

# OUR OWN VOICES

The newsletter of Opening Doors

Issue 24 October 2014

## 20 years of Opening Doors

We welcomed over 50 people to join us to celebrate 20 years of Opening Doors.

Opening Doors Advocates, past and present Staff members, Trustees and Volunteers came together for our celebration.

Everyone enjoyed looking at photos from the past 20 years, hearing great speeches and eating the lovely buffet and celebration cake.

Sabrina and Hayley remembered Joan Scott. We had the official opening of the Joan Scott Training Room.

Well done to everyone involved!



Linda, Dawn and Alan have been members for 20 years

Turn to pages 4 and 5 for our photo gallery

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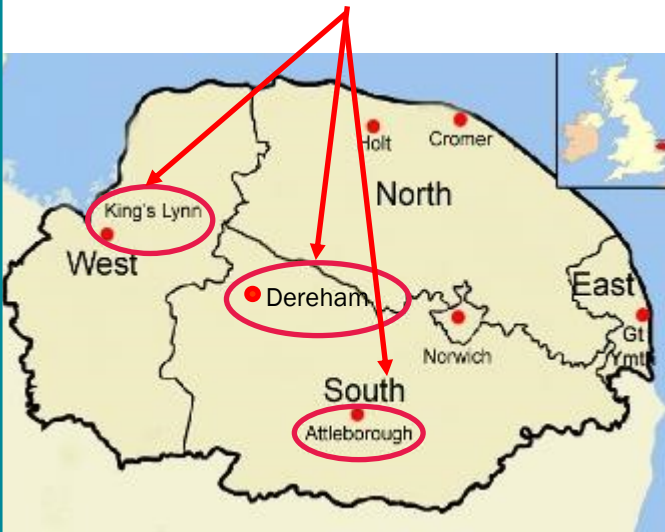
# Opening Doors

# Changes to Advocacy Groups

We are making some changes to advocacy groups in some areas of Norfolk.

We are reviewing how we run groups in Kings Lynn, Dereham and Attleborough.

We have decided to stop running these groups at the moment.



This will give us time to get out and about so we can hear from **YOU** about what is important to you and how you want to get your voice heard.

We will be visiting community hubs, colleges and other places to hear about what you want.



Hub



College



We will still support people with learning disabilities all across Norfolk to get their voices heard.

We want to make sure everyone gets the chance to take part in advocacy.

We want to hear ideas about the best way this can happen for people.



You can contact us at our office if you want to talk to us or have ideas about new groups we could set up near you.



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# Then and Now

## A Members Poem

We started at Bowthorpe Road,  
then at Charing Cross,

We had nowhere to move,  
a broom cupboard it was

The name People First was soon to be lost

To a new one with a satisfactory cost.

In 2010 Opening Doors was the name to be

Choose by the Trustees and  
the Management Committee

So people with learning disabilities can see

They can be strong and talk open and free.

We had lots of Chairpersons that stood in line

Joan Scott was one of our first  
and made us shine

To right now it's Fred who is doing just fine

Running the organisation at this time.

Letting us gain experience with admin too

Trying new things and seeing them through

Our confidence grows with everything that we do

And speak up for ourselves  
when we don't have a clue.

In 2006 the first advocacy group was born

Holt it was but it was shattered and torn

Needing their say and to fight the storm

It's now based in Cromer  
and its presence is warm.

Then came others needing help in a similar way

With Norwich and Yarmouth wanting their say

Groups like these will be here to stay

There are a lot more groups growing each day.

A parents group is now a big call

To give parents a chance  
before they crumble or fall

To keep them strong when against the wall

With Norwich and Fakenham in need of more.

By

Hayley Burwood



## What Opening Doors means to me

**Hayley Says:**

“Opening Doors has gained me confidence and self esteem.”

# Anniversary Party



Getting the office ready to welcome everybody



Sue Brookman, former Senior Advisor and Stephen Rogers, from Norfolk County Council officially welcomed everyone to our new office

'Hear ye, Hear ye!' Kenny the Town Crier opened the party



Hayley read her Poem about Opening Doors (on Page 3)



Anniversary Cake and Buffet



'Two Dozen 24'  
'Bingo'!



DJ Janet on the decks!



Old friends catching up!



We won first prize for our work with Inclusion East for checking supported living places



Stuart enjoying the buffet



The Cromer Office had a party too!

# Ship Ahoy!



Opening Doors organised a boat trip on the Southern Comfort.

On the boat were Robert, Jason, Stephen, Fred, Linda, Jeff and Linda, Debbie, Kathleen, Bruce, Sylvia B, Sylvia H, Andrew, Ian D, Ian H and Carl

The boat trip left Horning on the Norfolk Broads.

Four people from Opening Doors steered the boat. It was fantastic.

It was a hot and beautiful day.



Then everybody got off the boat. Some people had a packed lunch, others had a hot lunch.

By  
Martha  
and Robert

**Carl said:**

“The boat trip was excellent.  
The weather was fine.  
People enjoyed themselves.”



**Sara said:**

“It was Brilliant. I liked it when I steered the boat. I liked it when I announced to everybody. I liked the photos and enjoyed the meal.”



**Rita said:**

“It was absolutely fantastic and I also liked driving the boat and being captain for the day also when we went to Swan inn the food was lovely. We done a speech to all the staff.”



# Opening Doors Christmas Card Competition



It is that time of year again!

We are asking our members to send in Christmas Card designs for the Opening Doors Christmas Cards.

Two members of the Management Committee will choose the winner and their design will be the one we use for our Christmas cards to members.

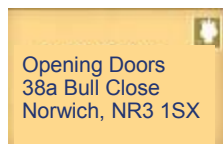
The winner of the competition will win £20 as their prize.

## Here is how to enter:

Draw out your design as clearly as you can.



Send your designs in to the Norwich Office.



Make sure it arrives by **Monday 3 November 2014.**



The winner will be announced in the December newsletter.

# Have your flu jab

Make sure you have your free flu vaccination from your GP Surgery.

This injection will help to keep you safe from getting the worst flu bugs around.



# Easy News Tenth Edition

The next edition of Easy News, a newspaper that is easier to understand for people with learning disabilities, is available now.

You can read it at advocacy groups or contact the office and we can email a copy to you.



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## What Opening Doors means to me

**Raymond said:**

“Helps me to get out into the community.

It’s better than sitting at home.”



## Christmas Light switch on

Come along on Thursday 20 November to watch the Norwich Christmas



Lights switch on from 6.30pm.

We will then meet at Chapelfield Road Methodist Church for some festive fun until 9.00pm.

Please call the office if you would like to join us.



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**The next issue of Our Own Voices will be out in December 2014**



This newsletter is available on **CD** and in **large print**.  
If you need either please call 01603 631433.



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