

## Moving out of Lockdown to Improve Health & Wellbeing



Sunderland People First are working with Media Savvy on an exciting new programme of health and wellbeing activities.



Our programme of activities is aimed at people with a learning disability and autistic people who live in the Sunderland area.



We will learn and share about health and wellbeing through outdoor and indoor activities which will be led by a qualified fitness instructor and support staff.



All activities are free to join and will include a range of choices so that people can decide what they would like to get involved in.

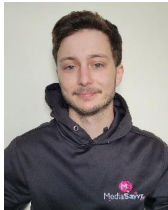


The programme is designed to support access for people with different abilities and interests and to build skills and confidence.



We hope that our health and wellbeing programme will be a fun way of learning together and meeting new people.

## Health & Wellbeing Meet & Greet at Roker



Meet Rob, who is a fitness instructor from Media Savvy. Rob will be running our first outdoor activity session at Roker.



Meeting 10.30am Thursday 12<sup>th</sup> August. Finish around 1.30pm.

### Meeting Point – Marine Walk Car Park



The Address is:  
Marine Walk,  
Roker,  
Sunderland,  
SR6 0PL



Find out more about accessible toilets, Changing Place facilities and parking by visiting: <https://bit.ly/2Uo7pyX>



### Travelling by bus?

You can get the E1 & E6 bus service from Fawcett Street to Roker.



### Weather on the day:

Hoping for sun but you never can tell. We will not be running the session if the weather is very wet.



### Questions on the day:

Phone Andy on 07980 745023

## Roker Programme of Activities | 2.7.21



### Meet & Greet

Welcome and introductions. A chance to get to know you and meet our team.



### Introduction to Health & Wellbeing & activities

Rob will talk about the different activities that people may like to get involved and answer any questions that people may have.



### What do we mean by Human MOT's?

Talking and thinking about how we can all monitor our fitness in different ways and have our own personal goals about improving our health and wellbeing.



### Moving out of Lockdown

Enjoying the outdoors and our wonderful seafront at Roker with some simple fitness exercises led by our instructor Rob.



### Bring your own picnic, have a chat

Meeting new people over lunch. We hope that people will build new friendships and support each other throughout the programme.

## How to Book a place



If you have a question or would like to book a place you can contact us in different ways:



You can phone us on 07980 745023



Email us: [info@sunderlandpeoplefirst.com](mailto:info@sunderlandpeoplefirst.com)



Contact us on social media:

[@MediaSavvyCIC](https://twitter.com/MediaSavvyCIC)

[@SunPeopleFirst](https://twitter.com/SunPeopleFirst)