

OUR OWN VOICES

The newsletter of Opening Doors

Issue 29 December 2016

Staying healthy this Christmas

We would like to wish all our readers a Merry Christmas.

Christmas is a time when we like to enjoy extra treats. This can mean we end up eating a lot of sugar.

To help with this our Diabetes Project Trainers June and Peter have some food swap ideas. If you want a mince pie to eat their advice is to pick a mini one without a pastry top.



Turn to page 4 to read more about our Diabetes Project

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New Management Committee members

We welcome two new members to our Management Committee team.



Martha Leader



Richard Everitt

Could you help run Opening Doors?

We still have some places on our Management Committee. This is the group who run Opening Doors.

To be on the Management Committee you need to have a learning disability. You also need to be willing to work hard and come to meetings 1 Thursday each month.

If you are interested please speak to a Management Committee member to find out more. They can give you an application form to fill in.

It is a great chance to learn new things and to run our organisation.



A big Thank You...

...to our members who have stood down from the Management Committee after 6 years of hard work.



Fred Winterbone



June Walton



Dan Barrett



Carol Barber

Congratulations to our new Officers

Hayley Burwood
Chair

Richard Everitt
Secretary



Peter Moule
Treasurer

Janet Brandish
Vice-Chair

Christmas in Norwich



Come and celebrate Christmas with us.
On Wednesday 21st December we are inviting our friends to come and join us for drinks, snacks, music and a chance to spend time together before the Christmas break.

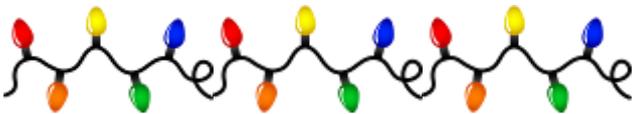


AM

to



PM



Christmas in Cromer



We are holding a Christmas Event at the Cromer office in Merchants Place.
Everyone is welcome to come along any time between 10.30am and 1.30pm.
Raffle tickets are £1 per strip.

There will be Christmas Cards and a cake stall.



Christmas and New Year office closures

The Norwich office



PM

Closes at 4.00pm on Friday 23 December



AM

Opens at 9.00am on Tuesday 3 January 2017



The Cromer office



PM

Closed from 4.00pm on Friday 16 December



AM

Opening at 10.30am on Friday 20 January 2017.

Diabetes Project

By Peter Moule



I am working with June Walton to tell people about **Type 2 Diabetes** and how to stop yourself getting it.

In March Opening Doors got some money from Public Health to run a Diabetes Project in South Norfolk.

So far we have worked with 48 people from Independence Matters in Attleborough and at Diss Advocacy Group.

We are talking to people about how to keep healthy and the signs to look for if they are worried about Diabetes.

We are talking to people about cutting down how much sugar they eat. We should not eat more than 7 teaspoons of added sugar every day.

We show people how much sugar there is in different foods which shocks people. We also show people foods that are lower in sugar.

We are really enjoying the project and we want to talk to lots more people about it.



How do I know if I have Type 2 Diabetes?

Type 2 Diabetes happens when your body is not working quite right and there is too much sugar in your blood.

Having too much sugar in your blood can give you some of these things which are called symptoms.

- ⇒ Blurred vision, this means things look fuzzy or it is hard to focus on something when you look at it.
- ⇒ If you have a cut and it does not seem to be getting better.
- ⇒ You are losing weight and you do not know why.
- ⇒ You feel tired all the time.
- ⇒ You are weeing a lot especially at night time.
- ⇒ You have skin infections. Sometimes people get an infection called Thrush which is often very itchy.

If you have any of these symptoms please go and see your Doctor.

Food swaps to cut down on sugar

Sugar can be very addictive and the more we eat the more we want. We can get cravings for sugar, sometimes people even get headaches when we do not eat it.

Here are some things we can eat to help us cut down on sugar.

Let's look at breakfast:
the most important meal of the day.

- ⇒ Swap sugary cereals for things like Weetabix or porridge and put fresh fruit on like a banana.



- ⇒ Swap white bread for wholegrain bread.

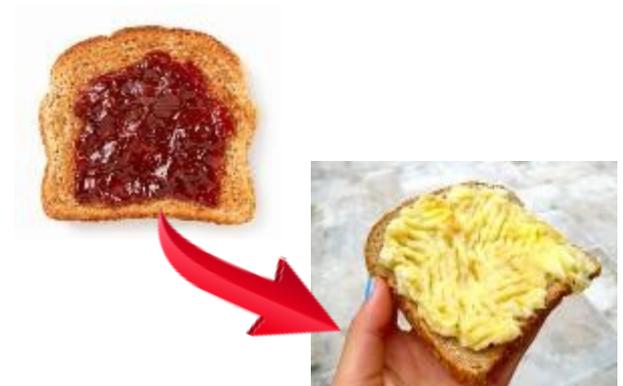


- ⇒ Have a full fat yoghurt and add some fresh fruit.



Food swaps to cut down on sugar

- ⇒ If you use jam or marmalade spread it very thinly or spread a mashed banana over toast instead.



- ⇒ Swap sugary drinks for water, milk or sugar free drinks. If you have fruit juice only put a little into the glass and then top it up with water.



We hope these ideas will help you make healthier choices.



AGM News and Pictures

We held our AGM in June this year. Around 50 people came along to hear what Opening Doors members have been up to from April 2015 to March 2016.



The AGM planning group worked hard to organise the day with a very small budget.



Members heard about changes that have happened this year. This included staff who have left and new people who have joined us.



Our Chairs and Vice Chair tell members about some of the changes and new projects at Opening Doors during this year. Everyone enjoyed the presentations which told them what each area and group has been doing.

What we have done with our money	
The money we spent over the year.	 £165,499
The money we have been given over the year.	 £226,824
What we had left at the end of March 2016.	 £61,325
 This meant we added some money to our savings account this year:	 £61,325
Opening Doors Financial Statements 2015-2016	A copy of our full financial statements for 2015-2016 is available. Ring the office if you would like a copy.
	 01603 631433

Our Treasurer did a great job giving an easy read report. Dan explained about the money that has come in and what has been spent at Opening Doors over the year.

The whole morning ran smoothly and advocates did a great job of making sure their presentations ran on time.

This meant members could enjoy a buffet lunch and a chance to catch up.



The AGM planning group had a wash up meeting. They talked about what could be improved and what they thought went well.

Well done to everyone that helped make the AGM such a success!



Staff News

We are pleased to confirm that **Kate Jones** and **Jo Brown** are now sharing the role of Senior Adviser at Opening Doors.



Kate Jones



Jo Brown

They will be working together with the Trustees and Management Committee to run Opening Doors.

Christmas Card design winner

Congratulations to Richard Everitt for winning our Christmas Card design competition for 2016.

We hope you agree his design makes a great colourful card.

Richard won £20 and was really pleased to be crowned the winner.



No National Forum #novoice



The National Forum of People with Learning Disabilities has been told its funding will stop from March 2017.

The Forum is made up of people with learning disabilities from across England and talks to the Government about the big issues that affect them.



The Forum influences the work that the Government does with and for people with a learning disability.

Opening Doors and others have used social media to spread the message that people with learning disabilities will no longer have a voice #novoice.

easy news new issue

The next issue of easy news is out now. This is a newspaper made for people with learning disabilities to help them to understand the news.

You can read it at advocacy groups or contact the office and we can email or post a copy to you.



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Out and About in Norwich

The next edition of Out and About in Norwich is out now.

This newsletter aims to get people with learning disabilities out and about in their community.

Call the office if you would like a copy.



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Trustee changes at Opening Doors

We are delighted to welcome some new members to our Board of Trustees.



Dan Barrett



Hayley Burwood



Peter du Oude



Louise Fenn

We look forward to working with you to help make sure Opening Doors has a bright future.

Norfolk County Council Consultation

Opening Doors has submitted its response to the Norfolk County Council's Information, Advice and Advocacy Consultation.

We spoke to people with learning disabilities at our advocacy and office skills groups in Cromer,



Norwich, Diss and Broadland Clinic.



Our Management Committee members and Board of Trustees have also looked at the consultation.

People have worked hard and have been offered support by experienced self advocates, staff and volunteers to make sure people can understand the consultation whilst also keeping safe.

Everybody agreed that Opening Doors provided the specialist support to people with learning disabilities that they needed.

We will hear more in 2017 on what the outcome of the consultation is.

Lorne Green in Cromer



We welcomed Lorne Green, the new Police and Crime Commissioner for Norfolk to our Cromer office.

Over the summer we ran a Consultation asking self-advocates what they thought of policing and Crime in Norfolk and what should be in Lorne Green's plan.

Lorne said how good he found our Easy Read Report. He said it was the best report he had seen and thought all reports should be written in this way for everybody to understand. Robert said "he was brilliant" and Carl said he was "very good and very helpful".

Thank you for coming to see us.

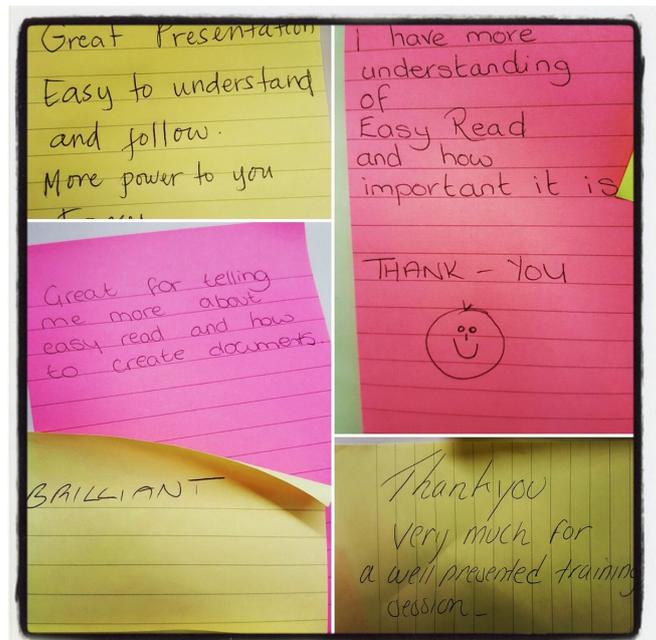
Police and Crime Commissioner Consultation
July - August 2016

Easy Read report of what people with learning disabilities told us

Accessible Information Training

Members of our Training Group have been running a series of training to Make Information Accessible for staff at the Norfolk and Suffolk Foundation Trust. And professionals from other organisations.

We have welcomed 72 people to the training and have received some great feedback.



Our training can help you understand how to make your information easy read for people with learning disabilities.

If you would like to join our next training sessions on 25 or 27 January please call our office.



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The Geoff Emmett Room Makeover

The Geoff Emmett Room at Opening Doors has received a much needed makeover this year.

Earlier in the year we were lucky enough to receive a grant from Awards For All which enabled us to replace the roof. We now have a much safer and warmer room with sky lights.

We welcomed a team from Community Payback who then painted the room.



Finally we were able to lay a new carpet at cost price from Jeckells Quality Trimmers. Christ Thurston from Quality Carpets did a great job fitting the new carpet.

We hope you agree the finished room looks great. Thanks to all those that made this happen. We were shown a lot of kindness.



Our Treasurer Peter thanking Chris for fitting our new carpet.

Big thanks to the Buffaloes



A huge thank you to Edith Cavell Lodge of The Royal Antediluvian Order of Buffaloes. They raised an amazing £1,500 from their summer BBQs at the Beehive Freehouse in Norwich.

We were delighted to welcome some of the Buffaloes to our Norwich Advocacy Group to receive the cheque.

This type of fundraising makes a huge difference to small local charities like us.

If you or your organisation would be interested in helping us in any way please do get in touch.

We would love to hear from you.



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Advocacy Group - first 2017 meeting dates



Cromer Advocacy Group

Thursday 19 January

St Johns Ambulance,
Bond St, Cromer



South Norfolk Advocacy Group

Monday 30 January

Diss United Reformed
Church, Mere Street



Norwich Advocacy Group

Tuesday 24 January

Chapelfield Road Church,
Norwich



This newsletter is available on **CD** and in **large print**.

If you need either please call 01603 631433.



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