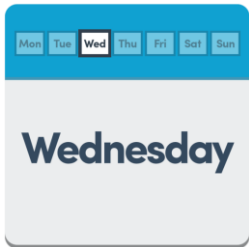


Healthy, Happy, Safe Day 2026



**Everyone
is welcome**



The Forum, Norwich



Visit stalls, try activities and get all the stamps for the prize draw

Have your say in our survey



Grab your FREE HHS Day bag



Try out arts and crafts



Meet HECTOR



Welcome in the Atrium

Opening Doors and Ian Wake
Director of Adult Social Services
Norfolk County Council

Come for
as long as
you want



You can do
as much or
as little as
you want

Performers you can watch outside



Morris Dancing
Milkmaid Molly



Drumming
by Richard



Music + Dance
JDT Music Academy



Morris Dancing
Milkmaid Molly

Talks in The Gallery



Looking
after your
teeth

Emma from
Plummers
Dentist



Looking
after your
pets

Chris from
Rackheath
Vets



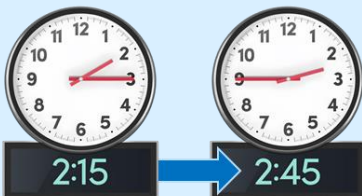
All about
wellbeing

Kat from
Mind



All about
learning
disability
health checks

Rebecca
+ Molly from
ICB



Get online,
Stay safe
online

Andrew +
Carl from
Opening
Doors

Help and information



It is **free** for everybody to come along.
You can bring a supporter.
There is no need to book in advance.



Bring your own drink, lunch and snacks or money to buy them.



You will need to make your own way there.
Use the back page to plan your trip to The Forum.



You can ask a volunteer for help at any time.
Find them on the Opening Doors stall or walking around in t-shirts.



**Thank you to The National Lottery
Community Fund for supporting our event**



How to get to The Forum

Address

Millennium Plain, Norwich, Norfolk, NR2 1TF

Public transport

The nearest bus stops are on Theatre Street, Red Lion Street, St Stephens Street and Castle Meadow, a short walk away. Norwich Train Station is a 30-minute walk.



Taxi

When booking a taxi ask to be dropped off on the Bethel Street side of the building, where you can access a ramp (if needed).



Car Park

There is a car park at The Forum.

Cycling

There are secure cycle racks at the front of the building on the Bethel Street side. You can also hire Beryl Bikes or E-scooters.



If you have any questions call

01603 631433 or email

admin@openingdoors.org.uk

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