



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



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, 4a Grove Gardens,
Berwick Upon Tweed, TD15 2EN
T:01289305423
T:07900252894

BORDER LINKS	MARCH DIARY
Week 48	borderlinks@btconnect.com
Tuesday 2nd March – Zoom Catch-up	10.45am via Zoom invitation
Tuesday 2nd March - Zoom Bingo	7pm via zoom invitation
Wed 3rd March – Smile through Sport	2pm via zoom invitation
Wed 3rd March – Zoom disco	7pm via zoom invitation
Thurs 4th March – Music with Carole	10.30am via zoom invitation
Week 49	
Tuesday 9th March– Zoom Catch-up	10.45am via Zoom invitation
Tuesday 9th March- Zoom Bingo	7pm via zoom invitation
Wed 10th March – Smile through Sport	2pm via zoom invitation
Thurs 11th March – Music with Carole	10.30am via zoom invitation
Week 50	
Tuesday 16th March– Zoom Catch-up	10.45am via Zoom invitation
Tuesday 16th March - Zoom Bingo	7pm via zoom invitation
Wed 17th March – Smile through Sport	2pm via zoom invitation
Thurs 18th March – Music with Carole	10.30am via zoom invitation
Week 51	
Tuesday 23rd March– Zoom Catch-up	10.45am via Zoom invitation
Tuesday 23rd March - Zoom Bingo	7pm via zoom invitation
Wed 24th March – Smile through Sport	2pm via zoom invitation
Thurs 25th March – Music with Carole	10.30am via zoom invitation



D.A.D Darlington

Darlington
Disability
support in
you would like
you can contact them below.



Association on
(D.A.D) provide
Darlington. If
to know more



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 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 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
A Voice For Change

Sunderland People First



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



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

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**ARTS COUNCIL
ENGLAND**



**COMMUNITY
FUND**



**Esmée
Fairbairn
FOUNDATION**



**BALLINGER
CHARITABLE TRUST**

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 free tickets here:

<https://krocodileklub2021.eventbrite.co.uk>