



# Being safe in 2021

## Newsletter 25

3 February 2021



**Teatime Social**

We have a new **Zoom** group, **Teatime Social**, starting on **Wednesday 10 Feb, 4-5pm.**

If you would like to help plan the group or come along then please give us a call 😊

### In this newsletter you will find:



**Important easy read information**

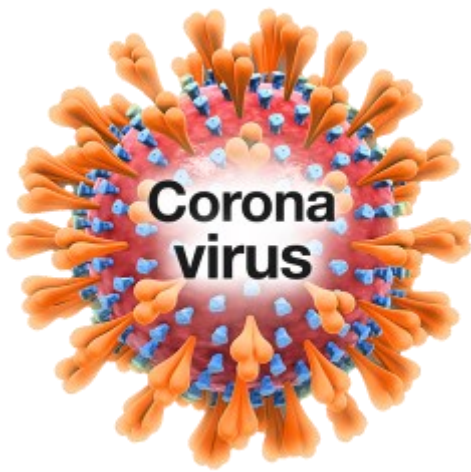


**Messages and reports from our members**



**Puzzles, colouring and things to do**





# Coronavirus update

## Where are we now?



We are still **in lockdown** which means you must **stay at home** as much as you can. Staying at home is the best way to keep safe.



The virus rates are still very **high**. This means lots of people are catching **Covid** and getting ill.



In the week of **22 February** Boris Johnson will tell us what will happen next. He will say when he thinks lockdown can end.

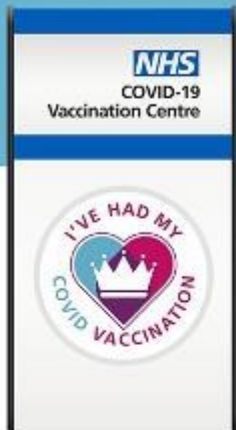


**Peter was pleased to have his vaccine**  
“It was alright and I feel ok.  
I think all health workers should get our support. Thank you for all your hard work”.

**Have you had your vaccine too?**  
**We would love to hear your story.**



# Coronavirus Vaccine



Protect yourself and others by getting the COVID-19 vaccine when it is your turn



1 Wait for a phone call or letter from your GP



2 Phone the number on the letter to book an appointment



3 Make a note of when and where to go



4 It may be at hospital, GP, a pharmacy or a Vaccination Centre



5 On the day, make sure you are on time



6 Talk about any worries or concerns



7 Sign the consent form if you agree to be vaccinated



8 The injection will all be over quickly



9 Wait 15 minutes to make sure you don't have a bad reaction



10 You will get a card telling you when to come back



11 Make sure you go to your second appointment



12 It takes a few weeks for the vaccine to protect you - keep wearing a mask



Remember - It takes two doses to be fully protected

# Things to do - winter wordsearch

Can you find all **12 words** in the wordsearch

s	f	g	g	n	c	w	x	t	y	v	a	i	e	u	l
n	d	f	r	q	q	r	t	y	m	k	z	c	i	k	L
o	d	j	c	o	l	d	j	u	y	r	q	e	n	h	i
w	g	f	o	s	s	b	v	c	r	t	u	i	l	l	a
m	r	r	s	w	q	a	m	n	s	l	e	d	g	e	g
a	h	j	y	v	b	c	x	z	s	d	w	t	t	f	u
n	i	o	p	l	h	l	q	z	m	b	u	i	r	p	z
f	g	e	y	o	a	w	a	l	l	r	w	a	q	s	g
v	s	q	e	h	k	l	o	n	i	p	c	w	z	c	l
w	i	n	d	y	b	f	g	j	k	s	f	w	c	b	o
m	r	t	y	i	u	w	e	a	s	e	d	n	m	w	v
q	d	t	y	k	l	i	r	w	m	w	t	e	r	j	e
q	z	f	r	o	s	t	b	v	t	u	i	p	z	b	s
h	i	i	d	r	k	r	w	b	u	i	o	s	h	e	l
d	e	r	n	t	y	u	w	v	b	c	o	a	t	m	e
z	b	e	g	j	l	c	m	f	g	p	q	b	r	y	i

cold	blanket	coat
sledge	ice	windy
frost	scarf	snowman
gloves	fire	cosy



# Update from Opening Doors



Our Covid Planning Group work hard for Opening Doors all the time.

They meet every week to make decisions and to keep our organisation running.



They have decided all our groups will be run on **Zoom** through February and March. Advocacy groups will stay every other week.

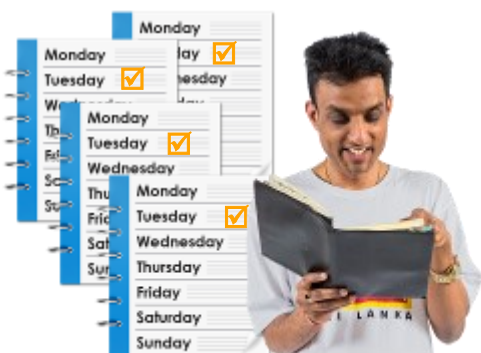
This is to be as safe as we can.

## Medium Risk

### Tier 1



The group have decided we would need to be in **Tier 1** in Norfolk before we could think about starting the planning for groups to meet in person again.



We are starting new **Zoom** groups up so there will be at least one group you can go to every week.

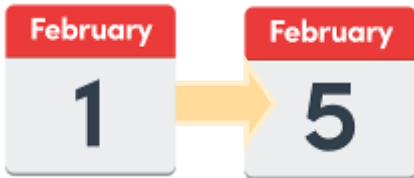
The calendar with all the groups running in February is on the next page.

**Which ones will you join?**

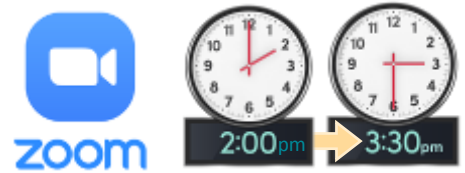
# This is what is on at Opening Doors in February 2021



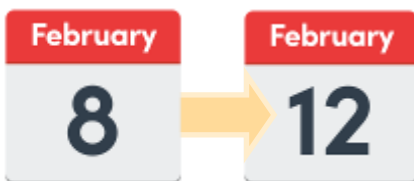
## Week 1



## Ladies Group



## Week 2



## Diss Advocacy Group



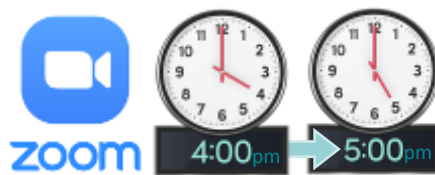
## Norwich Advocacy Group



## Week 3



## LGBT+ Group



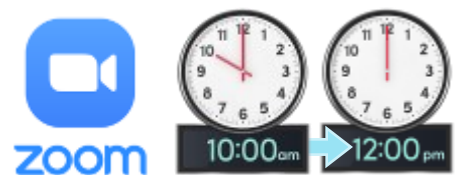
## Week 4



## Diss Advocacy Group



## Norwich Advocacy Group



Our Covid Planning Group meets every Wednesday morning.

If you have a question for them or ideas for Opening Doors please call **01603 631433** or message an Adviser.

They will take your question to the group.





All Together Norfolk



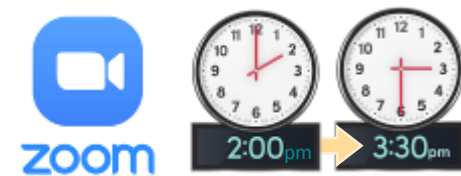
Teatime Social



Cromer Advocacy Group



Men's Health Group



All Together Norfolk



Teatime Social



Cromer Advocacy Group



01603  
631433



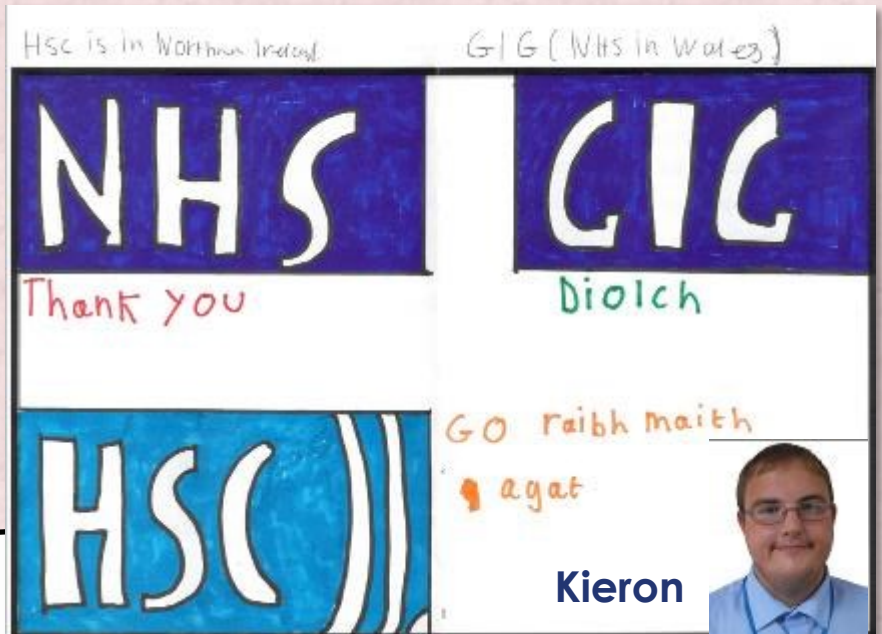
Our phones are answered 9-5pm Monday to Friday.

For help to join a group, information and advice, advocacy support or to talk something through call us.

# Self advocates' message board



Kevin called to 'Thank Ian for his help in finding someone to do his shopping'



Dear members  
 Thank you son sending me the book  
 on 24 I enjoy reading it it was being  
 you on Sunday 20th I am settling down  
 in room I like it very much Love  
 I have your job from Janice Harrow



Lewis has been busy knitting baby hats for a London Hospital



sadly I have not been anywhere apart from Diss. we went to chenerys fruit and vegetable shop in vines road. Gorgeous goods also the Factory Shop + Bunsbakehouse Mum, Dad and I are OK  
 LOVE CLAIRE

ONWARD

PANTO 2018, ONE OF THE 7 DWARFS.



# Things to do - join the dots

Join the numbers to make a picture to colour in





# FREE help this winter Winter Support Packs



What do you need this winter to keep safe and warm?

Look at the **Winter Support postcard** and mark anything you need.



Just put the **Winter Support postcard** in a freepost Opening Doors envelope and ask someone to post it for you.

**It does NOT need a stamp.**



We will send you a **Winter Support Pack** with the things you have asked for.

This is **free** to have.

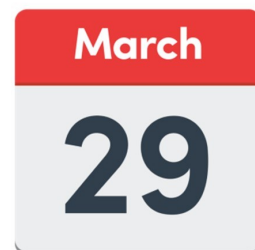
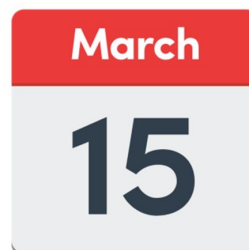
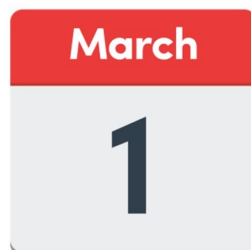


“I filled in My Covid Winter Plan and realised there are some practical things I need”.

# New group coming soon



For adults with learning disabilities / autism



4:00 pm

5:00 pm



It will be  
Friendly



It will be  
Supportive



It will  
be fun

For more information and to get the **zoom** code ↓



01603 631433



@OpeningDoorsLD



admin@openingdoors.org.uk



Having our say  
as people first

Opening Doors





# Welcome to Chen



We are pleased to welcome **Chen Malaca**, a Social Work student joining Opening Doors on a work placement.

Chen says "I've been watching a few meetings and it's been really interesting to see how self-advocacy works. Looking forward to my time with Opening Doors."



Some of you will see Chen in our **Zoom** groups. She will be working with us until May.

## To contact Opening Doors



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631433**



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[www.openingdoors.org.uk](http://www.openingdoors.org.uk)