

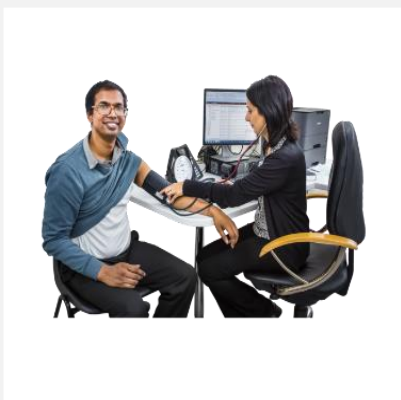


# Learning Disability Virtual Big Health Week 2021

**From Monday 6 December to Friday 10 December 2021**

This year the event will take place on  **zoom**

There is lots of great information available on...

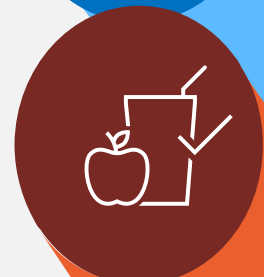


- Annual health checks
- Looking after your mental health
- Cancer awareness

and fun activities that you can join...



- Cooking classes
- Fun exercise
- Fun quiz



For more information contact us on

[LD.bighealthweek@nhs.net](mailto:LD.bighealthweek@nhs.net)



07389 786 512



# Programme for the week- Day 1

## Monday

6 December 2021

9.20am		<b>Event opening!</b>	All age groups
9.30am		<b>Dance exercise party</b>	All age groups
10.30am		<b>Reasonable adjustments</b>	All age groups
12.00pm		<b>Come cook with me! Lunch recipe</b>	All age groups
1.00pm		<b>Let's talk about constipation</b>	All age groups
3.00pm		<b>Keeping warm and well</b>	All age groups
4.00pm		<b>Baked Bean Theatre: Health and wellbeing</b>	All age groups
5.00pm		<b>Looking after your eyes</b>	All age groups

[Register here](#)



# Programme for the week- Day 2

## Tuesday

7<sup>th</sup> December 2021

9.30am		<b>Easy and fun exercise</b>	All age groups
10.30am		<b>Hate crime - Training</b>	14 years and older
12.00am		<b>Snacks and Signs</b>	All age groups
13.00pm		<b>Looking after your sleep</b>	All age groups
3.00pm		<b>Health relationships</b>	14 years and older
4.00pm		<b>Looking after your mental Health – for Young People</b>	14 to 18 years old
5.00pm		<b>Singing a Christmas carol</b>	All age groups

[Register here](#)



# Programme for the week- Day 3

## Wednesday

8 December 2021			
9.30am		<b>Let's talk about vaccination</b>	All age groups
10.30am		<b>Dance exercise party</b>	14 years and older
12.00pm		<b>Come cook with me! Diner recipe</b>	All age groups
1.00pm		<b>Bowel cancer screening</b>	14 years and older
3.00pm		<b>Looking after your mental Health</b>	18 years and older
4.00pm		<b>Quiz</b>	All age groups

[Register here](#)



# Programme for the week- Day 4

## Thursday

9 December 2021			
9.30am		<b>Looking after your oral health</b>	All age groups
10.30am		<b>Get your annual check: It's important</b>	14 years and older
12.30pm		<b>Magpie – dance class</b>	All age groups
3.00pm		<b>Cervical cancer screening</b>	18 years and older
4.00pm		<b>1-2-1 advocacy workshop</b>	All age groups
5.00pm		<b>Relaxing Exercise Class</b>	All age groups

[Register here](#)



# Programme for the week- Day 5

## Friday

10 December 2021			
9.30am		<b>Magpie dance production</b>	All age groups
10.30am		<b>Breast cancer screening</b>	14 years and older
12.00pm		<b>Come cook with me! Dessert recipe</b>	All age groups
1.00pm		<b>LD annual health checks</b>	Carers only
3.00pm		<b>Talking about death</b>	14 years and older
4.00pm		<b>Health action plans</b>	All age groups
5.00pm		<b>Having fun with music</b>	All age groups
6.00pm		<b>Event close</b>	All age groups

[Register here](#)