

# OUR OWN VOICES

The newsletter of Opening Doors

Issue 33 December 2019

Nothing about us without us

## Healthy Happy Safe Conference

By Experts by Lived Experience



In May this year we ran a conference called **Healthy, Happy, Safe**.

We planned and ran it ourselves to get people to think about how to make life better for people with learning disabilities.



We invited health and social care workers and professionals to come along.

They were really pleased to hear our views and for us to share our stories.

More on page 2 



Welcome to our 5th easy read newsletter.

We will tell you what we have been doing and what is coming up in 2020.

We hope you like it.

made with  
**photosymbols**<sup>®</sup>



People made giant jigsaws to show what needs to happen so people with learning disabilities get a good learning disability health check.

We have put this together and shared it out so people can learn from it.



We worked together as a team to help people with learning disabilities have lives that are healthy, happy and safe.

## Lottery Funding



We are thrilled to have got **National Lottery** money to run 2 training groups. This means we will open a new one in Cromer.



We are excited that our project will also be about working with all different community groups to help make life more Healthy, Happy and Safe for everyone.



We want to say a big **thank you** to everyone who plays The National Lottery for supporting us.

# Annual General Meeting



On 19th June this year we held our **25th Annual General Meeting** to celebrate what we had achieved during the year.



We told people all about what we have been doing in our different groups and training. We talked about all of the work we have done this year.



Sam our Treasurer did a great job of telling everyone what we have done with our money during this year.



We also said a big **thank you** to all the people who help us to run our organisation. We have great paid supporters, volunteers, Trustees and staff.



It was a fantastic day celebrating everything we have achieved by working together and supporting each other.



# News from Cromer

By Cromer members



We run Opening Doors from the **Cromer office** every Friday. We support each other to take phone calls and check emails.



We held an Easter Event with puzzles and activities. Everything on the day was planned and run by us.

People told us their plans, hopes and aims by filling in and decorating an Easter egg. Martha and Sara helped people take part.



Working at the office gives us the chance to learn new skills, gain more confidence and be important part of our local community.

We are proud to run things every Friday.



We also run our own **Cromer Advocacy Group** on 2 Thursdays a month.

We meet at our group to share our news and learn new things like looking after our health.

# How Opening Doors is run

## By Management Committee



Opening Doors is a **user-led** organisation. Our **Management Committee** who all have learning disabilities make the day-to-day decision.



We have **Officers** who are chosen by the management committee members and then voted in at our AGM.

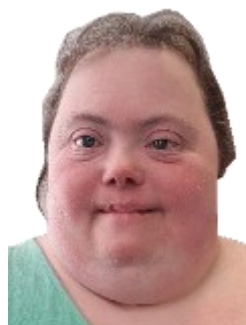
Our Officers at the moment are:



**Francis Chennell**  
Chairperson



**Fred Winterbone**  
Vice-Chair



**Martha Leeder**  
Treasurer



**Carol Barber**  
Secretary



The **Trustees** check we stick to the rules and laws for charities as well as looking after our staff.

Management Committee and Trustees work together and some people are on both.

# Training at Opening Doors



We run a Training Group where people with learning disabilities write and deliver training.

We **teach people with learning disabilities** so they can live safe and happy lives.

We have run sessions on:

|                      |                       |                                    |                                    |
|----------------------|-----------------------|------------------------------------|------------------------------------|
| <p>Loan Sharks</p>   | <p>Women's health</p> | <p>Avoiding diabetes</p>           | <p>CTR training</p>                |
| <p>Self advocacy</p> | <p>Winter safety</p>  | <p>Mental health and wellbeing</p> | <p>Mental health and wellbeing</p> |



We also **train students and professionals** about learning disabilities so they will be able to support us all well.

|                                |                             |   |                                     |
|--------------------------------|-----------------------------|---|-------------------------------------|
| <p>Speech therapy students</p> | <p>Social Work students</p> | <p>Learning Disability Nursing students</p> | <p>Workers from other charities</p> |
| <p>Paramedics</p>              | <p>County Council staff</p> | <p>Pharmacy students</p>                    | <p>Staff from secure services</p>   |

# Training at Opening Doors

By Hayley Burwood



I ran a teaching session for **social work students** at the University.

I talked about how it feels to be a parent with learning disabilities.



I told students how self advocacy has helped me be a good parent.

I shared my stories and gave tips about how to communicate with parents with learning disabilities.



We have been working hard this year running lots of our **Making Information Easy Read** training sessions.

We are really proud to have trained over 150 people.



Here are the next dates that we are running this training.

Call the office if you want to book a place.



# News from Norwich

By Norwich Advocacy Group members



Poppy Rose came along to talk about being **transgender**. She talked about her story and the barriers she faced.

Everybody worked as a team to understand what transgender means.



We had two sessions from the Norfolk Scam Prevention Service to talk about different types of **scams**.



The first session we found hard to understand so we invited them back and the second session was really good and well presented.



We had a great meeting talking about what is **self-advocacy** and what makes a good advocacy group.

Self advocacy is about working as a team and speaking up for yourself and others.





# Norwich Pride

In July some of our Norwich members went along to the Pride march.

We were proud to be supporting each other and showing that our organisation value is **"We welcome everyone"**.

We marched to show we are for ALL people with a learning disability.



**"Going to the Pride march was amazing. I was with friends who accept me for who I am. I was brave and proud and I wasn't judged badly that day."**

## Mental health and wellbeing



Thanks to the **Bupa Foundation** we are starting a one year project about mental health and wellbeing for people with learning disabilities aged 30 to 50 years old.



We will be working with peer supporters to teach people ways to look after their mental health and wellbeing.

Keep a look out for more information.

# Link up to stop loneliness



We have been working with Better Together on a project to help people feel less lonely and link up more.



People came along to an event at the Forum in Norwich. They shared **how loneliness made them feel** and gave ideas to stop them feeling lonely.

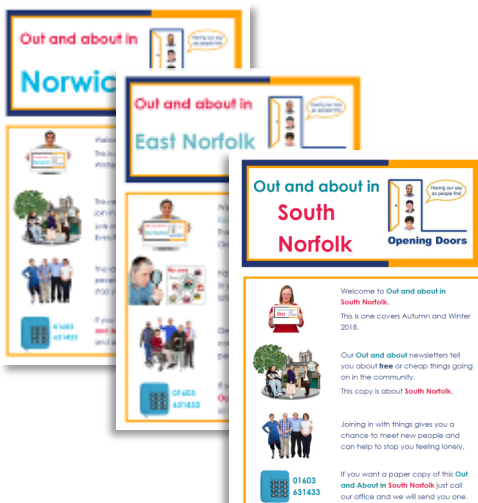
That's Norfolk TV made a video about the event. You can take a look on our news page at [www.openingdoors.org.uk](http://www.openingdoors.org.uk)



**Meet up Monday** in Diss welcomed people to come in for a chat, lunch and to have a go at some activities.



**“Sometimes you've got to be brave to take the first step to try something new.”**



As part of the project we make **Out and About in.....**booklets to show what free or cheap things you can do in your local area.

# News from Broadland



We support Advocacy Groups at Broadland Clinic and Astley Court at Little Plumstead Hospital.

We think it's really important for people in **secure services** to have their say.



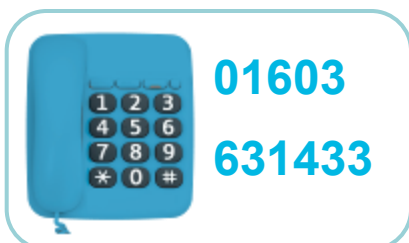
At the Recovery College Conference Andy and Andrew did a presentation about speaking up at secure services, moving forward and stopping over medication.

## My Winter Plan



Earlier this year we received some money to write **My Winter Plan**.

We created this to help people plan for the winter months safely and hosted 3 Winter Warmer events.



This winter we are sharing **My Winter Plan** again to make life better for people with learning disabilities.

If you would like a **FREE** copy please call us.

**“My Winter Plan is great and helped me feel safe and not to panic.”**



# News from Diss

By Diss members



We are really pleased that we have been given money by the People's Health Trust to run our **Diss Office Skills Group** every week.



We have been sharing flyers and information all around the Diss area.

It is free to come to office skills and does not come out of a personal budget to join.

If you need support to take part just bring your supporter along with you.



The **Diss Advocacy Group** recently invited Alison Arnold from Shared Lives.

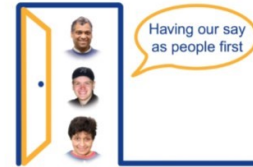
We shared our stories about the importance of being independent with good support.



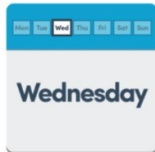
If you would like to come along to either of our **FREE** groups in Diss then give us a call.



# Christmas Party



**Opening Doors**



to



You can bring a supporter  
You must make your own way



Come to 38a Bull Close  
stay as short or as long  
time as you want.

A chance for Opening Doors  
members to join together,  
have fun and celebrate

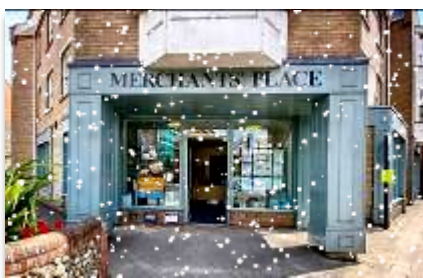


No alcohol please  
soft drinks only



## Christmas closing times

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



# All aboard our travel project

## By Confident Traveller Members



We have started a **Confident Traveller project**.

We are working together to help adults with learning disabilities to have the skills and confidence to travel.



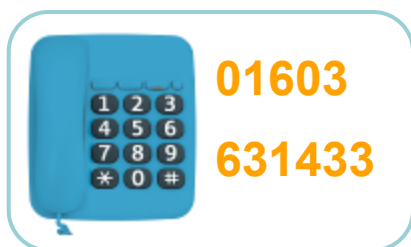
We organised our own venue for the meetings at the Vernon Castle Room at the Millennium Library.



We checked the fire safety and accessibility to make sure everything was good for people with learning disabilities.



We have made a questionnaire to find out more about how people get about and what stops people from using public transport.



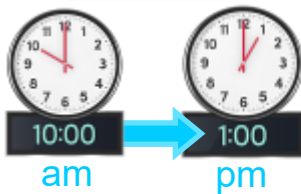
The next meeting is on **Friday 13th December** from 1.00-5.00pm.

Give the office a call if you would like to come along or find out more about the project.

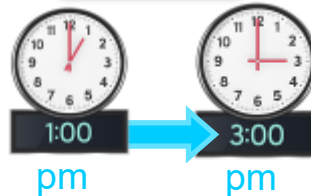
# Dates for your diary

## Advocacy groups starting back in 2020

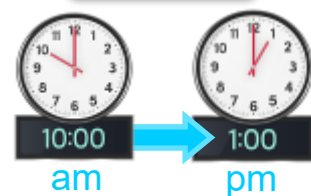
Cromer



Diss



Norwich

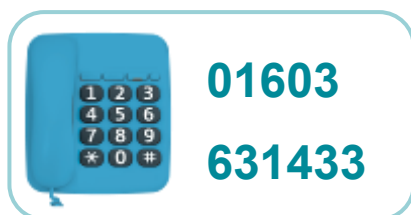


## Booking appointments



When we are back after the Christmas break we will have **1 hour appointments** for you to book.

This will be a chance to talk to an Adviser about any problems that have come up over the break.



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

Give us a call to book your appointment.

If you are ill and need support



111

If you feel very upset



116  
123



# Our new Social Work Student

“It’s been great to meet everyone and learn about self-advocacy.”




We are pleased to welcome **Emma Hamilton Brown**, our new Social Work Student at Opening Doors.


Emma is supporting our work in Diss on Monday’s and office skills in Norwich.

Emma works with us 3 days each week.

## Monday to Friday

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

## Fridays only

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



[admin@openingdoors.org.uk](mailto:admin@openingdoors.org.uk)



[www.openingdoors.org.uk](http://www.openingdoors.org.uk)

## Our social media



[@OpeningDoorsLD](https://twitter.com/OpeningDoorsLD)



[openingdoorsld](https://www.instagram.com/openingdoorsld)



01603 631433



[@OpeningDoorsLD](https://www.facebook.com/OpeningDoorsLD)



[openingdoors85](https://www.youtube.com/channel/UC...)



Charity number: 1060002