



# Being safe Staying in

## Welcome to newsletter 11



New rules about face masks in shops have been announced today.

From **Friday 24th July** you have to wear a mask or face covering when you go in shops and supermarkets.



If you are someone who cannot wear a face mask because of health, disability or anxiety reasons you are allowed to shop without a mask on.

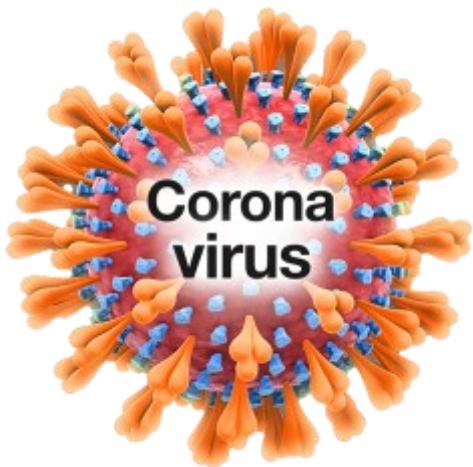
**Call us if you need a card to show this.**

## In this newsletter you will find:

**Important easy read information**

**Our members' message board**

**Puzzles and colouring to do**



# Coronavirus Update

## Testing - how it works

If you or someone you live with has symptoms of coronavirus you can get a free test to check if you have the virus. If you have a test you will have a **swab**.



A **swab** is like a big cotton bud which is wiped on you so they can test for an illness. This test is nothing to be frightened of, they do these tests all the time.



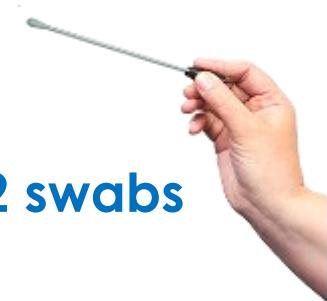
A doctor or a nurse will do the test. They will be wearing special clothes to keep you and them safe. They will be wearing a mask on their face.



They will put the **swab** into your mouth and rub it at the back of your throat.



They will put the **swab** into your nose and rub it around a bit.



## 2 swabs

They will do 2 **swabs** to do the test properly and make sure it is safe.



They will put the **swabs** in a special container to go and be tested.

The doctor or nurse will tell you how long it will take to get the results.



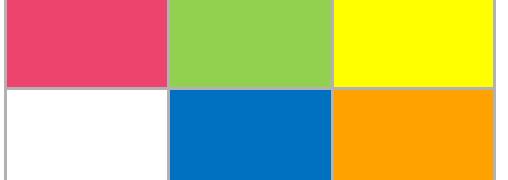
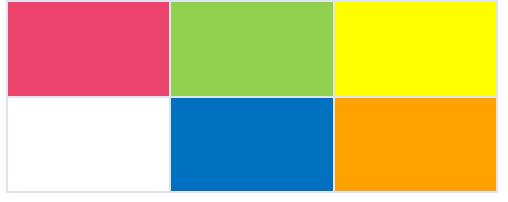
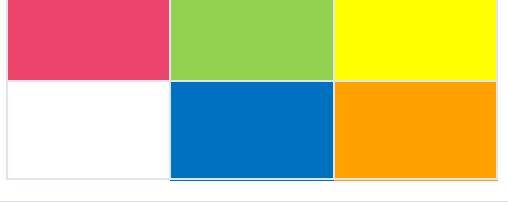
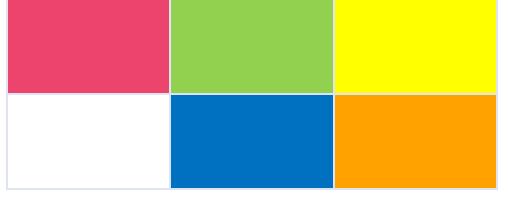
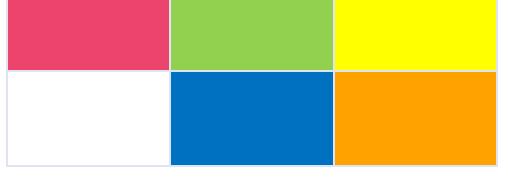
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If you want help to book a test just **call Opening Doors** for advice and help.

# Things to do - colour quiz

This quiz is about colours. Can you find the right colours to match to answer the questions? Put a tick in the right box.

Red	Green	Yellow	White	Blue	Orange
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	What colours are in the <b>Union Jack</b> flag?	
	What 2 colours can you mix to make the colour <b>green</b> ?	
	What colour is the Sainsbury's logo?	
	What is the colour of the planet <b>Mars</b> ?	
	What colour are the <b>Simpsons</b> ?	
	What colour is <b>Oxford Street</b> in the game Monopoly?	

Answers in next week's newsletter ☺



# Stay safe from scams

## NHS test and trace service scam



If someone calls saying they are from the NHS **DO NOT**

- Tell them your bank details
- Give any passwords or PIN numbers
- Buy anything or pay for a test
- Go to a website that does not belong to the Government or NHS.



If they ask you to do any of these things, **hang up the phone** and report it to the police.

Is this a  
scam?



**Reporting scams** or messages you are worried about is a good thing to do. It helps to stop it happening.



0808 223 1133

You can do it yourself by calling Norfolk County Council Trading Standards.



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If you want help just **ring Opening Doors**. We can always make the call for you.



# Staying well - Getting NHS help



**Dr Anoop Dhesi from the NHS in Norfolk has some advice about health appointments...**



We know people have been worried about going to the doctor or hospital because of Coronavirus.



If you get new health problems or something about your health changes it is important to **call your GP**.



Some medical appointments will be done on phone or video call just now.



If you need to be seen face-to-face then your doctor or nurse will wear a mask and gloves.  
They might wear face shields and aprons.



GP surgeries and hospitals look different at the moment.  
This is to keep everyone safe because of Covid19.



Everything is being cleaned regularly and very carefully so it is safe.



Please do not let the changes put you off – they are to keep people safe.  
If you need help please ask. You should still go to any screening or vaccination appointments you get sent.



Remember – **DO NOT** come to any appointments **if you or anyone you live with has coronavirus symptoms.**  
Call the place where your appointment is and they will help you to sort it out.



Like to write, read  
 or draw & can get  
 enough of it as is my  
 wife - and my friends & family  
 inspire me for my poems  
 I used write on day long  
 as well, I am starting  
 to do it & do thank you  
 Andrea Hatch - Venerable person



Dear Susan,  
 How are you and what  
 have you been doing  
 with yourself? I am well  
 and are you well?  
 I have been doing some  
 cooking over the weekend  
 I made a chocolate and  
 apricot sponge cake.  
 and I have been on my  
 tablet I done bingo today  
 and I was out the garden  
 sunning myself I done  
 some wordsearch.  
 and some colouring  
 and yesterday I went

day present from me  
 I went to see my mum  
 last Friday I don't have  
 a dad he died my mum  
 has a cockapoodle and  
 it is six months old. I fed  
 my goldfish this  
 morning and I am watching  
 Doc Martin. I have got  
 a very best friend called  
 Deborah. Day who has  
 just come on my facebook  
 and she is the same age  
 as me I had a risotto  
 and bacon ~~bacon~~  
 and mushroom on it  
 And I had strawberries  
 and ice cream on them.  
 For my pudding I must go  
 now from your  
 penfriend Alison Smith  
 aged 54

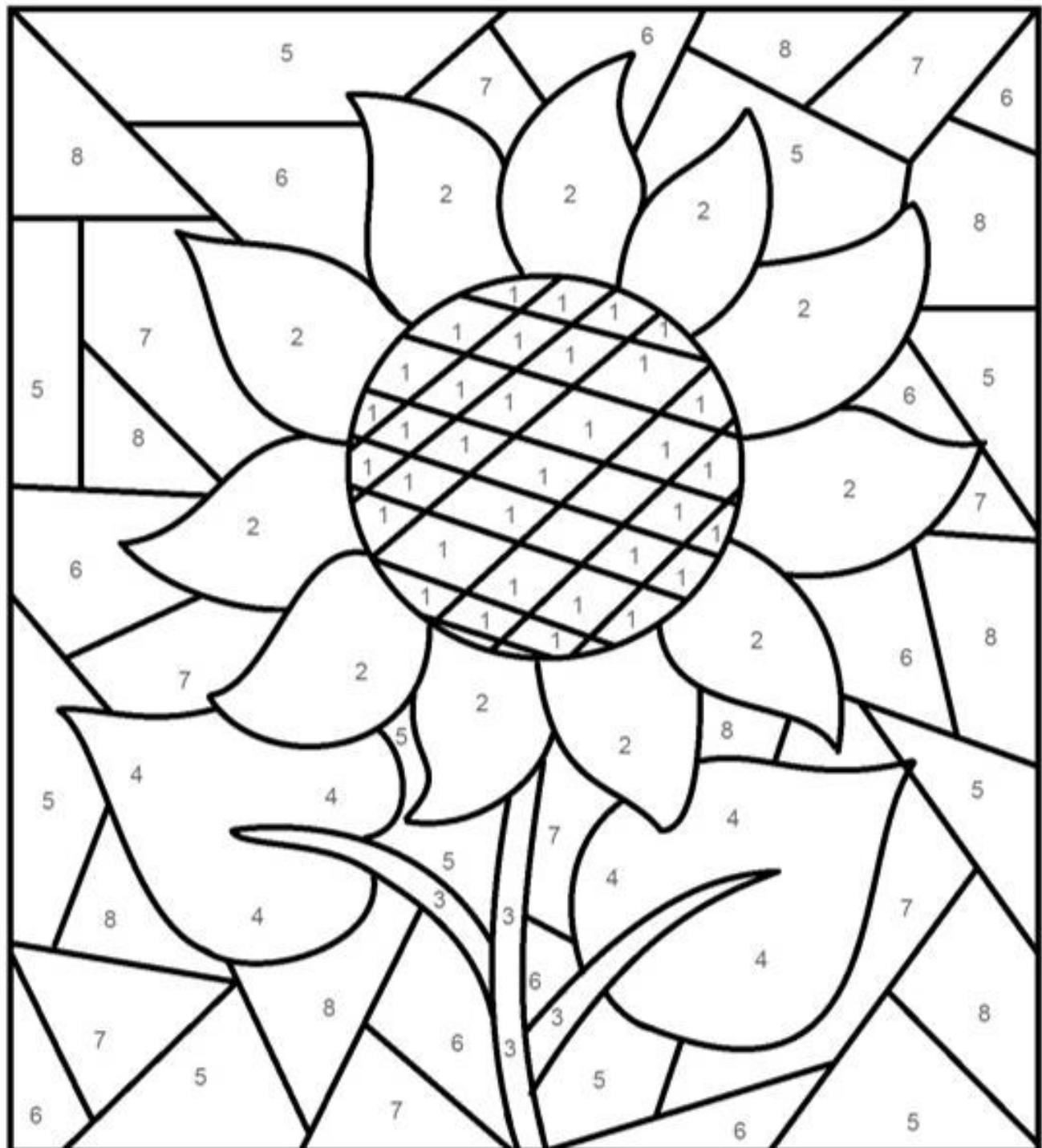
DEAR EVERYONE AT OPENING  
 DOORS.  
 I HAVE BEEN VERY BUSY WITH ALL THE  
 WORKSHOPS THAT I HAVE BEEN  
 DOING WHILE I HAVE BEEN OFF DURING  
 THE LOCKDOWN. THAT MY COURSES  
 HAVE BEEN SO MUCH.  
 X I AM VERY BUSY WITH ME TAPEOP  
 DOING MY 2 MATIS X FACE BOOK /  
 MESSAGE BOARD  
 X I AM ALSO VERY BUSY WITH ALL MY  
 ZOOMS MEETINGS FROM SPROWSEED  
 DAY CARE WITH ALL MY FRIENDS X  
 3 OR 4 TIMES A WEEK.  
 MARION KILOP



Thank you for newsletter  
 I am pleased to hear all  
 the news and receive  
 the colouring and  
 puzzles I have been  
 doing some cooking and  
 helping at home. Mum  
 + I went into Diss  
 last week. I have new  
 bag and purse. Love claire

# Things to do - Colour by numbers

## SUNFLOWER



1  
BROWN

2  
YELLOW

3  
DEEP GREEN

4  
LIGHT GREEN

5  
PINK

6  
RED

7  
PURPLE

8  
BLUE



## Opening Doors



We share  
easy read  
information  
and advice  
in our regular  
newsletters

# Opening Doors is still here to help



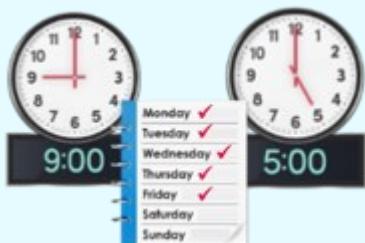
You can talk to our  
Advisers on phone  
and video calls



If you need to see an  
Adviser face-to-face  
we can arrange this



Online advocacy group  
every Tuesday 11-12pm



You can call for a chat,  
or for help and support  
to sort something out



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631433

# Norfolk quiz answers from last issue



## To contact Opening Doors



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



**01603  
631433**



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

**Opening Doors**