





Keeping Well for Winter

What can you do in your area?





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





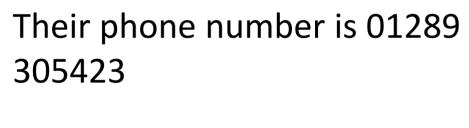
Border Links Northumberland



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





email borderlinks@btconnect.com



Border Links Northumberland

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



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 <u>Darlington</u>

<u>Association on Disability</u>

<u>Facebook Page</u>



Their phone number is 01325 489999

Email mail@darlingtondisability.org



People First Cumbria



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



Their Facebook is <u>People First</u> <u>Facebook Page</u>

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 <u>Sunderland People</u> <u>First</u>



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



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