



## January 2021 newsletter



### Hi friends of **Get on Board**

Please print this newsletter to share with lots of people.



If you would like us to send you a printed newsletter in the post please let us know.



Get On Board wishes you a Happy New Year.

Although we have not been able to do the work we wanted to in 2020 we are still here.



GOB wants to make the lives of people with learning disabilities better.

If you think an organisation or business needs to try harder to make things better please let GOB know.



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We can work with the organisation.

The Get On Board Champions will help them make their services better.



We know this New Year is difficult for lots of people.

We are in another lockdown.

Lockdown means you must stay at home.

This is the law.



There are some things you can leave home to do.



Go shopping for things like food and medicine.



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Go to work if you cannot do your work from home



Exercise once a day

You can do this with people you live with or one other person.



You can meet your support bubble. This is one adult and a family.



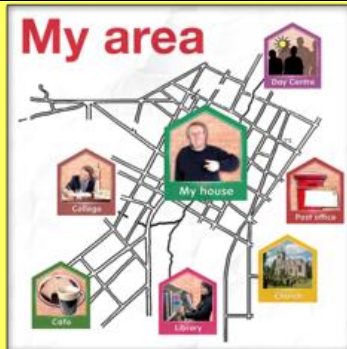
You can get help if you are ill or need to escape danger.



You can get help to look after children.



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If you do need to leave home you must not travel too far away from your house.



Wear a mask if you can

Wash your hands

Keep space from people when you are out



This is a Fire Service winter safety message

Put out enough ashtrays so ash and cigarette ends do not get put in bins



Make sure cigarettes are all put out properly.

Keep candles away from things that might catch fire, like cards and decorations



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Put candles out when you leave the room, and make sure they are put out at night.



Put matches and lighters back in a safe place once candles have been lit.



Test your smoke alarms every month and only take out the batteries to put in new ones.



Most fires start in the kitchen. Make sure you are around the cooker when it is being used



Do not cook if you have drunk too much alcohol



Take care around flames as clothes can catch fire.



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In an emergency call 999



This is a Police safety message

A scam is a way of criminals tricking you into giving them money.



The criminals can contact you by phone



email

text message



on social media

or in person.



Some criminals are pretending to sell vaccines or cures for coronavirus



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The NHS, police or bank will never ask for your bank details like your PIN number or password



They will never ask you to give them cash to keep safe or to pay for coronavirus medicine



If you think you have been a victim of a scam you must tell someone you trust.



You can call the police on 0300 123 2040 or on the website [www.actionfraud.police.uk](http://www.actionfraud.police.uk).



Some news from Workbridge

Workbridge is a charity in Northampton that helps people with learning disabilities, brain injuries, mental illnesses or autism learn new skills.



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In November, Workbridge closed because of lockdown.

The service users could still do activities online

This included cake making, Christmas crafts, aerobics and quizzes.

Service users also did craft activities that Workbridge sent to them in the post.

Workbridge phoned service users who live alone to have a friendly chat each week.

Workbridge would like to wish all service users, staff and volunteers a happy and safe New Year!





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Get On Board would love to see your photos and videos of what you have been doing in lockdown.

You may be making cakes or playing music

You may be learning something new

Take a picture or video of yourself and send it to [Info@getonboarduk.com](mailto:Info@getonboarduk.com) or text 07825 301850

We will put them on our Facebook page

We will also make the photos and videos into a film to show at the next GOB conference.

If you have any ideas of things you would like Get On Board and the Champions to do you can let us know by

Email – [Info@getonboarduk.com](mailto:Info@getonboarduk.com)

Call - Carol [07793 407848](tel:07793407848)

Dawn [07825 301850](tel:07825301850)