

Being safe in 2023



Newsletter 56

24 March 2023



Happy Easter

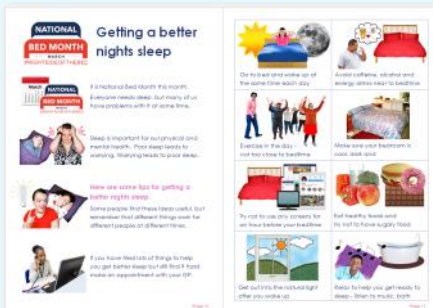
We hope you enjoy Easter 😊

We will send out an activity book to help you keep busy over the long Bank Holiday weekend.

In this newsletter you will find:



Price changes
in April



Get a better
nights sleep



April dates





April price changes

Things to know



Jeremy Hunt is the Chancellor, this means he is the government minister in charge of budgets and costs.

He has said the cost to use gas or electric will not go up until June (it was going up in April).



Some benefits will go up on 1 April.

This will help people with rising living costs and energy bills.



From 10 April the amount people have to pay for their care is changing.

If you pay for your care you will get a letter from Norfolk County Council about this.



01603 631433

Remember we are here to help

We can help you to understand letters or answer any questions you have.

Call us to make an appointment to help you.



Birthday card designs

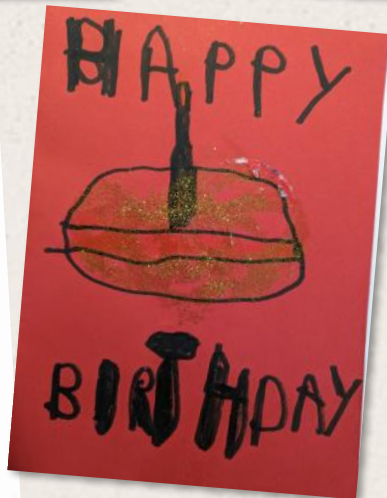
Thank you for entering



WINNER-
Kieron



Katie



Paula



Jeannie



Adam



What we will be working on next

Last month we said this newsletter will be the last one for a while.




Next week we will send out a **Something to do book** with a Newsletter feedback form. We would love to hear your ideas and views about the future newsletter.



There will be a prize draw for one lucky person who sends back their form 😊



We will be busy working on other things

 <p>A new Opening Doors web-</p>	 <p>Planning our Forum event (see page 9)</p>	 <p>AGM 2023</p> <p>See page 12</p>
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Keep an eye on our social media



@OpeningDoorsLD



OpeningDoorsLD



Emergency Alerts

National UK test on 23 April



Government Emergency Alerts will warn you if there is an emergency nearby.

Your mobile phone will sound an alarm and give advice about how to stay safe.

The alerts could be about local flooding or extreme weather.



**01603
631433**

There will be a test on 23 April.

If you do not want to hear the alarm or want it to read the alert to you call us.

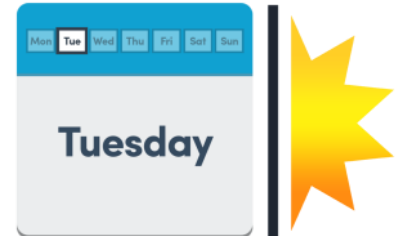
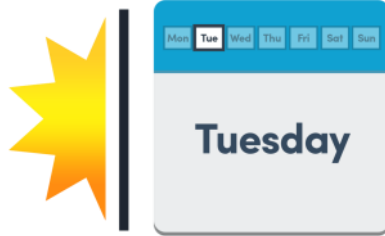
Remember the clocks go forward



The clocks go forward 1 hour on **Sunday 26 March**.

This means the evenings become lighter.

What's on in April 2023



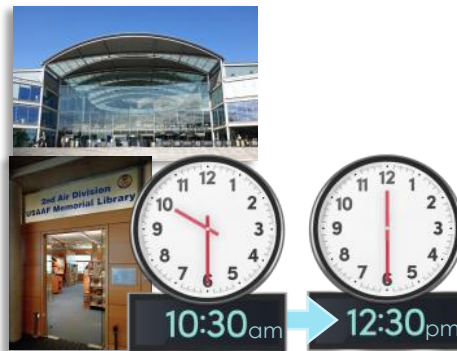
Week 1



Week 2



Norwich Advocacy Group



LGBT+ Advocacy Group



Week 3



Week 4



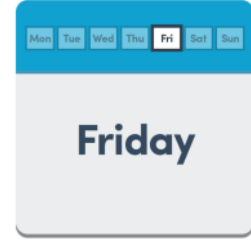
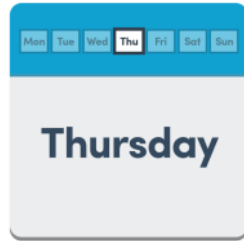
Norwich Advocacy Group



LGBT+ Advocacy Group

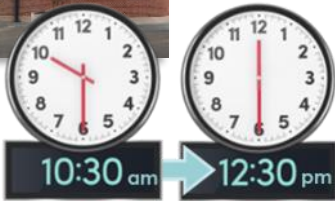


We are really pleased our Advocacy Groups now meet face-to-face...



BANK HOLIDAY
Opening Doors
is closed

Great Yarmouth Group



Diss Advocacy Group



Cromer Advocacy Group



All Together Norfolk

BINGO				
16	8	70	5	13
3	54	88	78	4
12	49	★	18	11
44	87	14	30	9
51	36	65	73	5



zoom

930 9890 9337

Great Yarmouth Group



Diss Advocacy Group



Cromer Advocacy Group



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...BUT if you need to join an Advocacy Group on zoom give us a call



Local Election

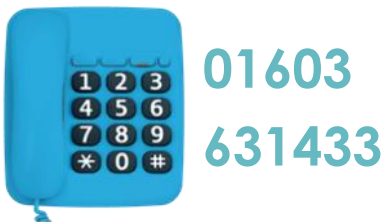
Register to Vote



In the last newsletter we talked about the Local Elections on **Thursday 4 May**.

Remember you must be registered to vote by 17 April.

You can register online at [gov.uk/register-to-vote](https://www.gov.uk/register-to-vote).



You need your date of birth and National Insurance number to register.

Give us a call if you want help with this.



For the first time you will need photo ID to vote in person.

We can help you understand what ID you can use.



If you vote by post you do not need photo ID.

You need to register to vote by post.

Come and celebrate Learning Disability Week Save the date



Healthy



Happy



Safe

Using these themes there will be lots to see and do

**Information
stands and
activities**

Performers
dance, song,
poetry, music

Workshops
to teach
you
things

Films
to see what
people do

Look out for more information being sent out in May.

If you would like to be involved as a performer or have work you would like to share please get in touch.



admin@openingdoors.org.uk





Getting a better nights sleep



It is National Bed Month this month. Everyone needs sleep, but many of us have problems with it at some time.



Sleep is important for our physical and mental health. Poor sleep leads to worrying. Worrying leads to poor sleep.



Here are some tips for getting a better nights sleep.

Some people find these ideas useful, but remember that different things work for different people at different times.



If you have tried lots of things to help you get better sleep but still find it hard, make an appointment with your GP.



Go to bed and wake up at the same time each day



Avoid caffeine, alcohol and energy drinks near to bedtime



Exercise in the day - not too close to bedtime



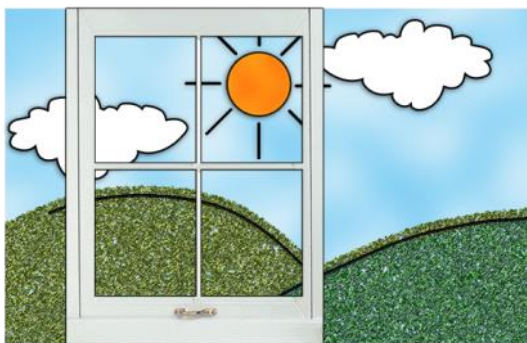
Make sure your bedroom is cool, dark and



Try not to use any screens for an hour before your bedtime



Eat healthy foods and try not to have sugary food



Get out into the natural light after you wake up



Relax to help you get ready to sleep - listen to music, bath



Save the date

Annual General Meeting



This year our Annual General Meeting will be on **Tuesday 11 July**.

It will be a chance for us to share our news and have some **fun** together 😊



We will be meeting at the **Diamond Centre** in Norwich or you can join us on zoom.

An invite will be posted out in May.

To contact Opening Doors



Opening Doors



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



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