



Being safe in 2020

Newsletter 22

14 December 2020



We wish you a Merry Christmas!
Everyone has worked so hard to support each other this year.
In your newsletter you will find a small token from us to you.
We hope for better things ahead.

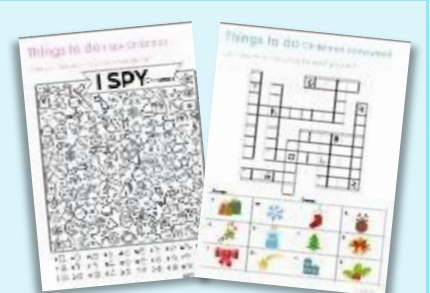
In this newsletter you will find:



Important easy read information



Messages and reports from our members



Puzzles, colouring and things to do



Stay well



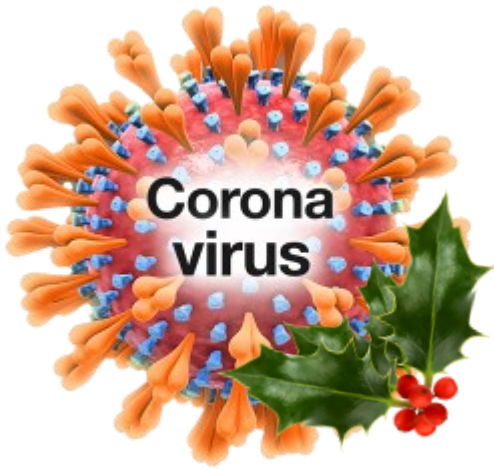
Keep moving



Stay connected



Keep happy



Coronavirus update

Christmas bubbles and steps to be safer



In the last newsletter we told you about **Christmas Bubbles** which are allowed from 23rd December to 27th December. Remember no-one has to be in a **Christmas Bubble** if they do not want to. Only do what you are comfortable with.



A **Christmas Bubble** is where you can spend time indoors or outdoors with people you do not live with.

A **Christmas Bubble** can have up to 3 different households in but you cannot swap bubbles or be in more than 1.



The Department of Health have written to **shielders** which is people who are called **clinically extremely vulnerable**.

The letter explains some extra steps you can take to help keep you safer if you are spending time in a **Christmas Bubble**.



Try not to hug or kiss people you do not live with



Keep to social distancing if you can, it is 2 metres apart



If you cannot social distance maybe wear a mask if you can



Remember to wash your hands lots of times each day



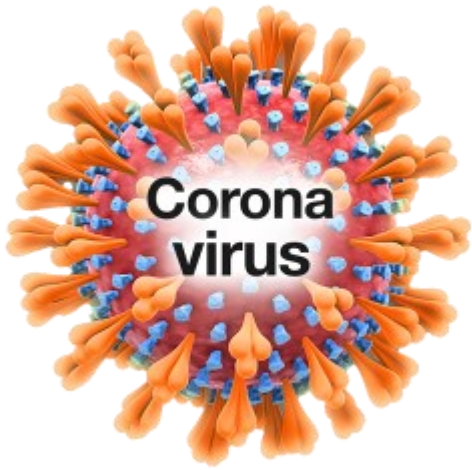
Wipe things that people touch a lot like door handles



Keep windows open as much as you can



If anyone due to be in a **Christmas Bubble** is unwell with Coronavirus symptoms in the days before 23rd December they must stay at home.



Coronavirus update

Vaccine information



You will have seen the brilliant news that there is a Coronavirus **vaccine**.

A **vaccine** is an injection to stop you catching an illness.



There is a list saying what order people will get the **vaccine** in.

This is called the **priority list** and it says older people need the vaccine first.



You do not need to ring your GP or pharmacy to get the **vaccine**.

When it is your turn to have the injections for the **vaccine** the NHS will contact you.



It will take a long time for everyone to have the **vaccine**.

For now, the best thing we can all do is to remember the main rules to try and stay safe - **Hands**, **Face**, **Space**.



Opening Doors

Message from our Chair

Dear Member

I hope you are well and keeping yourself safe.

What can I say, it's been a hard year. We have had to sadly stop meeting like we used to and work in a different way.

We will try hard to keep things going well and keep you all safe. We can get through this. Remember you can speak to an Adviser at any time you feel anxious or confused about what is happening. You are doing really well and joining in the Zoom meetings when you can.

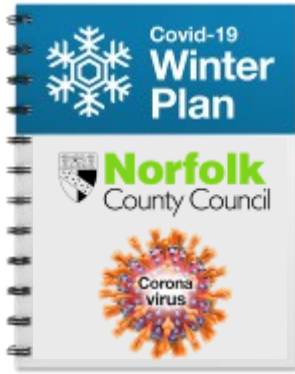
I want to thank Ollie, Janet and Hayley for their help in the Covid Planning meetings each week to run the organisation. Well done, you have been a great help to me.

When all this is over we will have a big party to celebrate us coming together again and how well you have all done.

So for now stay safe and have a happy Christmas. We look forward to a better year for us all in 2021.

Francis





Covid Winter Support

Help if you are struggling



Norfolk County Council know that winter can be difficult for people.

This year, because of **coronavirus** they know things may be even harder for lots of people.



The County Council has set up a **Covid Winter Support Scheme** to help anyone who is struggling during this winter.

This is to help make sure everyone can be safe, warm and have enough food.

The sort of help you can get is:



Families with children can get food vouchers

You must self isolate for 10 days



Help if you have to self isolate because of Covid19



Support with food, toiletries and basic cleaning supplies



Baby supplies like nappies and formula milk



Help with paying for gas and electricity



Food boxes and recipe cards from Pink Orange



If you have a learning disability and you need some help from the scheme you can ring Opening Doors and we will help.



You can also go to any library and tell them you need some **Covid Winter Support** and they will help you to apply.

Things to do Christmas colouring

Can you colour in this Christmas scene?





Stay safe from scams



Fake calls are being made from people pretending to be the Police.

They say the bank is using fake money and you need to take your money out of your bank account to stay safe.

Hang up the phone as they are not who they say they are.



Victims are told to hand their money over to check the money.

The scammers then steal the money.



Reporting scams or messages you are worried about is a good thing to do.

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

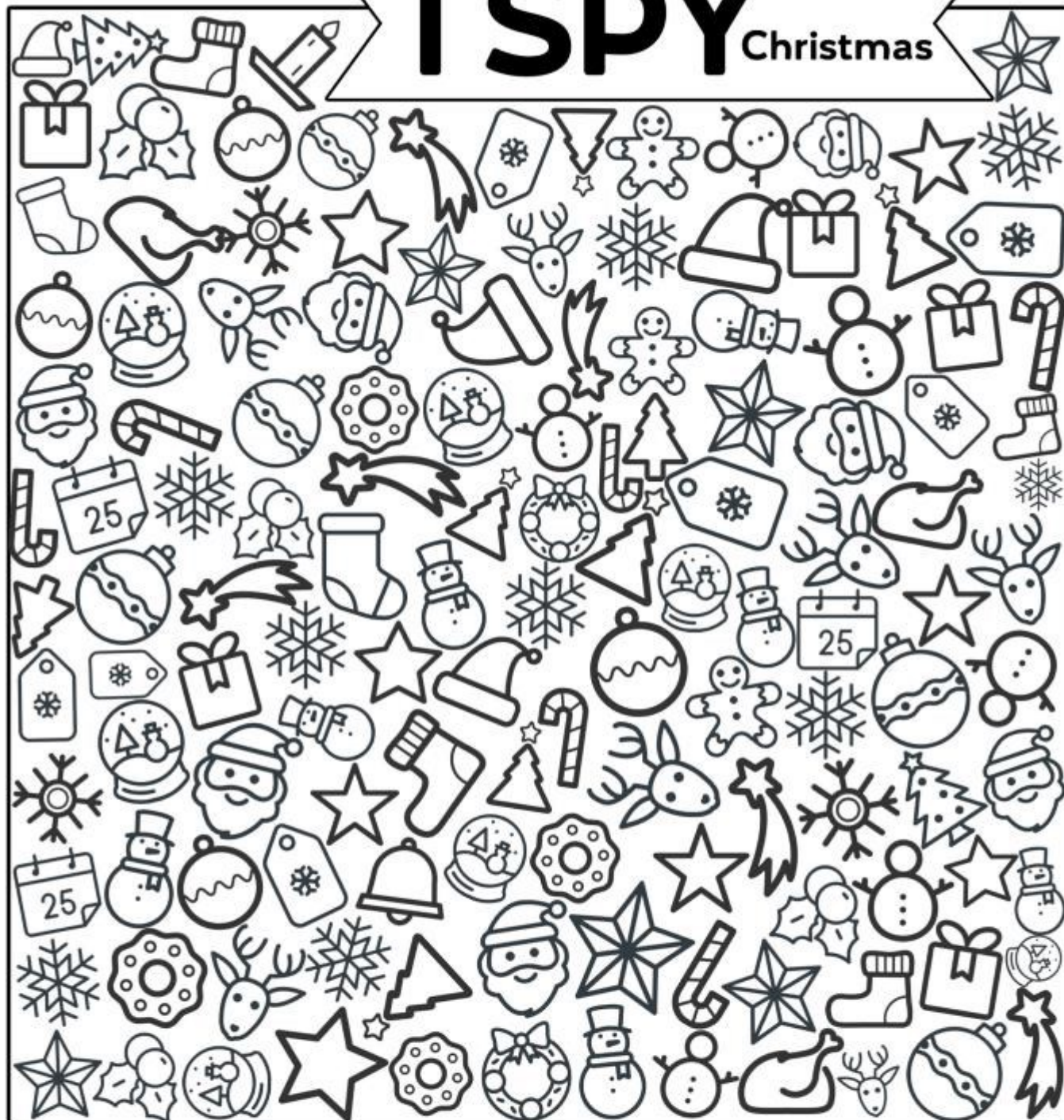


If you want some help to report a scam or some advice just ring **Opening Doors** we can make the call for you.

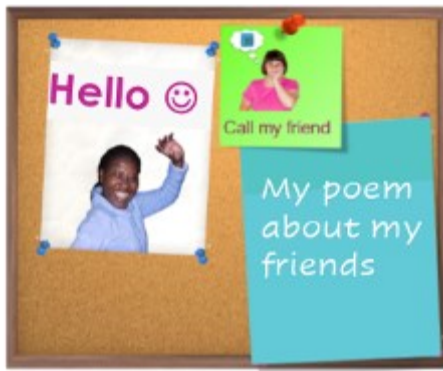
Things to do | Spy Christmas

Can you find all of the Christmas things?

I SPY Christmas



- | | | | | | | | | | | | | | | | | | | | |
|---|--|---|--|---|--|---|--|---|--|---|--|---|--|---|--|---|--|---|--|
| 2 | | 4 | | 4 | | 2 | | 4 | | 5 | | 7 | | 4 | | 6 | | 5 | |
| 1 | | 6 | | 7 | | 1 | | 3 | | 6 | | 7 | | 4 | | 7 | | 4 | |
| 3 | | 2 | | 4 | | 6 | | 2 | | 7 | | 3 | | 9 | | 6 | | 3 | |



Self advocates' message board

I do hope I can meet you all next year when the pandemic is over and I hope you all have a wonderful christmas and a happy new year!

from
Charlotte

Dear Raymond,
I used to go to Merchants place in Cromer I have been watching the soaps. I watched a Arnold Swartz negger film I done some House work. I do cooking and I am getting ready for christmas and I do writing
I also like the 60's, 70's, 80's and 90's music aswell you have some nice hobbies.
-from Alison Smith

My name is Tieron Smith

My report is about Lockdown

Draw a picture or write about what you want to share with us

The pm has put England back to lockdown due to very high infection rate. It's horrible going back into lockdown which is only 4 weeks. I'm pleased the vaccine news which is been tested which should be ready in time next month. I'm trying to keep myself occupied and I can stay in touch with my friends on zoom or Facebook video chat

Tell us why you enjoy this, how does this make you feel?

Basically, it's quite good sharing news and story during the lockdown

How could other people try this too?

Try keep yourself occupied during the 4 weeks lockdown

Dear all at opendoors I hope you are all well and keeping safe Today I have been watching Emmerdale farm and Eastenders. I have been on my tablet and I done some writing tomorrow I am making some chocolate and apricot Brownies I dont know what is happening at christmas yet because they havent announced the new rules for covid but I am hoping to spend three or four days with my mum.
Alison





Opening Doors

News from Kate

I am really sad to be leaving my job at Opening Doors, but it is definitely the right time for me to move on.

I am going to take some time out to put my family first and have a think about what to do next.

I came to work at Opening Doors 5 years ago and I only expected to stay a few weeks! I am really proud of all the things I have seen people achieve over those years and I am sure you will all go on to achieve so much more.

You will carry on speaking up and making a big difference to people with learning disabilities in Norfolk, and all across the country.

Thank you for making me part of the team, for all the things I have learnt and the fun and laughs together.

You are all amazing and I will miss you!

Kate





Update from Opening Doors




Our Covid Planning Group voted to keep all advocacy and meet up groups on **zoom** on the computer for at least the next 2 months.



We think this is the best way to help keep everyone safe over the winter. We will decide what happens after February when we know more.

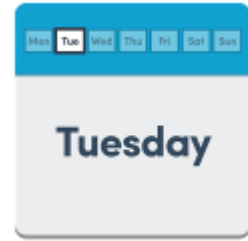


Advocacy groups are going back to **every other week** so they will be 1 week on, 1 week off. The January timetable is on the next 2 pages 



We have got some money to run new **zoom** groups in the New Year. These will be about Men's Health, Women's Health zoom and LGBTQIA+. There will be more about these in the next newsletter.

This is what is on at Opening Doors in January 2021



Week 1



Week 2



Diss Advocacy Group



Norwich Advocacy Group



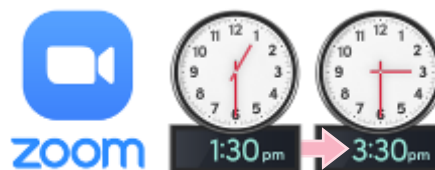
Week 3



Week 4



Diss Advocacy Group



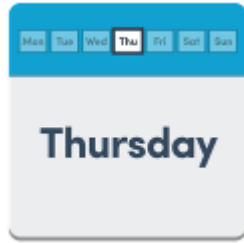
Norwich Advocacy Group



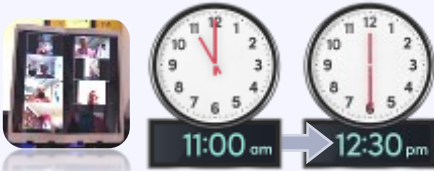
Our Covid Planning Group meets every Wednesday morning.

If you have a question for them or ideas for Opening Doors please call **01603 631433** or message an Adviser.

They will take your question to the group.



Covid Planning Group



All Together Norfolk



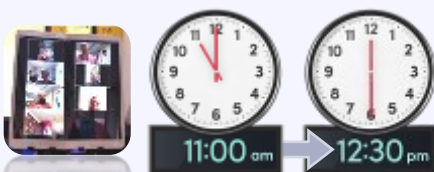
Covid Planning Group



Cromer Advocacy Group



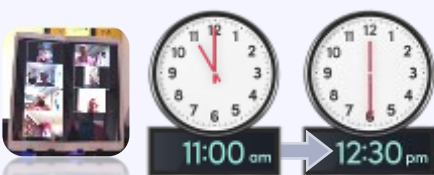
Covid Planning Group



All Together Norfolk



Covid Planning Group



Cromer Advocacy Group



**01603
631433**



Our phones are answered 9-5pm Monday to Friday.

For help to join a group, information and advice, advocacy support or to talk something through call us.



Highlights from a difficult year

Things to be proud of



We have kept going.

In lockdown our Covid Planning Group worked hard when people could not meet.

We have **stayed userled**



We got funding and equipment to teach people how to get online.

With peer support and help from our staff we have got over 50 people online for the first time.



We have **learned new things** and changed where we had to, putting groups online.

We have been brave and tried our training online for the first time.

We have **supported each other** to be confident and try new things.



We have **worked slowly and carefully on our plans** around Covid to make sure we do not put our staff or members at risk.

We opened our office for 1:1 appointments safely and well.



We have found new ways to work and carried on with peer support and advocacy for people in secure services.

We applied for funding and **made sure peoples voices can still be heard** and their views are not lost.



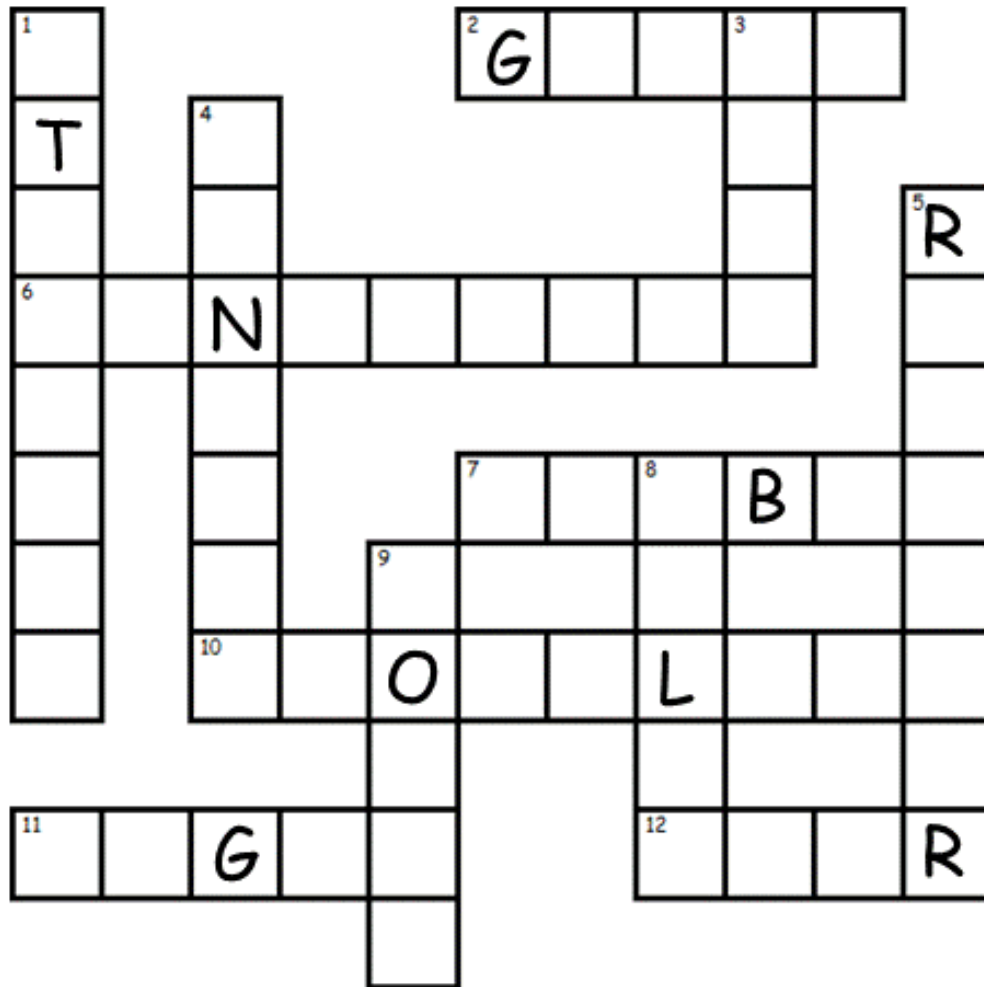
We have **made easy read information** free of charge for hospitals and health places.

We made a planning book to help people be safe which was shared around the world.

We have sent out over 2500 easy read newsletters and activity books and **helped people with learning disabilities to be connected, safer and not left out** of information.

Things to do Christmas crossword

Can you write the words for each picture?



Across

Down

2. 	10. 	1. 	5. 
6. 	11. 	3. 	8. 
7. 	12. 	4. 	9. 

Christmas card competition

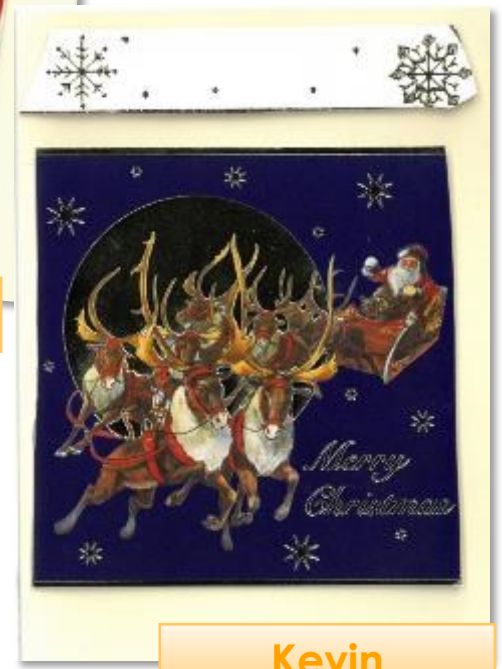
Runner's up gallery



Carl Bygrave



Rachel Wise



Kevin



Carol Woodbine



Thank you to everyone that took part.
Well done to our winner
Marion Flood!



Opening Doors

Christmas closing times



We will be taking calls until 5pm on 23 December



Our phonedlines will open again at 9am on 4 January



We will check our answerphone over the Christmas break



**01603
631433**



admin@openingdoors.org.uk
www.openingdoors.org.uk



Help and support

If you are ill and need support



If you feel very upset



**116
123**