



Being safe in 2022

Newsletter 44

18 February 2022



February is LGBT+ history month

We will be celebrating at our LGBT+ online groups looking at **LGBT+ history** and **LGBT+ artists**.

Call us if you would like to join on Zoom.



In this newsletter you will find:



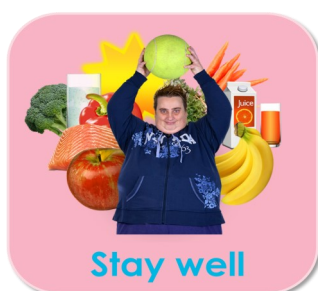
Easy read Covid latest



Try out a mindfulness exercise

| Monday | Tuesday | Wednesday | Thursday | Friday |
|---|---|---|---|---|
| LGBT+ Zoom Group 9:30 AM Zoom 373 225 4819 | Northwich Advocacy Group 10:30 AM Zoom 373 225 4819 | Great Yarmouth Group 11:00 AM Zoom 373 225 4819 | Northwich Advocacy Group 11:00 AM Zoom 373 225 4819 | Northwich Advocacy Group 11:00 AM Zoom 373 225 4819 |
| LGBT+ Zoom Group 14:00 AM Zoom 373 225 4819 | Northwich Advocacy Group 15:00 AM Zoom 373 225 4819 | Great Yarmouth Group 16:00 AM Zoom 373 225 4819 | Northwich Advocacy Group 17:00 AM Zoom 373 225 4819 | Northwich Advocacy Group 18:00 AM Zoom 373 225 4819 |
| LGBT+ Zoom Group 20:00 AM Zoom 373 225 4819 | Northwich Advocacy Group 21:00 AM Zoom 373 225 4819 | Great Yarmouth Group 22:00 AM Zoom 373 225 4819 | Northwich Advocacy Group 23:00 AM Zoom 373 225 4819 | Northwich Advocacy Group 24:00 AM Zoom 373 225 4819 |
| LGBT+ Zoom Group 28:00 AM Zoom 373 225 4819 | Northwich Advocacy Group 29:00 AM Zoom 373 225 4819 | Great Yarmouth Group 30:00 AM Zoom 373 225 4819 | Northwich Advocacy Group 31:00 AM Zoom 373 225 4819 | Northwich Advocacy Group 1:00 PM Zoom 373 225 4819 |

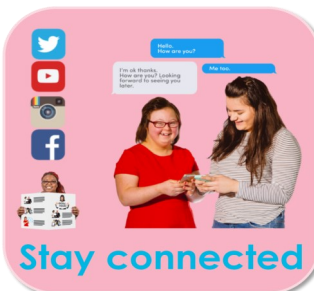
Our March group dates



Stay well



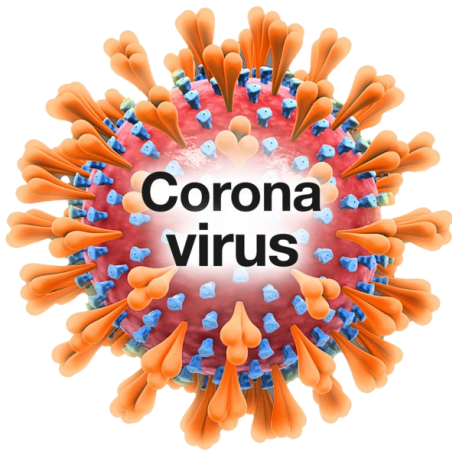
Keep moving



Stay connected

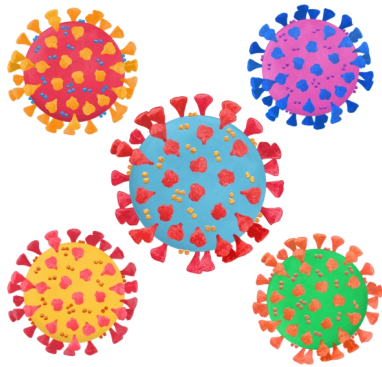


Keep happy



Coronavirus Update

New variants and changes to the rules



People on the news have been talking about another new **variant** of Covid.

This will happen when covid cases are high as the virus will change.



The Government have decided that some Covid rules are not needed now.

It is no longer the law to wear a mask or face covering in public places but some places will still ask you to if you can.



You do not have to have a Covid pass to get into places.

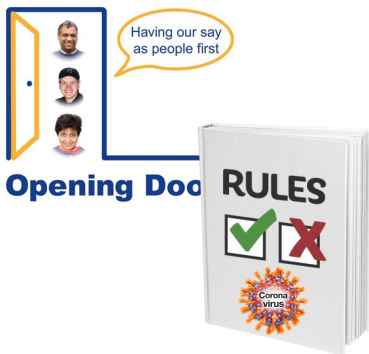


Care homes can open up again to visitors. If homes get an outbreak of Covid they may close to visitors for a short amount of time.



On **21 February** Boris Johnson is due to tell us more information about Covid rules.

He has said that from the end of February people need to learn to make their own choices about Covid.



This would mean laws about self isolation stop and places like Opening Doors will need to make their own rules.

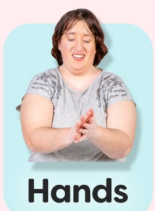
Our Management Committee will talk about this at their meeting on 24 February.



Stay safe

Staying safe from Covid

These steps can help stop the spread of other illnesses as well



Hands



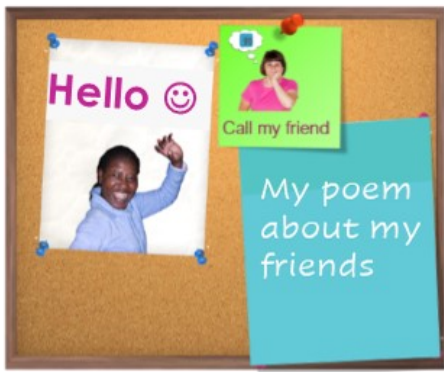
Face



Space



- **Wash your hands with soap**
- **Wear face coverings if you can**
- **Socially distance if you can**
- **Take lateral flow tests regularly**



Self advocates' Message board

My name is



PAUL

My report is about



SLIMMING WORLD

Draw a picture or write about what you want to share with us
 SINCE 2019, I JOINED SLIMMING WORLD AFTER A DOCTOR REFERRED ME. I WAS DIABETIC AT THE TIME, I HAVE LOST 2 STONES SINCE AND FEEL MUCH BETTER FOR IT! YOU CAN, TOO!

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



IT GETS ME OUT OF THE HOUSE, I'VE MADE MANY FRIENDS TOO. IT'S TAUGHT ME TO BE MORE CAREFUL WITH WHAT I EAT AND DRINK. MAKES ME FEEL MUCH BETTER!

How could other people try this too?

SLIMMING WORLD ARE LOOKING FOR NEW MEMBERS ALL THE TIME. THEY HAVE GROUPS EVERYWHERE. YOU WILL EVEN SEE ME EVERY TUESDAY NIGHT FROM 5PM AT BIGNOLD FIRST SCHOOL NEXT TO CHAPELFIELD CHURCH.

My name is



Adam

My report is about



Chinese New Year

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

This year Chinese New Year is all about the Tiger. It starts on the 1st February and lasts about 16 days! It is also called Lunar New Year!



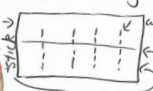
Tell us why you enjoy this, how does this make you feel?



I enjoy it because it brings family together (a bit like Christmas), but even though I'm not Chinese - I like the values and happiness the event has. (and all the colours and all the luck it can bring over the new year!)

How could other people try this too?

Celebrate Chinese New Year by making a paper lantern and hanging it up. Design it how you like.



My name is MARION FLOOD



My report is about



PAGE ONE

Draw a picture or write about what you want to share with us
 I REALLY ENJOYED RECEIVING ALL THE OPENING DOORS NEWSLETTERS VERY MUCH. X I REALLY ENJOYED JOINING OPENING DOORS GROUPS ON ZOOMS X FACE TO FACE. GOO. X I AM REALLY SHAD

Tell us why you enjoy this, how does this make you feel?
 CHAC. I HAVE JOINING OPENING DOORS. BECAUSE I REALLY LIKE OPENING DOORS GUYS VERY MUCH X I LOVE TO PROPEL STAFF HAVE MAKE LOUS

How could other people try this too?
 NEW FRIENDS X SEAT - LOO. OPENING DOORS HAS MADE ME VERY BUSY AS I AM NOT GOING TO MY DAY CARE AT THE MOMENT AS I IS NOT THE SAME

My name is MARION FLOOD



My report is about



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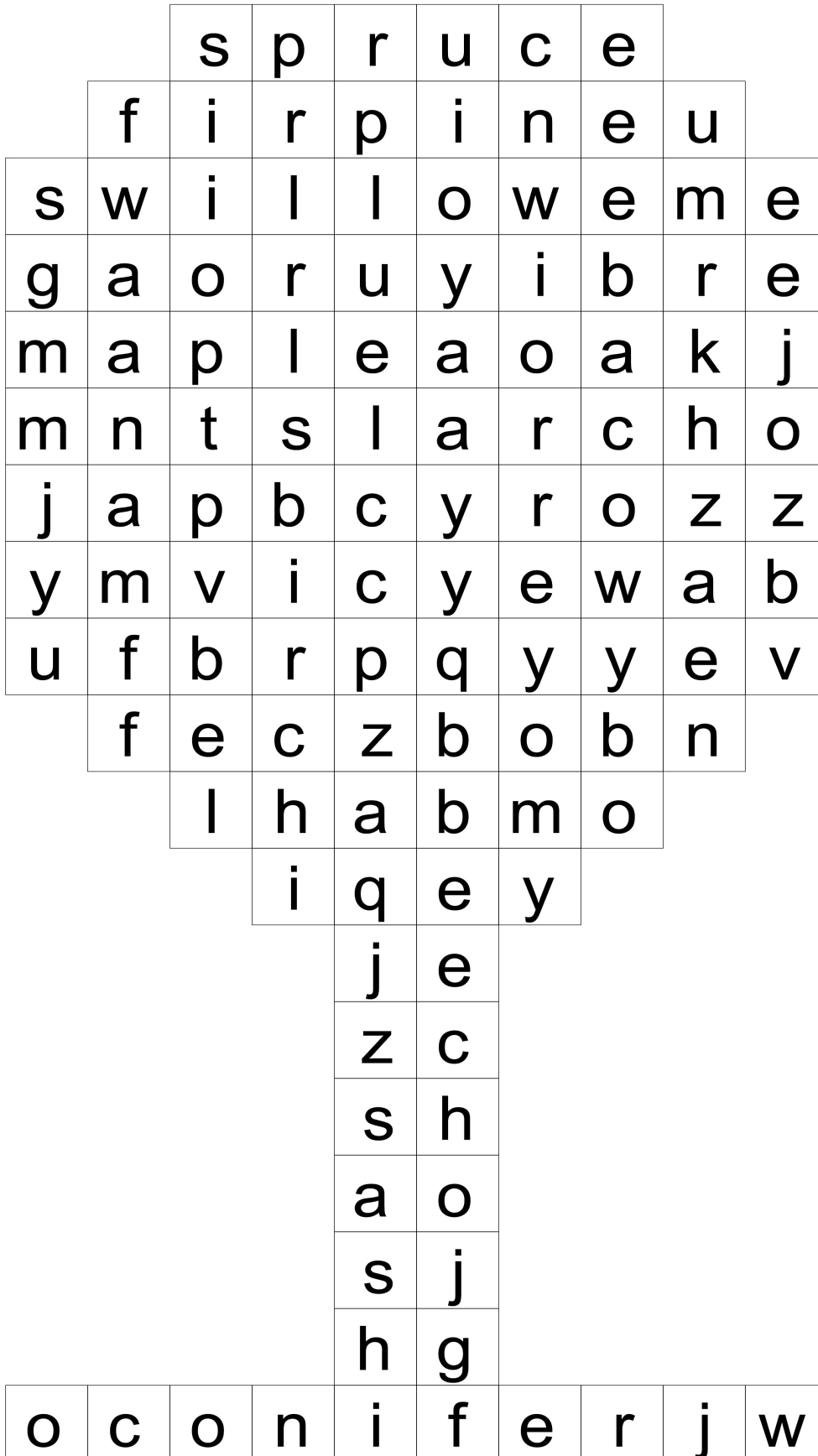
Draw a picture or write about what you want to share with us
 AS I USE TO GO BUT I STILL BE GOING TO MY DAY CARE ONLY ON CURSAYS. FOR DOING COURSE WHICH I REALLY ENJOYED VERY MUCH. X I REALLY ENJOYED OUT X ABOVE IN

Tell us why you enjoy this, how does this make you feel?
 MY MOBILITY CAR WITH MY HOUSEMATE X OUR SUPPORT WORKERS VERY MUCH BUT I AM ALWAYS WASHING MY FACE MASKS X I AM ALWAYS WASHING MY

How could other people try this too?
 HANDS SING HAPPY BIRTHDAY TWICE X I HAVE USED SANICIZER ON MY HANDS. GOO. X ALSO I HAVE PUESANT - R IN A VERY BASSON

Things to do - word search

Can you find these type of trees?



- ash
- beech
- birch
- conifer
- fir
- larch
- maple
- oak
- pine
- spruce
- willow
- yew



News from Opening Doors

Welcome to Bobbie

Bobbie is a Student Social Worker on placement at Opening Doors until May.



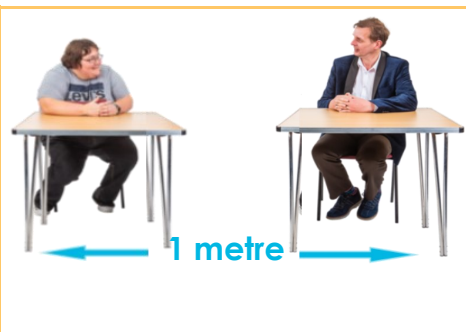
Bobbie says

“I am really happy to be working with everyone at Opening Doors. Thank you all for helping me”.

Our Covid rules at Opening Doors

Management Committee voted to **keep** or **stop** each Covid rule. Francis said “we want to move forward being steady and safe”.

This is how we will run at the moment ↓



Can you help us find a room?



We are struggling to find a new venue for our Norwich Advocacy Group.

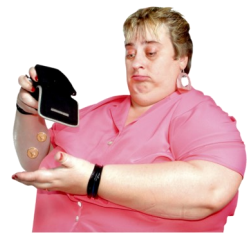
Please do get in touch with any ideas you have about where we could meet.

Here is what we need in a venue ↓



Good disabled toilets onsite

Big enough for people who in motorised wheelchairs to use



Not too expensive

We cannot afford more than £15 per hour



Available Regularly

Our group runs every other week on a Tuesday morning



Welcome



Welcoming and quiet

If there are noisy groups at the same time this is too hard



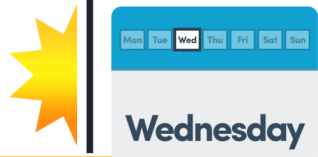
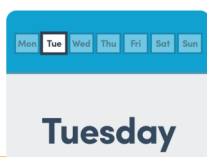
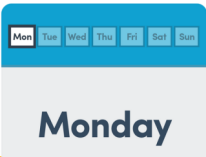
Easy to get to

An easy walk from a bus stop on a regular and easy route



Accessible place

We need good access and on the ground floor as well



February 28 **LGBT+ Zoom Group**



Call for the zoom code

March 1 **Norwich Advocacy Group**



Join us on zoom
373 225 4819

March 2 **Great Yarmouth Group**



Join us on zoom
373 225 4819

March 7

March 8

March 9

March 14 **LGBT+ Zoom Group**



Call for the zoom code

March 15 **Norwich Advocacy Group**



Join us on zoom
373 225 4819

March 16 **Great Yarmouth Group**



Join us on zoom
373 225 4819

March 21

March 22

March 23

March 28 **LGBT+ Zoom Group**



Call for the zoom code

March 29 **Norwich Advocacy Group**

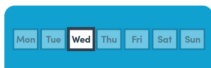


zoom **373 225 4819**

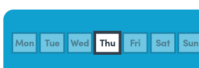
March 30 **Great Yarmouth Group**



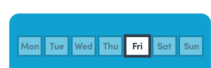
zoom **373 225 4819**



Wednesday

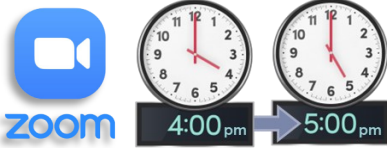


Thursday



Friday

March 2 Teatime Social Zoom group



943 1296 6078

March 3 Diss Advocacy Group



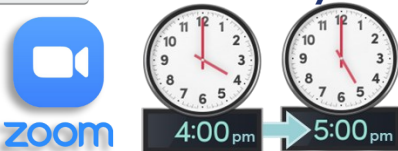
Join us on zoom 373 225 4819

March 4 Cromer Advocacy Group



Join us on zoom 373 225 4819

March 9 Wellbeing Wednesday



943 1296 6078

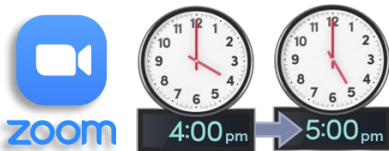
March 10

March 11 All Together Norfolk



930 9890 9337

March 16 Teatime Social Zoom group



943 1296 6078

March 17 Diss Advocacy Group



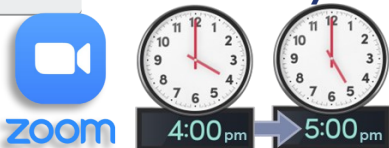
Join us on zoom 373 225 4819

March 18 Cromer Advocacy Group



Join us on zoom 373 225 4819

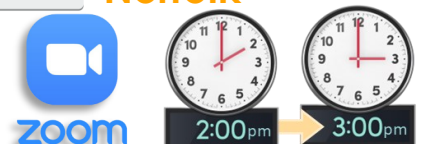
March 23 Wellbeing Wednesday



943 1296 6078

March 24

March 25 All Together Norfolk



930 9890 9337

March 30 Teatime Social Zoom group



943 1296 6078

March 31 Diss Advocacy Group



zoom 373 225 4819

April 1 Cromer Advocacy Group



zoom 373 225 4819



Mindfulness Exercise

If you are feeling anxious give this exercise a try



Mindfulness helps you to be aware of what is happening at that moment. This stops you from having anxious thoughts. Practicing **mindfulness** can help calm your mind to enjoy the moment.



Breathe in

Take a long, deep breath. Try and breathe into your belly. It can help to place a hand over your tummy so you can feel it moving as you breathe.

'I am breathing in,
I am breathing out'



Breathe out

Take a long out breathe. It might help. Say to yourself 'I am breathing in, I am breathing out'.

Next can you notice...



3 things you can see

Look around and notice things around you. Take time to notice the colour, shape and details of what you can see.



3 things you can feel

Can you feel your own hands?

Can you feel your feet on the ground?

Can you feel the chair underneath you?



3 things you can hear

What noises can you hear around you?

Can you hear a clock ticking?

Can you hear people talking or a noise from outside?



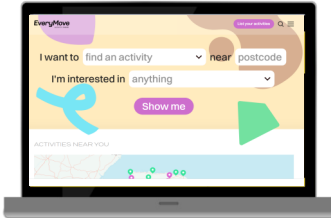
End this exercise with another long deep breath in and out.

Practice this each time you feel nervous and it will help calm your mind and relax your body.



Every Move

online exercise class finder



Every Move is a new website to find exercise activities happening near you.



To find activities that suit your needs and interests search www.everymove.co.uk

It is great for our body and our mind to find exercises that you love and enjoy.

To contact Opening Doors



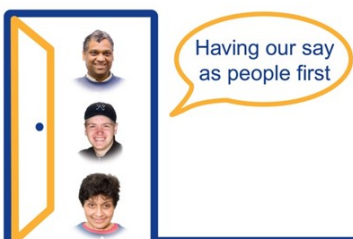
The Opening Doors phone number is answered Monday to Friday 9am to 5pm



01603
631433



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Opening Doors



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