



# Being safe Staying in



Welcome to newsletter 3  
We are saying a **well done**  
for being safe and staying in.  
It can be hard sometimes but  
**we are all doing great** 👍

In this newsletter you will find lots to read and do



**Important easy  
read information**



**Our members'  
message board**



**Activities and  
puzzle answers**



**Stay well**



**Keep moving**



**Stay connected**



**Keep happy**



# The 'staying in' rules

## some more information

by Hayley

### Going out and about for exercise

Everyone can go out once every day. This can be for about 1 hour. You must only go out with people you live with.



If you have a learning disability and/or autism and your care plan says you need more time outside then you are allowed to go out more.

This can be with carers if you need to.



You can drive to the countryside **if** you will spend only a little time in the car and more time walking or exercising.

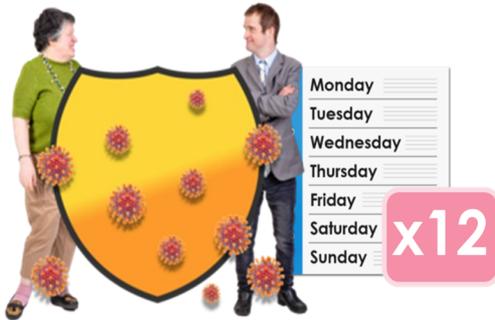


If you are exercising and you need to sit down for a rest or some food that is ok. It is not ok to just go out for a picnic.



## Going out and about for shopping

The police and government have given some more information about the rules.



If you had a **12 week shielding** letter then you should try not to go out at all.

Try to shop online or ask someone else to go for you.



It is ok to go shopping when you need a few **essentials** not just for a big shop.

**Essentials** are things like milk, loo rolls, bread or other things you use every day.



If you go out to do a weekly shop it is ok to buy some treat things too.

Your shopping does not just have to be **essentials** in your basket.



You can go and buy DIY materials to do repairs at home.

It is not ok to go and buy DIY things just because you feel like re-decorating.

# Things to do - pop quiz round 2

1



What was the 1st song played on Radio 1 in 1976?

**A. The Last Waltz**  
by Engelbert  
Humperdinck

**B. Flowers in  
the rain**  
by Move

**C. How can I  
be sure**  
by The Young  
Rascals

2



What was the name of this film?

**A. Ghost**

**B. Dirty Dancing**

**C. Love Actually**

3



Which group was Cheryl in?

**A. Girls Aloud**

**B. Little Mix**

**C. Pussycat Dolls**

4



What is this great rock band called?

**A. King**

**B. Queen**

**C. Prince**

5



What is this pop star's name?

**A. Ariana  
Grande**

**B. Gwen  
Stefani**

**C. Nelly Furtado**



**Thank you** for taking part, I will put some the answers in next time. Last round's answers are on the back page **From Paul**



# Stay well, keep happy

## Help if you are struggling



**Lockdown** can feel difficult for lots of us as life is very different at the moment. It is quite natural to struggle with your mental health just now.



There are lots of places you can get some support, one is a new helpline for anyone struggling with their mental health. It is called **First Response** on **0808 196 3494**. Anyone can call this number, you do not have to have a mental health worker.



The **First Response Helpline** is open all day every day with someone to talk to. It is a Freephone number so will not cost anything for you to ring them.



On your phone or tablet you can get an app called **Headspace** which can help you meditate and relax.



# Self advocates' message board

I have been busy helping my DAD, painting gardening. cutting the grass. I have help Mum paint the boards ALSO I have been taking HUGO out for a walk and getting my daily exercise

I miss going to opening doors, also Diss office and Diss Advocacy Group, Cromer Advocacy Group. I am miss seeing Fred AT Cromer. Look FORWARD to seeing every body in the near future.

From  
CARL BYGRAVE



Dear open door

Owen sits outside a lot he does some colouring in and he watching DVDs and TV and he make the drinks too.

Happy Easter LOVE Spem Owen Durrant.



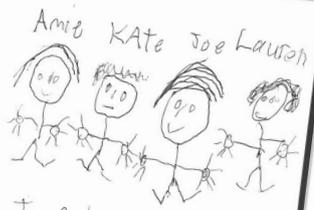


Dear open door  
 I am staying indoors I do a lot of knitting as I am knitting a blanket. For Owen Blanket and I am talking on the phone to friends and Mum I do a lot of reading and the staff do some of our shopping too I watched DVDs and TV too  
 Love from Jeanie Harrower



from Oliver Marshall  
 Watching TV and having a Large nice and cold  
 I miss having my meetings I hope to see you all soon.

Amie KATE Joe Lauren



Dear Sarah.  
 I'm missing everyone  
 I will be glad when this virus is over and we can all get back to normal  
 Love FROM Susan Lowe  
 x x x x x x



Since the coronavirus shutdown I have been at home sometimes been to help in the garden

EVERY DAY I HAVE A LONG WALK WITH MUM



w Pkh Dad



Hello everyone I am staying home and keeping safe but I miss you all love Peter



I want to thank the NHS people and carers and social services people and the army and everyone who is working hard to help keep people safe

My name is Alison Smith and I am very much interested to write to a friend about 53 to keep in touch with as a penfriend I am 53 and I like doing jigsaws, colouring word search and cooking ballroom dancing and meeting for coffee.  
yours sensearly.  
from Alison

I am missing going ~~to~~ to open doors  
I am also missing all the people who attend and the staff there!  
Stay safe 😊  
  
From  
Roger.

## Some Jokes from Lisa



What is the fastest way to get on TV?

Sit on it 😊

What is black and white and read all over?

A newspaper 😊



## What I have been doing

What do YOU want to see in this newsletter.

If you want to write an article, send jokes, games or messages here are ways you can do it

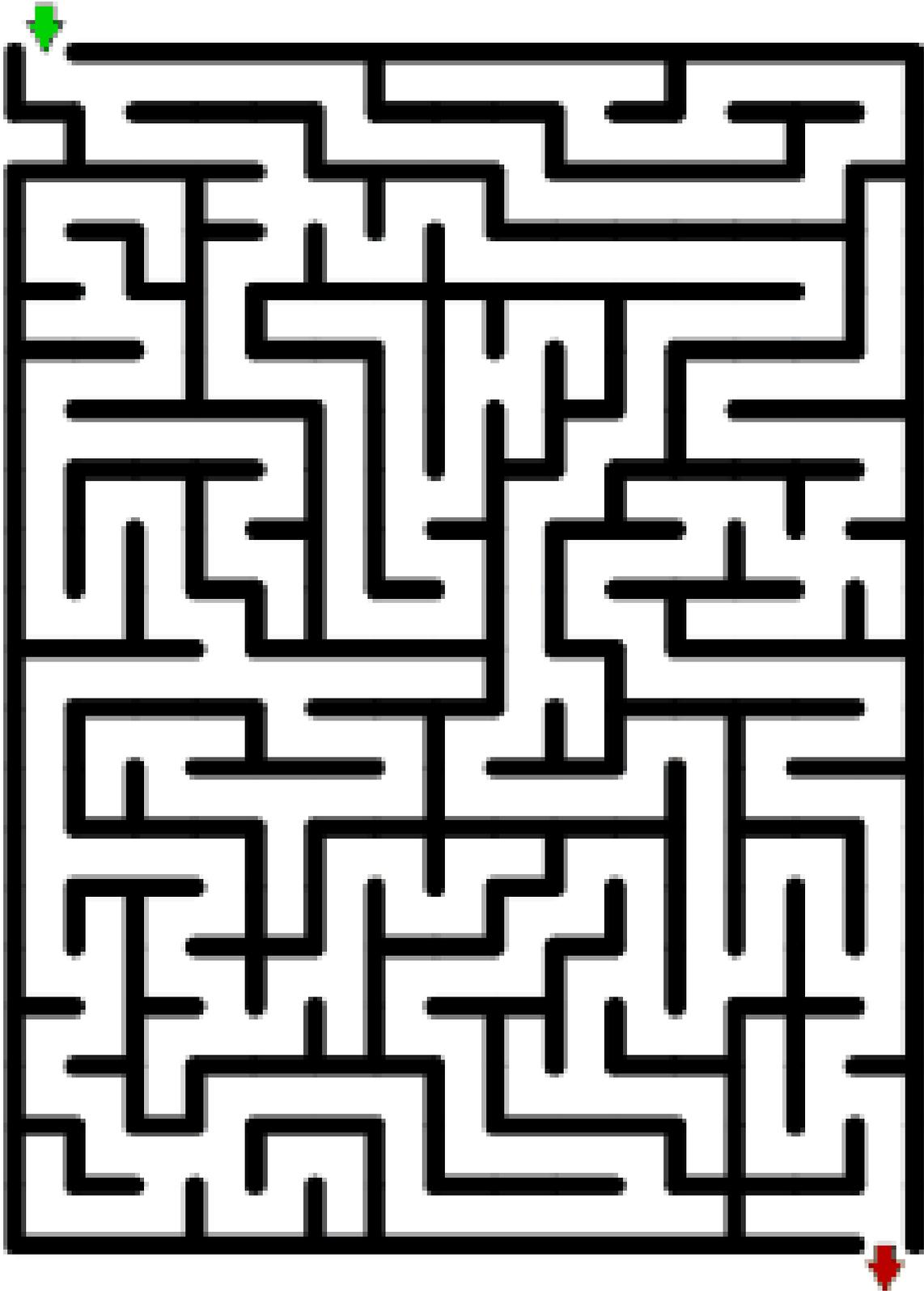


Send us things to go in the newsletter. You could share your NHS poster when you have coloured it in or a picture. We will put it in here or on facebook.

Write a message for a friend. Ask someone to post your postcard in the envelope. We will put it in the newsletter

# Things to do - get through the maze

Can you find a way from the **green** arrow to the **red** arrow?





# Staying safe from scams



**Fake texts** are being sent saying they are from Norwich City Council, but they are not. If you get any text that is not from a friend then **check out it is safe before you reply.**



**Fake texts** are also being sent out saying they are about your TV License. They say your payment did not work and want you to go online. **Do not do that.**



**On facebook** there are adverts which look like they are from the supermarkets. They say to like and share but **try not to do this as they are fake** and they are trying to get information for other scams.



**01603 631433**

If you are worried about any message you get, just **call us and we will help check it out.**

# Things to do answers from last week

Check your answers from last week's puzzles and see how you got on 😊

1. **A** - The charts began in **1952**

2. **B** - The Beatles first single was **Love Me do**

3. **C** - Abba won Eurovision in 1974 with **Waterloo**

4. **C** - Kylie sang Especially for you with **Jason Donovan**

5. **B** - The Spice Girls biggest hit was **Wannabe**

1	3	5	6	4	2
6	4	3	2	1	5
5	2	1	4	3	6
2	6	4	3	5	1
4	1	6	5	2	3
3	5	2	1	6	4

## To contact Opening Doors



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[www.openingdoors.org.uk](http://www.openingdoors.org.uk)



Having our say  
as people first



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