

Opening Doors

Healthy, Happy, Safe

February 2026



Opening Doors is now a CIO – this is a safer type of charity.

Our members voted at the SGM (this is a special general meeting) to change from 1 February 2026.



We now have a new charity number and **a new website** to show our work.

Take a look www.openingdoors.org.uk



We are also looking for new people to **join our Management Committee.**

Turn to page 4 to find out more **Page 4**

In this newsletter you will find:

Advice about Staying **warm and well** in Winter



Project updates

Newsletter funded by



Norfolk
County Council



Funded by
UK Government



Could YOU be an Energy Champion?

A project funded by the Energy Industry Voluntary Redress scheme



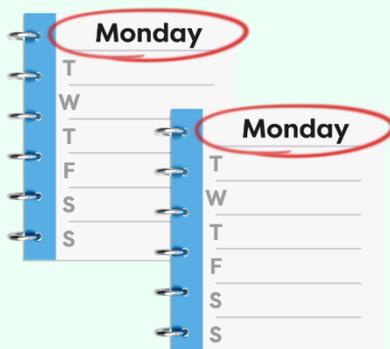
We are looking for people to join our new **Energy Champions project**.

This is an exciting chance to learn new skills, teach other people and earn some money.



You will get training to learn about saving energy and understanding bills.

You will be part of a team writing and leading training sessions for people with learning disabilities.



There will be **2 meetings** for Energy Champions **each month**.

These will mainly be on Mondays at the Opening Doors office.

There will be other bits of work too.



You will get paid £14.12 for each hour you work on this project.
Pay days are on Fridays.

If you cannot be paid you can still apply to be an Energy Champion.



This project will run until the end of December 2026.



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To find out more or if you want to get involved call Opening Doors and ask for Lauren.

Are you on the Priority Register?



Everyone with a learning disability should be on this special list kept by the energy and water companies.

You get more help if there is a problem with your energy or water supply.



It is **free** to be on the list **so call us** and we will get an Adviser to get you signed up.



Can YOU help run Opening Doors



We are open for applications to join our **Management Committee**

This is the group who run our organisation day-to-day and make decisions about what work we do and how we run.

Everyone on Management Committee has a learning disability.



What is involved?

Meetings are on **one Thursday each month** 10am – 2pm.

There are also some meetings with Trustees on Wednesday mornings.



This is a **voluntary role** so there is no pay. We provide support and free transport.



“It is a chance to work together to run a brilliant charity.

It helps you take control and feel you are doing something good.”



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How to apply

Call us to say you are interested. We will give you an information sheet about it and an application form.



You can write on the form or record a voice note answering some questions. You can ask for support with this.



Members have to do a DBS check for Management Committee but **a criminal record does not automatically mean you cannot join. Ask us about it.**



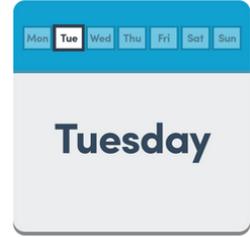
Congratulations Francis and Jake



Francis was Chair of Opening Doors for 5 years. He also supports our work at a Secure Service every Wednesday.

Everyone at Opening Doors congratulates Francis and Jake on their recent wedding. It looked like a fantastic day with lots of laughter and smiles.

What is on in March 2026



March 2 Winter Warmer

12:30 pm → 2:30 pm

All groups are USERLED

Bring a supporter if you need one

March 9 Winter Warmer

12:30 pm → 2:30 pm

March 9 LGBT+ Group

4:00 pm → 5:00 pm

March 10 Norwich Group

10:00 am → 12:00 pm

March 16 Winter Warmer

12:30 pm → 2:30 pm

March 16

March 17

March 23 Winter Warmer

12:30 pm → 2:30 pm

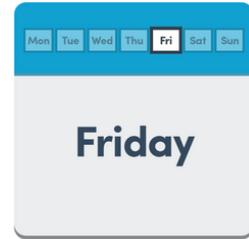
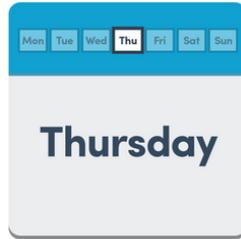
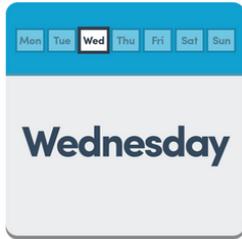
March 23 LGBT+ Group

4:00 pm → 5:00 pm

March 24 Norwich Group

10:00 am → 12:00 pm

All Free for adults with learning disabilities



March 4 Yarmouth Group



10:30 am → 12:30 pm

Call us if you want to join a group



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March 6 Cromer Group



10:00 am → 12:00 pm

March 11 Wellbeing Wednesday



4:00 pm → 5:00 pm

March 12 Diss Group



10:30 am → 12:30 pm

March 13

March 18 Yarmouth Group



10:30 am → 12:30 pm

March 19

March 20 Cromer Group



10:00 am → 12:00 pm

March 25 Wellbeing Wednesday



4:00 pm → 5:00 pm

March 26 Diss Group



10:30 am → 12:30 pm

March 27

Our project updates



Get Online, Be safe Online Project

We used a survey to find out what tech 50 people with learning disabilities in Norfolk use and what people can do online. We found out what help they need to use it.



This is what we found out

Many people use phones, tablets and email but lots need help to use them.



If adults with learning disabilities do not get the right support, they will be left behind.



New technology like QR codes and AI is too hard for most people.



More and more information and services are only online. This means many adults with learning disabilities will be left out, unsafe and disconnected.



Thank you to CityFibre and everyone that took part in the survey.



Good Relationships and sexual health

An update from our project

From now until May we are running workshops about ↓

Healthy Me, Healthy Relationships



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www.openingdoors.org.uk

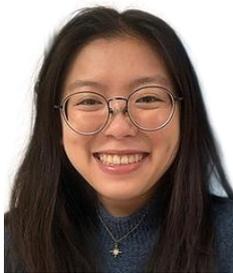


Sexual health and understanding our bodies



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Call us for more information



Welcome Cheryl

Our new Social Work Student



Cheryl joined us in January on her student placement and will be with us until May.

She is visiting the Advocacy Groups and learning about what life is like with a learning disability and all the good work that you do.

Cheryl said **'I look forward to meeting more of you soon and learning lots from you.'**





Tips to stay warm and well this winter



Stop viruses spreading

Wash your hands for 20 seconds



Move regularly

Walk, stretch go to classes



Eat healthy food

Frozen fruit and veg are great



Reduce risks of trips and falls

Wear sensible shoes



Keep medicines up to date

Have painkillers + flu remedies



Have your vaccinations

Make sure you are up to date

We have 2 groups you can join this winter

Mondays **Winter Warmer** and **Wellbeing Wednesday**.
See the calendar on pages 6 + 7 for times and dates.



Funded by
UK Government



Healthy, Happy, Safe Day 2026



We are working hard planning. We are excited as it will be a brilliant day ☺

There will be lots of free things to do, chances to learn and to have fun.



Use the poster on the back page to put up in your home, day service or anywhere else to tell people all about it. We cannot wait to see posters all around.

Contact Opening Doors

for information, advice or just to say hello and have a chat



Our phone number is answered
Monday to Friday 9am to 5pm



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

Charity number: **1214591**



admin@openingdoors.org.uk

Follow us on social media

OpeningDoorsLD



Look at our new website
www.openingdoors.org.uk

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Being Healthy, Happy, Safe 2026



A day of FREE fun, talks and performances run by adults with learning disabilities



Save the date



The Forum, Norwich



Thanks to The National Lottery Community Fund we will be back!



Watch and join in with performers



Try things out on stalls



Try out crafts



Learn new things