



Being safe in 2022

Newsletter 43

12 January 2022



New year, great you!

Well done for getting through another difficult year.

We hope you enjoy getting our newsletter. **Remember to let us know if your details change.**

In this newsletter you will find:



Easy read Covid round up

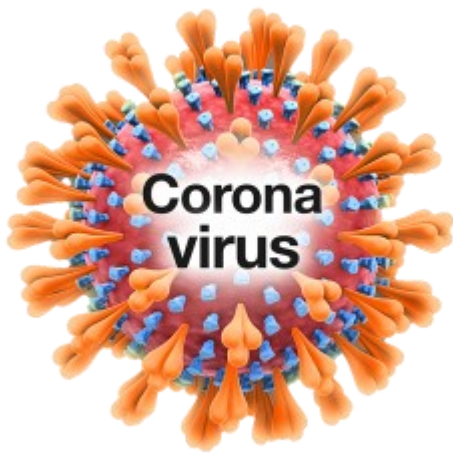


Things to look out for this year



Our February group dates





Coronavirus Update

New rules about testing and staying at home



The new variant of Covid called **Omicron** is still spreading around very fast.

To help deal with it there are some new rules about lateral flow tests and self isolation.



The government wants everyone to take a lateral flow test twice a week.

It is also a good idea to do a test if you will be meeting anyone you do not live with.



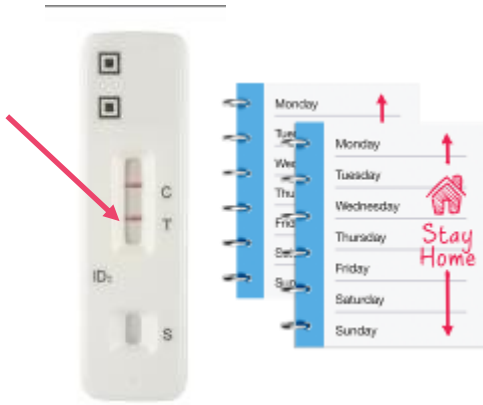
This is important as you can have Covid without feeling unwell.

Testing can help avoid passing on the virus.



Lateral flow tests must only be used when you have no Covid symptoms and feel well.

If you have Covid symptoms you must **stay at home** and book a PCR test.



From Tuesday 11 January if you get a positive result on a lateral flow test you must **stay at home**. Even if you feel well.

You do not need a PCR test as well now.



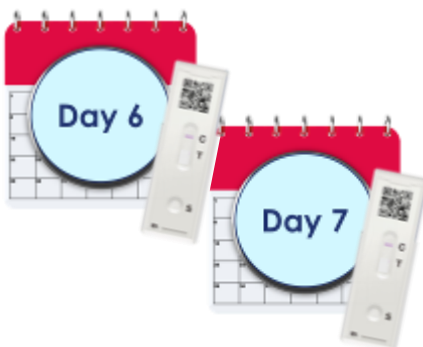
You must report your positive lateral flow result on the government website.

Call Opening Doors or get someone to help if you need support with this.



The day of your positive lateral flow test is **day 1** of your self isolation.

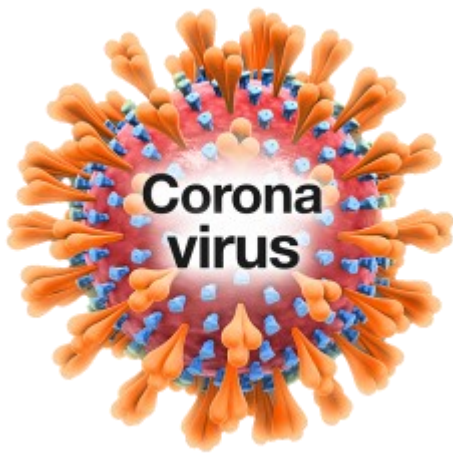
This means you do not go out and should not be meeting people you do not live with.



On day 6 you can take another lateral flow test. If you get a negative lateral flow test result on day 6 and 7 then you can go out and about again.



You must stay at home until you have 2 days in a row of negative lateral flow tests or it is 10 days since your positive test result.



Coronavirus Update

Covid treatment letters



The NHS has sent out letters to some people explaining about a new treatment for Covid19.

The NHS has found 2 treatments that can help make sure people do not get seriously ill when they have Covid19.



Some people with health conditions who were **shielding** during lockdowns and all people with Down's Syndrome should get this letter.



These treatments have to be started quickly so the NHS is sending out a PCR test to everyone who gets this letter.

The letter explains what you need to do.



If you have had this letter and you get a positive lateral flow test result you should do your PCR test and send it back in the post. Ask someone to help if you need to.



The NHS will then call you and explain if they think one of the treatments will help you. They will tell you what to do next.



If you have had this letter it is nothing to worry about.

You can also get this letter in easy read if you need it.



You can download the easy read letter at <https://www.england.nhs.uk/coronavirus/wp-content/uploads/sites/52/2021/12/C1480-patient-notification-letter-easy-read.pdf>



**01603
631433**

If you want any advice about this you can call Opening Doors and an Adviser will call you to talk it through.



Opening Doors

Projects this year



Learning Disability

Health Check workshops

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



Look out for this sign on pages 8 and 9 to find out the dates.



Digital Champions

We are looking for **digital champions** to support people to get better at using tablets and computers.



For LGBT+ people with learning disabilities to feel safe and supported to explore and express their identity.

Great Yarmouth Advocacy Group

If you live in the **Great Yarmouth** area come and join our Wednesday group.

funded through



01603
631433

Get in touch if you would like to get involved with a project



Opening Doors

Face to face update



All groups

All of our Advocacy Groups are running on Zoom. If you cannot get online at home you need to book to come along face to face. This is to keep everyone as safe as possible.



Norwich Advocacy Group is moving from the Octagon Centre, St Peter Mancroft church to Bull Close for now.

If you cannot use Zoom at home you need to book to join the group at Bull Close.



To help be as safe as we can please do not come along to any Opening Doors group or meeting unless you are feeling well.

Please do not come along if...

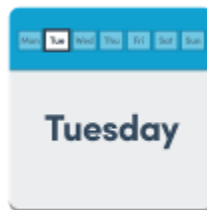


If you are coming in





What is on this month



January
31

February
1 **Norwich Advocacy Group**



Join us on zoom
373 225 4819

February
2 **Great Yarmouth Group**



Join us on zoom
373 225 4819

February
7 **LGBT+ Zoom Group**



Call for the zoom code

February
8

February
9

February
14

February
15 **Norwich Advocacy Group**



Join us on zoom
373 225 4819

February
16 **Great Yarmouth Group**



Join us on zoom
373 225 4819

February
21 **LGBT+ Zoom Group**



Call for the zoom code

February
22

February
23



Free health check workshops where you see this symbol



February 2 Wellbeing Wednesday



943 1296 6078

February 3 Diss Advocacy Group



Join us on zoom 373 225 4819

February 4 Cromer Advocacy Group



Join us on zoom 373 225 4819

February 9 Teatime Social Zoom group



943 1296 6078

February 10

February 11 All Together Norfolk



930 9890 9337

February 16 Wellbeing Wednesday



943 1296 6078

February 17 Diss Advocacy Group



Join us on zoom 373 225 4819

February 18 Cromer Advocacy Group



Join us on zoom 373 225 4819

February 23 Teatime Social Zoom group



943 1296 6078

February 24

February 25 All Together Norfolk



930 9890 9337



Remembering Martha



Towards the end of last year we were very sad to hear that Martha had passed away.

Martha was been a valuable member of Opening Doors for a very long time. She was a hard-working Management Committee member and was our Treasurer for 2 years. Martha was an important part of the Cromer office group and a passionate trainer, helping people to lead healthy lives.



Martha was really creative and loved to make pom-poms. Turn to pages 11 and 12 to make one too. You can hang it up and remember Martha.



Martha was a wonderful friend and colleague and we all feel so lucky to have known her.

She will be greatly missed by everyone that knew her.

Things to do - make pom-poms

1. You will need:



Coloured wool

Scissors

Card

Pencil

2 round objects

2



Draw around the 2 round objects to make ring shapes on the card.

Cut the shapes out and cut a small slit to feed the wool through.

3



Place the ring shapes together. Wrap your wool around the edges. Feed the wool through the slit each time.

4



Wrap the ring until the centre circle is nearly filled in. The more wool you use the fluffier the pom-pom will be!

5



Hold the middle of your pom-pom. Cut all around the edge between the two ring shapes.

6



Tie a piece of wool between the two ring shapes.

Turn over for more

Make pom-poms continued



Remove your card shapes. Fluff up the wool for your finished pom-pom. Cut any long threads.

8



They look great. **Send us a photo if you make them too!**

To contact Opening Doors



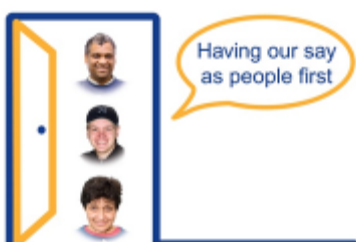
The Opening Doors phone number is answered Monday to Friday 9am to 5pm



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