

# Being safe in 2022



## Newsletter 53

9 December 2022



We wish you a Merry Christmas!

Well done to **Kelly** for winning the Christmas card competition this year.

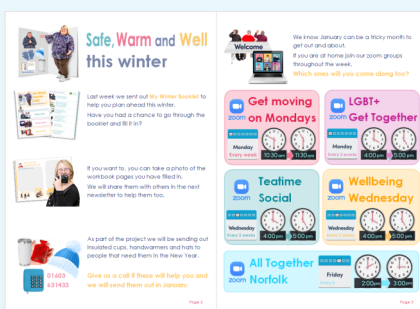
We had so many entries that for the 1st time we also had runners up - congratulations to **Kieron** and **Chris** too!

Thank you to everyone who entered 😊

Keep an eye on our Social Media pages for our Advent Calendar!



## In this newsletter you will find:



Safe, Warm and Well this winter



Tips to cope with Christmas



Our January group dates



# Safe, Warm and Well this winter

Last week we sent out **My Winter Booklet** to help you plan ahead this winter.

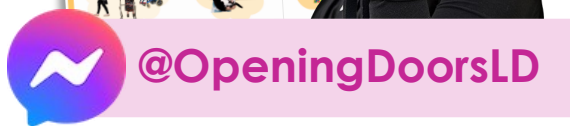
Have you had a chance to go through the booklet and fill it in?



If you want, you can take a photo of the workbook pages you have filled in.

You can send them by **Messenger** or email [admin@openingdoors.org.uk](mailto:admin@openingdoors.org.uk)

We will share them with others in the next newsletter to help them too.



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As part of the project we will be sending out insulated cups, handwarmers and hats to people that need them in the New Year.

**Give us a call if these will help you and we will send them out in January.**

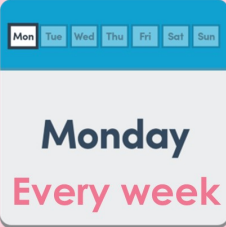




We know January can be a tricky month to get out and about.

If you are at home join our zoom groups throughout the week.

Which ones will you come along too?

 **Get moving**  
zoom **on Mondays**

  
**Monday**  
Every week

    
**10:30 am** → **11:30 am**

 **LGBT+**  
zoom **Get Together**

  
**Monday**  
Every 2 weeks

    
**4:00 pm** → **5:00 pm**

 **Teatime**  
zoom **Social**


  
**Wednesday**  
Every 2 weeks

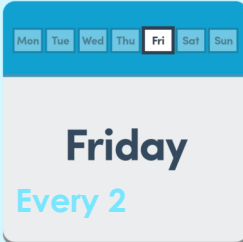
    
**4:00 pm** → **5:00 pm**




 **Wellbeing**  
zoom **Wednesday**

  
**Wednesday**  
Every 2 weeks

    
**4:00 pm** → **5:00 pm**

 **All Together**  
zoom **Norfolk**

  
**Friday**  
Every 2

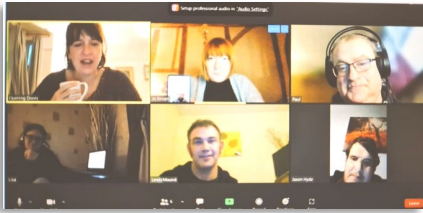
    
**2:00pm** → **3:00pm**





# Coping with Christmas

## Tips from Wellbeing Wednesday



Last year **Wellbeing Wednesday** shared their advice about coping at Christmas.

Here are some tips and ideas on how to cope at Christmas ↓

 <p><b>Be kind to yourself</b> It is ok to be sad. Remember this will pass and try to relax</p>	 <p><b>If you are feeling lonely</b> Call a friend or watch a comedy</p>
 <p><b>Do something for someone else</b> Make a Christmas card or a gift for someone</p>	 <p><b>If you are missing loved ones</b> Light a candle or remember them in a minutes silence</p>
 <p><b>Plan ahead</b> so you do not feel overwhelmed about Christmas</p>	 <p><b>Remember there are places you can contact for help</b></p> <p>Look at page 5 </p>



We have sent an **Activity Book** to help you keep busy over **Christmas and the New Year.**



**SAMARITANS**



If you feel upset,  
low or suicidal

**CALM**



If you feel low and  
need to talk after 5pm



**PAPYRUS**  
PREVENTION OF YOUNG SUICIDE



If you are under 35  
and feeling suicidal

**Refuge**



If you are not safe from  
harm at home

**shout**

**85258**

here for  
you 24/7



**Text  
SHOUT  
to 85258**

If you need someone to  
talk to day or night

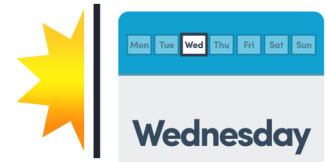
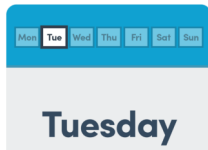
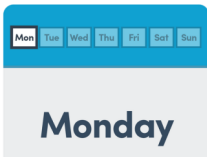
**Switchboard**  
LGBT+ helpline



A listening service for  
the LGBT+ community



# What is on this month



**January 9** **Get Moving on Mondays**

**373 225 4819**

**January 10**

**January 11**

**January 16** **Get Moving**

**LGBT+ Group**

**January 17** **Norwich Advocacy Group**

**zoom 373 225 4819**

**January 18** **Great Yarmouth Group**

**zoom 373 225 4819**

**January 23** **Get Moving on Mondays**

**373 225 4819**

**January 24**

**January 25**

**January 30** **Get Moving**

**LGBT+ Group**

**January 31** **Norwich Advocacy Group**

**zoom 373 225 4819**

**February 1** **Great Yarmouth Group**

**zoom 373 225 4819**

# Happy New Year Teatime Social

January

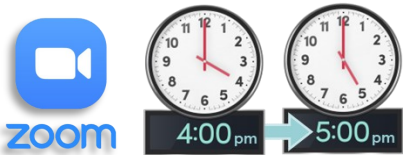
4

Wednesday

Thursday

Friday

January 11 Wellbeing Wednesday



943 1296 6078

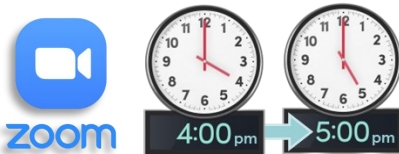
January 12

January 13 All Together Norfolk



930 9890 9337

January 18 Teatime Social



943 1296 6078

January 19 Diss Advocacy Group



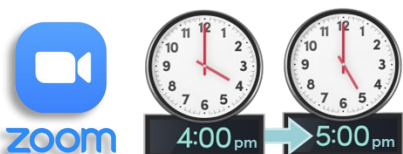
zoom 373 225 4819

January 20 Cromer Advocacy Group



zoom 373 225 4819

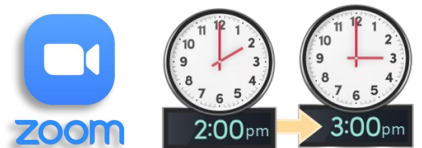
January 25 Wellbeing Wednesday



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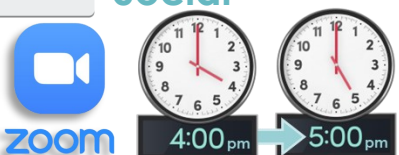
January 26

January 27 All Together Norfolk



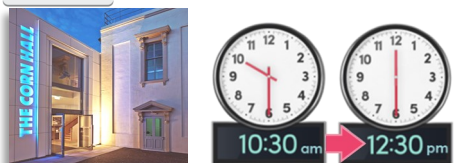
930 9890 9337

February 1 Teatime Social



943 1296 6078

February 2 Diss Advocacy Group



zoom 373 225 4819

February 3 Cromer Advocacy Group



zoom 373 225 4819





A few people from the LGBT+ zoom group met at the Racecourse for a carvery to celebrate Christmas together.

They had a lovely time and enjoyed spending time together.

We have more Christmas get togethers planned in December.



## Christmas jokes

Why did Santa have to go to the hospital?

Because of poor elf

Why are Christmas trees so bad at sewing?

They are always dropping their needles

Did you hear about the man who stole an advent calendar?

He got 25 days

What kind of motorbike does Santa ride?

A Holly Davison





# Christmas card competition

Here are a few more entries

Susan



Kenny



Paul



Carol B



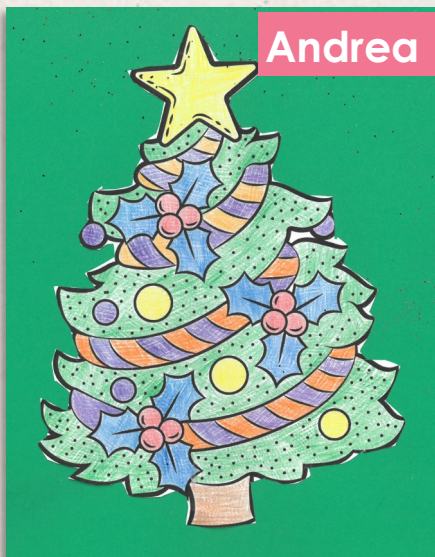
Sara



Samantha



Andrea



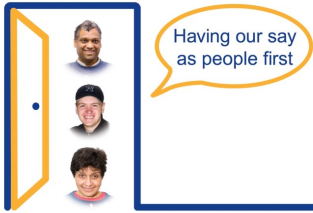
Becky



Rita



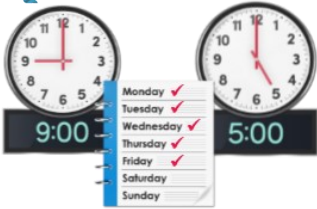




## Opening Doors



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# How we can help

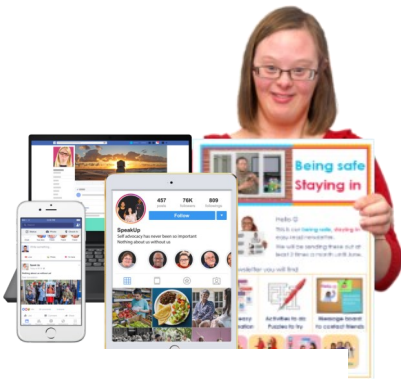
Call us for information, advice or just to say hello and have a chat.

Our phones are answered Monday to Friday, 9am to 5pm.



If you have a problem we can help. We can talk things through face-to-face or over the phone.

Call us to make an advocacy appointment for the New Year.



Have a look on our facebook, Instagram and twitter for information and things to do.

We also send out 1 newsletter a month.



Come to a group - Social and Wellbeing zoom groups, exercise zoom group or Advocacy groups which you can book to





# Opening Doors

## Message from our Chair

To all of you

I hope you are well and keeping safe.

This year has been better for us all. We have run some great projects and continued with our main groups. We have met in person again which has been lovely after covid lockdowns.

I would like to say well done to you all. You have all worked well and done us proud. Thank you to all our guest speakers over the year. I would like to welcome all our new members.

Next year will be even better as we will finally get our lottery project of the ground which you will all be part of.

Our LGBT+ project will be going out and about sharing information and awareness. So, it is going to be an exciting year.

Well done and thank you to all the staff, supporters, funders and volunteers who have supported and helped us through the year.

I hope you all have a lovely Christmas and enjoy the festive period.

See you all in 2023.

**Francis**



Having our say  
as people first

## Opening Doors

# Opening Doors

## Christmas closing times



We will be taking calls until 12pm on 23 December



Our phonedlines will open again at 9am on 4 January



We will check our answerphone over the Christmas break



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631433



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



@OpeningDoorsLD



## Help and support

If you are ill and need support



If you need to call social services

social services

