

**BLISS=Ability**

Inform, Involve, Include.

**Newsletter  
JUNE 2022**

## **The Queen's Platinum Jubilee**

BLISS=Ability would like to invite you join us for tea and cakes in celebration of our Queen's Platinum Jubilee. All are welcome on **Wednesday 8th June, between 10.00am-2.00pm.**



## **IT / Digital Support**

We are delighted to announce that we have been successful in securing funding from the **Postcode Lottery Neighbourhood Trust** to enable us to continue to offer to residents and communities of South Tyneside our Basic IT/Digital Skills training. The inclusive and accessible training is available every Tuesday morning between 10am – 11.30am, and Thursday afternoon between 1 – 2.30pm; there is also on-line job-search and universal credit support on a Thursday, and help with Blue Badge applications/renewals and Bus Pass renewals. If you would like to attend please contact Angela Dunn to book a place. Telephone No: 0191 4271666, or email her at **angela.dunn@blissability.co.uk**



## **Weigh to Go**

We offer a **FREE** confidential service that enables you to be weighed independently. The platform scale allows people who use wheelchairs or mobility aids to be weighed, while either sitting or standing.



A print-out of your weight will be available.  
**Please contact the office to book**

## **B Social Group**

We are delighted to announce that we have been successful in securing funding from the **National Lottery Awards for All Fund** to enable us to continue to offer to residents and communities of South Tyneside the '**B Social Group**'. The inclusive and accessible B Social Group is on every Friday afternoon at BLISS=Ability and is for people to meet up for a chat and a cuppa, and to enjoy a variety of fun and interesting activities, i.e. Quizzes, bingo, arts and crafts workshops, wellbeing workshops and more.....



**If you would like to pop in on a Friday between 1 – 3pm, please contact Angela to ensure there is a space available.**



## **B Social Platinum Jubilee Celebrations**

The B Social Group enjoyed a celebration party and displayed what they had made for the occasion at B Social Group the previous week. Councillor Ruth Berkley attended the event.

## **Chemist Opening Times**

Please find the Pharmacy opening hours for next weeks Bank Holidays.

### **Thursday 2nd June**

Asda Pharmacy (Boldon)	10.00-4.00pm
Cohens Chemist	7.30-9.30pm
SE Gill Chemist Cleadon Village	11.30-1.00pm
Morrisons Pharmacy Jarrow	10.00-5.00pm
Asda Pharmacy South Shields	10.00-4.00pm

### **Friday 3 June**

Asda Pharmacy Boldon	10.00-4.00pm
Cohens Chemist Boldon Colliery	7.30-9.30pm
Morrisons Pharmacy (Jarrow)	10.00-5.00pm
Asda Pharmacy (South Shields)	10.00-4.00pm
Biddick Hall Pharmacy	11.00-1.00pm

Lloyds pharmacy (New George Street, South Shields) 2.00-4.00pm

## BLISS=Ability Self-Care Course

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Our Self-Care 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 is FREE to anyone living or working in South Tyneside.**

### Self-Care course dates:

Wednesday 15th June – 6th July 10.00 – 1.00 pm x 3 weeks  
Wednesday 13th July – 27th July 10.00 – 1.00 pm x 3 weeks

We will also be delivering wellbeing sessions on the following dates:

Keeping Active Wednesday	15th June	1.15 - 2.15 pm
Good Nutrition Wednesday	22nd June	1.15 – 2.15 pm
Sleeping Well Wednesday	6th July	1.15 – 2.15 pm
Mental Health Awareness	20th July	1.15 – 2.15 pm

### Fuel Grants

Grants Are available to beneficiaries of former coal miners through CISWO, for up to £200 to assist with the rise in fuel costs. For more information, please follow the link below:

<https://www.ciswo.org.uk/post/fuel-grant-worth-200-avaliabile>



the coalfields  
regeneration trust

## COVID Update

The government has produced a **Living with Respiratory conditions including Covid** guide, you can access it by clicking the link below.

Living safely with respiratory infections, including COVID-19 - GOV.UK ([www.gov.uk](http://www.gov.uk))

## Booster jab

The coronavirus (COVID-19) vaccines are safe and effective. They give you the best protection against COVID-19. It's never too late to come forward for your COVID19 vaccination. You can still book an appointment or go to a walk-in site for your first, second dose or boosters.

Visit <http://nhs.uk/covidvaccine> to find out more.



BLISS=Ability sell genuine **RADAR TOILET KEYS** at a charge of £5.00, subject to eligibility and availability.



## We are recruiting - please refer to:

For an application pack go to [www.visionandhearingsupport.org.uk](http://www.visionandhearingsupport.org.uk)

For any queries email [Sharon.bell@blissability.co.uk](mailto:Sharon.bell@blissability.co.uk)



## Contact BLISS=Ability

Telephone the office on 0191 427 1666

Email: [enquiries@blissability.co.uk](mailto:enquiries@blissability.co.uk)

Website: [www.blissability.co.uk](http://www.blissability.co.uk)

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

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