



# Being safe in 2022

## Newsletter 50

14 September 2022



**1926 - 2022**

All of us at Opening Doors are very sad that the Queen has died after 70 years of duty.

She meant so much to lots of us.

The office will be closed on Monday 19 September for the Queen's funeral.



If you would like to share your memories of the Queen, fill in the postcard and send it to us.

### In this newsletter you will find:



Easy read  
Covid latest



Report from  
Norwich Pride



Our October  
group dates



# Coronavirus update

## Vaccine boosters



The NHS will be giving out **vaccine boosters** for Covid again this autumn.

People need a vaccine top-up to stay as safe as possible.



If you are over 65 or at high risk you can now book online or call 119 to have your booster.

It is important that you get your top up jab as soon as possible to keep you safe.

## Self advocates' message board



Well done Carol for working hard to feel better 😊

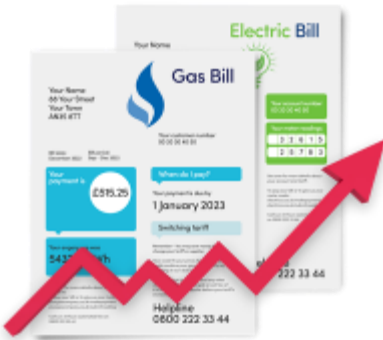


# Cost of living crisis

## Government help



Liz Truss, our new Prime Minister, has decided that the price we pay for our energy will be cheaper than it was going to be this winter. But as prices went up a lot in April, gas and electric bills will be far more than last winter.



People are worried about how much everything costs. Britain has very high **inflation**. **Inflation** is when things cost more, so the same amount of money can buy less things.



Some people are having to make hard choices about what they can pay for. They do not have enough money to pay all their bills because things are so expensive.



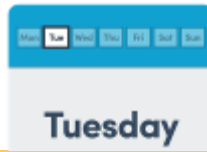
**01603  
631433**

**Remember we are here to help.**  
Call us if you are worried about money.





# What is on this month



October 3 **LGBT+ Zoom Group**



Call for the zoom code

October 4

October 5 **Great Yarmouth Group**



zoom 373 225 4819

October 10

October 11 **Norwich Advocacy Group**



zoom 373 225 4819

October 12

October 17 **LGBT+ Zoom Group**



Call for the zoom code

October 18

October 19 **Great Yarmouth Group**



zoom 373 225 4819

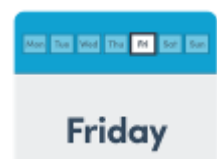
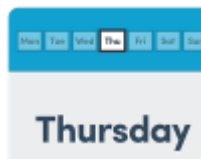
October 24

October 25 **Norwich Advocacy Group**



zoom 373 225 4819

October 26



October **5** Wellbeing Wednesday



943 1296 6078

October **6** Diss Advocacy Group



zoom 373 225 4819

October **7** All Together Norfolk



930 9890 9337

October **12**

October **13**

October **14** Cromer Advocacy Group



zoom 373 225 4819

October **19** Wellbeing Wednesday



943 1296 6078

October **20** Diss Advocacy Group



zoom 373 225 4819

October **21** All Together Norfolk



930 9890 9337

October **26**

October **27**

October **28** Cromer Advocacy Group

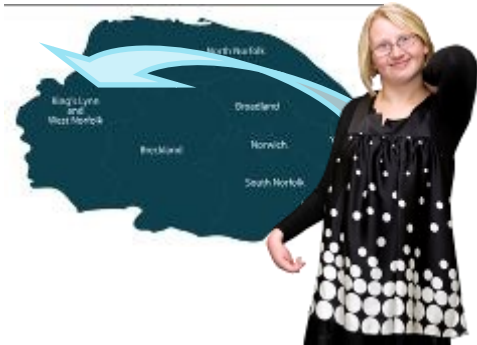


zoom 373 225 4819



# Health Experts Group

## Looking for a new member



We are looking for someone from West Norfolk to join our **Health Experts Group**.

The Group works with health services to make things better for people with a learning disability.

**Do you:**

have an interest in health and experience of using health services

enjoy working in small groups and speaking up

listen and be kind to others



The Group meets once a month on a Tuesday afternoon in Norwich.

We provide free transport to attend.

You get paid to take part in the meetings.



**To find out more give us a call on 01603 631433**





# Celebration at Norwich Pride



Opening Doors had a stall at Norwich Pride and joined the parade.

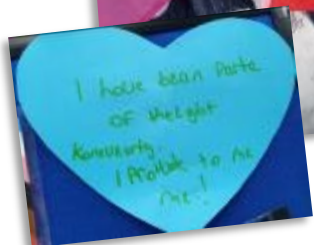
It was great to meet people and tell them about who we are and what we do.



The parade was lots of fun.

It was a day full of colour and happiness for everybody.

Thanks to those that came along and helped. [Join us at Pride 2023](#) 😊



At our stall people could write what made them proud



**We remembered our friend Sam who sadly passed away. Sam loved Pride. We missed you there Sam.**

## To contact Opening Doors



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



**01603  
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