



Being safe in 2022

Newsletter 45

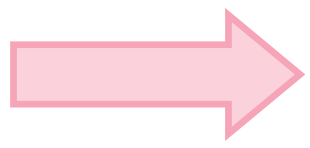
16 March 2022



We need YOU!

We would love to use cards designed by members to celebrate people's birthdays.

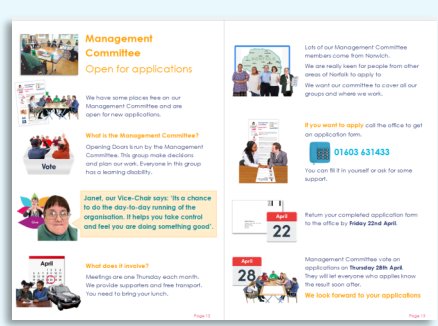
Turn to page 5 to find out more.



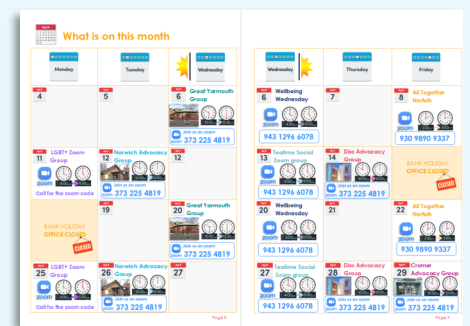
In this newsletter you will find:



Easy read Covid latest



Management Committee news



Our April group dates



Stay well



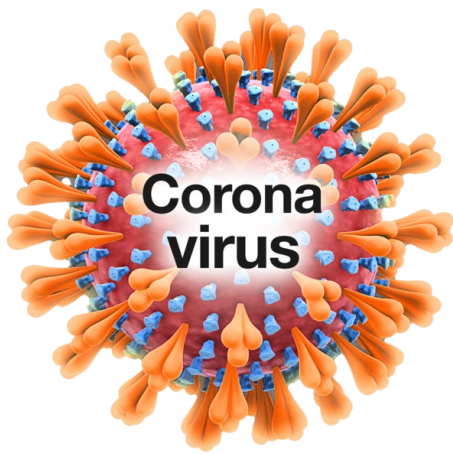
Keep moving



Stay connected



Keep happy



Coronavirus Update

4th vaccine and changes to the rules



If you are over age 75 or at high risk you will be invited to have a 4th vaccine this spring. It is important that you get your top-up jab as soon as you can to keep you safe.

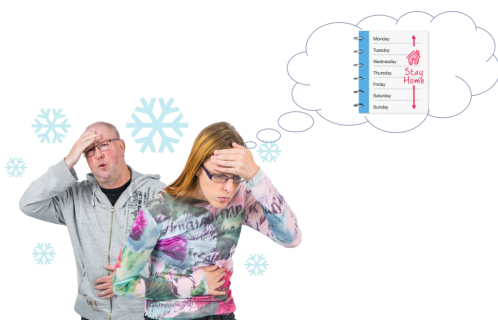


The Government have decided that all restrictions will be stopped on **1st April**.



Most people will have to pay for their lateral flow tests.

Tests for some people who are high risk of getting ill from Covid will still get free tests.



The Government say we must all be careful and think of others.

Just like with colds and flu, if we are unwell we should stay in and away from others.



Opening Doors Covid rules

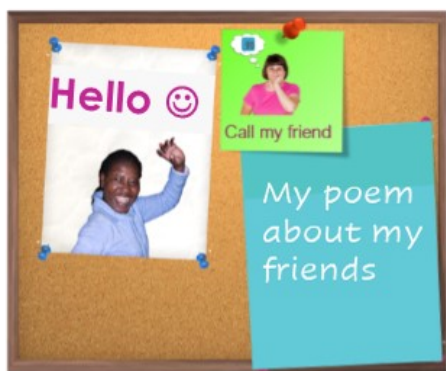


Management Committee voted to **keep** or **stop** each Covid rule to keep safe.

If you need to come along to our offices and groups you **MUST** book a place.

This is how we will run until 1 April ↓





Self advocates' Message board

Dear Friends at opening doors
Thank you for the Newsletter,
Wordsearch and Colouring
Sheets. I am Looking forward to
some warmer weather.
Thinking about you and
hoping to see you soon
Love from
CLAIRE



Village Women at
Onward Players Panto



Janet celebrated her Mum's 80th Birthday with friends and family. Janet said "She is the best Mum in the world."

March

26



REMEMBER the clocks go forward

Set your clocks forward 1 hour when you go to bed on **Saturday 26th March.**

This means it will stay lighter for longer. Spring is on its way!

Things to do - design a birthday card



Opening Doors sends out birthday cards to members, staff and volunteers.

We buy cards from a shop at the moment but we would love to use your designs.



Design a card

You can use paint, felt tips or a computer to design a birthday card for us to use.



Use the freepost envelope

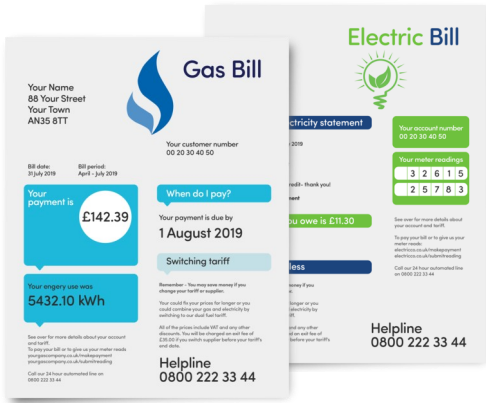
Once you have finished your design, post it to us in the freepost envelope.

Have fun with your design!



We also need you to colour in some Easter egg pictures for our Easter Egg hunt in the April newsletter.

Send us your colouring in the freepost envelope 😊



Energy price rises

From 1st April energy prices will be going up.

This means your gas and electric will cost more money.



If you are worried about your bills going up **Scope** are offering free support.

Their expert advisers can help and talk you through your energy and water needs.

Call or email for a telephone appointment

Disability.EnergySupport@Scope.org.uk

SCOPE = Equality for disabled people



0808

801

0828



There is some government help available. Please ask for support if you need it.



Here are some tips to stay warm at home without putting the heating on.



Tips on keeping warm at home



Layer your clothing - start with a t-shirt, long sleeved top, jumper, bodywarmer and hat



Use a hot water bottle
They keep you warm and help with pain and cramps



Wear 2 pairs of socks
One pair of ordinary socks, then a second woolly pair



Do the washing up!
Putting your hands in warm water warms you up



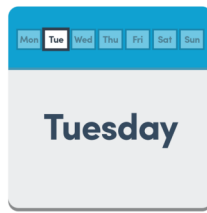
Get outside
Wrap up warm and go for a walk to warm you up



Hot drinks and porridge
Drink hot drinks and eat porridge for breakfast



What is on this month



April
4

April
5

April
6 **Great Yarmouth Group**



Join us on zoom
373 225 4819

April
11 **LGBT+ Zoom Group**



Call for the zoom code

April
12 **Norwich Advocacy Group**



Join us on zoom
373 225 4819

April
12

**BANK HOLIDAY
OFFICE CLOSED**



April
19

April
20 **Great Yarmouth Group**



Join us on zoom
373 225 4819

April
25 **LGBT+ Zoom Group**



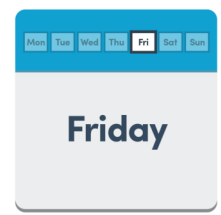
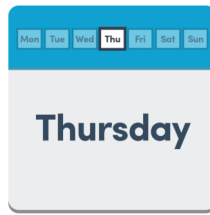
Call for the zoom code

April
26 **Norwich Advocacy Group**

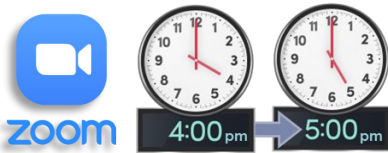


Join us on zoom
373 225 4819

April
27



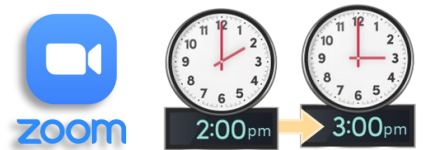
April **Wellbeing**
6 **Wednesday**



943 1296 6078

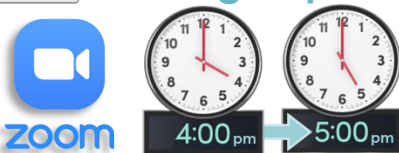
April **7**

April **All Together**
8 **Norfolk**



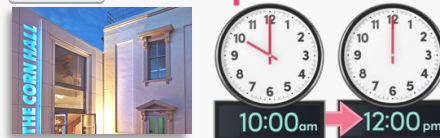
930 9890 9337

April **Teatime Social**
13 **Zoom group**



943 1296 6078

April **Diss Advocacy**
14 **Group**

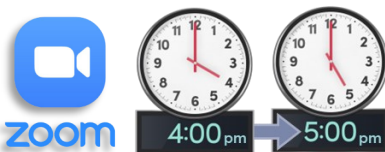


Join us on zoom
373 225 4819

BANK HOLIDAY
OFFICE CLOSED



April **Wellbeing**
20 **Wednesday**



943 1296 6078

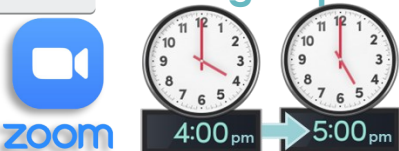
April **21**

April **All Together**
22 **Norfolk**



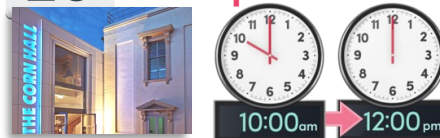
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April **Teatime Social**
27 **Zoom group**



943 1296 6078

April **Diss Advocacy**
28 **Group**



Join us on zoom
373 225 4819

April **Cromer**
29 **Advocacy Group**



Join us on zoom
373 225 4819



Highway code changes



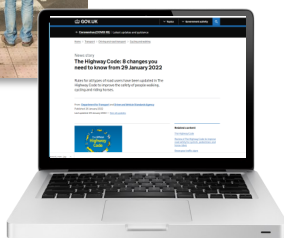
The Highway Code is the book with all the rules about pavements and roads.

There are some new changes to the rules to make the roads safer for pedestrians and cyclists.



One big change is about who is most important on the roads, who gets to go first and who should wait.

1. Pedestrians (most important)
2. Cyclists
3. Horse riders
4. Motorcycles
5. Cars and taxis
6. Vans and minibuses
7. Coaches and lorries (have the most responsibility to keep others safe)






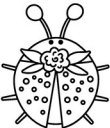





To find out more go to www.gov.uk/government/news/the-highway-code-8-changes-you-need-to-know-from-29-january-2022

Things to do - I Spy

Write down the number of things you can see

PUZZLE TIME I SPY 🔍

A large grid of various cartoon illustrations including suns, rainbows, flowers, bees, ladybugs, clouds, and candies for a counting activity.

	-	<input type="text"/>		-	<input type="text"/>		-	<input type="text"/>
	-	<input type="text"/>		-	<input type="text"/>		-	<input type="text"/>
	-	<input type="text"/>		-	<input type="text"/>		-	<input type="text"/>



Management Committee

Open for applications



We have some places free on our Management Committee and are open for new applications.



What is the Management Committee?

Opening Doors is run by the Management Committee. This group make decisions and plan our work. Everyone in this group has a learning disability.



Janet, our Vice-Chair says: "It is a chance to do the day-to-day running of the organisation. It helps you take control and feel you are doing something good."



What does it involve?

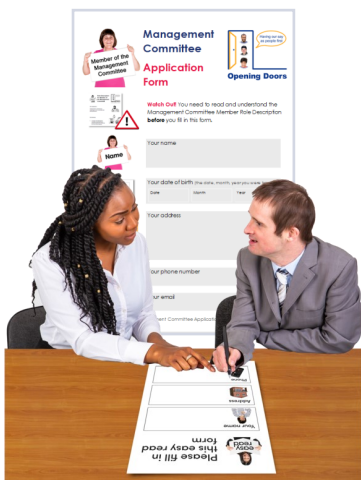
Meetings are one Thursday each month. We provide supporters and free transport. You need to bring your lunch.



Lots of our Management Committee members come from Norwich.

We are really keen for people from other areas of Norfolk to apply.

We want our committee to cover all our groups and where we work.



If you want to apply call the office to get an application form.



01603 631433

You can fill it in yourself or ask for some support.



Return your completed application form to the office by **Friday 22nd April**.



Management Committee vote on applications on **Thursday 28th April**.

They will let everyone who applies know the result soon after.

We look forward to your applications



Save the date

Annual General Meeting



This year our **Annual General Meeting (AGM)** will be on Tuesday 28th June.

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



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

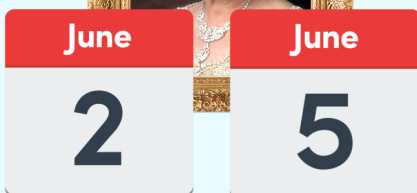
You can come along or join us on Zoom.

More details on how to book coming soon!



Platinum Jubilee

This year, Her Majesty The Queen will become the 1st British Monarch to celebrate a **Platinum Jubilee** - 70 years of service!



To join in the celebrations from 2nd - 5th June we will send out a special Activity Book and hold a colouring competition. **Keep an eye on the May newsletter!**



Local Election

Register to Vote

On **Thursday 5 May** you can vote for your local **councillor**.

Councillors are the people that run the council where you live.

Local Elections are when local people get to choose which councillors should run the council.



You must be registered to vote or by **14 April**. You can do this online at **www.gov.uk/Register-To-Vote**

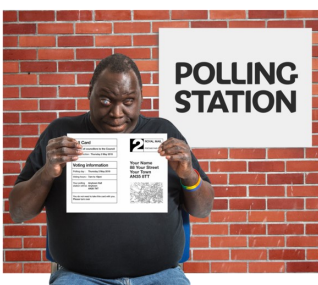
You will need your date of birth and National Insurance number to register.



Voting is very important. It is one of the best ways to have your voice heard. It is a chance to choose who **YOU** want to run your Council.



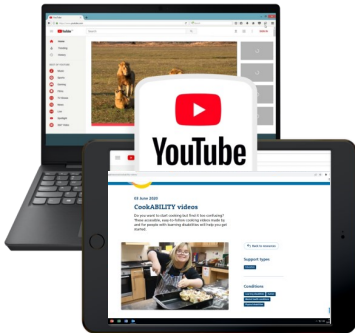
Find out more about the Local Election in the next Newsletter.





Cookability

online easy read recipes



Cookability is a YouTube channel made by United Response. To find recipes go to www.unitedresponse.org.uk/resource/cookability-videos/



It is great for our body and our mind to make ourselves healthy meals if we can.

To contact Opening Doors



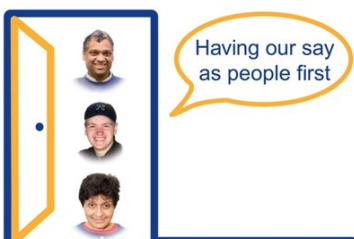
The Opening Doors phone number is answered Monday to Friday 9am to 5pm



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