

Being safe in 2023



Newsletter 55

10 February 2023



February is LGBT+ History Month

We will be celebrating LGBT+ History month at Queerfest this year.

Find out more on page 4

In this newsletter you will find:



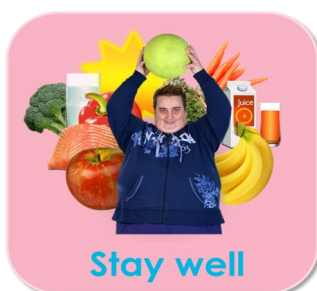
Cost of living help



How to make pancakes



March dates





Help with healthy, low cost food



There are places across Norfolk to help people get healthy and low cost food.



Food Banks give people a food parcel. To get one you need a voucher. Opening Doors and other professionals can do this for you.



Social Supermarkets offer a wide range of low cost groceries to help people eat well. They sell food cheaper than other supermarkets.



Community Fridges help people get healthy food, save money and reduce waste. Anybody can go to a community fridge. You do not have to register, just go along during opening hours and to collect some free food and stop it from going to waste.



The food places can also link people to local support such as money advice, cookery classes, or employment support.



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If you need help to find your local food place please give us a call at the office.

We will give you the opening hours of local places and all the information you need to use them.

CROSSWORD

1 TOMATO, **2** PUMPKIN, **3** ZUCCHINI, **4** CAULIFLOWER, **5** ASPARAGUS, **6** RADISH, **7** CHIVES, **8** CORN, **9** EGGPLANT, **10** GARLIC, **11** ONION



From 4 - 26 February the Shoe Factory at St Mary's Works in Norwich will be hosting **Queerfest**.

Queerfest is a group of LGBT+ artists, makers, poets, filmmakers, & performers coming together to show their work.



On Saturday 25 February the Opening Doors LGBT+ Get Together group will have a stand at **Queerfest**.

It will be a chance to tell people about our group and join in with the fun.



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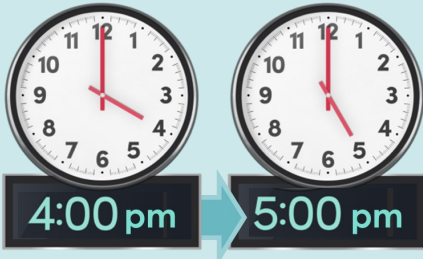
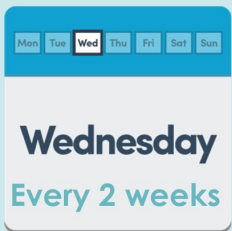
If you would like to join us ↓

Please call the office and let us know you plan to come along.

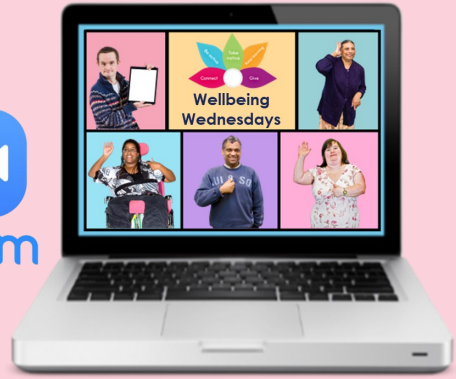
The LGBT+ Get Together group meet every other Monday at 4pm on zoom.



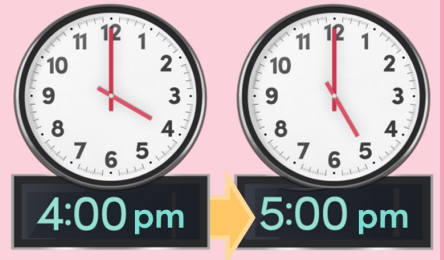
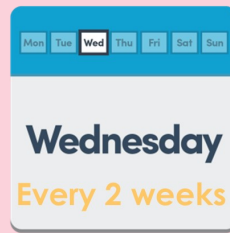
Teatime Social group



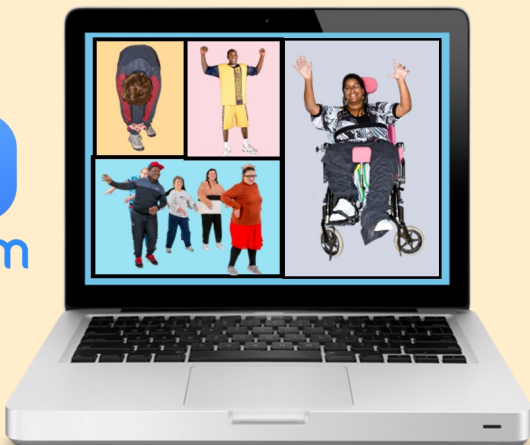
With Joe
Ballard



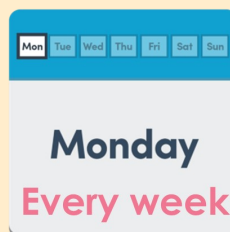
Wellbeing Wednesday



With Joe
Ballard

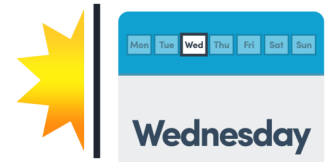
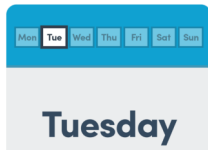
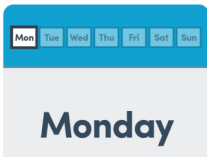


Get moving on Mondays





What is on this month



March 6 **Get Moving on Mondays**

373 225 4819

March 7

March 8

March 13 **Get Moving**

LGBT+ Group

March 14 **Norwich Advocacy Group**

zoom 373 225 4819

March 15 **Great Yarmouth Group**

zoom 373 225 4819

March 20 **Get Moving on Mondays**

373 225 4819

March 21

March 22

March 27 **Get Moving**

LGBT+ Group

March 28 **Norwich Advocacy Group**

zoom 373 225 4819

March 29 **Great Yarmouth Group**

zoom 373 225 4819

Mon Tue **Wed** Thu Fri Sat Sun

Wednesday



Mon Tue Wed **Thu** Fri Sat Sun

Thursday

Mon Tue Wed Thu **Fri** Sat Sun

Friday

March

8

Wellbeing
Wednesday



zoom



4:00 pm → 5:00 pm

943 1296 6078

March

9

March

10

All Together
Norfolk



zoom



2:00 pm → 3:00 pm

930 9890 9337

March

15

Teatime
Social



zoom



4:00 pm → 5:00 pm

943 1296 6078

March

16

Diss Advocacy
Group



10:30 am → 12:30 pm

zoom 373 225 4819

March

17

Cromer
Advocacy Group



10:00 am → 12:00 pm

zoom 373 225 4819

March

22

Wellbeing
Wednesday



zoom



4:00 pm → 5:00 pm

943 1296 6078

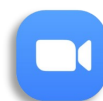
March

23

March

24

All Together
Norfolk



zoom



2:00 pm → 3:00 pm

930 9890 9337

March

29

Teatime
Social



zoom



4:00 pm → 5:00 pm

943 1296 6078

March

30

Diss Advocacy
Group



10:30 am → 12:30 pm

zoom 373 225 4819

March

31

Cromer
Advocacy Group



10:00 am → 12:00 pm

zoom 373 225 4819



Get ready to vote

Local Elections 2023

Thursday 4 May you can vote for your local **Councillor**.

Councillors are people that run the Council where you live.

Local Elections are when local people get to choose which Councillors should run the Council.



Voting in local elections is important.

Francis, our Chair, says it is a chance to “get your voice heard”.



For the first time **you need photo ID** to vote in person at the Local Elections.

You will need one of these as photo ID:

Driving licence	Passport	A blue badge	Bus pass



The photo on your ID must look like you.
It is ok if your ID is out of date.

If you do not have any photo ID you will need to apply for a Voter Authority Certificate.
You can call us for help with this.



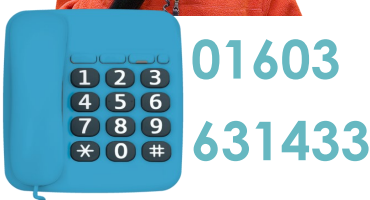
You can still have a postal vote. This is a good option if you do not have photo ID.



You need to be registered to vote by **17 April**.
This means you are on a special register called the electoral role.
You can call us if for help.



You may feel like there are lots of things to do to be able to vote.



Please call the office if you need help with any of these things.



Shrove Tuesday


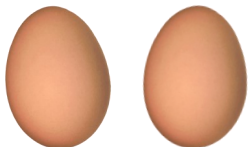


Healthy banana pancakes



Why not try making some healthy banana pancakes this year?

These pancakes are easy to make and are delicious served with a topping.

For 1 person you will need:

 <p>1 ripe banana, mashed</p>	 <p>2 eggs, beaten</p>	 <p>Vegetable oil</p>	 <p>Topping of your choice</p>
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What you need to do:



Mix the mashed banana and beaten eggs together in a bowl



Heat a spray of oil in a non-stick pan over a medium heat.

Drop spoonfuls of the batter into the pan.



Cook for a few minutes before flipping.

Fry on the other side until golden.

Serve with the topping of your choice.

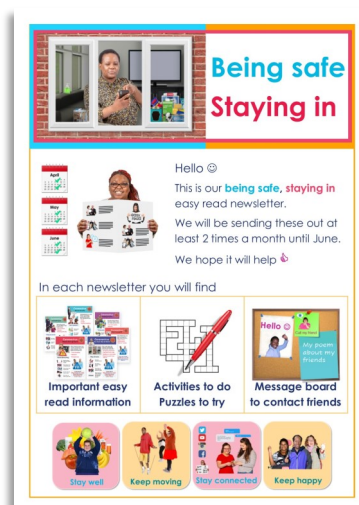


Your newsletter

We are taking a break

The March newsletter will be the last one for a while.

Norfolk Community Foundation gave us money to send out our newsletter until March so it is coming to an end.



The newsletter was set up when we all had to stay at home because of Covid. We wanted to give clear information and advice at a confusing and tricky time. It was a way to keep in touch with one another and feel less alone.



We will try to get more money to bring back the newsletter if you still want it.

We will ask for your ideas and views about it or give us a call to let us know.



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News from Opening Doors

Welcome to Benie

Benie is a Student Social Worker on placement at Opening Doors until May.



Benie says "Hello! I am looking forward to getting to know some of you this year and becoming a trusted member of the team."

To contact Opening Doors



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



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