



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

Monday 2<sup>nd</sup> November to Friday 6<sup>th</sup> November 2020.

## Programme for the week (Part 1 of 2)

### Monday 2<sup>nd</sup> November 2020

9.20 -9.30am		Event opening! Neil Kennet-Brown	All age groups
9.30-10.00am		Help develop a learning disability App	All age groups
10.00-10.30am		Easy and fun exercise with Michelle	All age groups
12.00-12.45pm		Come cook with me! (Breakfast)	All age groups
12.45-1.30pm		Mental health & physical needs awareness	14 years+
4.00-4.45pm		Cancer awareness for you	14 years+
4.45-5.30pm		Mindfulness	14 years+

### Tuesday 3<sup>rd</sup> November 2020








9.30-10.00am		Keeping warm and well	14 years+
10.00-10.30am		Introduction to contemporary dance moves...	All age groups
12.00-12.45pm		Come cook with me! (lunch)	All age groups
12.45-1.30pm		Healthwatch (Looking after yourself, Carers and Access to GPs)	14 years+
4.00-4.45pm		Get your health check- it's important!!	14 years+
4.45-5.30pm		Baked Bean Theatre 'WHAT A PANDEMIC!'	All age groups

### Wednesday 4<sup>th</sup> November 2020







9.30-10.00am		Hate crime- what is it and how to report it?	14 years+
10.00-10.30am		Wake up! Dance exercise party	All age groups
12.00-12.45pm		Come cook with me! (dinner)	All age groups
12.45-1.30pm		Cancer awareness and support	14 years+
4.00-4.45pm		Advocacy (Quality checking, 1-2-1 advocacy and health)	14 years+
4.45-5.30pm		Let's sing!!	All age groups

# Programme for the week (Part 2 of 2)

## Thursday 5<sup>th</sup> November 2020

9.30-10.00am		Cancer Screening	14 years+
10.00-10.30am		Yoga Time for you	All age groups
12.00-12.45pm		Come cook with me (Dessert)	All age groups
12.45-1.30pm		Peoples Parliament (Access to GP services/Rights, Health and Equality)	All age groups
4.00-4.45pm		Health Improvement for People with a Learning Disability (NHS England)	All age groups
4.45-5.20pm		Magpie Dance presents Contemporary dances	All age groups
5.20-5.30pm		Fireworks	All age groups

## Friday 6<sup>th</sup> November 2020

9.30-10.00am		How to access support if you are experiencing domestic abuse	All age groups
10.00-10.30am		Street Dance with Rachel	All age groups
12.00-12.45pm		What's your favourite dish	All age groups
12.45-1.30pm		Health Checks: A session for Carers	Carers Only
4.00-5.20pm		Big Health Quiz	All age groups
5.20-5.30pm		Event Close	All age groups

To register please visit our website

[www.selondonccg.nhs.uk/bighealthweek](http://www.selondonccg.nhs.uk/bighealthweek)

For more information

 Email Yvonne at [ydavies@nhs.net](mailto:ydavies@nhs.net) or Ian at [ian.ross5@nhs.net](mailto: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.