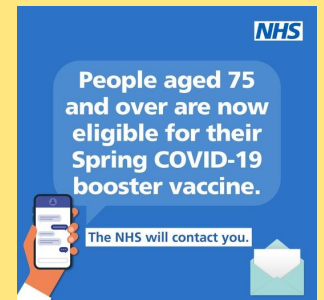


COVID 19 Booster Vaccine

People aged 75 and over, and people aged 12 and over who are immunosuppressed, are now eligible for a Spring COVID-19 booster vaccine.

<http://nhs.uk/covid-booster>



BLISS=Ability Self-Care Course

Course covers:

- An introduction to self-care, and your own health beliefs.
- How to manage a long term health condition, and how to make changes to your lifestyle to develop more healthy behaviours.
- Confidence building & increased self-esteem.
- Managing stress & anxiety.
- Healthy eating & nutrition.
- Physical activity.
- Creating your own unique self-care plan.



It is a flexible nine hour course, delivered by a qualified trainer. Sessions are learner-focused with follow-up reviews. Our courses can also be arranged to suit you, a group or workplace staff. It's **FREE** to anyone living or working in South Tyneside. Our courses are being run on the following dates:

Date for next available course:

Wednesday 13th April – 27th April 10– 1pm x 3 weeks



To book a place please contact Angela, Telephone no. 0191 4271666

IT / Digital Support

We can provide you with help and support to complete 'on-line' forms, apply for a Blue Badge, a Bus Pass, etc. We also provide Digital Skills learning sessions, and 'on-line' Jobsearch sessions, including updating UC Journals, etc. For further information or to book an appointment, please contact Angela at the office.



Northern Rights

Northern Rights can offer individual 1:1 advice and guidance on moving forward into employment or training.

Our tailored approach will allow you to access our financial, benefit, upskilling and employment services.

We also deliver Accredited Digital Skills (Entry 3 and Level 1), Accredited Maths and English up to Level 2 and non-accredited Confidence for Work, Confidence for Life, Confidence for Interview and Learning and Memory.

If you are from South Tyneside and would like to discuss our services, please contact **0191 9177910** and one of our experienced advisers will give you a call.



Survey



Tailored Leisure are working with Northumbria University Business Clinic students to come up with their marketing strategy and how they reach more customers with a long term condition or disability.

You can help by completing a questionnaire - click on 'Ctrl and return keys' to take you to the link:

<https://northumbria.onlinesurveys.ac.uk/northumbria-university-wellbeing-questionnaire> Please contact Tara Johnson, Director, Tel: 0786124765 if you have any questions.

Radar Keys

If you require a Radar Key please contact Angela at the office.

Direct Payments for a Personal Assistant

BLISS=Ability offer a payroll service to pay the wages of a P.A. For further information please contact Angela at the office.

If you require our newsletter in an alternative format i.e. large print or audio please contact the office.

CONTACT BLISS=Ability

Telephone the office on 0191 427 1666

Email: enquiries@blissability.co.uk

Website: www.blissability.co.uk

Find us on Facebook: <https://en-gb.facebook.com/Blissability/>

Find us on Twitter: <https://twitter.com/AbilityBliss>