



Being safe in 2021

Newsletter 38

25 August 2021



The Summer Paralympic games started on Tuesday 24 August. They are on for 2 weeks. We will be cheering on our Great Britain Paralympics team. How many medals will we win?

In this newsletter you will find:



Important easy read information



Message board from our members



Opening Doors AGM and group dates



Stay well



Keep moving



Stay connected



Keep happy



Coronavirus update

Simple rules



Last newsletter we explained the changes to rules about **self isolation** from 16 August. If you have contact with someone who has Covid you should get a PCR test.

If you need help to arrange a PCR test call us and we will support you.



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As people go out and about more it is very important to remember to wash your hands. Try to do this when you go into anywhere new and always when you get back home.



It is a good idea to try and do an **LFT test** regularly if you can.

You can do these tests at home and the kits are free from most chemists or pharmacies.

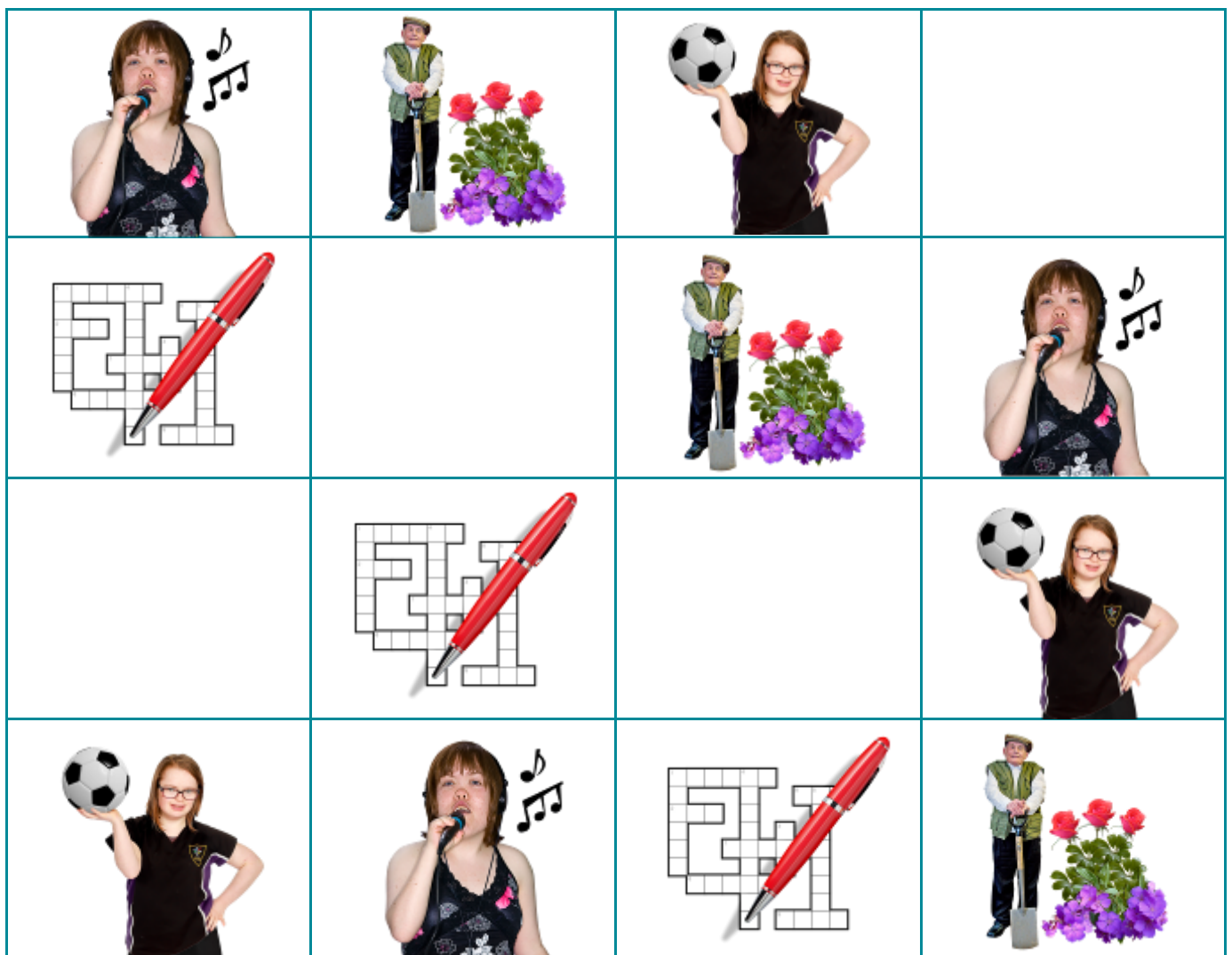
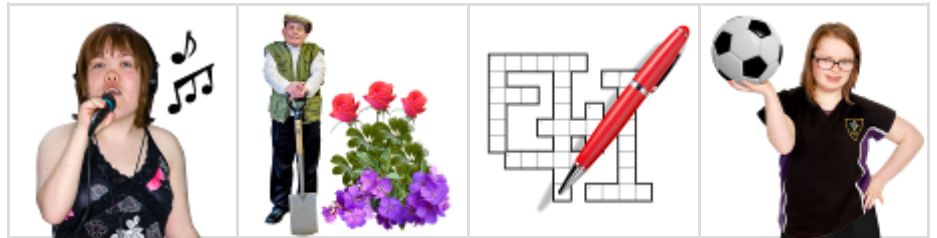


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If you are interested in learning about how to do an LFT Test then call us to let us know.

Things to do - picture sudoku

See if you can find the right space for each of the hobbies. Each big square, row and column must only have 1 of each of the hobbies in.



Can you **spot 6 pictures** drawn by Cromer members in this newsletter?

Look and see if you can spot the pictures.

Good luck!

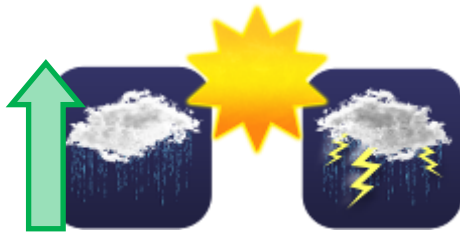




Climate change and extreme weather



There is lots in the news about **climate change** and how this is affecting weather around the world.



Climate change is when there are changes in what the weather is like and these changes last a long time.



Extreme weather is when the weather goes very hot or cold, lots of rain or very dry and can have times it is very windy.

This year there have been fires in Greece, floods in China and other places and the highest temperature ever in America.



Scientists say this **extreme weather** is happening because of **climate change** caused by humans.



It can be scary to think about what is happening and what we can do to help.

Here are some tips and ideas for you.



Take a drink and a shopping bag when you go out. It saves plastic and your money.

Feline care

at Richmond house we collected chips packets tooth brush, Tooth Paste, tubes Biscuits wrappers Printers cartery pges to recycled at Feline line care, They make money For the cats.

Paula

RECYCLING PLASTIC
DONT WASTE WATER
WALK MORE
USE THE BUS
TURN LIGHTS OFF



Turn lite off when in the ROOM

Katie says "turning off lights saves electricity"

SAVING OUR PLANET



By Martha



Paul "When you have finished with any plastic or glass bottles and jars, put them into a recycling bin".

Say No To Plastic



STOP OCEAN POLLUTION

By Samantha



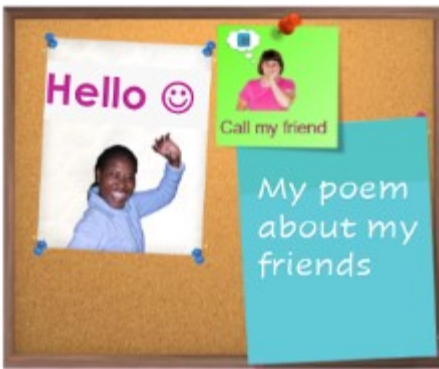
Buying **second hand** is a great idea. It can save you money and is better for the environment too. Try a charity shop, **Nansa** run one in Norwich.



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If you've got any tips or ideas let us know and we will put them in another newsletter

Self advocates' message board



Sylvia "My cross stitch - it took me a long time."



I went to swimming world I lost 5 1/2 lbs I bought nice boxes hifi bars also I got swimming world books. Now I have stop it for a while and I will continue with healthy eating.

Paula



My name is **RITA May Goldsmith**

My report is about **knitting and colouring and writing**

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

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

I enjoy THIS because it make me feel happy & checkful.

How could other people try this too? If people could do THIS like knitting & colouring & writing they would feel happy & checkful.



North Norfolk Advocacy Group

By Samantha and Robert



“Jacqui from the Cromer Henry Blogg Museum joined us on Zoom at the North Norfolk Advocacy Group in May.



Jacqui told us a story and showed us pictures of Henry Blogg's most famous lifeboat rescue.

It was very interesting with the old photos that were taken during the time. It gave us a good idea of how dangerous it was in the old days.



We enjoyed it so much we sent a thank you card and a plant as a token of our thanks.”



If you want to find out more go online or visit the museum at the Rocket House in Cromer.



Update from Opening Doors

From July our Management Committee has started meeting again.

They said a big **thank you** to Covid Planning Group for their work to run Opening Doors.

Management Committee decided we will carry on running things the same just now.

We are going slow and staying safe ↓



Limited places at groups
book to come along



All our groups will still be on zoom as well



1 metre distancing at groups and meetings



Checking temperatures



Staying appointment only at our office



We do not provide taxis for advocacy groups - you need to make your own way there

AGM 2021



Please join us



Annual General Meeting

September

21



10:30am



1:00 pm

Our AGM will be on **Tuesday 21st September** from 10.30am until 1.00pm.

It will be a chance for us to share our news, enjoy lunch and have some **fun** together 😊



We will be meeting at the Sprowston Diamond Centre in Norwich.

You can come along or join us on **zoom**.



If you need help to get to the meeting or support to get onto zoom let us know when you book your place.

Let us know if you're coming by **10 September**



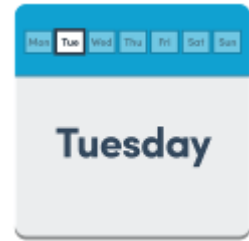
or



Fill in the reply form you've been sent and post it in the freepost envelope

call Opening Doors
01603 631433

What's on in September 2021



Week 1



BANK HOLIDAY
Opening Doors
is closed

Week 2



Norwich Advocacy Group



also on **373 225 4819**
zoom

Week 3



Week 4



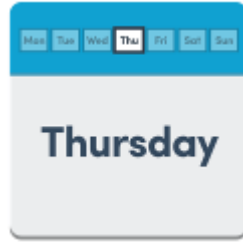
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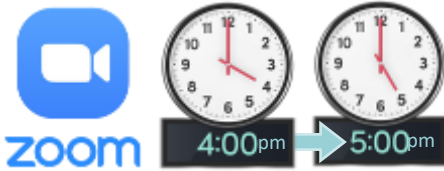
also on **373 225 4819**
zoom

Week 5





Teatime Social



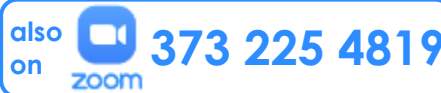
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All Together Norfolk



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Diss Advocacy Group



Cromer Advocacy Group



Teatime Social



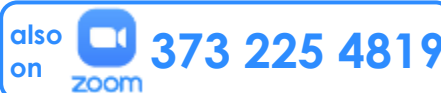
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All Together Norfolk

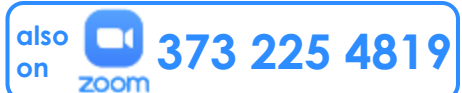


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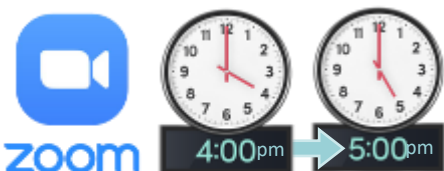
Diss Advocacy Group



Cromer Advocacy Group



Teatime Social



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All Together Norfolk



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Still here to help

Information and advice



If you need **information** and **advice** we can support you to talk through your issues and help you work out what steps to take.

Some of the things we can support with are:

<p>Health and mental health issues</p>	<p>Relationships and feelings</p>	<p>Benefits, money and housing</p>	<p>Social care issues and review planning</p>
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To contact Opening Doors



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



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