional artist, all materials provided!'. The final section, 'KEEPING PEOPLE CREATIVE DANCE', includes an icon of a person dancing and text: '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

| BORDER LINKS | APRIL DIARY |
|---|-----------------------------|
| Tues 30th March Catch up & Bingo - Wed 31st Smile Sport - Thurs 1st April Music | |
| Tuesday 6 th April-Zoom Catch-up | 10.45am via Zoom invitation |
| Tuesday 6 th April - Zoom Bingo | 7pm via zoom invitation |
| Wed 7 th April - Smile through Sport | 2pm via zoom invitation |
| Wed 7 th April - Zoom disco | 7pm via zoom invitation |
| Thurs 8 th April - Music with Carole | 10.30am via zoom invitation |
| Week 54 | |
| Tuesday 13 th April-Zoom Catch-up | 10.45am via Zoom invitation |
| Tuesday 13 th April - Zoom Bingo | 7pm via zoom invitation |
| Wed 14 th April - Smile through Sport | 2pm via zoom invitation |
| Thurs 15 th April - Music with Carole | 10.30am via zoom invitation |
| Week 55 | |
| Tuesday 20 th April-Zoom Catch-up | 10.45am via Zoom invitation |
| Tuesday 20 th April - Zoom Bingo | 7pm via zoom invitation |
| Wed 21 st April - Smile through Sport | 2pm via zoom invitation |
| Thurs 22 nd April - Music with Carole | 10.30am via zoom invitation |
| Week 56 | |
| Tuesday 27 th April-Zoom Catch-up | 10.45am via Zoom invitation |
| Tuesday 27 th April - Zoom Bingo | 7pm via zoom invitation |
| Wed 28 th April - Smile through Sport | 2pm via zoom invitation |
| Thurs 29 th April - Music with Carole | 10.30am via zoom invitation |

N.B Smaller groups are being run by session leaders to which individuals will be invited. Events may be subject to change.



Breaking Through Barriers

D.A.D Darlington



Darlington Association on Disability (D.A.D) provide support in Darlington. If you would like to know more you can contact them below.



Their Facebook is [Darlington Association on Disability Facebook Page](#)



Their phone number is 01325 489999

Email

mail@darlingtondisability.org



People First provide support in Cumbria. If you would like to know more you can contact them below.



Their Facebook is [People First Facebook Page](#)

Their phone number is 03003
038037



Email

admin@wearepeoplefirst.co.uk



Skills for People



Skills for People have a timetable of activities for anyone in Newcastle, 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 0785 822 6187

email info@sunderlandpeoplefirst.com



Sunderland People First Sunderland



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 or phoning Samantha on 07845750887 to book a place.



Your Voice Counts Gateshead and South Tyneside



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



The Lawnmowers is a producing theatre-arts organisation. Operating in Gateshead and the surrounding regions, The Lawnmowers is a unique company and registered charity and is run by and for people with learning difficulties



Email: hello@lawnmowerstheatre.com



Their phone number is
0191 478 9200



Their facebook page is
@LawnmowersITC

JOIN US ON **zoom**

DANCE IN YOUR LIVING ROOM

**ONLINE KROCODILE KLUB
2021 DATES**

12TH FEBRUARY

19TH MARCH

23RD APRIL

28TH MAY

25TH JUNE

30TH JULY

7PM - 8:30PM



lawnmowerstheatre.com

Charity No. 1084229 | Reg Co No. 3995821



ARTS COUNCIL
ENGLAND



The Krocodile Klub has been running since 1998 and has transitioned online since the first Covid-19 lockdown providing a friendly atmosphere where people with learning disabilities and their friends can make new friends, meet up with old ones, hear great music, dance, chill in the comfort of their living room!

Register and book here

<https://www.eventbrite.co.uk/e/the-online-krocodile-klub-2021-tickets-135701832835>