

OUR OWN VOICES

The newsletter of Opening Doors

Issue 32 December 2018

Opening Doors Registered Charity Number 1060002



Telling our stories with Sky News

Experts by Experience group.



In October we had a visit from a Sky News film crew. They spent the day with us to learn more about our Experts Group.



Sky News were doing a report about people with learning disabilities who end up staying in Assessment and Treatment Units and secure hospitals for a long time.

More on page 2



Welcome to our 4th **easy read** newsletter.

We will tell you what we have been doing and what's coming up in 2019.

We hope you like it.

made with
photosymbols[®]



The people from Sky news had found out lots of people stay in hospital for a very long time. Paul the reporter explained they were filming different people to make the report.



In the morning they learnt about our **Experts Group** who work on Transforming Care. Nowhere else in the country has a monthly, user-led group like this so they wanted to learn how it works.



Then self advocates were interviewed.

Hayley talked about secure services and how her care could have been better.

Ricky spoke about his life and that it took doctors a long time to get his medication right.

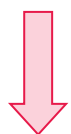


The report was on Sky News lots of times during the day on 31st October.

We heard from people who had watched it and we felt proud of what we did.



You can still see the report online on the computer. You need to type in the web address which is the green writing.



<https://news.sky.com/story/40-people-died-in-barbaric-secure-hospitals-the-government-pledged-would-close-11540038>



Secure Services work

By Francis and Oliver



We are proud to have a grant from the Lloyds Bank Foundation to support people who have been in secure hospitals or prison.

In November we welcomed Frances our Grants Officer who came to hear all about what we have been working on.



Our Advisers support people to plan for when they move into the community so they can build safe and happy lives.

Next Steps Advocacy Group



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



**01603
631433**

The group meets on Tuesdays once a month.
Call the office to find out more.

Christmas Party



Opening Doors



to



You can bring
a supporter
You must make
your own way



Drop in to **38a Bull Close**
and stay as long as you want.
Anytime from 11.00am - 3.00pm

Top tips to keep well in winter



Call or
message
your friends



Move
around



Eat some
fruit and
vegetables



Drink
water



Wellbeing work

By the Cromer Office members



In Cromer we have been learning all about wellbeing and mental health.

Wellbeing worker Katy Dunne came and taught us things we can do to stay well and help with good mental health.



Katy gave us brilliant ideas about things we can do to stay well. Some were craft things and others were about who we can talk to.



In October we put on a special day all about wellbeing called **Keep well Keep happy**.

People tried lots of free activities like making hands of support or t-shirts about what makes us happy and lots more.

About with Friends provided a lovely lunch.



In November as part of our wellbeing work we had a Cromer Men's Event where we went bowling and for lunch.

This gave us a chance to talk about issues we have as men with learning disabilities.



Could you help to run Opening Doors?

By the Management Committee



We are the group who lead Opening Doors. We decide how our organisation runs and what we should be working on.



We work with our Trustees, some of us are in both groups. Our Trustees help make sure what we do sticks to our rules and the law.



01603

631433

We have some places for members with learning disabilities to join us. If you are interested you can watch a meeting to see how it all works. Ring us to find out more.

Diss



Office group for Diss

By Graham and Carl



From January we will have a new office skills group running at **Diss Business Hub**.

The group will be on 2 Mondays a month.

Look out for a poster on facebook and our website in January to learn more.



Christmas closing times

We will check our voicemail once a day so you can leave a message



December
21
CLOSED
1:00

January
2
OPEN
9:00



December
14
CLOSED
3:30

January
11
OPEN
10:00

If you feel very upset



**116
123**



Norfolk County Council



**0344
800
8020**

If you are ill and need support



111

To speak to the police



If you are in danger



999

Non-emergency



101



News from our Advocacy Groups



Norwich Advocacy Group

In our group we have been working with Tara who is a Learning Disability Liaison Nurse at Norwich hospital.

We talked about how to make things better for people with learning disabilities when they are ill and have to go into hospital.



Cromer Advocacy Group

At Cromer we had a visitor from the Benefits Agency to answer our questions about Universal Credit.

We told them the things that might make things hard for people with learning disabilities.



Diss Advocacy Group

In Diss we have been working on artwork to show what peer support means to us.

We have also been planning for our new office skills group which starts in January.

We are thrilled to have lots of new members joining our Advocacy Group to learn about speaking up and making our own decisions.



Our new Adviser

By Francis

We are pleased to welcome **Lauren Andrews**, our new Advocacy Adviser at Opening Doors.

Lauren is working part-time as part of the Lloyds project supporting people going in and out of secure services.

Lauren works 3 days each week.

"I am thrilled to be part of such a great organisation and I'm learning lots".



Peer support event

By Hayley



In November we took part in a big event at The Forum in Norwich all about peer support.

During November at advocacy groups we made jigsaw pieces showing what peer support is.

On the day we had framed pictures showing what everyone had said.



We ran our own stand all day and asked people to write down what peer support means to them. Lots of people took part and through the day we built a giant jigsaw.

It was a brilliant day and we met lots of people.



Training and research

By Janet Brandish



We are taking part in a project at the University of East Anglia (UEA).

It is looking at how to involve people with all different abilities and needs in research.



We have also been teaching paramedic students at UEA about how to care well for people with learning disabilities.



Great Yarmouth work

By Kenny and Kieron



We are working with **Better Together** as part of a new project to try and help people in Norfolk to feel less lonely.



We have been working in Great Yarmouth looking at community groups and safe places for people with learning disabilities.

Kenny and Kieron have written a guide to help people find things to do.

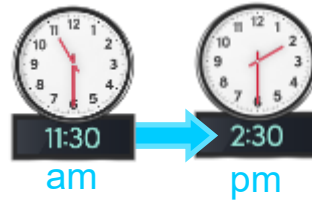


Dates for your diary

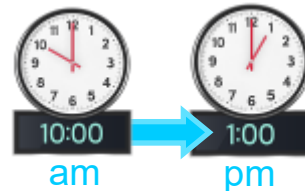
When our groups start again in 2019



Norwich Advocacy Group



Cromer Advocacy Group



Diss Advocacy Group

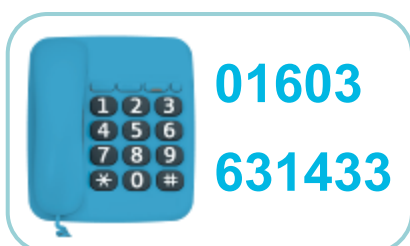


Booking appointments

After the Christmas break you can book a 1 hour slot with an Adviser to help work through any problems that came up while we were closed.

You can speak to an Adviser on the phone or by coming to the Norwich office.

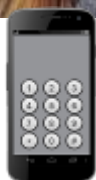
Give the office a call to book your appointment.



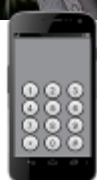


Advisers' new numbers

From **3rd January** some Adviser mobile numbers are changing. You will get a text to remind you as well.



**07741
630451**



**07899
921550**



**07741
630543**

Monday to Friday

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

Fridays only

**Merchants Place
16 Church Street
Cromer, NR27 9ES**



**01603
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openingdoors85