



Being safe in 2021

Newsletter 41

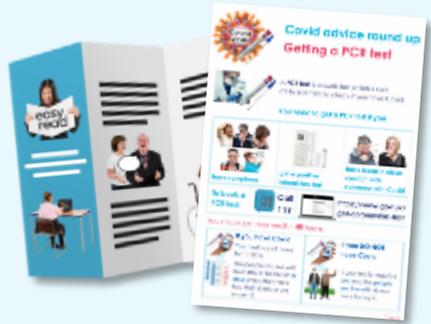
24 November 2021



2021 is nearly over so what shall we call the newsletter in 2022?

Send us your name ideas and any winter pictures or jokes you would like to share in the next newsletter!

In this newsletter you will find:



Easy read Covid round up



Design and colour Mandalas



Our December group dates



Stay well



Keep moving



Stay connected



Keep happy



Covid advice round up

What if I have symptoms?



In the last newsletter we talked about Covid symptoms if you have had both vaccines.

These are the symptoms to look for ↓



Loss of taste and smell



Sore throat



Headache



Runny nose



Sneezing



If you have any of these symptoms you must stay at home and arrange a PCR test.

Anyone you live with must stay home as well **unless...**



They are **under 18** years old



They have had **2 jabs** of the Covid vaccine



How to get a PCR test



Covid advice round up

Getting a PCR test



A **PCR test** is a swab test which is sent off to scientists to check if you have Covid.

You need to get a PCR test if you

<p>have symptoms</p>	<p>get a positive lateral flow test</p>	<p>have been in close contact with someone with Covid</p>
----------------------	---	---

<p>To book a PCR test:</p>	<p>Call 119</p>	<p>https://www.gov.uk/get-coronavirus-test</p>
----------------------------	-----------------	--

You should get your result in **48 hours**:

<p>If you have Covid</p> <p>You must stay at home for 10 days.</p> <p>The people you live with must stay at home for 10 days unless they have had their 2 jobs or are under 18.</p>	<p>If you DO NOT have Covid</p> <p>If your test is negative you and the people you live with do not have to stay in.</p>
---	---



Test and Trace

Covid advice round up

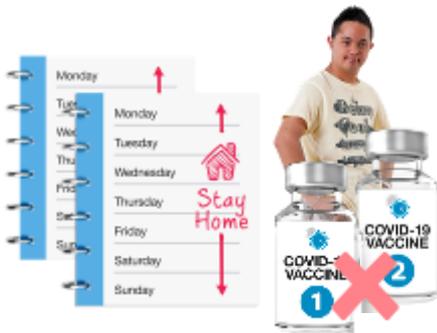
NHS Test and Trace



You may get a call, a text or an email from the **NHS Test and Trace Service**.

Text messages will come from NHS tracing and calls will come from **0300 0135 000**.

You are not in trouble. It's to help you.



If you over 18 but have not had 2 jabs test and trace may ask you to stay in for 10 days.

Vaccine Boosters



Scientists say it is very important to have the booster vaccine to keep us safe.

A booster is a 3rd dose of the Covid jab and will keep you safe for longer.

People over 40 and people with a learning disability are being offered the booster.

You can have the booster 6 months after your 2nd vaccine.





You can have your booster vaccine at a different place to your 1st and 2nd vaccines.

To get your booster vaccine you and your supporter can:

Book an appointment on the National Booking Service



<https://www.nhs.uk/conditions/coronavirus-covid-19/coronavirus-vaccination/book-coronavirus-vaccination/book-or-manage-a-booster-dose-of-the-coronavirus-covid-19-vaccine/>

Go to a walk in vaccination centre



Find a walk-in centre at

<https://www.nhs.uk/conditions/coronavirus-covid-19/coronavirus-vaccination/find-a-walk-in-coronavirus-covid-19-vaccination-site/>



Ask your GP surgery if they can give you the booster vaccine

It is safe to have the booster vaccine and the flu jab at the same time.



**01603
631433**

If you have had your booster vaccine we would love to share your story

Things to do - make a mandala



The **Wellbeing Wednesday** group met on Zoom and made some **Mandalas**.

A **Mandala** is a circular design that has repeating patterns, colours and shapes.



You can spot **Mandalas** in nature.

Snowflakes, flowers and shells are all circular and have repeating patterns.



Mandalas are used in lots of countries. In China they use the Ying and Yang symbol.

In Native America they use dream catchers.



Use our templates to design your own or colour one in!

Send in your finished design for us to share 😊

Making **Mandalas** can be relaxing and good for your mental health - you can:

- ✓ choose your favourite colours,
- ✓ choose pictures of things you love,
- ✓ create a mood Mandala that shows how you are feeling.

We hope you have fun colouring and creating your own Mandalas!



Christmas card competition

We have had some fantastic Christmas card entries this year. The winner will be announced in the next newsletter!



Marion F



Rita G

Linda
Barbara
Alison
Becky



Alison S



Sara E



Susan L



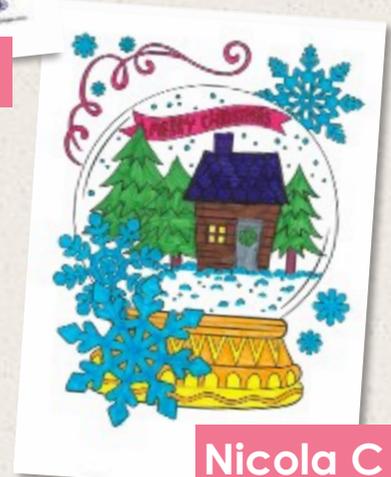
Barbara W



Linda G



Carol W



Nicola C



Carl's Story

We asked Carl how he has been getting back to 'normal' life



How did the pandemic affect you?

I had to stop my voluntary work and I could no longer attend the Norwich Advocacy Group. It felt strange not going out.



How did you feel after lockdown?

I felt scared to go back to groups and to my volunteering. I was still worried about catching the virus. I would only go out with Mum and Dad to do the shopping.



What helped you do the things you like?

I had my vaccines in March and June which helped me feel safe to go outside but not to groups. But then I started to work with Katy at Opening Doors .



What work have you been doing with Katy at Opening Doors?

We created a plan together, with step by step goals to get back to the things I like.



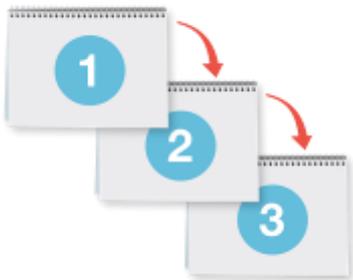
What steps have you taken?

I got to know Katy on Zoom and then we met at a park for a walk. This felt safe so I took the next step to meet in Norwich.



How was it to go into Norwich?

It was good! We had a cup of coffee and then went to the Octagon where the Advocacy Group meet. I went inside and it felt safe. I plan to attend the next meeting face to face!



What advice would you give people who might be anxious to go out?

Take things slowly.
Take one step at a time.
Work with Katy she will help you!



How do you feel now?

I feel good!
We are meeting for coffee and cake next to celebrate my achievements.

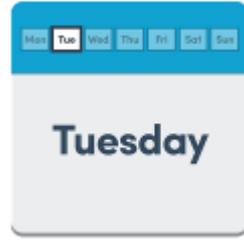


01603
631433

If you would like Katy to help get back to the things you enjoy give us a call.

What's on in December

NO groups on Mondays



Week 1



Norwich Advocacy Group



also on **373 225 4819**

Week 2



Great Yarmouth Group



also on **373 225 4819**

Week 3



Norwich Advocacy Group

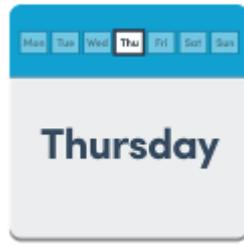
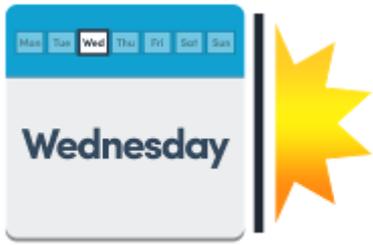


also on **373 225 4819**

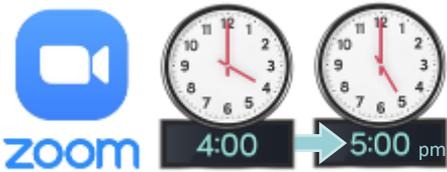
Week 4



= Christmas event



Wellbeing Wednesday



943 1296 6078

Diss Advocacy Group



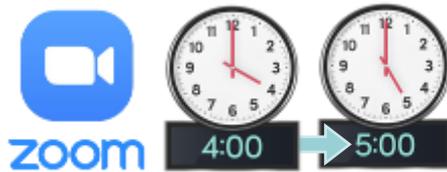
also on zoom 373 225 4819

Cromer Advocacy Group



also on zoom 373 225 4819

Teatime Social



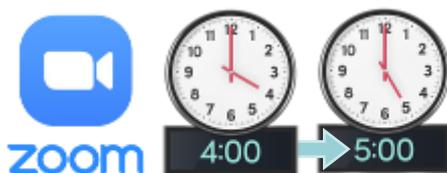
943 1296 6078

All Together Norfolk



930 9890 9337

Wellbeing Wednesday



943 1296 6078

Diss Advocacy Group



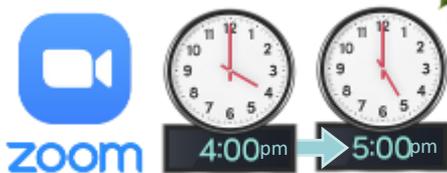
also on zoom 373 225 4819

Cromer Advocacy Group



also on zoom 373 225 4819

Teatime Social



943 1296 6078

Office is closed from 12pm

Office is closed
Answer phone only
Facebook activity

Quiz answers from last issue



5th November



30 days in November



Vatican City



Pumpkin



Cardiff is the capital



Ipswich is in Suffolk

To contact Opening Doors



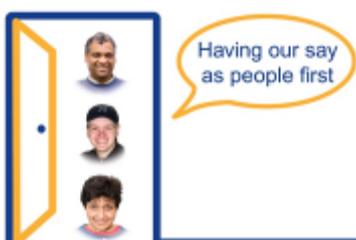
The Opening Doors phone number is answered Monday to Friday 9am to 5pm



01603
631433



Opening Doors, 38a Bull Close
Norwich, NR3 1SX



Opening Doors



admin@openingdoors.org.uk



www.openingdoors.org.uk