



Being safe in 2021

Newsletter 42

8 December 2021



We wish you a Merry Christmas!
Well done to **Becky Bamford** from the Cromer office for winning the Christmas card competition this year.
Thank you to everyone who entered.
Next week we will send out an Activity Book to keep you busy over Christmas.

In this newsletter you will find:



Important easy read information



Christmas office times and closure



Our January group dates



Stay well



Keep moving



Stay connected



Keep happy



Coronavirus update

New variant and rules



There is lots in the news about a new **variant** of Covid called **Omicron**. This means the virus has changed again and there is a new **variant** or type.



Boris Johnson has set new rules to help slow down the spread of **Omicron**.

If you **CAN**, you must wear a mask in shops, hairdressers, banks, post office, and on public transport.



You must **stay home for 10 days** if you are a close contact with someone who tests positive for the Omicron variant.

Even if you have had both jabs.



December

18



The Government will look again at the rules on **18th December** and decide on any changes.



Coronavirus update

Booster and staying safe



Every UK adult will be offered the booster by the end of January to help stop the spread of **Omicron**.

Andrew shares his booster story:

"I went to the Castle Quarter walk-in centre for my booster. There was a queue, but I was in and out in 1 hour 30 minutes which was pretty good! Staff and volunteers went above and beyond to help. I thanked them for their hard work. I had no side effects."



Top tips to stay safe and help stop the spread ↓

 <p>Have all your jabs</p>	 <p>Stay at home if you do not feel well</p>	 <p>If you can, wear a mask</p>
 <p>Wash your hands with soap or sanitiser</p>	 <p>If you can keep to social distancing</p>	 <p>Take a lateral flow test twice a week</p>



Learning Disability Health Check workshops

These are **free** workshops for adults with learning disabilities/autism in Norfolk

You will learn:

what happens at a learning disability health check

why it is important to have a health check every year

Training **led by** people with learning disabilities

Give us a **call** to book your place on **01603 631433**

Information packs will be sent out

Supporters are welcome to join on Zoom



**01603
631433**

In partnership with
NHS
Norfolk and Waveney
Clinical Commissioning Group



Look at the dates and times below ↓

Choose which workshop you can join.



Give us a **call** to book your place.

<p>Tuesday</p>	<p>February</p> <p>1</p>	<p>10:00am → 12:00pm</p>	<p>Book a place to join the workshop on zoom</p>
<p>Friday</p>	<p>February</p> <p>4</p>	<p>10:00am → 12:00pm</p>	<p>Book a place to join the workshop on zoom</p>
<p>Wednesday</p>	<p>February</p> <p>16</p>	<p>10:00am → 12:00pm</p>	<p>Join us at St George's Theatre, Great Yarmouth or on Zoom zoom</p>
<p>Thursday</p>	<p>February</p> <p>17</p>	<p>10:00am → 12:00pm</p>	<p>Join us at The Corn Hall, Diss or on Zoom zoom</p>
<p>Monday</p>	<p>February</p> <p>21</p>	<p>6:00pm → 8:00pm</p>	<p>Book a place to join the workshop on zoom</p>
<p>Monday</p>	<p>February</p> <p>28</p>	<p>10:00am → 12:00pm</p>	<p>Book a place to join the workshop on zoom</p>



Coping with Christmas


Tips from Wellbeing Wednesday



The **Wellbeing Wednesday** group met on Zoom to share their worries about the festive period. It can be a tricky time.

Here are some tips and ideas on how to cope at Christmas ↓

 <p>Be kind to yourself - it is ok to be sad. Remember this will pass and try to relax</p>	 <p>If you are feeling lonely - call a friend or watch a comedy</p>
 <p>Do something for someone else - make a Christmas card or a gift for someone</p>	 <p>If you are missing loved ones - light a candle or remember them in a minutes silence</p>
 <p>Plan ahead so you do not feel overwhelmed about Christmas</p>	 <p>Remember there is support you can contact for help</p> <p>Look at page 7</p>

 **December 22** If you are feeling lonely join **Teatime Social** on Zoom from 4-5pm for a Christmas quiz and games galore. Hope to see you there!

SAMARITANS



If you feel upset,
low or suicidal

CALM



If you feel low and
need to talk after 5pm



PAPYRUS
PREVENTION OF YOUNG SUICIDE



If you are under 35
and feeling suicidal

Refuge



If you are not safe from
harm at home

shout
85258

here for
you 24/7



Text
SHOUT
to 85258

If you need someone to
talk to day or night

Switchboard
LGBT+ helpline



A listening service for
the LGBT+ community



Self advocates' message board

DEAR JEANIE AOWEN
 I AM DOING MY
 CROCHETING AND
 KNITTING AND MY
 IPAD COLOURING I AM
 PLEASED WE ARE AT
 MERCHANTS PLACE IT
 IS NICE TO SEE ALL
 MY FRIENDS I AM
 PLEASED MUM IS
 KEEPING WELL SEE
 YOU ON FRIDAY
 FROM SUSAN LOWE
 + + + + +
 + + + + +



Jeanie



Les

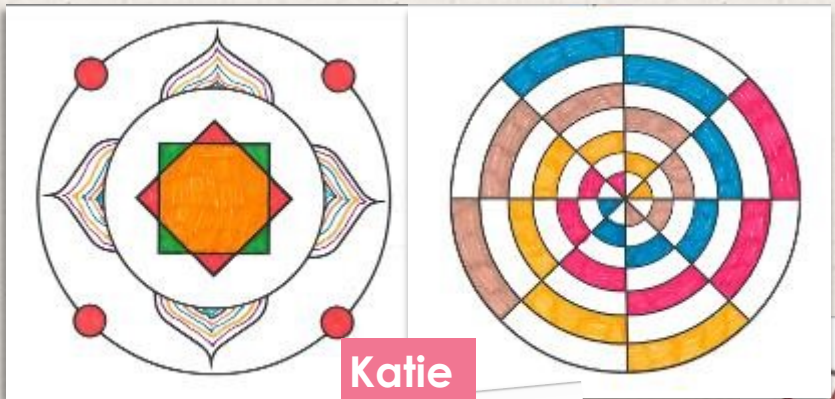


Paula

Dear Mum being
 Owen and I have been going to open doors
 Every Friday for Bingo and making tea Owen and I
 enjoyed it very much. We can meeting other people
 do colouring in and talking to other members too
 Owen and I enjoy our time and company of
 friends too.
 Love from Sarah, Hannah and Owen Durrant



Sara



Katie



Katie





Opening Doors

Officer posts



We are pleased to tell you who our new Officers are at Opening Doors.

These will be our officers until 2023.



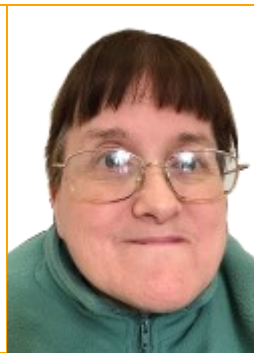
What does this mean?

The Management Committee members can apply to be Chair, Vice-Chair, Treasurer or Secretary at Opening Doors.

Management Committee members vote for who they would like in each post.



Francis Chennell
Chair



Janet Brandish
Vice-Chair



Oliver Marshall
Treasurer



Robert Harrington
Secretary



Stay well in winter

A reminder of some top tips from Dr Anoop Dhesi



Keep warm - wear lots of thin layers rather than one big jumper. Have hot drinks and at least one hot meal a day to help keep you warm and healthy



NHS
Norfolk and Waveney
Clinical Commissioning Group

Dr Anoop Dhesi
from the NHS in Norfolk



Get your flu jab - make an appointment with your GP or Pharmacy



Order repeat prescriptions early, before the Christmas bank holidays so you don't get caught out



Know where to go -

Pharmacies can give advice for minor illnesses and medicines to help symptoms.

If you feel unwell and are not sure which service to use call **NHS 111**



How we can help



Call us for **information, advice** or just to say hello and have a chat.

Our phones are answered Monday to Friday, 9am to 5pm.



If you have a problem we can talk it through 1:1 face-to-face or over the phone. Call us to make an **advocacy** appointment for the New Year.



Have a look on our **facebook** and **twitter** for information and things to join in with.

We also send out 1 **newsletter** a month.



Come to a **group** - Social Zoom groups, Wellbeing Zoom group or Advocacy groups which you can book to come along to or join on Zoom.



Opening Doors

Message from our Chair

To all of you

I hope you are all well and keeping safe. I know it has been another hard and difficult year at times.

You should all give yourselves a pat on the back. You have done well and achieved things you did not think you would do.

Some of you have used a computer and Zoom for the first time for your meetings. It is not the same as face to face but you managed it with support and you did it well.

I want to thank Ollie for stepping up as Acting Vice Chair.

I want to thank people for re-electing me as Chair.

I want to take this moment to say congratulations to Kieron, Alex, Aaron and Ian for their hard work in getting Advocacy back in Great Yarmouth. Well done - you should be proud of yourselves.

We hope to have a better 2022. New things are on the horizon and it is exciting to see how next year will develop.

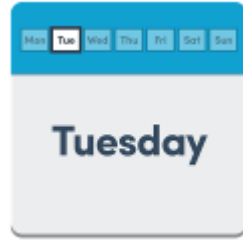
So thank you all for your co-operation in working in a different way and well done to all of you. And welcome to our new members and I hope you enjoy your time with Opening Doors.

So Merry Christmas and a happy new year - see you in 2022!!!

Francis

What's on in January

NO groups on Mondays



Week 1



OFFICE CLOSED



Week 2



Week 3



Norwich Advocacy Group



also on zoom **373 225 4819**

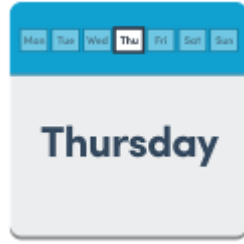
Great Yarmouth Group



also on zoom **373 225 4819**

Week 4





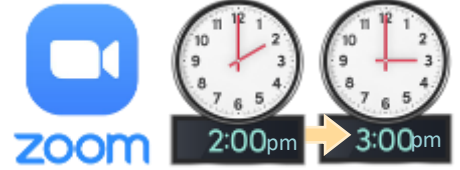
CALL TO MAKE AN ADVOCACY APPOINTMENT



EMERGENCY ADVOCACY APPOINTMENTS



All Together Norfolk



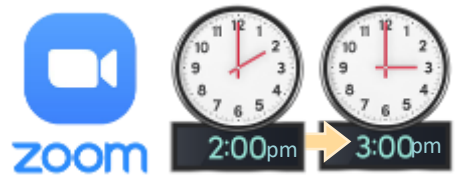
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Wellbeing Wednesday



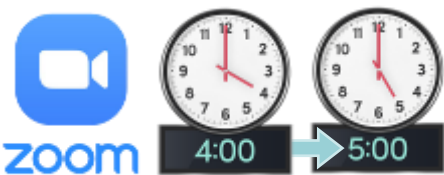
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All Together Norfolk



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Teatime Social



943 1296 6078

Diss Advocacy Group



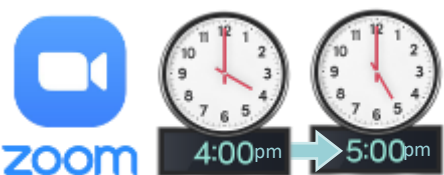
also on zoom **373 225 4819**

Cromer Advocacy Group



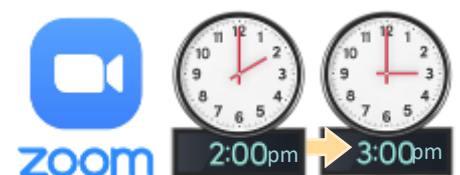
also on zoom **373 225 4819**

Wellbeing Wednesday



943 1296 6078

All Together Norfolk



930 9890 9337



Opening Doors

Christmas closing times

<p>December 23 12:00 CLOSED</p> <p>We will be taking calls until 12pm on 23 December</p>	<p>January 5 9:00 OPEN</p> <p>Our phonedlines will open again at 9am on 5 January</p>	<p>We will check our answerphone over the Christmas break</p>
<p>01603 631433</p>	<p>admin@openingdoors.org.uk www.openingdoors.org.uk</p>	



Help and support

<p>If you are ill and need support</p> <p>CALL 111 111.nhs.uk</p>	<p>If you need to call social services</p> <p>social services</p> <p>0344 800 8020</p>
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