

Being safe in 2021



Newsletter 24

20 January 2021

Keep well and stay safe

2021 has been a tricky year so far. We hope you are able to stay safe and well.

Remember we are here for you.



In this newsletter you will find:



Important easy read information



Messages and reports from our members



Tips on masks and a new group



Stay well



Keep moving



Stay connected



Keep happy

Covid Vaccine

Please don't call



We will call you

The NHS are now asking people most at risk from Covid to have a vaccine. This may be at

- * **A Vaccination Centre**
- * **GP or Pharmacy**
- * **Hospital**
- * **Care Home**

The NHS will contact you when it is your turn.



You will get a phone call or a letter when it is your turn



Book the date and make a note of where to go



On the day you will sign a consent form to say you want the vaccine



If you live in a care home the nurse or doctor will come to you



You can still ask for your reasonable adjustments



Don't forget
You need a second dose and will be told when to come back



Coronavirus update

Vaccine information



Once you've had the Covid-19 vaccine, you may have some **mild side effects** like:

- ⇒ a sore arm where the needle went in
- ⇒ feeling tired
- ⇒ a headache
- ⇒ feeling a little bit achy



If you need to you can take painkillers like paracetamol to help you feel better.

Also try to make sure you rest.



Have you had the vaccine?

We would love to hear from you if you have, to share your story of what it was like.



01603 631433

If you are worried about having the vaccine or would like to share your story give the office a call.



Stay safe from scams

Fake text messages are being sent saying you can get the Covid vaccine if you pay. The vaccine is only being offered by the NHS and **it is free to have it.**

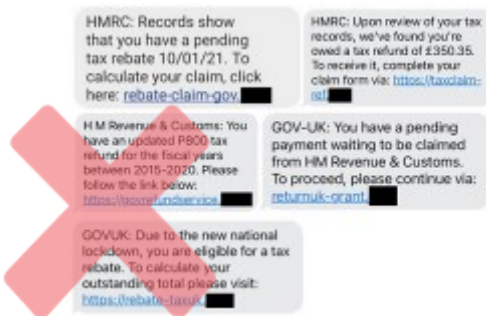
Do not respond to these messages.

Fake text messages are being sent pretending to be from HMRC and GOVUK. HMRC do not send text messages about tax refunds or for personal information or payment details this way.

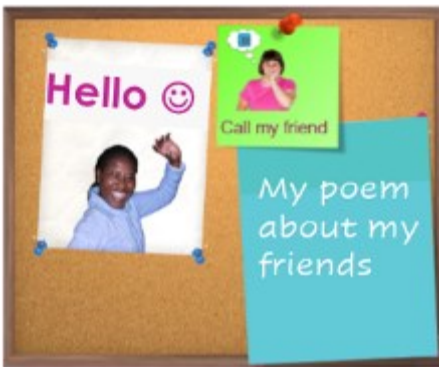
Do not respond to these messages.

Reporting scams or messages you are worried about is a good thing to do. You can do it yourself by calling the County Council Trading Standards people.

If you want some help to report a scam or some advice just ring **Opening Doors** we can make the call for you.



Self advocates' message board



DEAR EVERYONE AT OPENING DOORS .
I HAVE BEEN VERY BUSY WITH ALL MY ZOOMS MONDAYS TO FRIDAYS FOR TWICE A DAY WITH BARRHAM DAUGHTER X SPROWSON DAY CENTER . ON TUESDAYS I HAVE GOT 4 ZOOMS . INCLUDE MY COURSE .
X FRIDAYS I HAVE GOT 5 ZOOMS . INCLUDE ALL TOGETHER NORRIF .
WHEN I HAVE STARTED ZOOM I HAVEN'T HEARD OF ZOOM BUT I REALLY ENJOYED CHATTING TO PEOPLE ON ZOOM VERY MUCH .
MARION FLOOD

Hi! Everybody,
I have been for a lovely walk along the river, I love my marsh and a 2m distance or more from people. I saw a few groups of snowdrops and daffodil shoots too, it is a sign of spring is on the way. The weather has been kind and beautiful and when the pandemic is over I do hope to see you all in a near distance future.
I have sent a Thankyou card for the box of items you have sent me they are great. keep safe everyone.

From
Charlotte
☺

Dear members
Happy New Year for 2021 and I hope this year
I am not in a new town
and I am watching summer holiday love
Thank You

To everyone at opening doors

ESPECIALLY
TO YOU

Thankyou for the box of gifts you have sent me they are great and very useful indeed.

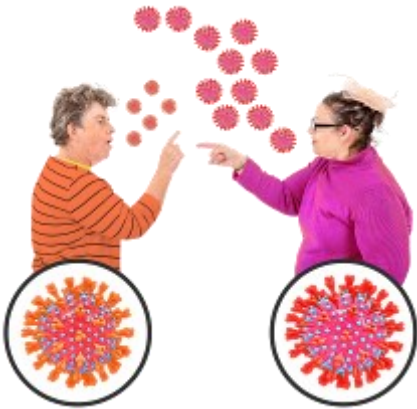
From
Charlotte

To open doors and Rachel Wise
I have been staying at home looking after my newborn baby kittens and looking after my other cats.
the hardest thing about this lockdown is the fact that I am stuck indoors and can't go out at all and also I am missing my best friend Rachel Wise
I miss Rachel coming to mine alot and I miss her sleeping at mine, miss you Rachel and its quite boring without you here are too quiet miss you love you love from Toni & the cats



Coronavirus update

All about masks



The new type of Covid spreads very easily. This means it is very important to do as much as you can to try and stay safe.



If you can wear a mask make sure to take it with you **every time** you go out. Wear a different one each time and remember to wash them in between uses.



If you cannot wear a mask then remember your **exemption card** which says this. Call us if you need one sent to you.



“I cannot wear a mask. I have decided it is not safe for me to go out just now so I am getting my shopping delivered and staying safe at home”.



Ladies Zoom group



919 0618 5977



Join us for our first **Ladies Zoom group** on Tuesday 2 February from 2pm-3.30pm. They will be held on the first Tuesday of each month.



You can use Zoom on your smart phone, tablet or computer. You can take a break if you need to.



Let's get together and invite guest speakers to talk about woman's health, have fun and much more.



Call us for help getting **Zoom** or if you have problems signing in to the group.



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Advocacy Groups coming up on zoom

Diss

Advocacy Group



ID

373 225 4819

Norwich

Advocacy Group



ID

936 063 43282

Cromer

Advocacy Group



ID

373 225 4819

To contact Opening Doors



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