

South Norfolk Advocacy Group

A group run by and for
adults with learning disabilities



Having our say
as people first

Opening Doors

Free



We meet
at **Morrisons**
in Diss



**A chance to speak up
and get your voice heard**



**Make choices
and decisions**



**Make new
friends**



**You can bring
a supporter**



**Try out
new things**

See the back page for **2026** dates

January 15	January 29	February 12	February 26	March 12
March 26	April 9	April 23	May 7	May 21
June 4	June 18	July 2	July 16	July 30
August 13	August 27	September 10	September 24	October 8
October 22	November 5	November 19	December 3	December 17

Getting here: You will need to arrange your own travel

Morrisons

Community Meeting Room,
Victoria Road,
Diss, IP22 4XF

Charity number:
1060002



Get in touch if you would like to come along



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