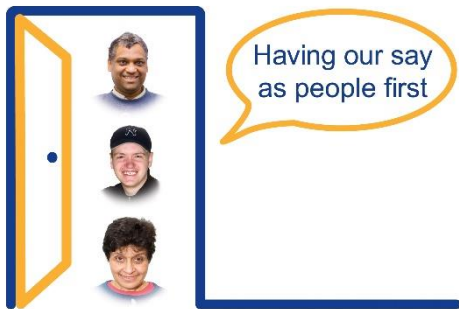




Opening Doors

Healthy, Happy, Safe

September 2026

AGM 2026



October

Tuesday
27

We would love you to join us at our Annual General Meeting in Norwich on **Tuesday 27 October 2026.**

You can come along or join on zoom.

**Everyone
welcome**



We will be celebrating our year, and you can find out what we have been up to.

Everyone is welcome.



We will also be voting for the new **Management Committee** members.

Find out more on the invite



In this newsletter you will find:

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



Advocacy
group updates





Healthy Happy Safe



A project funded by The National Lottery Community Fund



On Wednesday 17 June we held our 3rd **Healthy, Happy Safe day** at The Forum in Norwich.

The day was planned and run by people with learning disabilities.



The **free** event celebrated Learning Disability Week and brought together people from across Norfolk.

Lots of brilliant organisation ran stalls, sharing information advice and support.



We loved the **performances**, thought the **talks** were great, and were so pleased with everyone who ran **craft** tables throughout the day.



Most of all, we loved seeing so many people with learning disabilities coming together, meeting each other and having a great time 😊



Thank you to everyone who came along, and to our amazing Steering Group, volunteers, performers, speakers, stallholders and supporters who helped make the day such a success. **Save the date for 2027** ↓

Survey Report

Thanks to everyone that filled in our survey to find out what life is like for people with a learning disability.

We are looking at the data to see what you said.

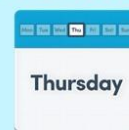
Report

In 2027 we will share a report to show what we have found out.

Healthy Happy Safe Day 2027



Save the date



The Forum, Norwich

Free



Learning Disability
Week 2027



A brilliant day
planned and
run by people
with learning
disabilities

Funded by The
National Lottery
Community Fund



Charity number: 121 4591

www.openingdoors.org.uk



Tips to stay warm and well this autumn



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



This autumn and early winter is expected to be **wetter, warmer, and stormier**. It is recommended to have some spare food and supplies at home.

Advocacy Group updates



South Norfolk Group

We loved meeting Bruce from The Dog Trust when he visited our group.



Mandy from the Co-op helped us make fruit kebabs.

We loved trying all the different fruits!



It is good to socialise with people.

We would love the group to grow but we need a bigger room.

Great Yarmouth Group



We have been busy learning lots from guest speakers on internet safety, sun safety awareness and 999 emergency services.

The Talent Show was brilliant fun!



The group is friendly, meets our needs and we enjoy listening to others.

We look forward to seeing our friends and meeting new people 😊



Norwich Group



iCaSH talked to us about sexual health and awareness. We spoke about contraception and were shown different types.

It was interesting, and we learnt lots.

We learn something new each session.



We run our group together and get ideas from each other.

We are supported by Advisers if we need them.



Cromer Group

Sara from Cromer Library talked about how to join the library and all the different things they do – it is not just for books!



We learn lots of new things from the speakers.

We can come and go as we want but we always stay! We enjoy being with friends and doing different things.



Free

It is **free** and you can try it out.

LGBT+ Advocacy Group



We had a wonderful time together at **Norwich Pride** in July.

It is important for us to show we are happy and proud as people with learning disabilities who are LGBT+.



We are pleased to have friends and supporters who stand with us and support us to join in.

Our group has been going for 5 years!



Real Living Wage UK

We are really pleased to say we now have the certificate to show we are a **Real Living Wage UK** employer.

This means everyone who works at Opening Doors gets paid at least the Real Living Wage.

We believe people should be paid properly for their time this includes people with learning disabilities as well.





Welcome Jo

Our new Training and Advocacy Adviser



Jo joined us in July as our part-time
Training and Advocacy Adviser.

She is getting to know people and learn
about all the good work that we do.



Jo will be working with the Training Group to
help plan and deliver training and supporting
the Advocacy Groups.

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



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