



Being safe in 2021

Newsletter 40

27 October 2021

Closing date **November**



We are looking for our 2021 Christmas card design.

You can draw, paint, use a computer or colour in a picture.

Send it to us in the freepost envelope for a chance to win £20

In this newsletter you will find:



Important easy read information



Quiz, colouring and things to do



Our November group dates



Stay well



Keep moving



Stay connected



Keep happy



Coronavirus update

What to look out for



A scientist called Dr Tim Spector has looked at how the Covid19 **symptoms** are changing.

Symptoms are the things to look out for which might show you are ill.



For Covid19 the main **symptoms** were fever, cough and losing your sense of taste or smell.

There are new things to watch for now ↓

What to look out for if you have had **both your vaccine jabs**



Headache



Runny nose



Loss of taste and smell



Sneezing



Sore throat

If you have a cold or any of these symptoms please **Do NOT** come to groups or meetings.

We cannot meet with you until you are better.

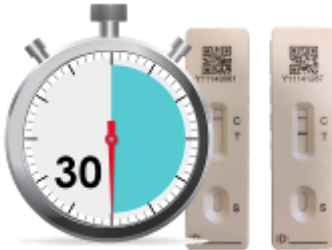


Coronavirus update

Lateral flow tests



If you have a cold or any of the new Covid19 **symptoms** you should take a lateral flow test if you can.



You can do these tests at home and the results come through 30 minutes afterwards.



Kits are free from libraries and pharmacies or you can get them delivered to your home. These tests are usually nose swabs only.

Look here for how to order them ↓



Call
119



<https://www.gov.uk/order-coronavirus-rapid-lateral-flow-tests>



Hands



Face



Space

Even if you have had both your Covid jabs it is still important to remember steps to stay safe because Covid19 is still around.

This is to protect ourselves and other people around us.

Things to do - write your answers here



	What date is Guy Fawkes?	
	How many days are there in November?	
	What is the smallest country in the world?	
	What is usually carved at Halloween?	
	What is the capital city of Wales?	
	In what county would you find Ipswich?	

Answers in next week's newsletter 😊



Can you **spot 7 Halloween and firework pictures** coloured by members?
Look and see if you can spot the pictures.
Good luck!



Staying safe from scams

ebay

Vinted



Be careful buying items from second hand selling sites.

Never pay all the money for something before you have seen it in real life.

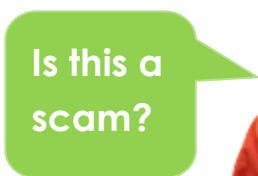


0808 223 1133

Only buy fireworks from shops who have a licence to sell them safely.



If you see anyone selling fireworks on social media without a licence you can report it to **Norfolk Trading Standards**.



0808 223 1133

If you are worried about any message, call or advert it is best to check it out **before you reply or buy anything**.

You can report a **scam** yourself.



01603 631433

Or call us and we can help you with it. Our phones are answered 9am to 5pm, Monday to Friday.



Wellbeing and health in winter



Being active is good for our bodies and also our mental health.

There are lots of things you can do at home this winter to stay fit and well.



If you can play some music at home then why not just have a dance.

You can dance in a chair or you can get up on your feet.



Other things you do at home like hoovering, hanging out the washing, and cleaning also count as you are moving about.



Remember you can go for a walk.

Try to do this in the daytime when it is still light and wrap up warm if it's cold.



Wellbeing Wednesday zoom group



Wellbeing Wednesday group is a safe place to share, listen and offer support. The group runs every other Wednesday from 4-5pm (see page 12 for dates).



It is run by people with learning disabilities with support from a trained Adviser. We will have speakers talking about how to look after mental health and wellbeing.



Any adult with a learning disability in Norfolk can come, **you do not have to be a member of Opening Doors to join in.** Call our office to find out more.



MOVEMBER.COM

Men grow moustaches in November to raise money for men's health projects

November is...

Men's Health Awareness Month

Raising understanding about Prostate and testicular cancer and poor mental health.



Opening Doors Christmas update



This year at Opening Doors each area will have their own Christmas celebration. It will be a busy, but fun week!



Norwich Advocacy Group

Our last group for 2021 will be on Tuesday 14th December.



Great Yarmouth Advocacy Group

Our last group for 2021 will be on Wednesday 15th December.



Diss Advocacy Group

Our last group for 2021 will be on Thursday 16th December.



Cromer Advocacy Group

Our last group for 2021 will be on Friday 17th December.

Keep a look out in the next newsletter for more Christmas information.

Things to do -

Fruit ghosts by
Cromer members



Make these tasty spooky fruit skewers



You will need:

Chopped fruit
Marshmallows
Skewers
Icing pens

1



Push the fruit and the marshmallows onto a wooden skewer

2



When you are finished it should look something like this 👍

3



Next you can start to draw faces on some of the fruit or the marshmallows

4



You can make a sad, happy or scary face, choose whatever face you would like!

5



6

They look great! **Send us a photo if you make them too!**





Message board



01603
774777

At Home with Library Reading Friends brings the pleasure of sharing a good story and chat over the phone.

Library staff will find out what you'd like to listen to - a story, poem or even a magazine.

Staff will read to you for 4 weeks, for around 30 minutes a week, at a time that suits you.

Phone (weekdays 10am – 6 pm) or email libraries.icconnect@norfolk.gov.uk to book.



DEAR LOUISE
Thank you for the
AGM very today the
doing my knitting I am
AND CROCHETING AND
my iPad and look
at my DVDs see
you all on Friday and
I do the wordsearch
in the book soap you
keep will

Love from
SUSAN LOWE
+ + + +
+ + + +



Great Yarmouth Advocacy Group

funded
through



Join our new group at the café in St George's Theatre every other Wednesday from 10.30am to 12.30pm.

Or you can join us on **Zoom** at the same time if you are staying in.



Alex, Kieron and Aaron said

"Our first meeting is at 10.30am on Wednesday 24 November.

If you have a learning disability and live in the Great Yarmouth area then come along. It would be great to see you there!"



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631433

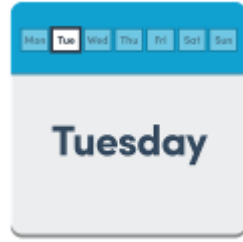
You must book to come along
Please call to book your place



We are not booking taxis, you will need to get there yourself

What's on in November

NO groups on Mondays



Week 1



Norwich Advocacy Group



also on **373 225 4819**



Week 2



Week 3



Norwich Advocacy Group



also on **373 225 4819**

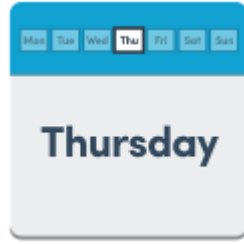
Week 4



Great Yarmouth Group



also on **373 225 4819**



Wellbeing Wednesday



943 1296 6078

Diss Advocacy Group



also on zoom 373 225 4819

Cromer Advocacy Group



also on zoom 373 225 4819

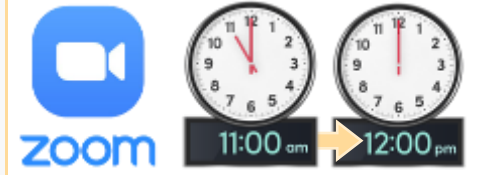
Teatime Social



943 1296 6078

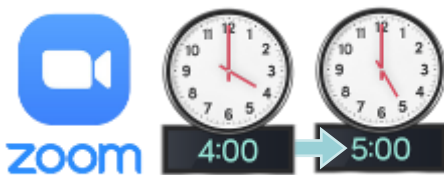


All Together Norfolk



930 9890 9337

Wellbeing Wednesday



943 1296 6078

Diss Advocacy Group



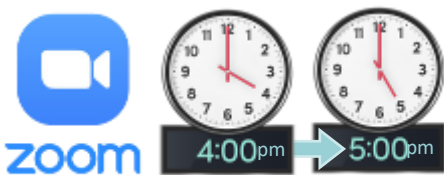
also on zoom 373 225 4819

Cromer Advocacy Group



also on zoom 373 225 4819

Teatime Social



943 1296 6078

All Together Norfolk



930 9890 9337



Self Advocacy in Action



Self Advocacy is about being able to speak up for yourself.

Our advocacy groups give people with learning disabilities chances to ↓

<p>My Rights</p> <p>Get good information and know your rights</p>	<p>Confident</p> <p>Build your confidence and self esteem</p>	<p>Practice making decisions and choices</p>
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Opening Doors is a userled **self advocacy** organisation so everything we do is about helping people with learning disabilities to get their voices heard.



Some of our self advocates are confident about speaking up in big meetings to stand up for other people with learning disabilities.

Work members have done recently



Speaking up at the Learning Disability Partnership Board about the treatment of patients at Cawston Park hospital and anniversary of Winterbourne View.



One of our Management Committee members spoke up to say **talking is not enough, people in power must take action to stop people with learning disabilities being abused.**



Working with The Public Office looking at how the County Council in Norfolk communicates with people.

Two of our members shared their story about being charged for services without understanding what was happening.



Helping to make sure NHS website are accessible so people with learning disabilities are not left out.

One of our members is in a workgroup with self advocates from different parts of the country helping to make things more easy read.

Remember the clocks go back



Remember to set your clocks back one hour when you go to bed this weekend on **Saturday 30th October**.



This means it will get dark earlier so plan ahead if you're going out in the day and coming home in the dark.

To contact Opening Doors



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



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