



# Being safe in 2021

## Newsletter 37

28 July 2021



Our Annual General Meeting (AGM) will be a chance for us to share our news about this last year.

There are some spaces to come along or you can join on **Zoom**.

Find out more on the AGM invite in with your newsletter

### In this newsletter you will find:



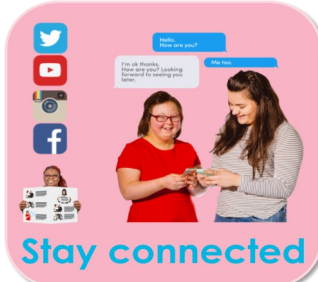
Important easy read information

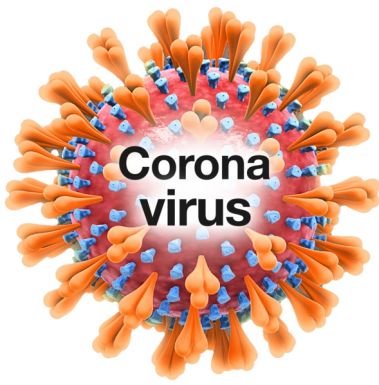


Message board from our members



Opening Doors news and group dates





# Coronavirus update

## Rule changes from August 16th



On 16 August there is another change to the government rules about **Covid19**.

You must self isolate

I understand



The rules about when you must **self isolate** are changing.

**Self isolate** is when you have to stay home because you have Covid19 or have been with someone who tests positive for it.



This change is only for people who have had **both their Covid vaccine jabs** or for people who are under 18 years old.



From 16 August if you have been in close contact with someone who tests positive for Covid19 you do not have to self isolate straight away.



You must get a **PCR Test** and if it is negative then you carry on as normal.

**If your PCR Test is positive you must self isolate at home.**

# Can you spot 9 differences?



# Awards for the James Paget Hospital



Francis Chennell gave an award to Rebecca Crossley, Learning Disability and Autism Nurse at James Paget Hospital for her role in setting up their accessible Covid-19 vaccination clinic.



Aaron Honeyman and Kieron Smith also gave an award to the staff team that helped give the vaccines at the clinic.



**Francis** said: "We wanted to give awards to Rebecca and the team as a '**thank you**' for helping so many people with learning disabilities and autism get their vaccinations.

The team at JPUH have worked really hard in making adjustments to help people with different needs get their jab – a huge thank you on behalf of everyone!"



# Our vaccine story

by Kieron Smith and Aaron Honeyman



We both had our Covid Vaccines done at the James Paget Hospital in Gorleston.

It was a great experience for us both and Rebecca made us feel very safe and comfortable while we had our jabs.



We went along to the hospital on Friday 16 July with Francis because we wanted to show how thankful we both were for the team and all NHS staff's work throughout the Covid19 pandemic.



We awarded trophies to the team just to say thank you for their hard work.

We would both strongly recommend getting your jabs at James Paget Hospital.



# Self advocates' message board

My name is **CLAIRE SAGER**

My report is about **my Holiday**

Draw a picture or write about what you want to share with us

**The Needles Isle of Wight**

Tell us why you enjoy this, how does this make you feel?

my Mum and I went to the **Isle of Wight**, in **June**. **LOVELY HOTEL**

How could other people try this too? **we went**

My name is **Jeanie Harrold**

My report is about **me**

Draw a picture or write about what you want to share with us

I now moved to a new room and home in stallan

I am settling down here & have be here for 4 weeks and I am getting used to it

Tell us why you enjoy this, how does this make you feel?

When you moved to a home you be strange but you will get to know people well and some settle down in their new

How could other people try this too?

home staff and resident as Owen and I had done. Then you wonder why you haven't done in the first place

My name is **SUSAN LOWE**

My report is about **COLOURING ON MY IPAD**

Draw a picture or write about what you want to share with us

**KNITTING CROCHETTING IPAD**

Tell us why you enjoy this, how does this make you feel?

**IT MAKES ME FEEL HAPPY**

How could other people try this too?

**BUYING NEEDLES AND WOOL AND GOING TO BE TAUGHT**

My name is **OWEN QUARANT**

My report is about **me**

Draw a picture or write about what you want to share with us

I moved to stallan with Jeanie I got a new Arm chair and I am getting a new car too

Tell us why you enjoy this, how does this make you feel?

I settle down in four weeks we have to stay in for 10 day but we go out

How could other people try this too?

and about how

Jeanie and I are happy in their new room's and home,



# Electric Umbrella

online music sessions for people with learning disabilities



**Electric Umbrella** run **free** music sessions online. These are a chance to sing, dance and have a great time with other people.



There are different sessions to join in with. Some are every week like the Singalong session or the Electric Umbrella TV show.



Every other Thursday Electric Umbrella hold an open mic night.

You can sign up to say what you would like to sing and then it is over to you 🎵 🎶



To join in you must sign up for an Electric Umbrella account then you can join the sessions on **zoom**. **It is free to sign up.**



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If you would like help to sign up for an Electric Umbrella account give us a call and we will do our best to help.

# Summer wordsearch



|   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| B | E | A | C | H | B | A | L | L | B | M | F | L | O | K | H |
| U | S | J | O | P | U | T | R | E | W | Q | L | A | S | D | G |
| C | T | T | I | R | E | W | Q | A | Z | X | Y | C | V | B | F |
| K | L | N | C | O | P | U | T | E | W | Q | A | M | S | N | O |
| E | H | K | E | H | O | L | I | D | A | Y | K | Q | W | R | O |
| T | K | Y | C | G | F | D | S | A | C | R | I | C | K | E | T |
| Y | A | P | R | O | U | N | D | E | R | S | T | F | A | D | B |
| Q | W | I | E | R | T | Y | U | I | P | A | E | K | H | G | A |
| J | S | P | A | D | E | K | L | P | O | N | I | U | Y | Q | L |
| G | H | J | M | U | P | W | Q | W | E | D | Q | E | R | Y | L |
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| Z | Q | A | W | E | R | T | Y | U | K | S | F | D | A | S | Q |
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| M | B | N | C | V | X | Z | A | S | D | F | G | H | J | K | L |

Beach

Ice cream

Bucket

spade

Rounders

Holiday

Beachball

sandals

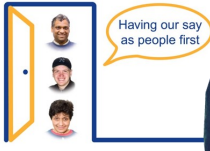
Fly a kite

Cricket

Football

volleyball





Opening Doors



# Our new Support

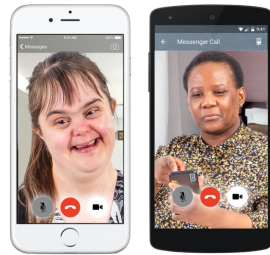
# Advisor

 By Robert Harrington

“Hi I am Katy and I am the new Support Advisor at Opening Doors. My job is to help you build your confidence after the Covid19 pandemic so you can get back towards your normal life and I can



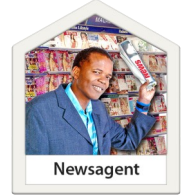
Support you to start using public transport again



Talk through your worries about going out and about



Support you to go back to groups you enjoy



Meet up with you and go to places in the community



Go out for a walk together



Work together to find ways to help you deal with anxiety

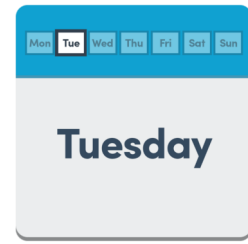
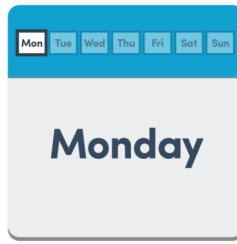


Support you to make a plan that is right for you

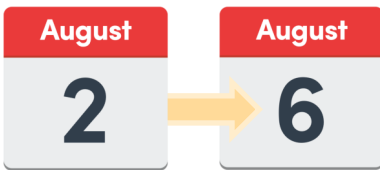


Always go at your pace

# What's on in August 2021



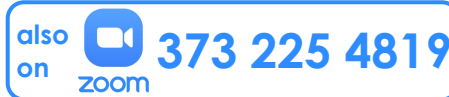
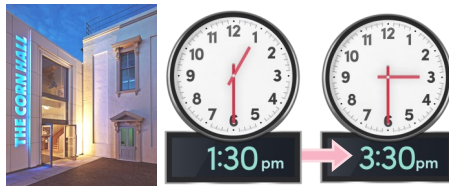
## Week 1



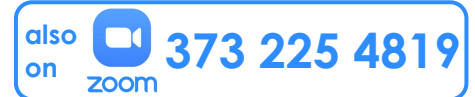
## Week 2



### Diss Advocacy Group



### Norwich Advocacy Group



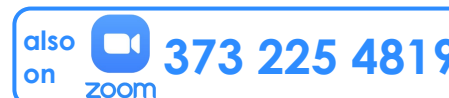
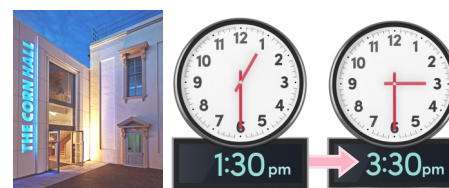
## Week 3



## Week 4

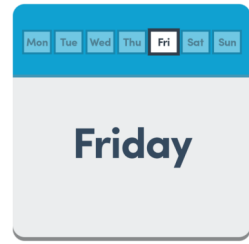
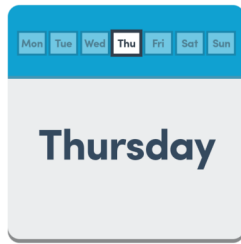


### Diss Advocacy Group

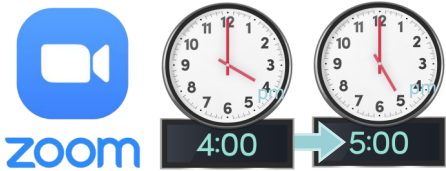


### Norwich Advocacy Group





### Teatime Social



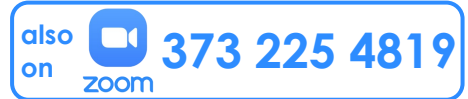
943 1296 6078

### All Together Norfolk



930 9890 9337

### Cromer Advocacy Group

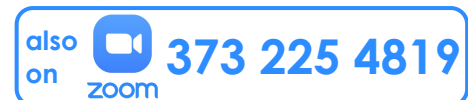


### All Together Norfolk



930 9890 9337

### Cromer Advocacy Group



# Change to the newsletter



We hope our newsletter has kept you updated with the latest information and helped you stay connected.

We have sent out a newsletter every 2 weeks since March 2020.



As things open up again we are taking a break and will now send out 1 newsletter each month. The next newsletter will be out on **Wednesday 25th August**.



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We would love to hear what you would like to see in the newsletter each month

## To contact Opening Doors



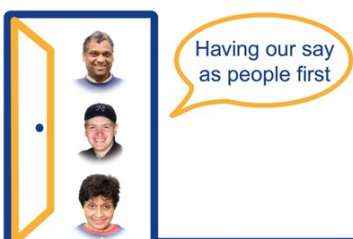
The Opening Doors phone number is answered Monday to Friday 9am to 5pm



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