



# 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](mailto:hello@bridgecreative.org)

# ACTIVITY TIMETABLE JANUARY 2021

All sessions are free and delivered by video call

[www.bridgecreative.org](http://www.bridgecreative.org)

 **MONDAY**  
Feeling Free, Chat and Exercise

 **TUESDAY**  
Socialise and Dance

 **WEDNESDAY**  
Group Chat, Dance and Quiz

 **THURSDAY**  
Socialise and Exercise

 **FRIDAY**  
Chat, Game Night and Exercise

 **SATURDAY**  
Exercise and Music Quiz

LEARN NEW SKILLS  
GET CREATIVE  
KEEP ACTIVE  
STAY CONNECTED  
JOIN OUR SESSIONS!

WE CAN HELP YOU GET  
ONLINE WITH AN IPAD LOAN



For more information, or to join

Call us on **01388 449 410**

Or email **hello@bridgecreative.org**

  
**BRIDGE**  
CREATIVE



# 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)



# Border Links Northumberland

4a Grove Gardens  
Berwick upon Tweed, TD15 2EN  
(01289) 305423  
07900 252894

[borderlinks@btconnect.com](mailto:borderlinks@btconnect.com)  
[www.borderlinks.co.uk](http://www.borderlinks.co.uk)

BORDER LINKS	FEBRUARY DIARY
<b>Week 44</b>	
Tuesday 1 <sup>st</sup> Feb-Zoom Catch-up	10.45am via Zoom invitation
Tuesday 1 <sup>st</sup> February - Zoom Bingo	7pm via zoom invitation
Wed 3 <sup>rd</sup> Feb - Smile through Sport	2pm via zoom invitation
Wed 3 <sup>rd</sup> Feb - Zoom disco	7pm via zoom invitation
Thurs 4 <sup>th</sup> Feb - Music with Carole	10.30am via zoom invitation
<b>Week 45</b>	
Tuesday 9 <sup>th</sup> Feb-Zoom Catch-up	10.45am via Zoom invitation
Tuesday 9 <sup>th</sup> February - Zoom Bingo	7pm via zoom invitation
Wed 10 <sup>th</sup> Feb - Smile through Sport	2pm via zoom invitation
Thurs 11 <sup>th</sup> Feb - Music with Carole	10.30am via zoom invitation
<b>Week 46</b>	
Tuesday 16 <sup>th</sup> Feb-Zoom Catch-up	10.45am via Zoom invitation
Tuesday 16 <sup>th</sup> Feb - Zoom Bingo	7pm via zoom invitation
Wed 17 <sup>th</sup> Feb - Smile through Sport	2pm via zoom invitation
Thurs 18 <sup>th</sup> Feb - Music with Carole	10.30am via zoom invitation
<b>Week 47</b>	
Tuesday 23 <sup>rd</sup> Feb-Zoom Catch-up	10.45am via Zoom invitation
Tuesday 23 <sup>rd</sup> Feb - Zoom Bingo	7pm via zoom invitation
Wed 24 <sup>th</sup> Feb - Smile through Sport	2pm via zoom invitation
Thurs 25 <sup>th</sup> Feb - Music with Carole	10.30am via zoom invitation



# 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](mailto:mail@darlingtondisability.org)

# DAD Virtual Sessions

Delivered by Bridge Creative



Dancersize  
Thursdays 4:30pm - 5pm



Art & Crafts Course  
Tuesdays 1-2pm for 8 weeks



Music Quiz  
Fridays 2pm - 2:30pm



Keep Active Sessions  
Wednesdays 6pm - 6:30pm

Contact DAD to book for free



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](mailto:admin@wearepeoplefirst.co.uk)



# 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)