

# Being safe in 2021



## Newsletter 23 - 6 January 2021



### Welcome to 2021

With lots going on about Covid we hope this newsletter will help you understand the information better and give you things to take your mind off things.

### In this newsletter you will find:



Important easy read information



Messages and reports from our members



Puzzles, colouring and things to do



Stay well



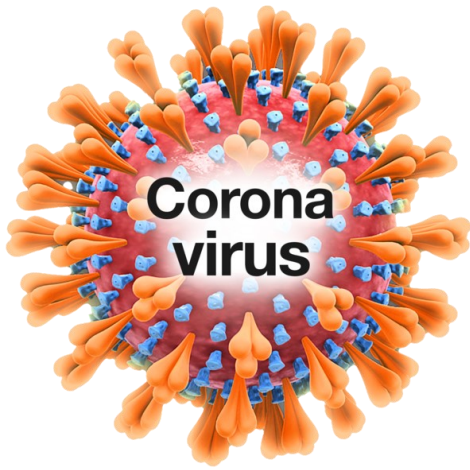
Keep moving



Stay connected



Keep happy



# Coronavirus update

## Stay at home



The virus is going up again just now.  
This means more people are catching **Covid** and getting ill.



The government are worried that the NHS will find it difficult to care for everyone.  
They have said we are now at **Alert Level 5** which means hospitals are very busy.



On Monday Boris Johnson went on TV and said we must have a lockdown again to try and stop the virus spreading so fast.



This means we must **stay at home**.  
This is now the law so everyone **must** follow these rules.

# When you can go out

Remember you must stay in as much as you can



For exercise outside with your household, support bubble or **1 other person**



To shop for basic supplies like food, toiletries and cleaning products



To meet up with your support bubble  
**You can only be in 1 bubble**



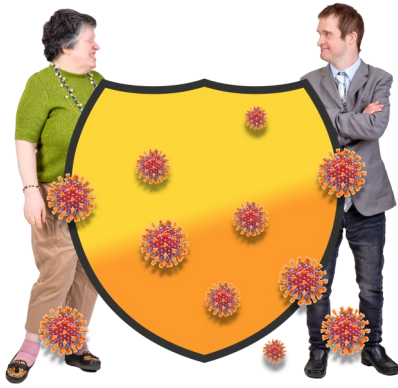
For medical reasons like to go to appointments or to collect a prescription



If you are not safe at home



To go to work but only if you cannot work from home



# Coronavirus update

## If you are shielding

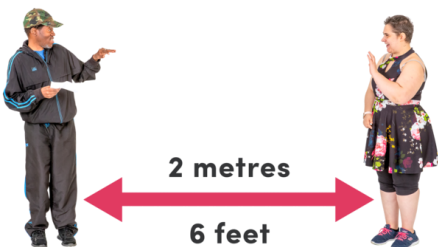
# STAY AT HOME



If you had a shielding letter in the first lockdown then you must take extra care and **stay in** as much as you can.



You should try to get shopping delivered or ask someone to get it for you.

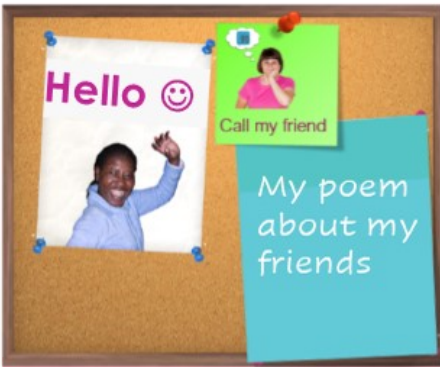


If you need to go outside for exercise then you can but **always stay 2 metres away** from anyone you do not live with or who is not in your support bubble.



If you need to go to for medical treatment or appointments then you should still do this.

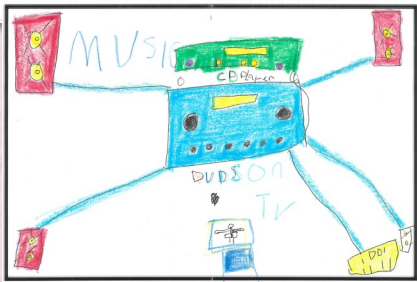
# Self advocates' message board



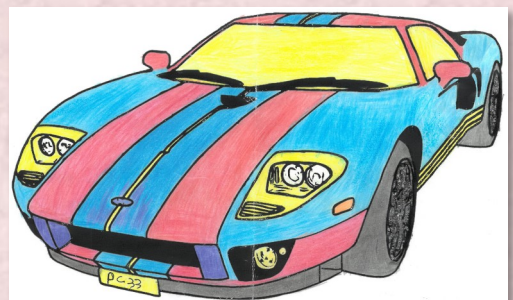
Dear all at opendoors  
 I hope you are all well and keeping safe  
 Today I have been watching Emmerdale farm and Eastenders.  
 I have been on my tablet and I done some writing tomorrow I am making some chocolate and apricot Brownies I dont know what is happening at christmas yet because they havent announced the new rules for covid but I am hoping to spend three or four days with my mum.  
 Alison

Thankyou verry much for post  
 Do Prshet it ALOT, can you let me know when doing FACEBOOK or wone time please  
 I want to know when I am come to next meeting at Norwich  
 Addce GAURP or AFTNOON or morning DO MISS GOING AND I would like DATE ARENOON or monina please I am member

18<sup>th</sup> December 20  
 Dear Ian and all the members  
 Thank you for the Christmas boxes and I have been Bruce Owen and I like them all very much indeed. Kathleen Owen and I and enjoy the the Magazine you send out and Zoom lap tops with bingo and Quiz.  
 I hope you had a Happy Christmas and Happy New Year 2021  
 I hope your back is better again. Ian.  
 Love from Owen Kathleen Bruce and I.

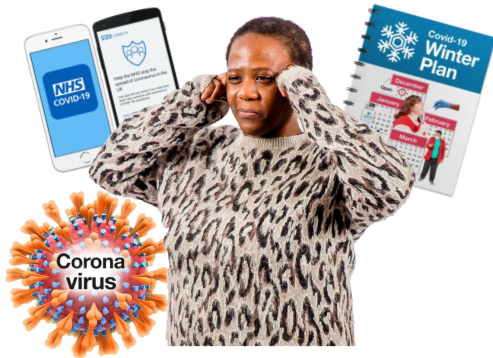


DEAR EVERYONE AT OPENDOORS  
 I REALLY MISS ALL MY FRIENDS BUT LUCKY I KEEP IN CONTACT WITH ALL MY FRIENDS ON EMAILS X ALL MY ZOOM CALLS WITH ALL MY FRIENDS X SEAF. 500  
 X I HAVE HEARD OF ZOOM SINCE WE HAVE SEAF & FIRST LOCKDOWN.  
 X ALSO I ALWAYS SEND MESSAGES ON FACEBOOK. 500  
 X ALSO I GENERALLY KNOW WHAT I WOULD DO WITHOUT MY LAPTOP.  
 MARION FIBOD





# Look after yourself and your feelings in a pandemic



With lots of information about Covid it can sometimes feel too much.

If you are not careful it can make you feel quite stressed.



Activities like puzzles or following a recipe can help as you have to concentrate .

This can help take your mind off things.



It is important to be careful how much news and information we read or listen to.

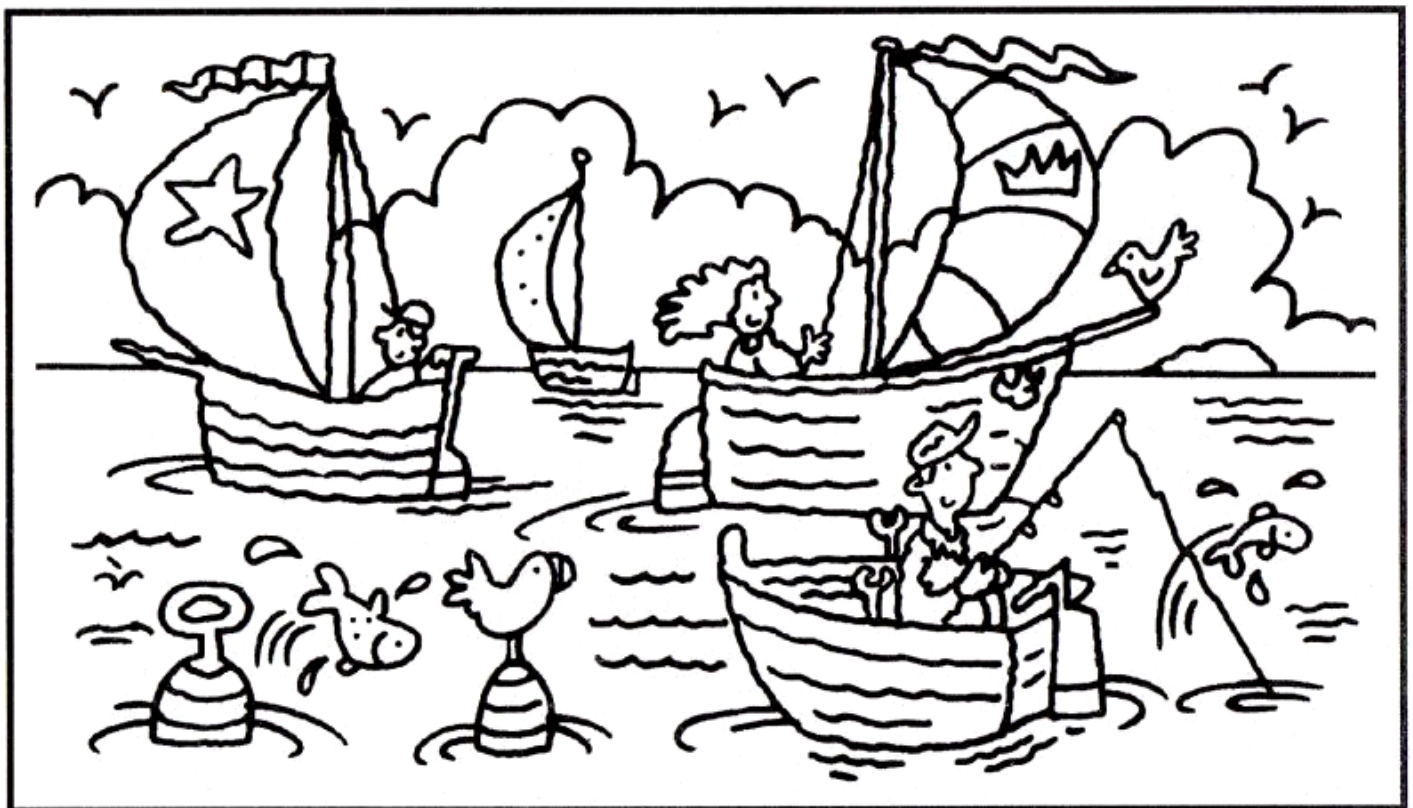
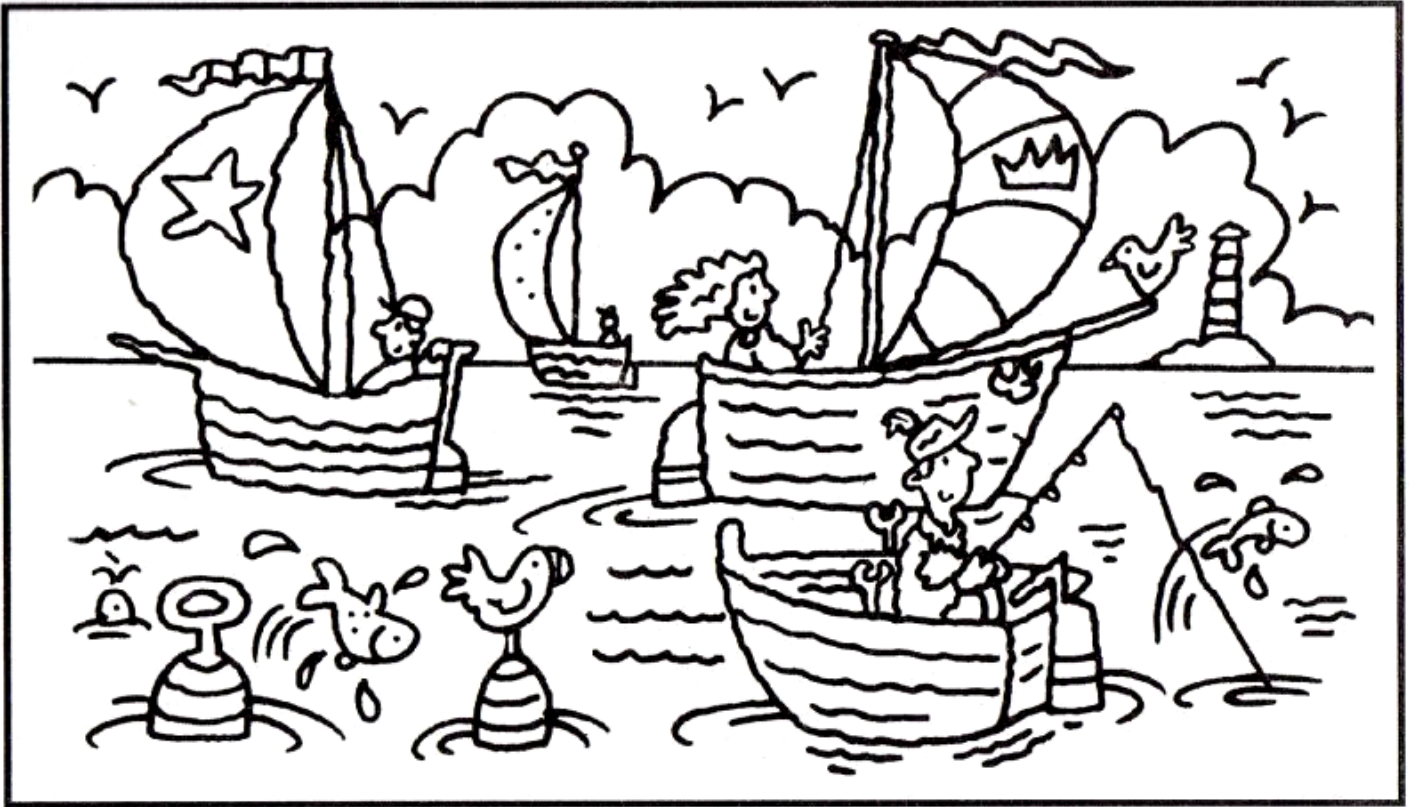
**Carl** has some good advice about how to manage stress around the news.



“I watch the news at 6pm and never the 10pm one.

After that I watch old TV shows to help me relax”.

# Something to do - Can you find 10 differences between the pictures





# Advocacy Groups coming up on zoom

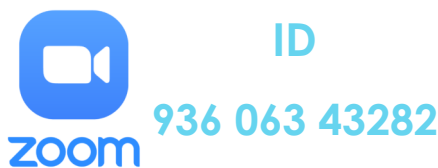
## Diss

Advocacy Group



## Norwich

Advocacy Group



## Cromer

Advocacy Group



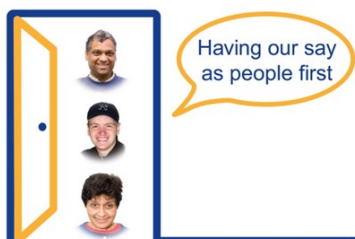
## To contact Opening Doors



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