



NHS South East London CCG invites you to the virtual... 'Learning Disability Big Health Week!'

Monday 2nd November to Friday 6th November 2020.

Programme for the week (Part 1 of 2)

Monday 2nd November 2020

9.20am		Event opening! Neil Kennet-Brown	All age groups
9.30am		Help develop a learning disability App	All age groups
10.00am		Easy and fun exercise with Michelle	All age groups
12.00pm		Come cook with me! (Breakfast)	All age groups
12.45pm		Mental health & physical needs awareness	14 years and older
4.00pm		Cancer awareness for you	14 years and older
4.45pm		Mindfulness	14 years and older

Tuesday 3rd November 2020


9.30am		Keeping warm and well	14 years and older
10.00am		Introduction to contemporary dance moves...	All age groups
12.00pm		Come cook with me! (lunch)	All age groups
12.45pm		Healthwatch (Looking after yourself, Carers and Access to GPs)	14 years and older
4.00pm		Get your health check- it's important!!	14 years and older
4.45pm		Baked Bean Theatre 'WHAT A PANDEMIC!'	All age groups

Wednesday 4th November 2020







9.30am		Hate crime- what is it and how to report it?	14 years and older
10.00am		Wake up! Dance exercise party	All age groups
12.00pm		Come cook with me! (dinner)	All age groups
12.45pm		Cancer awareness and support	14 years and older
4.00pm		Advocacy (Quality checking, 1-2-1 advocacy and health)	14 years and older
4.45pm		Let's sing!!	All age groups

Programme for the week (Part 2 of 2)

Thursday 5th November 2020

9.30am		Cancer Screening	14 years and older
10.00am		Yoga Time for you	All age groups
12.00pm		Come cook with me (Dessert)	All age groups
12.45pm		Peoples Parliament (Access to GP services/Rights, Health and Equality)	All age groups
4.00pm		Health Improvement for People with a Learning Disability (NHS England)	All age groups
4.45pm		Magpie Dance presents Contemporary dances	All age groups
5.20pm		Fireworks	All age groups

Friday 6th November 2020

9.30am		How to access support if you are experiencing domestic abuse	All age groups
10.00am		Street Dance with Michelle	All age groups
12.00pm		What's your favourite dish	All age groups
12.45pm		Health Checks: A session for Carers	Carers Only
4.00pm		Big Health Quiz	All age groups
5.20pm		Event Close	All age groups

To register please visit our website
www.selondonccg.nhs.uk/bighealthweek

For more information

 Email Yvonne at ydavies@nhs.net or Ian at ian.ross5@nhs.net

or call  07881 260 281

NHS South East London CCG is made up of the following boroughs;
 Bexley, Bromley, Greenwich, Lambeth, Lewisham and Southwark.