



Being safe in 2022

Newsletter 48

15 June 2022



Next week is **Learning Disability Week**.

This year, the theme is celebrating living life with a learning disability.

Come and join us at The Forum in Norwich on Thursday 23 June.

Find out more on page 9 

In this newsletter you will find:



Easy read
Health update



News from
Opening Doors



Our July
group dates



Stay well



Keep moving



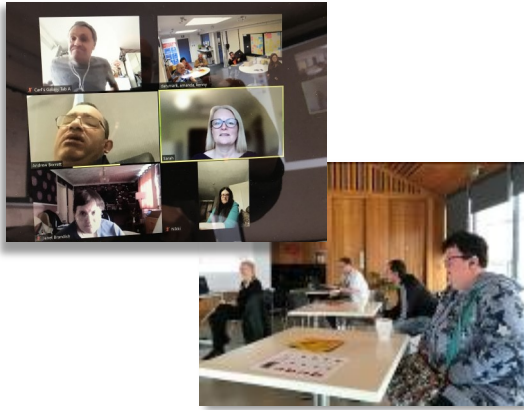
Stay connected



Keep happy

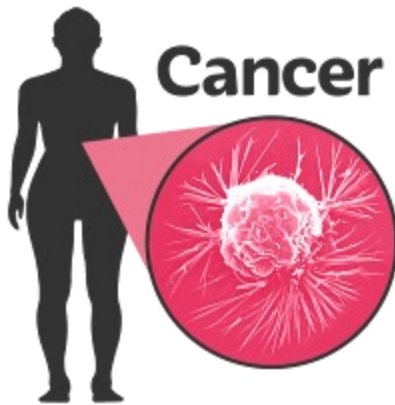
Health update

Bowel cancer

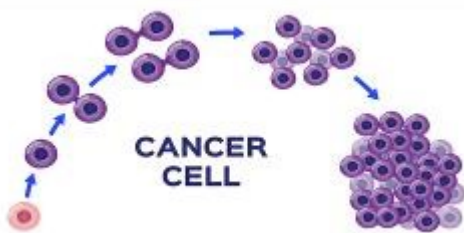


The Norwich and Great Yarmouth Advocacy Groups have been joined by Bowel Cancer UK.

The Diss and Cromer groups will have their talks soon.

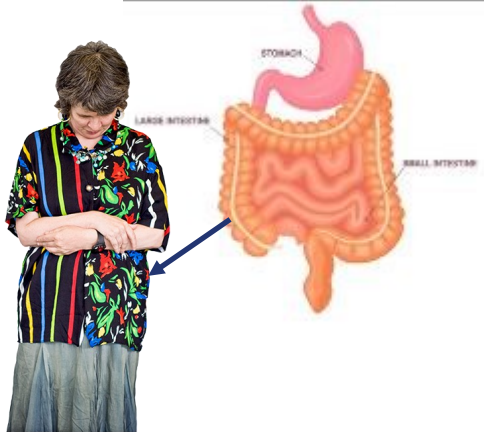


They talked about what **cancer** is. Your body is made up of lots of tiny pieces called cells. Sometimes cells go wrong and can turn into a lump called a tumour.



Some tumours are not cancer and do not make you ill.

Other tumours are cancer and can spread to different parts of the body.



Your bowel is a long tube that joins your stomach to your bottom.

It turns food waste into poo and takes it away through your bottom.

A tumour in this tube is called **bowel cancer**.

5 signs to look out for



Blood in your poo



Diarrhoea or constipation



Losing weight quickly



Feeling tired all the time



Pain or lumps in your belly



Try not to worry as it may not be bowel cancer. But it is important to check.

If you have some of these signs make an appointment to see your Doctor.



If you live a healthy life you may be less likely to get cancer.

This means eating a healthy diet, doing exercise, not smoking and not drinking too much alcohol.

Thank you Bowel Cancer UK for



Martha Leeder

We will miss you



We sadly lost our dear friend Martha Leeder last year. The Cromer Advocacy Group wanted to celebrate Martha's life, so we arranged to do this near Martha's birthday.



We invited Martha's family to join us at Merchants Place so we could be together. We talked about memories and good times.



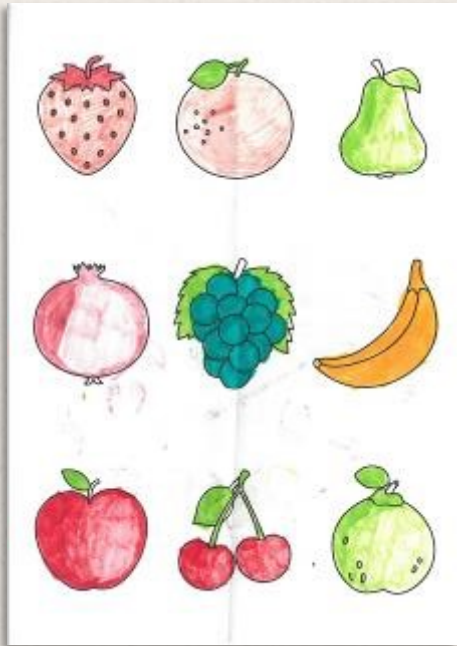
We had some donations so we had a plaque made to honour Martha. The Cromer Group chose what to write.



Martha was very well liked and loved. She worked hard; was very crafty and enjoyed being involved in so many projects.

We all sadly miss Martha but enjoyed the day together.

Self advocates' message board



My name is **MARION**
Name = 1000

My report is about **WHAT I AM LIKE DOING**

Draw a picture or write about what you want to share with us
 I HAVE BEEN A VERY BUSY WITH ALL MY EMAILS X FACEBOOK MESSAGES WHICH I REALLY ENJOYED VERY MUCH.
 X I CAN LIVE WITHOUT MY MOBILE PHONE. MY IAPPOX MY TABLE. I SPEND MY X RINGING UP LOOKING AT I HAVE STARTED BACK MY

Tell us why you enjoy this COURSE ON THURSDAY
 how does this make you feel?
 AFTER VERY LONG PASTOR BREAK WHICH I REALLY ENJOYED VERY MUCH.
 X I HAVE VOLUNTEERED IN A CHARITY SHOP FOR PASTOR VERY MUCH.

How could other people try this too? WHICH I REALLY ENJOYED VERY MUCH. TOO
 X ALSO I REALLY ENJOYED TO INVOLVE WITH OPENING DOOR VERY MUCH.
 WHICH I REALLY ENJOYED VERY MUCH. TOO.

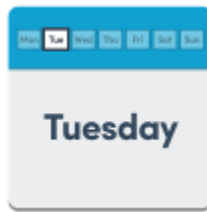


We are looking for someone to join our **Heath Experts Group** from West Norfolk.

Give us a call on **01603 631433**.



What is on this month



July
4

July
5 **Norwich Advocacy Group**

July
6



Join us on zoom
373 225 4819

July
11 **LGBT+ Zoom Group**

July
12

July
13 **Great Yarmouth Group**



Call for the zoom code

Join us on zoom
373 225 4819

July
18

July
19 **Norwich Advocacy Group**

July
20



Join us on zoom
373 225 4819

July
25 **LGBT+ Zoom Group**

July
26

July
27 **Great Yarmouth Group**



Call for the zoom code

Join us on zoom
373 225 4819



July 6 Teatime Social Zoom group



943 1296 6078

July 7 Diss Advocacy Group



Join us on zoom 373 225 4819

July 8 Cromer Advocacy Group



Join us on zoom 373 225 4819

July 13 Wellbeing Wednesday



943 1296 6078

July 14

July 15 All Together Norfolk



930 9890 9337

July 20 Teatime Social Zoom group



943 1296 6078

July 21 Diss Advocacy Group



Join us on zoom 373 225 4819

July 22 Cromer Advocacy Group



Join us on zoom 373 225 4819

July 27 Wellbeing Wednesday



943 1296 6078

July 28

July 29 All Together Norfolk



930 9890 9337



Opening Doors

Management Committee



We are pleased to welcome new people onto our Management Committee.



Paula Moore
South Norfolk



Rita Goldsmith
North Norfolk



Sharon Brown
East Norfolk

Thank you to past Management Committee members for all their hard work and commitment.



Fred Winterbone



Sara Eldersfield



Learning Disability Week

Join us at The Forum



We are excited to have a stall at The Forum, Norwich on Thursday 23 June. Everyone is welcome to celebrate living life with a learning disability for **Learning Disability Week**.

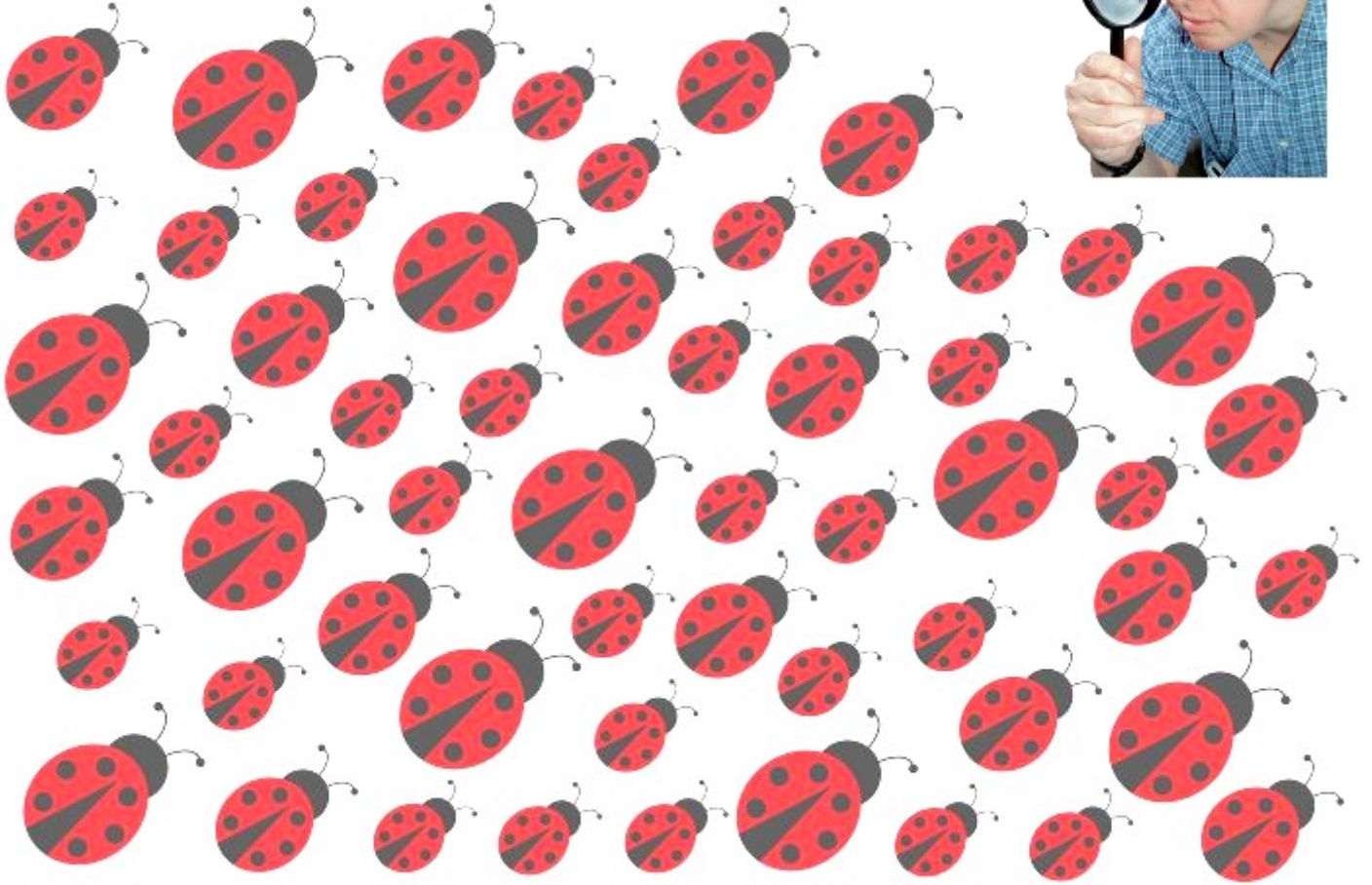
	<h3>Your Community</h3> <p>Hear about Opening Doors and your local community</p>
	<h3>Poetry</h3> <p>Hayley Burwood and Andrea Watson will read their poems</p>
	<h3>Your Health</h3> <p>Learn more about our minds and bodies and staying well</p>
	<h3>LGBT+ project</h3> <p>Hear more about the LGBT+ project</p>



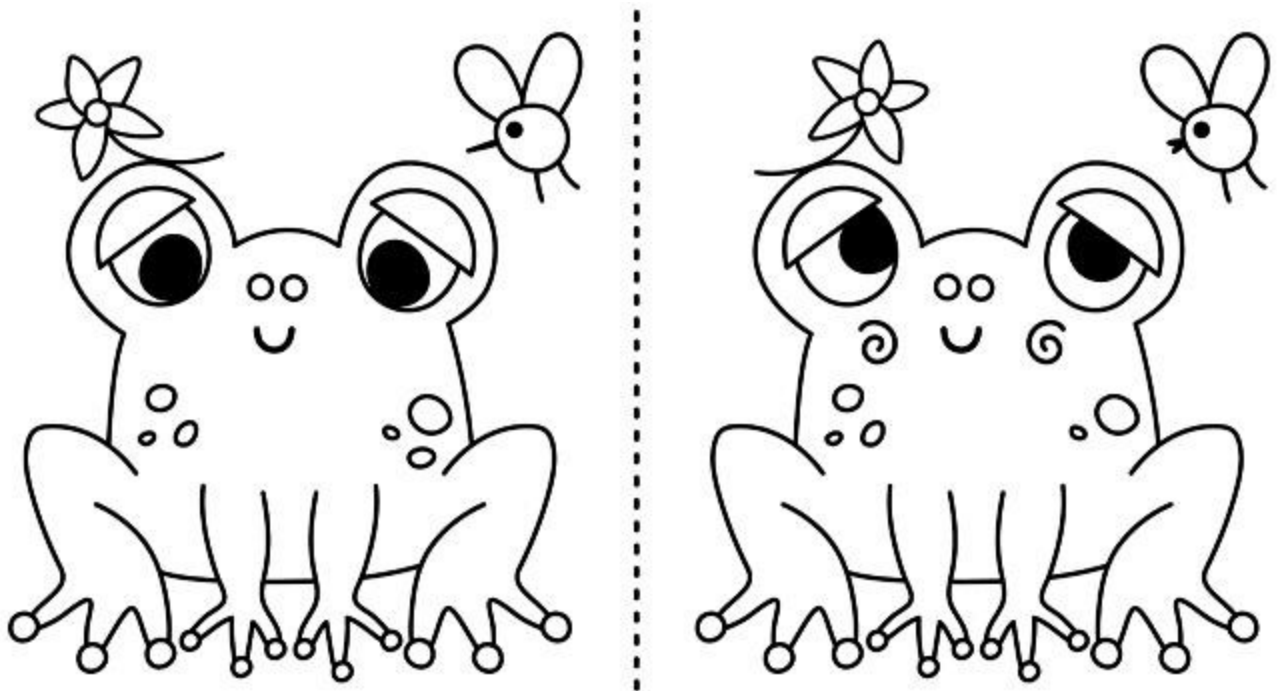
You will need to get yourself there. There will be things to do and prizes to take home throughout the day.

We hope you can join us 😊

Things to do - can you find the ladybird with only 4 spots?



Spot the 5 differences





Celebrating the Queen's Platinum Jubilee



We have been celebrating the Queen's Platinum Jubilee in our Advocacy Groups.

Each Group had a small amount of money to celebrate together.



The groups choose to do quizzes and competitions with prizes and had Jubilee themed refreshments.

The photos are from the fun had at the Great Yarmouth Advocacy Group.

Quiz answers from Jubilee activity book

 <p>70</p>	 <p>4</p>	 <p>25</p>	 <p>2018</p>
 <p>8</p>	 <p>99</p>	 <p>True</p>	<p>Well done to everyone that had a go</p>

AGM 2022



Annual General Meeting

We hope to see you there



We look forward to welcoming many of you to our **Annual General Meeting (AGM)** on Tuesday 28 June.

It will be a chance for us to share our news and have some fun together 😊



01603

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If you would like to come along and have not told us give the office a call on Monday.

To contact Opening Doors



The Opening Doors phone number is answered Monday to Friday 9am to 5pm

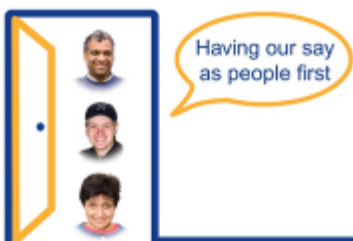


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