



# Being safe in 2022

## Newsletter 46

12 April 2022



### Happy Easter

We hope you enjoy Easter ☺

We have sent an activity book to help you keep busy over the long Bank Holiday weekend.

### In this newsletter you will find:



Easy read Covid latest



Information on the local elections



Our May group dates



Stay well



Keep moving



Stay connected



Keep happy



# Coronavirus Update

## Living with COVID plan



Coronavirus is still spreading around quickly. The number of COVID cases are high but the number of people getting very ill and dying is still low.

The symptoms list has been updated. Look out for ↓



Runny nose



Feeling tired



Headache



Sore throat



Diarrhoea



Shortness of breath



Not wanting food



Feeling sick or being sick



An aching body

**Remember hands, face and space**



If you have any of these symptoms or test positive with COVID you need to try to stay at home for 5 days.

This is when you are most infectious.



## New coronavirus treatments

The NHS is offering new treatments to people with COVID who are at highest risk of becoming seriously ill.



You can only get the new treatments if you have certain health conditions, including Down's syndrome.

You will get a letter from the NHS to say if you are on this list, and what to do if you get ill.



## Watch out for coronavirus scams.

The NHS treatment for COVID is FREE.

The NHS will never ask for your bank details or any type of payment.



## Staying safe from COVID

**Get vaccinated**

**Wash your hands with soap**

**Wear face coverings if you can**

**Socially distance if you can**





# Managing costs at home

We know things are costing more money. It can be harder to find the money to pay for your bills.

Here are ideas o help:



## Cheaper broadband and phone packages

Some Broadband and phone companies offer cheaper prices for people who get welfare benefits.



To find out more look online at:

<https://www.ofcom.org.uk/phones-telecoms-and-internet/advice-for-consumers/costs-and-billing/social-tariffs>



## Free SIM card

If you would like a free SIM with data on to get on the internet give the office a call as we have a few to give away.





## Help for food and energy costs

We have been given some money by Norfolk Community Foundation to help people struggling to pay their bills.

We have £50 per person for a shopping voucher or to pay towards your energy bill.

If you think we can help please call us as by **Wednesday 27th April**.



**01603 631433**



## Government help for energy costs

Rishi Sunak, Chancellor, said he would help with the rising energy bill costs.

In Autumn you will receive a £200 discount on your energy bills. This will need to be repaid over the next 5 years.



## Free toiletries

You can pick up a free toiletry pack and sanitary products from the Millennium Library in Norwich.





# What is on this month



May 2

**BANK HOLIDAY  
OFFICE CLOSED**

May 3

May 4 **Great Yarmouth Group**

Join us on zoom  
**373 225 4819**

May 9

May 10 **Norwich Advocacy Group**

Join us on zoom  
**373 225 4819**

May 11

May 16 **LGBT+ Zoom Group**

Call for the zoom code

May 17

May 18 **Great Yarmouth Group**

Join us on zoom  
**373 225 4819**

May 23

May 24 **Norwich Advocacy Group**

Join us on zoom  
**373 225 4819**

May 25



**May 4** Wellbeing Wednesday

**943 1296 6078**

**May 5**

**May 6** All Together Norfolk

**930 9890 9337**

**May 11** Teatime Social Zoom group

**943 1296 6078**

**May 12** Diss Advocacy Group

Join us on zoom  
**373 225 4819**

**May 13** Cromer Advocacy Group

Join us on zoom  
**373 225 4819**

**May 18** Wellbeing Wednesday

**943 1296 6078**

**May 19**

**May 20** All Together Norfolk

**930 9890 9337**

**May 25** Teatime Social Zoom group

**943 1296 6078**

**May 26** Diss Advocacy Group

Join us on zoom  
**373 225 4819**

**May 27** Cromer Advocacy Group

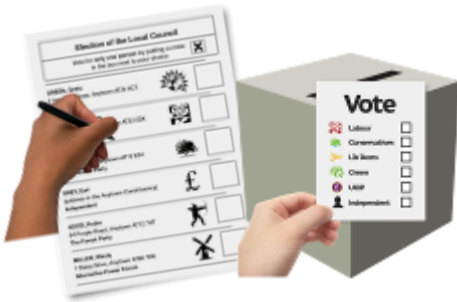
Join us on zoom  
**373 225 4819**



# Local election

## Have your say

On **Thursday 5 May 2022** 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.



**Councillors** can be part of political parties. The political party with the highest number of Councillors usually gets to control the Council. They make decisions on how local services are run.



**Francis says** "It is about getting your voice heard. Your vote is secret but you can take a supporter with you to help.

You are voting for the Councillors policies."

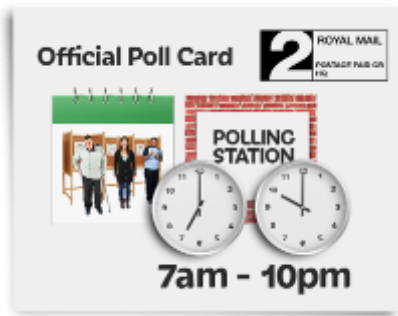




If you have registered to vote, you can vote at a polling station.

You should have been sent a poll card.

This card will tell you where to vote.



Polling stations are open from 7am to 10pm.

It can be useful to take your poll card when you go but do not worry you can still vote without it.



If you need any help you can ask the polling staff to help.

You are also allowed to take someone along to help you.

Your supporter or staff at the polling station cannot tell you who to vote for.



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.



01603 631433

If you want more information about voting just ring **Opening Doors**.



# News from Opening Doors

## Welcome to Michelle de Oude

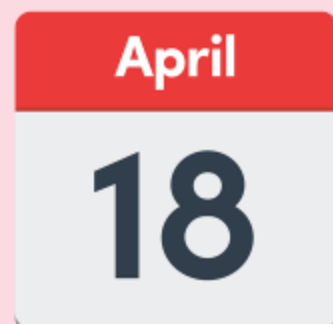
We are really pleased that Michelle is joining our staff team as Acting Deputy Senior Adviser for the next few months. Michelle will be working on some new contracts and helping Jo as well.



"I am really pleased to be joining the Opening Doors team.

I am passionate about equality for disabled people and look forward to meeting everyone soon."

**Remember we are closed Easter weekend**





## Management Committee open for applications

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



**There is still time to apply** so 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**.

**We look forward to your applications**

**Covid office rules** This is how we will run until 3 May ↓





# 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 or you can join us on Zoom.

An invite will be sent with May's newsletter.

## To contact Opening Doors



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



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