



Leicestershire Learning Disabilities Partnership Board



Action In Melton Christmas Newsletter



Happy Christmas everyone,

**Hope you are all keeping well and safe.
We are sorry that we have not been
able to meet up due to Covid 19.
Hopefully we can meet up again soon.**

**If you need any help or support, you can
email Jackie.Goodrick@leics.gov.uk or
call 0116 3057245.**

**As it might be hard to meet indoors, we
thought it would be a good idea to think
about how we could meet up. Maybe we
could meet in the park.**

If you have any ideas please let us know.



We thought it would be nice to look back on a few of the things we have done in the last couple of years:

We held a First Aid Workshop. We learnt how to do basic first aid.

We learnt how to keep our money safe. We found out about scammers and how to get help.

We learnt about recycling:

- ✓ Reduce
- ✓ Reuse
- ✓ Recycle

We talked about how to stay safe in the hot weather.

Fire service came to talk about Fire Safety



Some of our favourite shows are on TV this Christmas:

- The Great Christmas Bake Off- C4 Christmas Eve 7:40pm
- The Queen's Christmas Broadcast - BBC 1 3:00pm
- Strictly Coming Dancing Christmas Special -Boxing Day BBC 4:45pm

Hope there are lots more for you to enjoy.



Stay Safe - Always Remember:

Keep washing your hands regularly.

Wear a face covering in enclosed spaces

Stay at least 2 metres apart.



Had your free flu jab?



The jab is quick, easy
and can stop you getting flu.



Flu is caused by a bug called a virus.



Flu can make you feel ill.



If you are very ill you
might have to go to hospital.

If you have or care for someone with a
learning disability, you can have a free
flu jab.

**Don't wait, talk to your Doctor
or Pharmacist.**



If you have any ideas how we can keep in
touch at the moment please let us know:

Send your ideas to:

jackie.goodrick@leics.gov.uk

01163057245/ 07526927385

or post to

Jackie Goodrick.

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