



# Being safe in 2022

## Newsletter 51

14 October 2022

Closing date **November**



We are looking for our **2022 Christmas card design.**

You can draw, paint, use a computer or colour in a picture. Send it to us in the freepost envelope for a chance to **win £25**

### In this newsletter you will find:



Easy read health info



Tips on coping with change



Our November group dates



Stay well



Keep moving



Stay connected



Keep happy



# Staying well this winter



Now we are in autumn it is time to get your winter flu jab. You need this every year.

Anyone can catch it and it can make you very ill.



Call your doctors surgery or pharmacy to make an appointment to have your jab.



Covid has reminded us how important it is to stay safe.

**The tips below help us to stop getting Covid, flu and cold bugs this winter.**



## Staying well this winter

**Get vaccinated for flu and Covid**



**Wash your hands with soap**



**Wear face masks if you can**



# Cost of living crisis

## Government help



The Energy Bills Support Scheme has been set up by the Government to help households pay their energy bills.



All households will get a £400 discount. The first 2 monthly payments will be for £66 in October and November 2022.

The next 4 monthly payments will be for £67 from December 2022 to March 2023.



How you get this money will depend on how you pay for your energy.

You will NOT have to pay this back but it is for **ENERGY** costs not general spending.



**You will NOT be asked for bank details.**

If you get a message asking for your bank details, this could be a **scam**.



# The Queens Message Board



Dear member  
I was sorry and sad to hear about the Queen  
she was a good lady kind and a smile  
to everyone she rule in England for 70 years  
I enjoyed the Jubilee this year in June.  
May God bless the Queen up in Heaven.  
I enjoyed open door Advocacy groups and all the people  
Love from Jeanne Harrover.

Dear member  
I like seeing the Queen on TV and her happy  
smile and the Queen waves and the shaking of  
hands it makes me sad I won't be seeing the  
Queen again she was a good Queen for 70 years  
she did really well for the country God bless  
the Queen  
Love from Queen Durrant.

These will never  
Ever be  
Aunt-Map  
Queen  
Life was magical  
Elizabeth II  
she would live to 100  
A wonderful woman  
She has a good life  
I am  
KENNY NIMBLE



My Mum was called Corinne  
Elizabeth after Queen Elizabeth.  
My Mum was born in the  
Golden Jubilee coronation year.  
By Jane Blowers

1926 2022

I'm very sorry the Queen Elizabeth II has pass away. And the Queen has died. She died on the 8th September and she died in Scotland. But the Queen is with the Queen Mother for now on she missed her for 20 years. And the Queen is with Prince Philip for now on. Hopefully in future we will meet again. Say goodbye to the Queen we will miss you. Queen Elizabeth II funeral was on the 19th of September. And the Queen Elizabeth II She's in Heaven. The Queen was 96 years old.



by CAROL W

1952 2022

MY MEMORY OF THE QUEEN DATES BACK TO WHEN I WAS 6 YEARS OLD. THIS WAS 1977, THE YEAR OF THE QUEEN'S SILVER JUBILEE (25 YEARS). WHEN SHE VISITED NORWICH, I REMEMBER HER CAR COMING TOWARDS ST. STEPHEN'S STREET, MY DAD LIFTING ME UP, SO I COULD WAVE MY FLAG AT HER! A MAGICAL SUMMER I WILL NEVER FORGET! THE MEMORIES OF A STREET PARTY STRETCHING DOWN SUSSEX STREET (JUST OFF ST. AUGUSTINES), CUPS OF ORANGE SQUASH, PLENTY OF FOOD AND A BIG SOP-SHAPED PLASTIC MONEY BOX!

I REALLY MISS THE QUEEN VERY MUCH AS SHE IS VERY GOOD LADY. AND I ALWAYS THINKING ABOUT HER VERY MUCH ESPECIALLY AT CHRISTMAS DAY AT 3.00. WHEN QUEEN SPEECH COME ON TELEVISION. SO ITS WILL BE REALLY SAD TIME FOR ALL OF US. AND I WANT TO GO SANDRINGHAM TO LAY SOME FLOWERS IN THE SANDRINGHAM RESERVE GROUNDS. I AM REALLY SHOCK THAT SHE HAS GONE.

MARION FLOOD



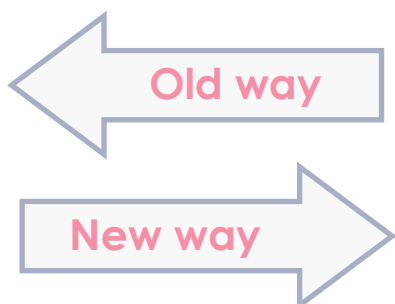


# Coping with change

Tips from Wellbeing Wednesday



The **Wellbeing Wednesday** group met on zoom to talk about change and how to deal with change.



Changes in our lives happen. Sometimes changes can feel tricky - new support worker, losing someone, moving house. At other times changes can be positive - nicer weather, move to a better room.



Change can be difficult to deal with, even when it is for the better.

**The group talked about how change can make them feel:**

<p><b>Uncomfortable</b></p>	<p><b>Lonely</b></p>	<p><b>Depressed</b></p>	<p><b>Out of control</b></p>
<p><b>Anxious</b></p>	<p><b>Scared</b></p>	<p><b>Excited</b></p>	<p><b>Lost</b></p>



Changes that are out of our control like the pandemic can be tricky.



Give yourself time to deal with change.

## Here are some tips and ideas on how to cope with change ↓

 <p><b>Plan ahead</b> so you do not feel overwhelmed</p>	 <p><b>Speak to someone you trust</b> It can be hard to ask for help</p>
 <p><b>Keep busy</b> do what you enjoy to help you feel calm</p>	 <p><b>Exercise and self care</b> can help your physical and mental health</p>
 <p><b>Feel your feelings -</b> cry if you need too</p>	 <p><b>Keep a routine</b> to help you have a better day and a good nights sleep</p>

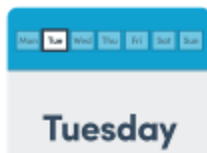
Come along to **Wellbeing Wednesday** to listen, share and relax from 4-5pm every other Wednesday.  
We hope to see you there 😊



**943 1296 6078**

**Everyone is welcome**

**Wellbeing Wednesday**



October  
31

November  
1

November  
2 **Great Yarmouth Group**



zoom [373 225 4819](tel:3732254819)

November  
7 **LGBT+ Zoom Group**



Call for the zoom code

November  
8 **Norwich Advocacy Group**



zoom [373 225 4819](tel:3732254819)

November  
9

November  
14

November  
15

November  
16 **Great Yarmouth Group**



zoom [373 225 4819](tel:3732254819)

November  
21 **LGBT+ Zoom Group**



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zoom [373 225 4819](tel:3732254819)

November  
23

November  
28

November  
29

November  
30 **Great Yarmouth Group**

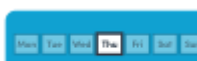


zoom [373 225 4819](tel:3732254819)





Wednesday



Thursday



Friday

November

2

Teatime Social



zoom

4:00 pm

5:00 pm

943 1296 6078

November

3

Diss Advocacy Group



zoom

373 225 4819

November

4

All Together Norfolk



zoom

2:00 pm

3:00 pm

930 9890 9337

November

9

Wellbeing Wednesday



zoom

4:00 pm

5:00 pm

943 1296 6078

November

10

November

11

Cromer Advocacy Group



zoom

373 225 4819

November

16

Teatime Social



zoom

4:00 pm

5:00 pm

943 1296 6078

November

17

Diss Advocacy Group



zoom

373 225 4819

November

18

All Together Norfolk



zoom

2:00 pm

3:00 pm

930 9890 9337

November

23

Wellbeing Wednesday



zoom

4:00 pm

5:00 pm

943 1296 6078

November

24

November

25

Cromer Advocacy Group



zoom

373 225 4819

November

30

Teatime Social



zoom

4:00 pm

5:00 pm

943 1296 6078

December

1

Diss Advocacy Group



zoom

373 225 4819

December

2

All Together Norfolk



zoom

2:00 pm

3:00 pm

930 9890 9337



# Remembering Peter Moule



We are very sad that Peter passed away recently.

Peter was an important part of Opening Doors.



Peter helped start People First of Norfolk which then became Opening Doors.

He did many roles including Treasurer and Fundraising Officer.



Peter did lots of work in Norfolk to try and make the lives of people with learning disabilities better.



Peter was a real character who loved and missed his Mum and Dad.

We are sure they would have been proud of him, as we all are at Opening Doors.



He was a wonderful colleague and friend. We feel so lucky to have known him.

He will be greatly missed and never forgotten by everyone that knew him.



Peter's funeral is 9.30am on Wednesday 26th October at Earlham Crematorium in Norwich



If you would like to pay your respects you will need to make you own way there and back



## Opening Doors office and group rules

This is a reminder of our office and group rules ↓



Arrive on time for your meeting or group



If you do arrive early sit quietly. We will have activities to do.



Wash your hands or use sanitiser regularly



Make drinks yourself and for other advocates if you can

**1 person ONLY** in the drinks area



# Goodbye to Katy

## And thank you



We said goodbye and good luck to Katy, our Covid Support Worker, in the summer.

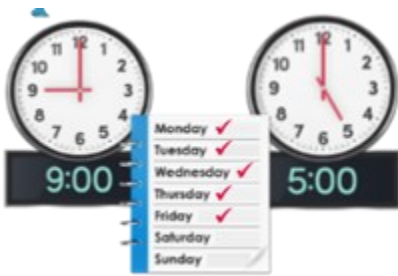
Katy was very kind and helpful to everyone whilst she worked at Opening Doors.



She helped us make a step-by-step book to get us doing the things we enjoyed before Covid.

We enjoyed the Teatime Social and Wellbeing Wednesday zooms with Katy too. **Thank you!**

## To contact Opening Doors



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



**01603  
631433**



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