



# Being safe in 2021

## Newsletter 26

17 February 2021



We know lots of people are finding this lockdown lonely.

Turn to **page 6** to find out about our weekly phone-calls which are a chance for a friendly chat.

### In this newsletter you will find:



**Important easy read information**



**Message board from our members**

March						
Mon	Tue	Wed	Thu	Fri	Sat	Sun
1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25			
29	30	31				



**Dates of all our zoom groups in March**






# Coronavirus update

## Helpful reminders



We are still **in lockdown** which means you must **stay at home** as much as you can. All the time we must remember to stick to the rules of **hands**, **face**, **space**.



**Wash your hands**  
lots of times each day



**If you can wear a mask or face covering**



Remember to stick to **social distancing**


What to look out for, some people call these **symptoms**



**Fever** where you have a high temperature and feel hot



A **new cough** that you do not usually have and will not stop



Your **sense of taste or smell changes** or goes completely



# Vaccine news

We would love to hear your stories



Janet was thrilled to have her vaccine.

She said “my GP surgery called me and sorted out for me to have my injection done at home.

My arm was a little bit sore but it soon went and I am glad I’ve had my first dose”

“Dear everybody at Opening Doors,

I am writing to tell you about my vaccination jab I had about 10 days ago.

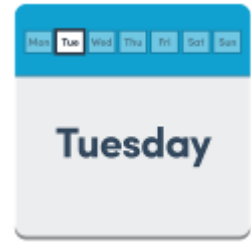
It’s only now I’m getting a pain in my arm and shoulder. It is nothing to worry about but I tell the staff when it happens and they give me a paracetamol to stop the pain.

Thank you for letting me share my news.”

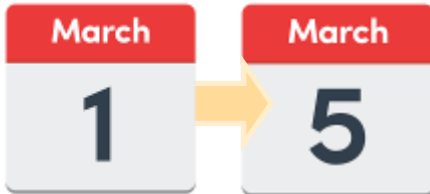
Have you had you vaccine too?  
We would love to hear your story.



# This is what is on in March 2021



## Week 1



## Ladies Group

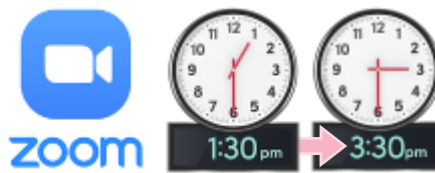


919 0618 5977

## Week 2



## Diss Advocacy Group



373 225 4819

## Norwich Advocacy Group



373 225 4819

## Week 3



## LGBT+ Group



Call us for the Zoom code on 01603 631433

## Week 4



## Diss Advocacy Group



373 225 4819

## Norwich Advocacy Group



373 225 4819





All Together Norfolk



930 9890 9337

Teatime Social



943 1296 6078

Cromer Advocacy Group



373 225 4819

All Together Norfolk



930 9890 9337

Teatime Social



943 1296 6078

Cromer Advocacy Group



373 225 4819



# Let's have a chat

Teatime social and weekly 'catch-up' calls



Teatime Social



Katy Dunne is one of our **sessional workers**.

These are people who come and work with us temporarily to support on projects.

Katy is supporting the **Teatime Social** zoom group, 4-5pm every other Wednesday.



01603 631433

Katy is also going to be offering weekly phone-calls for anyone who feels lonely and would like a chat.

**If you would like to sign up for these or want to know more give us a call.**

"Hello my name is Katy.

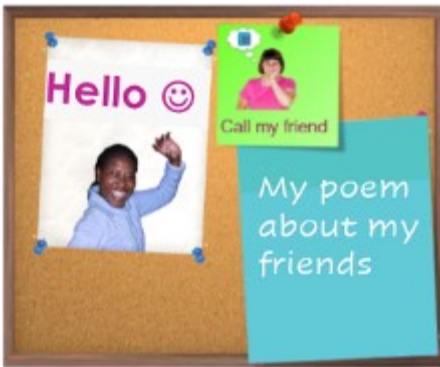
I have worked with Opening Doors before on a mental health and wellbeing project, so I already know some of you.

I live in Norwich with my family, 2 pet rabbits and a cat.

I am a Dance Therapist, which means I help people feel better through movement, dance and talking".




# Self advocates' message board



DEAR EVERYONE AT OPENING DOORS  
 I CAN WAIT UNTIL THE LOCKDOWN  
 WILL BE OVER. X WHEN WE ALL GET  
 BACK TO NORMAL. AGAIN. X THEN  
 I WILL BE ABLE TO GO BACK TO  
 THE SPROWSTON HAZ CLAYRE.  
 X ALSO I CAN WAIT TO BE ABLE  
 TO VOLUNTEER FOR OPENING  
 DOORS. I CAN WAIT.  
 X ALSO I CAN WAIT TO BE ABLE  
 TO VOLUNTEER IN A CHARITY  
 SHOP. COO. MARIAN BLOOM

DEAR KATHLEEN  
 I HAD A NICE CHRISTMAS  
 AND I HAD LOTS OF  
 PRESENTS I HAD LOTS  
 OF CLOTHES AND I HAD  
 A BOX OF CHOCOLATES  
 A SELECTION BOX AND I  
 MISS SEEING YOU I WILL  
 BE GLAD WHEN EVERY  
 THING IS BACK TO NORMAL  
 AND I CAN GET BACK  
 TO THE ROUTINE I HAVE  
 BEEN KEEPING MYSELF  
 OCCUPIED I HAVE BEEN  
 COLOURING ON MY IPAD  
 AND I HOPE TO SEE YOU ON  
 THURSDAY ON ZOOM  
 LOVE FROM  
 XX XX X SUSAN LOWE  
 X X X X

To All the Staff and self advocates,  
 during this covid time I have been  
 doing lots of things to keep me happy  
 safe and well, like, painting, Jigsaws,  
 working on different products for  
 opening door.  
 My four cats are very therapeutic, I  
 like to stroke them lots.  
 My son has been a huge support for  
 me and has stayed strong.  
 My carers are excellent, they have helped  
 me through good and bad times.  
 I miss everyone at opening doors.  
 I hope we can meet up physically soon,  
 although I know it could be hard, we  
 can all get through it together

  
 FROM Hales xx



Carol sent in these lovely snow pictures





Andrew finished this 1,000 piece jigsaw in this lockdown.

Well Done 😊

Can you spot him in the picture?

DEAR JEANIE AND OWEN  
 I HAD A NICE CHRISTMAS  
 AND I HAD LOTS OF  
 PRESENTS. I HAD LOTS  
 OF CLOTHES AND I HAD  
 A BOX CHOCOLATES  
 A SELECTION BOX AND  
 I MISS SEEING YOU I  
 WILL BE GLAD WHEN  
 EVERYTHING IS BACK  
 TO NORMAL AND I CAN  
 GET BACK TO THE  
 ROUTINE OF THINGS  
 I HAVE BEEN KEEPING  
 MYSELF OCCUPIED CROCHET  
 AND KNITTING SEE YOU  
 ON THURSDAY ON ZOOM  
 LOTS OF LOVE FROM  
 X X X X X SUSAN LOWE

Dear members  
 on the 23rd January on Saturday morning  
 I had my vaccine COVID 19 the Nurse  
 and a doctor too I sat down at the  
 Dining room and the doctor did my job  
 I didnt feel it and I was brave and  
 cheerful I got a Bruise But keep  
 smiling too Love from Jeanie Hancock

Dear members  
 I have my vaccine COVID 19 on Saturday  
 the 23rd January I was fine but  
 on Sunday afternoon while playing Bingo  
 I came off shivering and shivering but she  
 now Jeanie have it but she is all right  
 we enjoy Zoom keep up on Thursday and  
 the games and activities love from Susan Hancock

## To contact Opening Doors



**01603  
631433**



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Norwich, NR3 1SX



Having our say  
as people first

**Opening Doors**



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