

Get Well for Winter Weekly Bulletin

Get Well for Winter

A graphic featuring a blue umbrella with a white heart on its handle, and four teal hearts arranged in a row below it.

**News and
information.**



**Annual Health
Checks**

**Weekly timetable
from 2nd November
to 8th November**

Introduction



Get Well for Winter is a brand new programme running from 7th 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:

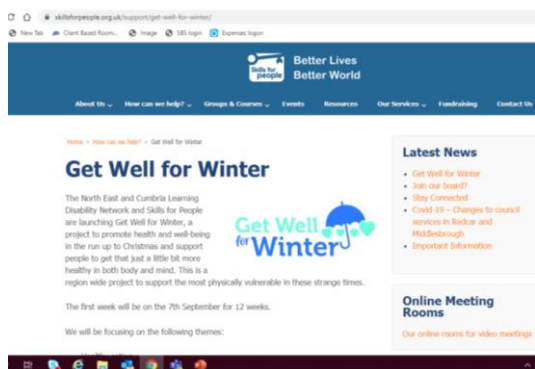
https://www.facebook.com/GeordieVoices/?hc_ref=ARQ6RhZSut4VNoIVR40EJC6LBDHNBaU9lwfUcB9HCamnx7JKnD4KDJvYhYDaayBZ2Dc&ref=nf_target&tn=kCH-R



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/>



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 or on 0191 281 8737



What's coming up this week?

- Covid19 virus update
- Wellness group
- Healthy Eating (We will be focusing on this a lot over the next 2 weeks)
- 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
- Common illnesses over winter and what to look out for
- How to contact your GP and why things might be a bit different
- Why are Annual Health Checks important



Annual Health Checks & Going to the GP

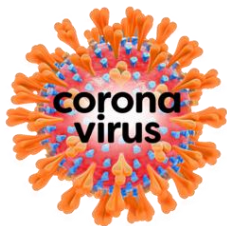


If you are on the GP Learning Disability Register your GP will invite you to have an Annual Health Check once a year.



Why are Annual Health Checks and Flu Immunisation important this year for people with a learning disability?

<https://www.youtube.com/watch?v=e3ZSPDyBAVA>



If you are due your Annual Health Check, GP's are working really hard during the Coronavirus pandemic to get as many done as possible to help keep you well.



It might mean that your Annual Health Check might look a bit different to what it has done before. It might mean:

- It is done over the phone first before you are invited in to the practice
- They might send you an easy read questionnaire to complete.
- You and staff will have to wear PPE if you are invited in to practice to help protect them and you from Coronvairus

A questionnaire form titled 'North East and Cumbria Learning Disability Annual Health Check Pre-Questionnaire Covid - 19'. The form has a header with the ICS logo and 'learning disability' text. Below the header, there is a paragraph of text: 'Please complete this questionnaire before your Annual Health Check appointment. Please try and send it back to the GP Surgery before your appointment it will help them support you'. There are four main sections, each with a question and a small icon: 1. 'What is your name?' with a person icon. 2. 'When is your birthday?' with a birthday cake icon. 3. 'Your contact details:' with sub-questions for 'Address:', 'Telephone number:', and 'Email address:', each with a corresponding icon (house, phone, and envelope). 4. 'Who do you live with?' with a house icon.

It's really important if you get this questionnaire to complete it. You can ask someone to help you. It will help the Doctor to get some information first to know how best to support you.

Have you seen these flu myth busting films



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>



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=5nl7HRhCEuU>



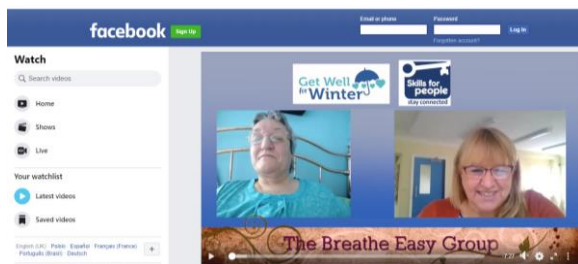
6. How can I help the people around me be protected from flu?
<https://www.youtube.com/watch?v=ZKH M4VPovb0>

Get Well for Winter Films



October was Breast Cancer Awareness Month. Check out this film we made about knowing your breasts

https://www.facebook.com/GeordieVoices/videos/997875774016387/?so=channel_tab&rv=all_videos_card



Kathy and Suzie have put together a new Breathe Easy group. All about helping us to try and take some of our worries away during this strange time.

https://www.facebook.com/GeordieVoices/videos/679206792726818/?so=channel_tab&rv=all_videos_card



Your Voice Counts have been teaching us how to run a Zoom cooking session. Find out how you can do it too here:

https://www.facebook.com/GeordieVoices/videos/2712704035686831/?so=channel_tab&rv=all_videos_card



Learning new skills is good for our minds and bodies. The Health and Wellbeing group have some top tips for doing this.

https://www.facebook.com/GeordieVoices/videos/675149073420074/?so=channel_tab&rv=all_videos_card

Contact Us



Please look out for next weeks bulletin and timetable.



It will be shared on the 4th November



You can contact the Get Well for Winter team by emailing Stephen.thompson@skillsforpeople.org.uk



Or calling him at 0191 281 8737