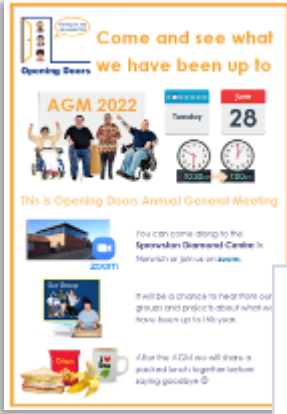




# Being safe in 2022

## Newsletter 47

11 May 2022



Our Annual General Meeting (AGM) on **Tuesday 28 June** will be a chance for us to share our news about the last year.

We have enclosed an invitation and reply form about this.

**We hope to see you there 😊**

## In this newsletter you



Easy read Covid update



News from some of our Groups



Our June group dates



Stay well



Keep moving



Stay connected



Keep happy



# Coronavirus Update

## Moving forward



The Covid infection rates are falling and things are feeling much better.



We must remember that Covid is still here. But at the moment most things are getting back to normal.



This newsletter helped to share what was happening during the pandemic. It was a great way to stay in touch with each other and keep busy.



**Do you still want a newsletter?**

What do you want in it?

**We would love to hear your ideas 😊**



# LGBT+ Get Together

## What we have been up to



We have been busy at the **LGBT+ Group**. We celebrated LGBT+ History Month and had lots of exciting speakers join us.



Stevie talked about LGBT+ History and the Norwich Pride Patchwork.

We have designed a patch for it. Andrew our supporter is going to sew it for us.



Rachel, an Artist, told us about LGBT+ artists and showed us some of their work.

Adrian talked about his emotional story of being a trans man.

Beth and Anna talked about hate crimes against LGBT+ people.



We look forward to having a stand and joining the march at Norwich Pride on Saturday 30th July.

**We hope you can join us.**





# Managing costs at home

In the last newsletter we talked about things costing more. Here are some more tips to help manage your costs at home.



Talk to **Anglian Water** if you are finding it hard to pay your water bill. They could put you on a better rate.



**0345 7919 155**

There are **community fridges** around Norfolk. They give out free food donated by local businesses and supermarkets to people who need it. Look at [www.norfolkrecycles.com](http://www.norfolkrecycles.com) to find one near to you.



**0121 348 7797**

Some energy companies and the **British Gas Energy Trust** give grants to help pay your bill. **Give them a call to see if they can help.**

Here are  
some  
energy  
saving tips:



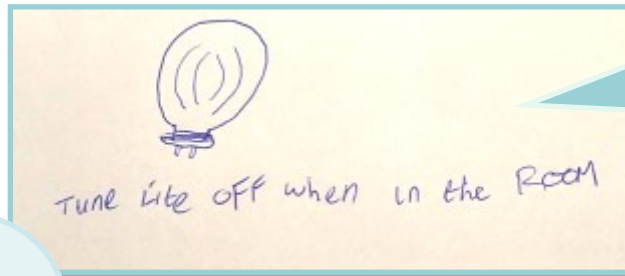
Wash clothes when they are dirty  
and fill your washing machine.  
Dry your clothes outside if you can.



Turn your heating  
**thermostat** down.  
Wear an extra  
layer to stay warm.



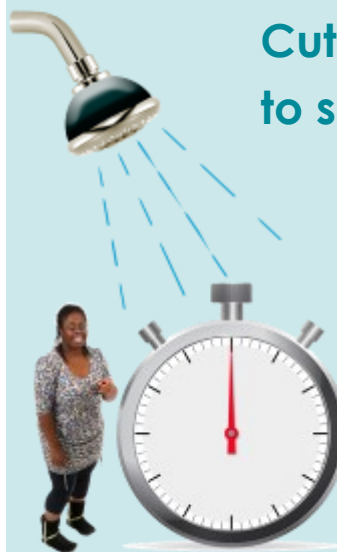
Use **LED**  
light bulbs.  
They use less  
energy to  
work.



Katie says  
"turning off  
lights saves  
electricity"

Think "how much water  
do I need" before filling  
the kettle.

**Only boil the water you  
need to save energy.**



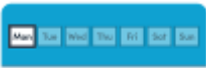
**Cut time in the shower  
to save you money.**

You could time  
yourself or shower  
whilst you sing  
along to a short  
song.

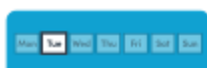


**01603 631433**

If you have any tips or ideas let us know  
and we will put them in another newsletter



Monday

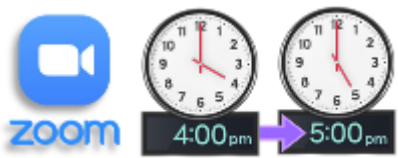


Tuesday



Wednesday

May 30 **LGBT+ Zoom Group**



Call for the zoom code

May 31

June 1

June 6

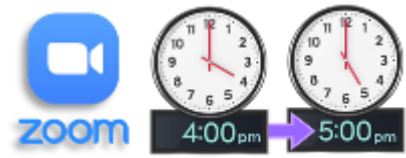
June 7 **Norwich Advocacy Group**



zoom **373 225 4819**

June 8

June 13 **LGBT+ Zoom Group**



Call for the zoom code

June 14

June 15 **Great Yarmouth Group**



Join us on zoom  
zoom **373 225 4819**

June 20

June 21 **Norwich Advocacy Group**



zoom **373 225 4819**

June 22

June 27 **LGBT+ Zoom Group**



Call for the zoom code

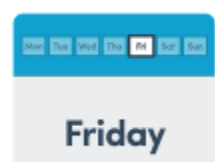
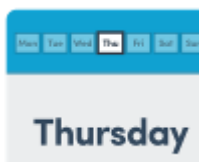
June 28 **AGM 2022**



June 29 **Great Yarmouth Group**



zoom **373 225 4819**



June 1 Wellbeing Wednesday

943 1296 6078

June 2

BANK HOLIDAY OFFICE CLOSED

June 3

BANK HOLIDAY OFFICE CLOSED

June 8 Teatime Social Zoom group

943 1296 6078

June 9 Diss Advocacy Group

zoom 373 225 4819

June 10 Cromer Advocacy Group

zoom 373 225 4819

June 15 Wellbeing Wednesday

943 1296 6078

June 16

June 17 All Together Norfolk

930 9890 9337

June 22 Teatime Social Zoom group

943 1296 6078

June 23 Diss Advocacy Group

zoom 373 225 4819

June 24 Cromer Advocacy Group

zoom 373 225 4819

June 29 Wellbeing Wednesday

943 1296 6078

June 30

July 1 All Together Norfolk

930 9890 9337





# Opening Doors

## Changing Covid rules



Management Committee voted again on changing the Covid rules.

This is how we will run.

**We will see how things are going.**



You no longer have to sit 1 seat apart



**“Are you ok if I sit here?”**



But remember to give people space if they want it



People can share taxis if they are both ok with it



**01603  
631433**

You still need to book to come into the office



Still on zoom for Advocacy Groups and some meetings



**All Together Norfolk**

Still social zooms each week to help with loneliness

**Teatime Social**





# Wellbeing Wednesday

## Online support group



**Wellbeing Wednesday** is a safe place for people to share, listen and support each other.



### How does the group work?

To start each group, we say hello, share our news and how we are feeling.

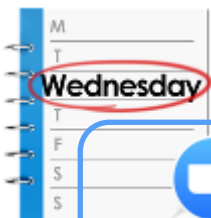


Sometimes we have speakers to help us talk and learn about our mental health.



We also do activities, crafts and things to help us feel good.

Each session finishes with a relaxation.



943 1296 6078

### When does the group run?

Wellbeing Wednesday runs every other Wednesday 4.00pm - 5.00pm on zoom.

**Join us or call the office to find out more.**



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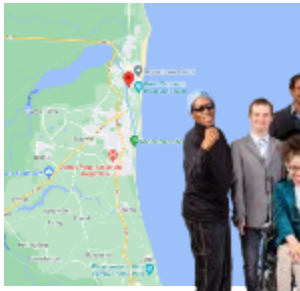
# Things to do - how many birds?

Count the same birds and write the number



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





# Great Yarmouth

## Advocacy Group by Alex

funded through



We run our Great Yarmouth Advocacy Group at St Georges Café every other Wednesday 10.30am until 12.30pm.



We do loads of jobs. I deal with the money and budgeting. Kieron and I help to welcome people.



People from First Aid, The Bridge Plus and Changing Places have told us about what they do.



Me, Sharon, Megan, Keiron and Aaron support the group. Anyone with a learning disability can come along or join on zoom.



Doing the planning every other week I learn new skills like sending emails and using the phone. I like the group and meeting new people.





# Jubilee Weekend

## Something to do book

This year The Queen will celebrate her **Platinum Jubilee** - 70 years of being The Queen.

To join in the celebrations we will send out a **Something to do book** on 27th May.

You can have a go at the activities and enter our colouring competition.



## To contact Opening Doors



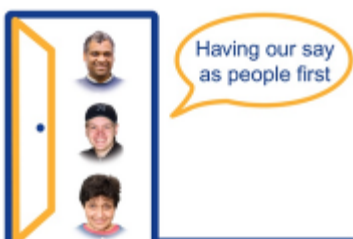
The Opening Doors phone number is answered Monday to Friday 9am to 5pm



01603  
631433



Opening Doors, 38a Bull Close  
Norwich, NR3 1SX



**Opening Doors**



[admin@openingdoors.org.uk](mailto:admin@openingdoors.org.uk)



[www.openingdoors.org.uk](http://www.openingdoors.org.uk)