



Being safe in 2022

Newsletter 49

15 July 2022



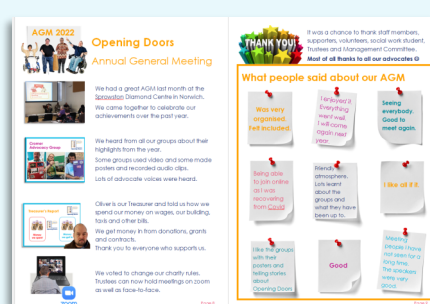
On Saturday 30 July Opening Doors will be at **Norwich Pride**. If you would like to join us for a day of LGBT+ fun give the office a call.

[Find out more on page 8](#)

In this newsletter you will



Easy read Covid latest



News from Opening Doors



Our August group dates



Stay well



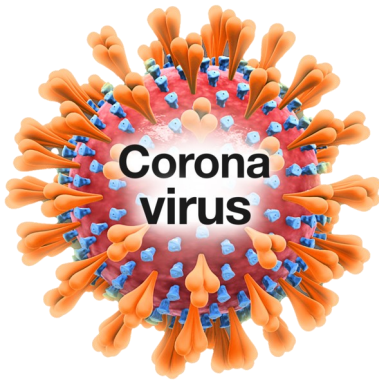
Keep moving



Stay connected



Keep happy



Coronavirus update

Cases are going up



There is a new **variant** of Covid called BA.5 going around. A **variant** is just a new type of Covid.

This is making the number of Covid cases go up again.

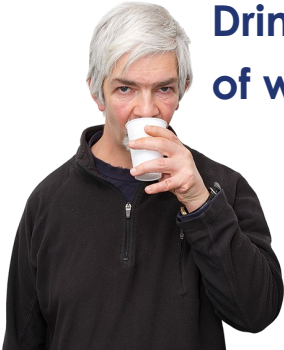


If you do feel unwell take a lateral flow test.

If you do test positive for Covid try and stay at home for 5 days.

This is when you are most infectious.

To help you get better you need to:

 <p>Rest</p>	 <p>Drink lots of water</p>	 <p>Take paracetamol</p>
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Self advocates' message board

DEAR EVERYONE AT OPENING DOORS,
 I HAVE GOT ANOTHER DAY AT THE CHARITY SHOP ON THURSDAYS WHEN MY COURSE WILL BE FINISHED FOR SUMMER HOLIDAYS AS WELL AS WEDNESDAYS.
 BECAUSE SPROWSTON DAY CENTRE IS NOT THE SAME AS IT USED TO BE BUT I AM STILL GOING TO SPROWSTON DAY CENTRE FOR DOING COURSE IN SEPTEMBER AFTER SUMMER HOLIDAYS.
 BECAUSE I AM LEARNING A LOT OF THINGS WHICH I AM REALLY ENJOYED VERY MUCH.
 MARION FLOOD



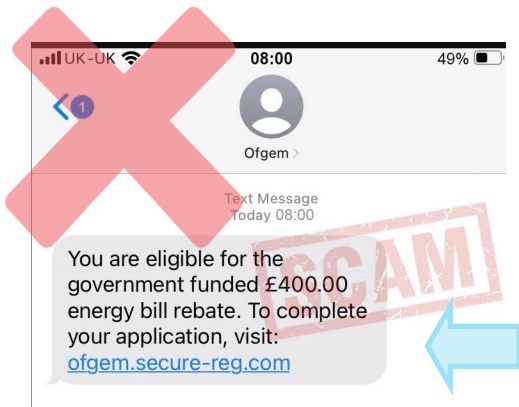
We are taking a break from Teatime Social and the newsletter in August.



The next Teatime Social and newsletter will be out on **14 September**



Stay safe from scams



Text messages and emails claiming to be from energy regulator **Ofgem** offering £400 are a scam. Do not reply.

This is a scam. Remember, Ofgem will not ask for payment details over text or email.



If you're not sure that a message or call is genuine, have a search online to see if others are saying it is a scam.

Do not respond until you have checked.



Reporting scams or messages you are worried about is a good thing to do.

You can do it yourself by calling the Norfolk County Council Trading Standards people.



If you want some help to report a scam or some advice just ring **Opening Doors** we can make the call for you.

Things to do - summer crossword

Can you write the words for each picture?

Summer Time

The crossword puzzle grid is composed of white squares on a light blue background. The clues are numbered as follows:

- 1: Down, 1 square
- 2: Across, 10 squares
- 3: Down, 3 squares
- 4: Across, 4 squares
- 5: Down, 5 squares
- 6: Across, 6 squares
- 7: Down, 7 squares
- 8: Across, 8 squares
- 9: Down, 9 squares
- 10: Across, 10 squares

The illustrations include:

- 9: A person with a red parachute.
- 10: A smiling sun wearing sunglasses.
- 4: A pink bird.
- 5: A palm tree with coconuts.
- 7: A tube of SPF50 sunscreen.
- 2: A slice of watermelon.
- 3: A green whale.
- 6: A white airplane.
- 8: A glass of orange juice with a straw and umbrella.
- 1: A colorful parrot.



Colouring competition

And the winner is...

Coloured by RITA GOLDSMITH



Well done to **Rita Goldsmith!**
Rita's colouring was chosen as the winner by 3 self advocates.
Thank you to everyone that took part.

It was very hard to choose 😊

Coloured by DAVID WOODFIELD



Coloured by MARION FLOOY



Adam Turner



Designed by someone who can only see a little bit out of one eye
Coloured by Toni Price



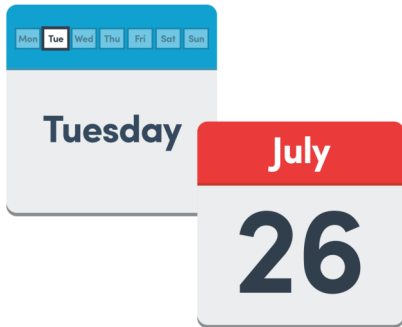
Jeanie Harrover
18 Alton Meads Way
Haverhill Norfolk





Help to make health services better

For adults with learning disabilities to share your story of using health services



Join us on zoom for a 40 minute chat between



Tell us about your good and bad experiences of:

Mental Health

Health checks

Seeing your GP

Hospital

Dentist

Call **01603 631433** to book a 40 minute slot between 4.30-7.30pm

We will **share** your story and not your personal details

You will chat with a **Peer Supporter** and Adviser

You can join with a **supporter** or a **friend**

Opening Doors



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In partnership with
NHS
Norfolk and Waveney
Clinical Commissioning Group



Norwich Pride Week 2022

What Opening Doors is up to

What is drag

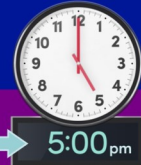
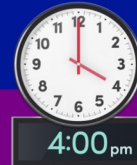
and what it means to
the LGBT+ community



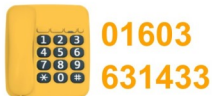
Guest speakers
Joe Ballard and
Titania Trust

LGBT+ Zoom Get together

For people with learning
disabilities/autism in Norfolk



For more information and to get the zoom code



admin@openingdoors.org.uk



The **Norwich Pride parade** is on Saturday 30th July and Opening Doors members will be there at a **stall in the forum 10-3pm**.

We have some spaces for Opening Doors members who want to join in the parade with some support.



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**Call us if you want
to come along**



Can you help us find staff and volunteers?

Would you or someone you know be great at Opening Doors?

We are looking for the following people to join our team

Full-time Adviser

Paid supporters

Volunteers

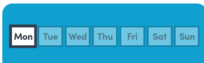
If you or someone you know would be interested in volunteering or paid work with us come along to a drop in session with our Management Committee and Trustees at Sprowston Diamond Centre.

This will be a great chance to find out more about our user led charity and get an idea of what it is like to work with us.

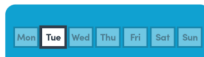


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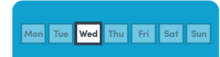
Give us a call if you would like to come along.



Monday



Tuesday



Wednesday

August

1

August

2

Norwich
Advocacy Group



10:00 am → 12:00 pm

zoom [373 225 4819](https://www.zoom.us/j/3732254819)

August

3

August

8

LGBT+ Zoom
Group



4:00 pm → 5:00 pm

Call for the zoom code

August

9

August

10

Great Yarmouth
Group



10:30 am → 12:30 pm

zoom [373 225 4819](https://www.zoom.us/j/3732254819)

August

15

August

16

Norwich Advocacy
Group



10:00 am → 12:00 pm

zoom [373 225 4819](https://www.zoom.us/j/3732254819)

August

17

August

22

LGBT+ Zoom
Group



4:00 pm → 5:00 pm

Call for the zoom code

August

23

August

24

Great Yarmouth
Group



10:30 am → 12:30 pm

zoom [373 225 4819](https://www.zoom.us/j/3732254819)

August

29

BANK HOLIDAY
OFFICE CLOSED



August

30

Norwich Advocacy
Group

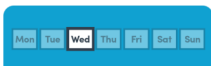


10:00 am → 12:00 pm

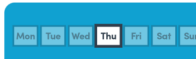
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August

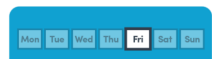
31



Wednesday



Thursday



Friday

August

3

August

4

Diss Advocacy Group



10:30 am → 12:30 pm

zoom [373 225 4819](tel:3732254819)

August

5

Cromer Advocacy Group



10:00 am → 12:00 pm

zoom [373 225 4819](tel:3732254819)

August

10

Wellbeing Wednesday



zoom



4:00 pm → 5:00 pm

[943 1296 6078](tel:94312966078)

August

11

August

12

All Together Norfolk



zoom



2:00 pm → 3:00 pm

[930 9890 9337](tel:93098909337)

August

17

August

18

Diss Advocacy Group



10:30 am → 12:30 pm

zoom [373 225 4819](tel:3732254819)

August

19

Cromer Advocacy Group



10:00 am → 12:00 pm

zoom [373 225 4819](tel:3732254819)

August

24

Wellbeing Wednesday



zoom



4:00 pm → 5:00 pm

[943 1296 6078](tel:94312966078)

August

25

August

26

All Together Norfolk



zoom



2:00 pm → 3:00 pm

[930 9890 9337](tel:93098909337)

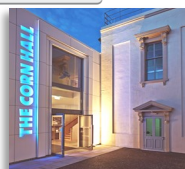
August

31

September

1

Diss Advocacy Group



10:30 am → 12:30 pm

zoom [373 225 4819](tel:3732254819)

September

2

Cromer Advocacy Group



10:00 am → 12:00 pm

zoom [373 225 4819](tel:3732254819)



Opening Doors

Annual General Meeting



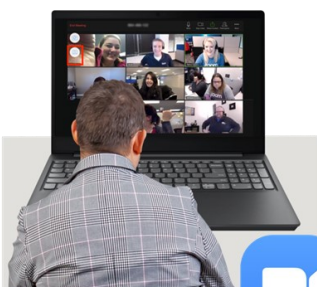
We had a great AGM last month at the Sprowston Diamond Centre in Norwich. We came together to celebrate our achievements over the past year.



We heard from all our groups about their highlights from the year. Some groups used video. Some groups made posters and recorded audio clips. Lots of advocate voices were heard.



Oliver is our Treasurer and told us how we spend our money. We get money in from donations, grants and contracts. Thank you to everyone who supports us.



We voted to change our charity rules. Trustees can now hold meetings on zoom as well as face-to-face.



It was a chance to thank staff members, supporters, volunteers, social work student, Trustees and Management Committee.

Most of all thanks to all our advocates 😊

What people said about our AGM

Was very organised.
Felt included

I enjoyed it.
Everything went well.
I will come again next year

Seeing everybody.
Good to meet again

Being able to join online as I was recovering from Covid

Friendly atmosphere.
Lots learnt about the groups and what they have been up to

I like all if it



I like the groups with their posters and telling stories about Opening Doors

Good

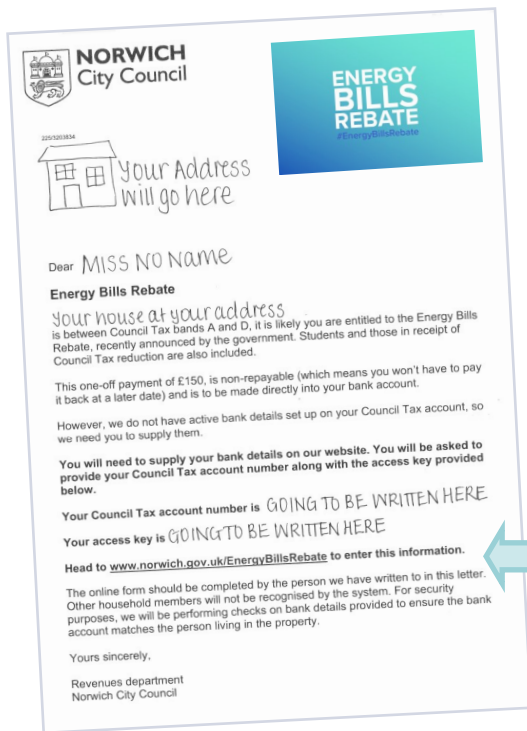
Meeting people I have not seen for a long time.
The speakers were very good



Cost of living support in 2022

There are a few ways the Government is helping people with rising living costs.

Here is some information to help you understand what money you may be getting or need to apply for.



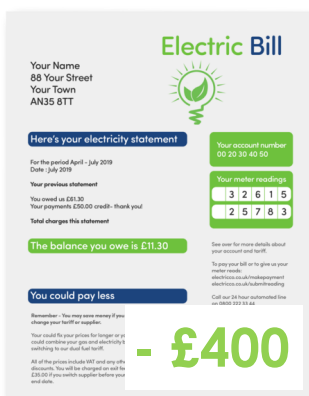
You may have received a letter about the Energy Bills Rebate from your Council.

This is a payment for £150 which will be paid to Council Tax payers.

This is to help with rising energy costs.

This is an example of the letter sent out by Norwich City Council.

Each local Council is doing it differently.



Anyone paying an electricity bill will get £400 taken off their bill in October.

People with prepayment meters will have the discount applied to their meter or get a voucher.



Anyone over 65 will get an extra £100-£300 in addition to their Winter Fuel Payment.

Most people will receive this as a Direct Debit in November or December.



There will be an extra £150 for people who get disability benefits in September.

It will be paid the same way you normally get your benefits.



For low income households £650 will be paid in 2 payments. The 1st payment of £326 will go out after 14th July and the 2nd payment of £324 will be paid in the Autumn.

It will be paid the same way you normally get your benefits.



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If you need help to understand what money you should be getting give the office a call.

You do not need to be a member of Opening Doors.

This support is for anyone in Norfolk over 18 with a learning disability.

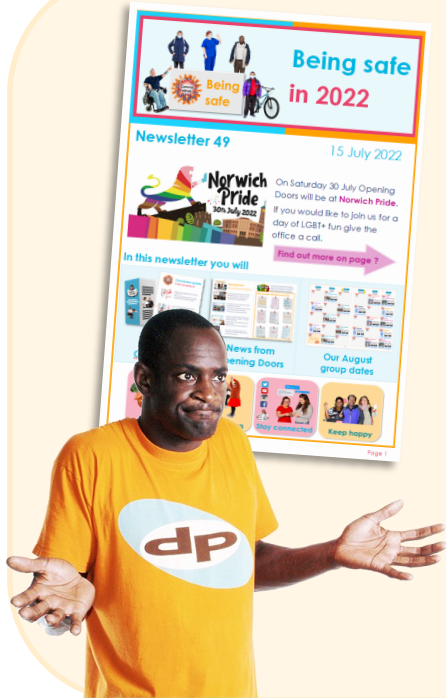


Do you still want the Newsletter?

We need to hear what you think about the newsletter.

Do you still find it useful? We need to know if you want the newsletter to be able to apply for more money to make it and send it out.

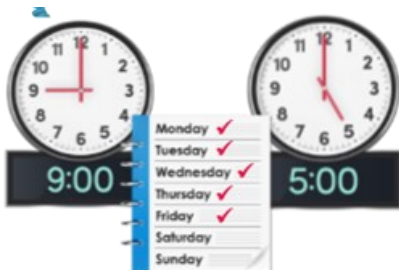
Please help by sending us the postcard.



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Thank you to Photosymbols for their support with our Easy Read work

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



www.openingdoors.org.uk