

OUR OWN VOICES

The newsletter of Opening Doors

Issue 31 September 2018

Opening Doors Registered Charity Number 1060002



Women's Event

By Martha, Sara, Lisa, Rita, Andrea

In Cromer we have been learning all about women. We learnt about the **suffragettes**. These were women who fought for women's rights many years ago.



We held a women's event in Cromer. Women came together to do lots of amazing activities, hear speeches, and make artwork. We learnt lots of important information about keeping our bodies safe and healthy as well.



Welcome to our third **easy read** newsletter.

In this one we will tell you all about what we have been doing and what's coming up.

We hope you like it.

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Running our offices

More about our office skills groups



This is where we learn the skills to run our office. As a user led organisation we do as much as we can ourselves.



Norwich office skills group runs in Norwich on **Wednesdays** between 1.00pm and 3.30pm. Dan says 'I work with my friend Mark doing stuff around the office'.



Cromer office skills group runs at Merchant's Place in Cromer on **Fridays** between 10.00am and 3.30pm.



Anyone is welcome along. If you need personal support to be safe and well and take part, bring a **supporter**.



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If you are interested in joining office skills please give us a call at the office **before** you come along.



Learning about our City

By Norwich Advocacy Group



Our group voted to go on a **history walk** in Norwich.

We booked a guide for the day called John Humphries and met him at Chapel Field Road Methodist Church.



We went across Chapelfield Road and John told us about the city walls and the chocolate factory.

We then headed to Chapelfield Gardens and heard about the history of the park.



After lunch we went to Bethel Hospital and learnt all about **Mary Chapman**.

Over 300 years ago Mary set up the first hospital for poor people with mental illness.

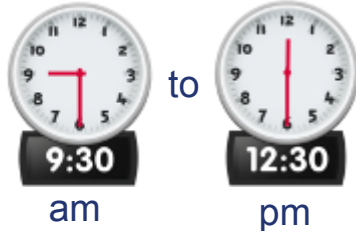
Back at the Church we all talked about the walk and how much we enjoyed learning the history of our city.

We thanked John for his talk.



Making Information easy read training

£60



A chance to learn how to put together **easy read** documents to make information easier for people with learning disabilities to understand.

Training is held at our office 38a Bull Close, Norwich, NR3 1SX.
To book a place please email admin@openingdoors.org.uk



Our New Officers

Our Management Committee voted for new officers. Welcome to:



Francis Chennell

Chair



Oliver Marshall

Vice Chair



Sam Craig

Treasurer



Rita Goldsmith

Secretary



On Air with Park Radio

By Andy and Carl



Andy and Carl visited Park Radio to talk about **Diss Advocacy Group** and **STOMP**.

STOMP stands for stopping over medication of people with a learning disability.



Carl and Andy did a fantastic job telling the listeners of South Norfolk about the work they do with Opening Doors.

Carl said 'It was nice to meet Chris Moyes and tell him all about Diss Advocacy Group'.

Next Steps Advocacy Group



This **advocacy group** in Norwich is specially for people with learning disabilities moving on from secure services or prison.



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The group meets on Tuesdays once a month.

Call the office to find out more.



Christmas Card Competition 2018



Each year our **Christmas Card** has a picture on it made by someone who has a learning disability.



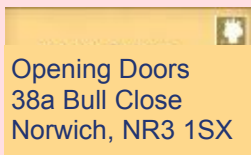
Maybe this year it could be **you**. You can draw, paint, sew, use a computer. It doesn't matter how you make the picture.

Give it a go and good luck!

How to enter



Make a picture and put your name on the back.



Post your picture or hand it to staff by **Friday 2 November**.



Our Chair and Vice Chair will choose the winner.



The winner will get their picture on the card and a £20 prize.



Norwich Pride

Sam, Hayley, June, Paul, Francis



On Saturday 28th July we took part in Norwich Pride. We met up at the Forum and joined in the parade. We had flags and banners we had made.



Pride is a special day to celebrate the Lesbian, Gay, Bisexual and Trans community of Norwich. Everybody is welcome.



There was plenty to see and do. Lots of people were walking in the parade through Norwich.



We met lots of people and celebrated people feeling ok to be who we are and we felt proud to represent people with learning disabilities on the day.

It was great to share happy times with friends.



Big Plan Training Day

Thursday 16th August

Our **Big Plan** says what we want to achieve at Opening Doors over the next 3 years.



Trustees, Management Committee and Staff spent the day together learning about our **Big Plan** and thinking how to make it happen.

Games helped us learn more about each other, Opening Doors and the aims.



We made posters on how to make our aims happen. For each aim we thought **how** will we do it, **who** will do it and **who** will be checking its happened.



We ended the brilliant day by sharing the celebration cake. We showed that with good support and respecting peoples' abilities we can achieve so much together.



Our diabetes presentation

By Peter and June



We went along to the DUET diabetes conference to talk about our **diabetes training** for people with learning disabilities and their carers.

Lots of health workers and carers were there.



People found it really useful to hear all about our experiences of diabetes care.

We talked about how important it is to support people with learning disabilities and diabetes well as it can save lives.



We also did a display about our project at **Disability Pride** in the forum in Norwich.

We talked to all different people about the things they can do to avoid getting diabetes.

People said they learnt lots.





Wellbeing Training

By Cromer Office



We have been talking about **mental wellbeing** at the Cromer Office.

Mental wellbeing is about how you feel about yourself and your life.



Katy Dunne came in to teach us about things we can do to help our own mental health and wellbeing.



We are planning a brilliant day to teach other people what we have learnt.



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The next workshop '**Keep Well, Keep Happy**' is planned for Friday 26th October at Merchant's Place, Cromer.

Places are limited so you need to book. Give us a call at the office.



Loneliness Work

By Janet and Carol



Creating Connections, Building Communities



We are excited to be part of a new group called **Better Together** working to support people who feel lonely.

Better Together is made up of lots of different organisations who are going to be working together.



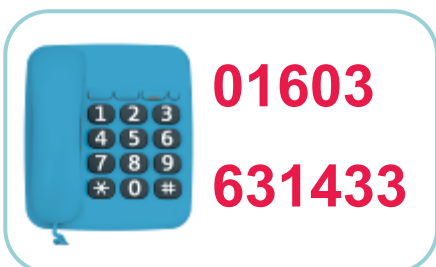
We will be working in Norwich, Diss area and all around Great Yarmouth to support people with learning disabilities to be less lonely.



We will be doing **Out and About** newsletters for Norwich, Diss and Yarmouth.

The Norwich one comes out on 1st October.

The Diss one comes out on 1st November and the Yarmouth and East Norfolk one will be out on 3rd December.



These will be on our website, facebook and twitter. You can have it emailed to you as well.

If you want a paper one sent to you just give us a call at the office.



Goodbye to Sam

From all at Opening Doors

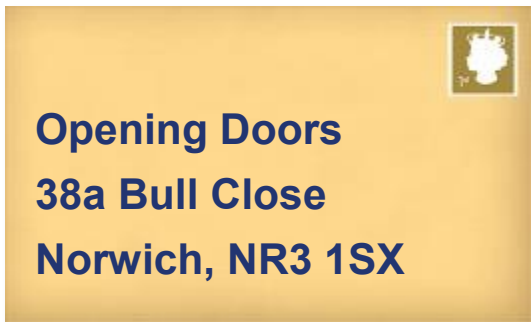


We were very sad to say goodbye to **Sam Revill**, our Advocacy Adviser at Opening Doors.

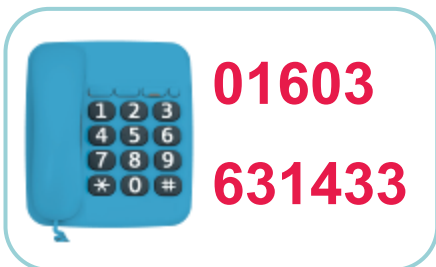
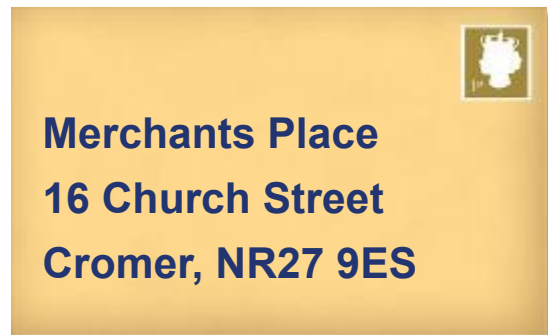
Thank you for all your support and hard work whilst you have been with us.

We wish you luck for the future. Keep in touch!

Monday to Friday



Fridays only



admin@openingdoors.org.uk



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