



# Being safe Staying in



Hello ☺

This is our **being safe**, **staying in** easy read newsletter.

We will be sending these out at least 2 times a month until June.

We hope it will help 👍

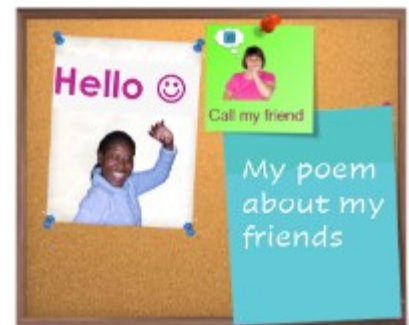
In each newsletter you will find



**Important easy read information**



**Activities to do  
Puzzles to try**



**Message board to contact friends**



**Stay well**



**Keep moving**



**Stay connected**



**Keep happy**



# Why we are all staying in



People are being asked to stay at home because of **coronavirus**.

This can feel confusing and scary.



We are making this newsletter to try and help people with learning disabilities get good information and share things to do at home.



We will send it out by post and email at least 2 times each month.

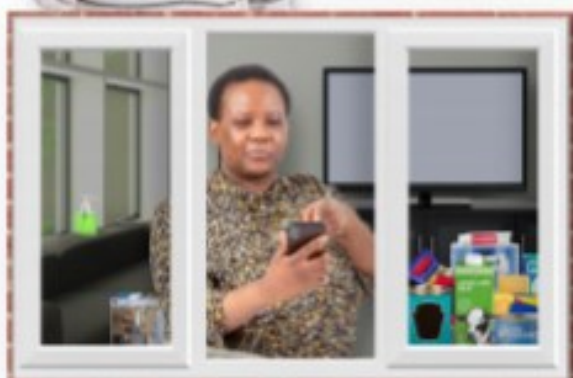
We are applying for funding to make it every week.



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If you know someone who would like a copy please tell them to call our office and let us know.

# The rules for staying in



**Stay at home**

We must stop the disease spreading. Only leave home for :

- \* Shopping essentials
- \* Exercise once a day
- \* Medical or care needs
- \* Travel to work if you have to



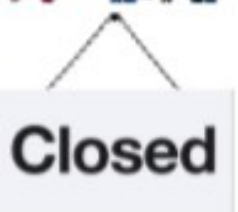
No more meeting friends.



No visiting family in other places.



No groups of more than two people in public.

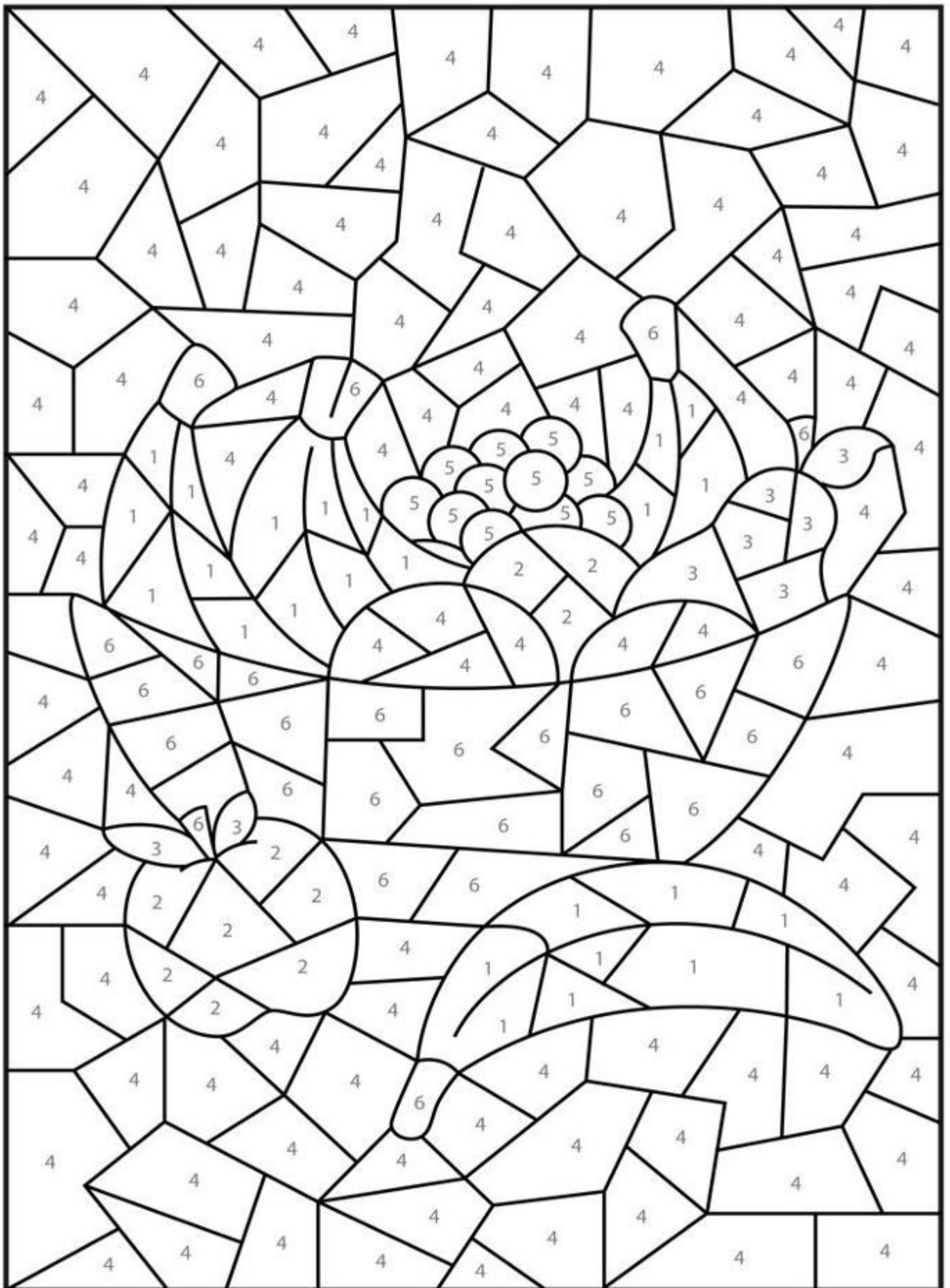


Most shops are closed. Events are cancelled. Funerals are allowed.



If you are ill  
**Stay at home for 7 days**  
If you feel worse  
**Phone NHS 111**  
or visit [111.nhs.uk](http://111.nhs.uk)

# Things to do - Colour by numbers



1. Yellow 2. Red 3. Green 4. Orange 5. Purple 6. Brown



# Scams and being safe



Some bad people are sending messages or letters that are not real.

When people try to trick you like this it is called a **scam**.



The government is sending some letters and text messages.

It can be hard to work out what is safe and what is a **scam**.



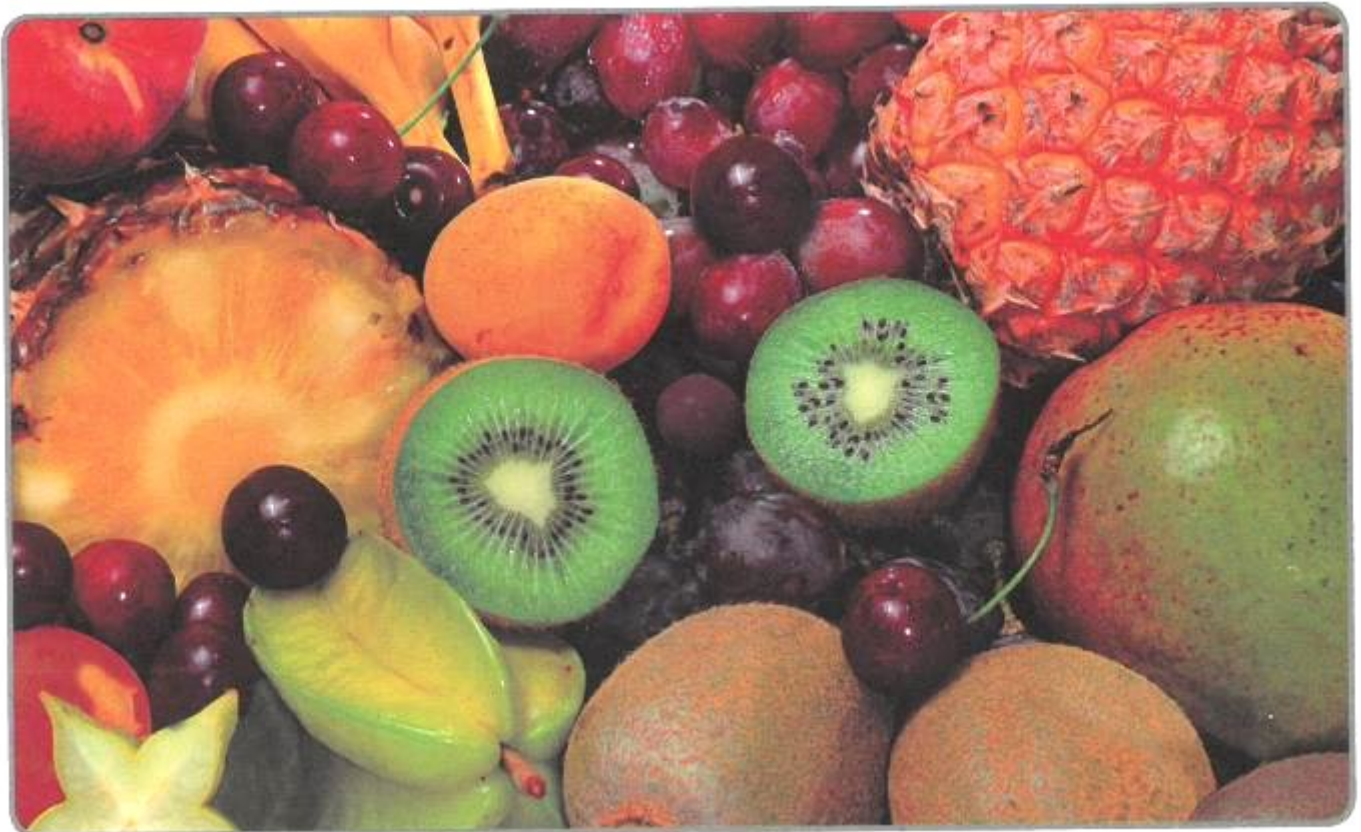
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If you get a letter, text or message that you are not sure about **do not reply** and call Opening Doors.

We will help you work out if its safe.

# Things to do - spot the difference





# If you are running out of supplies



I trust you can you help me

If you need more food or toiletries make sure you tell someone like a support worker, a friend or a family member.

**You can call Opening Doors too.**



The safest thing is to ask someone to get shopping or to order shopping online.

You should be **staying in** to be safe.



If no-one can help and you have to go shopping go at a time for older and vulnerable people.

These are some supermarkets doing this.

## Sainsbury's



- Monday ✓
- Tuesday ✓
- Wednesday ✓
- Thursday ✓
- Friday ✓
- Saturday ✓
- Sunday

## TESCO



- Monday ✓
- Tuesday ✓
- Wednesday ✓
- Thursday ✓
- Friday ✓
- Saturday ✓
- Sunday

## ASDA



- Monday ✓
- Tuesday ✓
- Wednesday ✓
- Thursday ✓
- Friday ✓
- Saturday ✓
- Sunday

## Iceland



- Monday ✓
- Tuesday ✓
- Wednesday ✓
- Thursday ✓
- Friday ✓
- Saturday ✓
- Sunday

## Morrisons

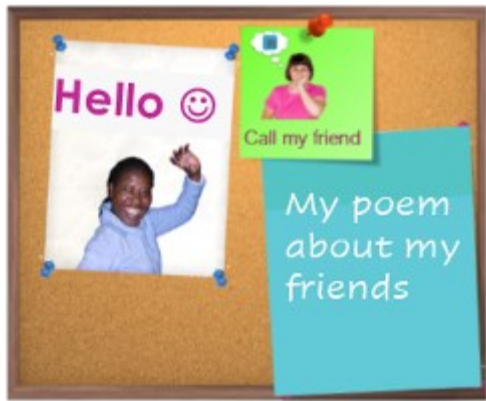


- Monday ✓
- Tuesday ✓
- Wednesday ✓
- Thursday ✓
- Friday ✓
- Saturday ✓
- Sunday

## co op



- Monday ✓
- Tuesday ✓
- Wednesday ✓
- Thursday ✓
- Friday ✓
- Saturday ✓
- Sunday



# Keep in touch and get involved

We want this to be your newsletter while people are staying in so this is how to get involved

<p>Do a poem, a picture, a joke or anything else. Post, email or message them to any staff</p>	<p>Ring the office to tell us your ideas</p>	<p>We will send out postcards. Write a message for a friend. Ask someone to post it back. We will put it in the newsletter</p>
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## To contact Opening Doors



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