



Being safe in 2021

Newsletter 39

29 September 2021

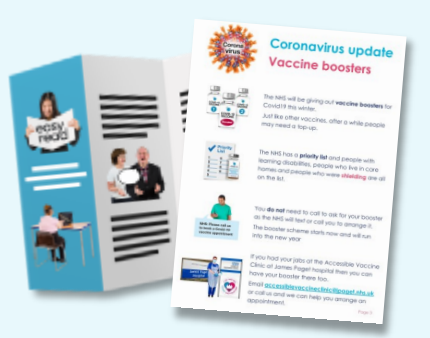


Was our 2021 AGM the best yet?

On 21 September we welcomed members and guests to the Sprowston Diamond Centre and on Zoom, to hear about our money and what we have been up to.

More on pages 4 and 5

In this newsletter you will find:



Important easy read information



Message board from our members



Opening Doors October group dates



Stay well



Keep moving



Stay connected



Keep happy



Coronavirus update

What is Long Covid?



Most people who get Covid19 feel better within 4 weeks.

Long Covid is the name for when people are unwell longer than a month with Covid19.



Some people take longer to recover from Covid19 and are unwell for up to 3 months.

Doctors call this ongoing symptomatic covid but most people say **Long Covid**.



For some people, even after 3 months they are still unwell with Covid and they may begin to get new symptoms.

Doctors call this post covid syndrome but most people say **Long Covid** for this.



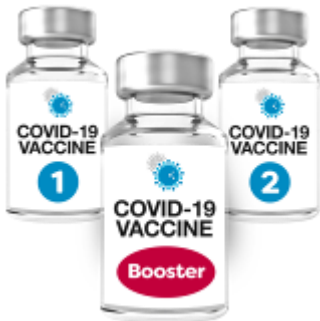
If you have had Covid19 and are still feeling ill after 4 weeks you should contact your doctor.

They may need to do some tests to see why you are still feeling ill.



Coronavirus update

Vaccine boosters



The NHS will be giving out **vaccine boosters** for Covid19 this winter.

Just like other vaccines, after a while people may need a top-up.



The NHS has a **priority list** and people with learning disabilities, people who live in care homes and people who were **shielding** are all on the list.



NHS: Please call us to book a Covid-19 vaccine appointment

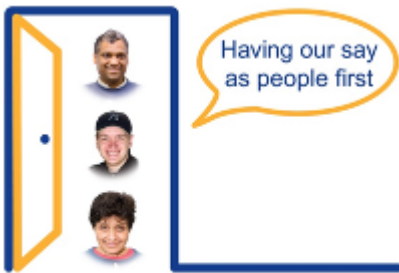
You **do not** need to call to ask for your booster as the NHS will text or call you to arrange it.

The booster scheme starts now and will run into the new year



If you had your jabs at the Accessible Vaccine Clinic at James Paget hospital then you can have your booster there too.

Email accessiblevaccineclinic@jpaget.nhs.uk or call us and we can help you arrange an appointment.



Opening Doors

About our AGM

26th Annual General Meeting (AGM)



Our AGM is about 12 months



We met to share what we have been up to from April 2020 to March this year.

We had 37 people join us made up of members, staff, supporters and guests.



Francis, our Chairperson and Oliver, one of our Trustees both welcomed everyone to our AGM.

Cromer Advocacy Group



Our AGM was different this year because of Covid19.

We recorded members voices and made videos so they could tell the AGM what their group had been doing.

Treasurer's Report



Money we spent



Money we got in

Janet from our Management Committee kindly stepped in to talk about our money. She thanked our funders for their support.



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Our Trustees Report about our year is out now with all our money information.

You can call the office to get a copy.



Two votes were passed to change our Constitution, these are the rules for how Opening Doors is run.



Change 1 was for new Management Committee members to be voted by the Management Committee - not at the AGM.



Change 2 was for Officer posts to be voted for every 2 years instead of every year.



Oliver and Francis thanked our staff, Zoom supporters, volunteers and Chen our Social Work student for all their help this year. They also talked about future plans.



Feedback was really positive for our AGM. The voice recordings gave more members a chance to have their voices heard.



Can you **spot 5 shopping bags** coloured by Cromer members in this newsletter? Look and see if you can spot the pictures. Good luck!



All about flu

What to look out for How to stay safe



Now we are heading into autumn it is the time of year when people can get winter flu.

Anyone can catch it and it can make you very ill.



The common signs of flu are ↓



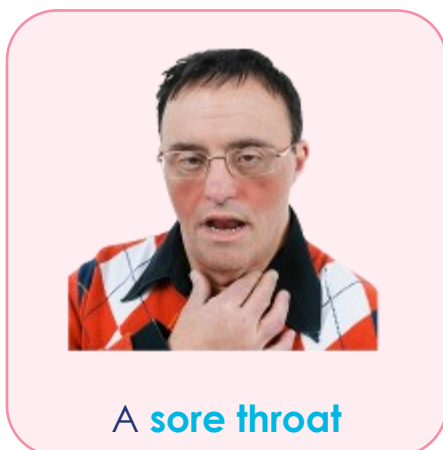
A **high temperature**



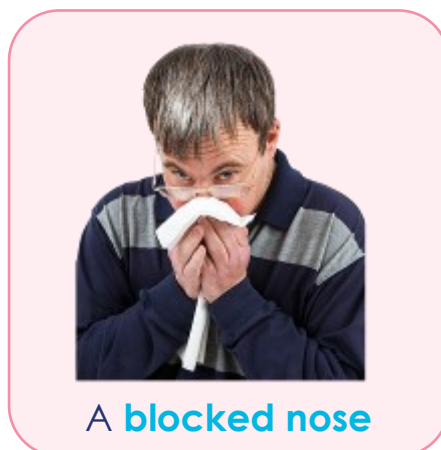
A **dry cough**



Your **body aches**



A **sore throat**



A **blocked nose**



Feeling **tired**



The best way to avoid getting flu is to have a **flu jab** every year.

The flu jab is an injection in your arm. It is free to have it done.



You can have the flu jab at your doctors surgery or at a pharmacy.

Ring them up to arrange this.



When you call make sure to say if you are very scared of needles.

You may be able to get your flu jab done with spray in your nose instead.



After a flu jab some people can feel achy and hot.

This will get better in a few days.



Coronavirus has reminded us how important it is to wash our hands a lot of times each day.

This is always good to do as it helps to stop getting flu and cold bugs as well.



Research at Opening Doors



Research is when people want to find out more about a topic.

They might do **research** by reading books, looking at how things work or by doing interviews with people.



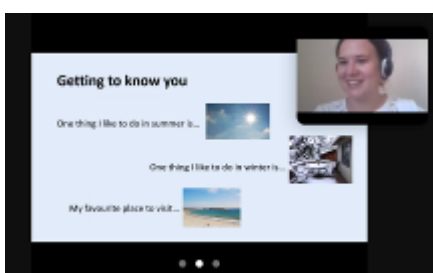
A researcher called Jodie asked if some members of Opening Doors would like to take part in a project about contraception.



We told our stories about contraception, what we understand about it and our experiences using it.



This was a good bit of work from some of our self-advocates who took part. As someone involved in this I found it interesting and learnt a lot from it.

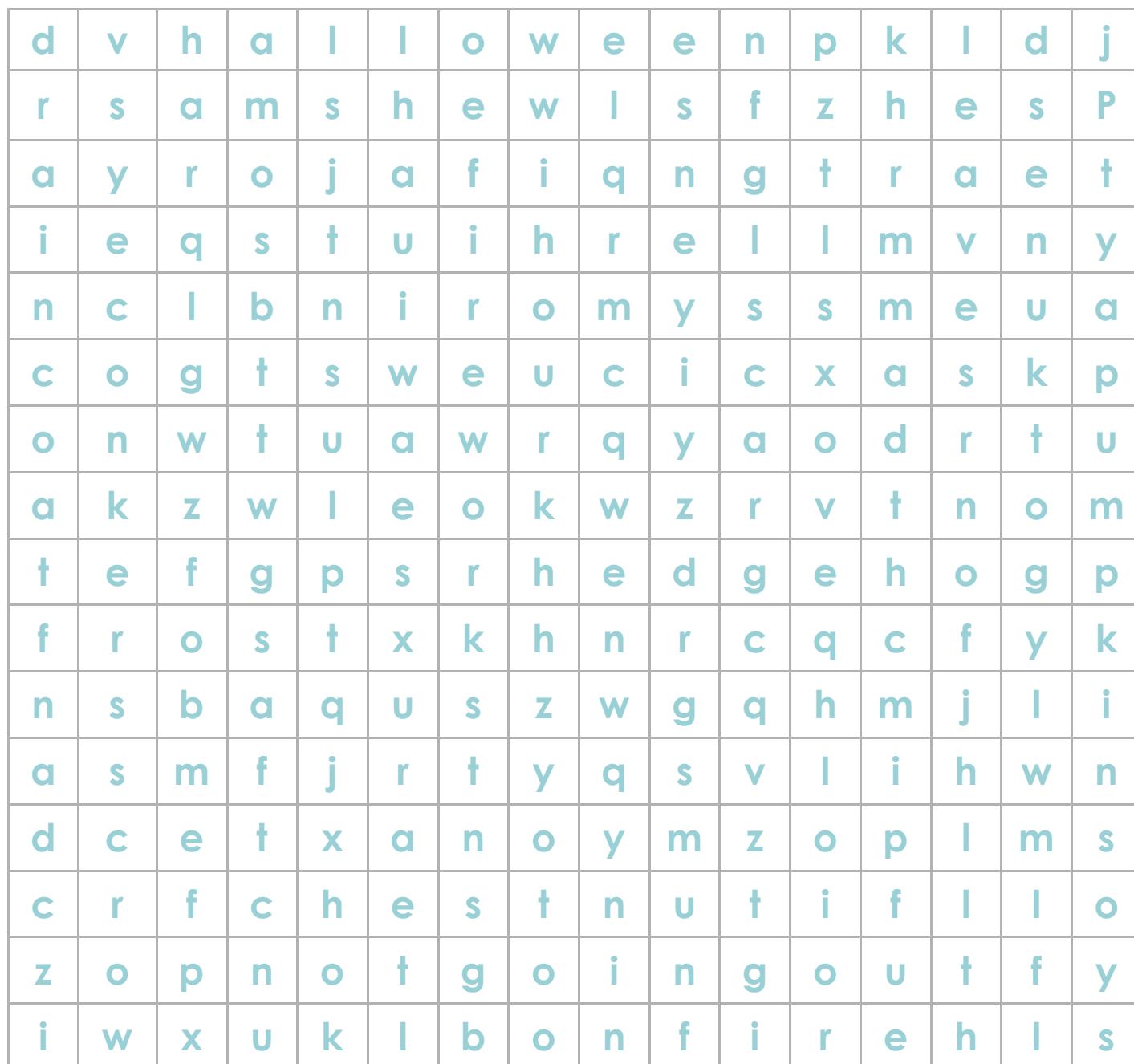


Jodie made a PowerPoint which made things very clear.

Jodie was calm and worked in an accessible way. **Thank you** Jodie 😊

Things to do - autumn wordsearch

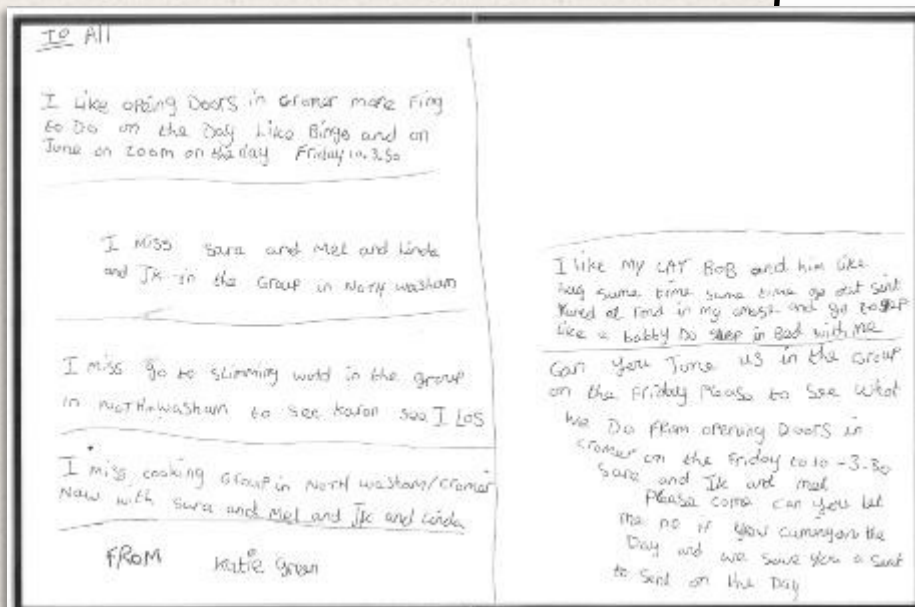
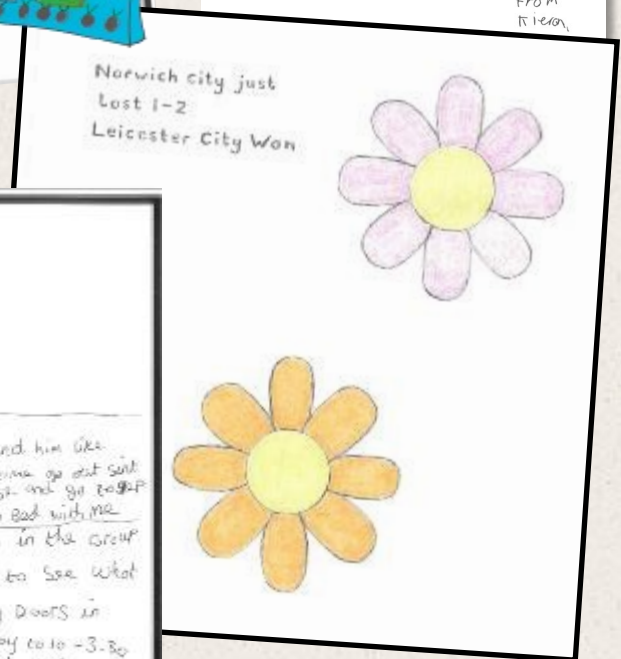
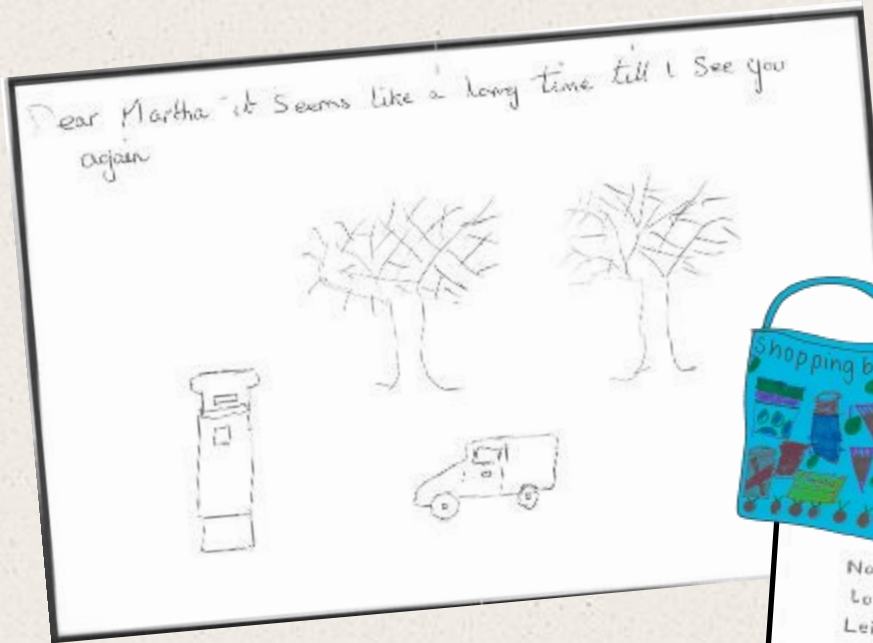
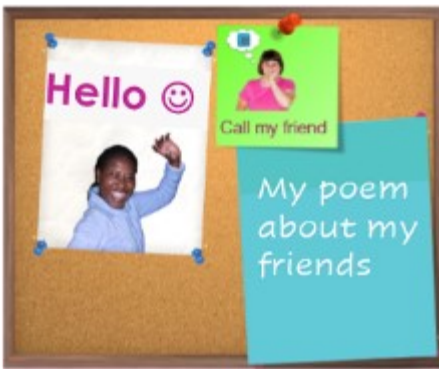
Can you find all **12 words** in the wordsearch



hedgehog	conkers	frost
chestnut	fireworks	pumpkin
scarf	raincoat	chilly
bonfire	halloween	leaves



Self advocates' message board



Colour in the sheets and post in the freepost envelope - we'll put them in the next newsletter!



Opening Doors



Support to get back to doing what you like

Katy Dunne is our new **Support Adviser** at Opening Doors.

Katy's job is to support adults with learning disabilities to feel confident to get back to life in the community after the pandemic.



Katy says "We can go out and about, 1-2-1 or with your support worker or even on zoom.

We will work together on your own **roadmap** about how to get back to the things you liked doing before the pandemic".

You **do not** have to be a member of Opening Doors to get support from Katy.

To get in touch or to make a referral please call us at the office or send an email to referrals@openingdoors.org.uk



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Wellbeing Wednesday

Katy will also be running a new zoom group called **Wellbeing Wednesday** which will be a safe space to share worries and offer peer support for how to look after your mental health and wellbeing.

What's on in October

No groups on Mondays



Week 1



Norwich Advocacy Group



also on 373 225 4819

Wellbeing Wednesday



943 1296 6078

Week 2



Teatime Social



943 1296 6078

Week 3

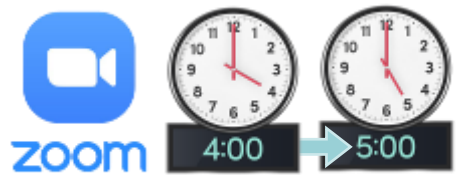


Norwich Advocacy Group



also on 373 225 4819

Wellbeing Wednesday

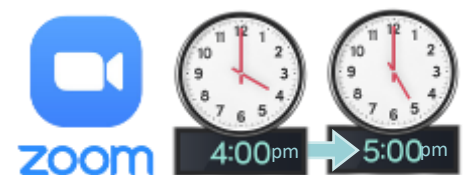


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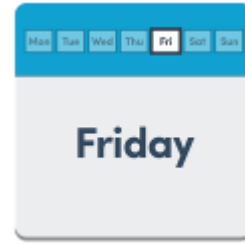
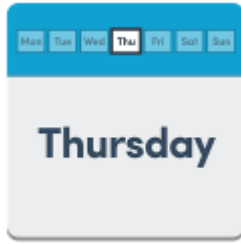
Week 4






Teatime Social




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Diss Advocacy Group







also on  **373 225 4819**

Changing Places




Cromer Advocacy Group

also on  **373 225 4819**







All Together Norfolk






930 9890 9337




Diss Advocacy Group






also on  **373 225 4819**



Cromer Advocacy Group

also on  **373 225 4819**

All Together Norfolk





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My interview with BBC Look East by Francis



A news reporter from BBC Look East came to interview me.



This was about people leaving secure services with a learning disability and autism.



It was to show how living independently with the right support can help and work.



We spoke about me passing my driving test and having my own car.



They showed me preparing my dinner for the evening.



With the right support life is good.



This was shown on BBC Look East on 9th September.



You can watch it on the Opening Doors YouTube channel.



**Cawston
Park**

Opening Doors is really sad to hear that 3 people with learning disabilities died at Cawston Park in Norfolk.

Our work with secure services to support residents to speak up and move back into the community is more important than ever.

Things to do- make a hot chocolate



1. You will need - drinking chocolate; milk; boiling water; a teaspoon and mug



2. Using a teaspoon add the drinking chocolate to the mug



3. Add boiling water to the mug



4. Stir with the teaspoon



5. Pour in the milk



6. Stir and enjoy

To contact Opening Doors



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



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