



Being safe in 2022

Newsletter 52

16 November 2022

We have big plans to try and help you this winter.

Turn to pages 2, 3 and 4 to find out more about our Safe, Warm and Well project.

Safe, Warm and Well

In this newsletter you will find:

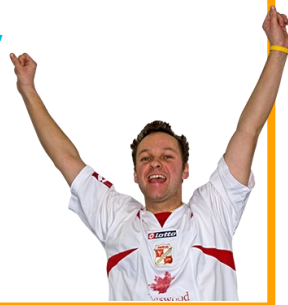
Safe, Warm and Well Project

Advocacy in Action

Our December group dates



Look out for 6 footballs in the Newsletter
 Will you be cheering England on in the World Cup 2022?





Safe, Warm and Well this winter




Together, Norfolk shines brighter

THANK YOU to Norfolk Community Foundation for funding our project to help you over the winter.


This winter we will:



Send out **My Winter Help Booklets** to help get prepared



Carry on sending out our easy read **Newsletter**



Run weekly **zoom groups** - find out more



Give out **insulated cups, handwarmers** and **hats**



Send out an **Activity Book** to help keep busy over Christmas

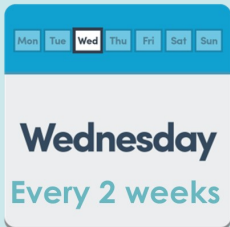


Share **Winter Wellness** videos and tips on Facebook

Safe



Teatime
Social group

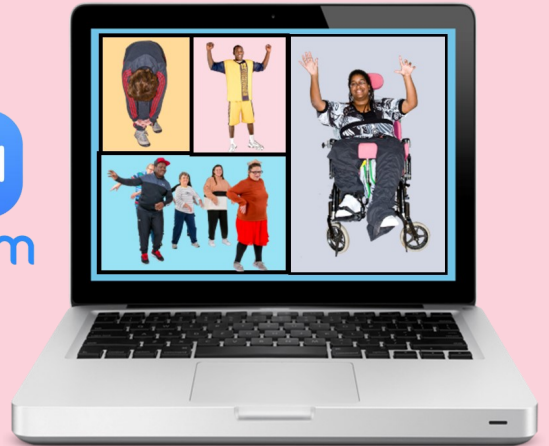
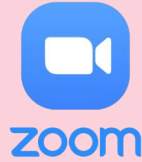


4:00 pm

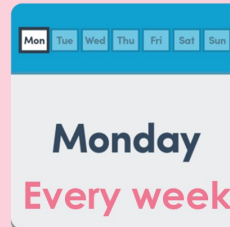


5:00 pm

Warm



Get moving
on Mondays



10:30 am

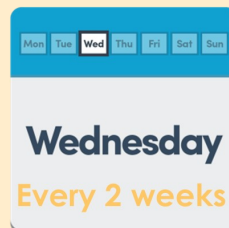


11:30 am

Well



Wellbeing
Wednesday



4:00 pm



5:00 pm



Even with extra help, this winter will be a tricky time. We hope our project will help you to prepare for the next few months.



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631433**

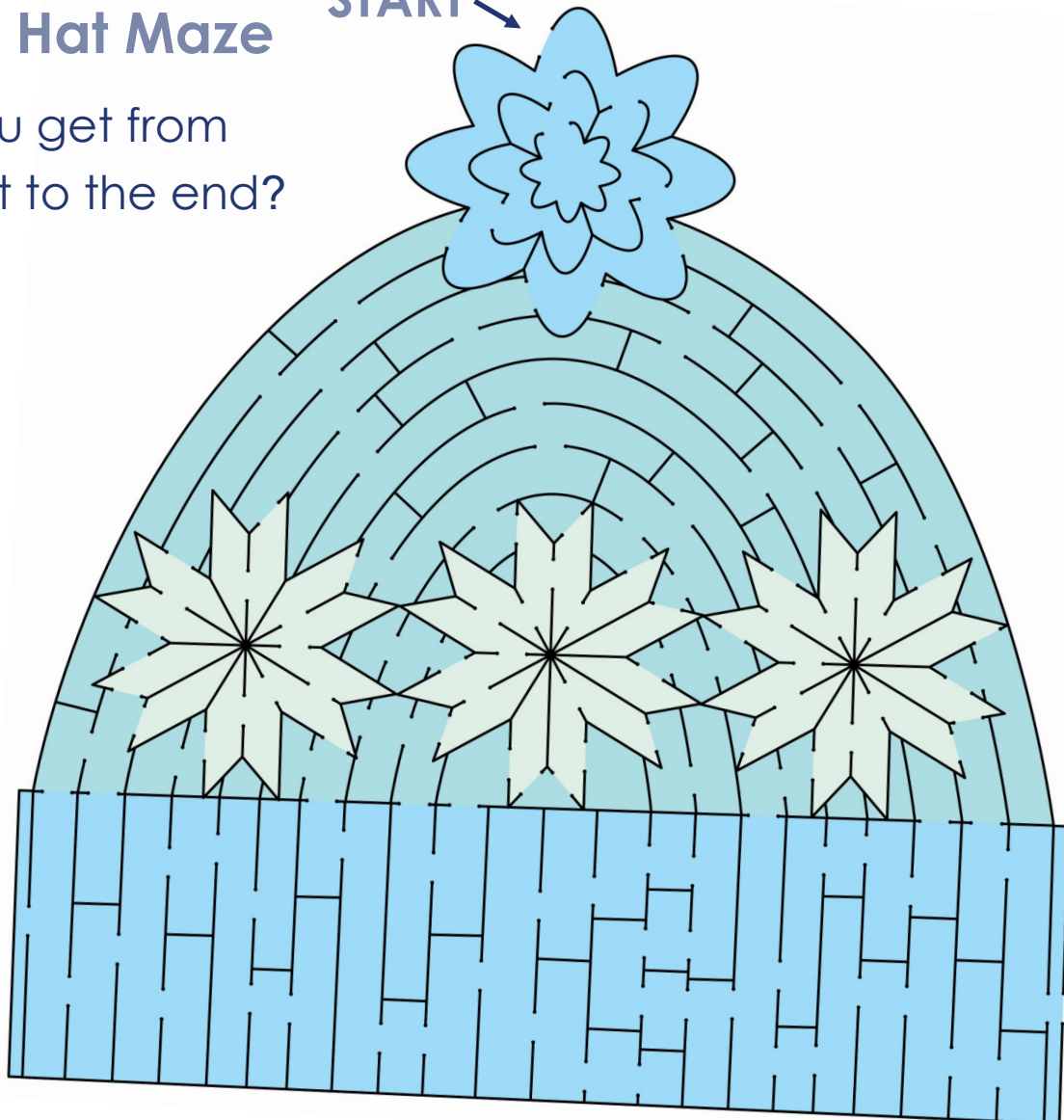
Remember we are here to help.

Please give the office a call if you are struggling to pay for food or energy bills.

Winter Hat Maze

Can you get from the start to the end?

START →



← **END**



News from Opening Doors

Welcome to Alison Bilton-Hill

We are really pleased that Alison is joining our staff team as an Adviser.

Alison will be working with advocates to support and advise them.

She will be managing volunteers too.



LGBT+ Get Together

What we have been up to

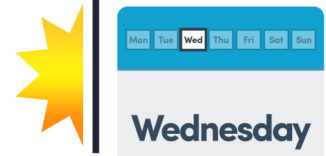
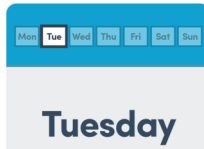
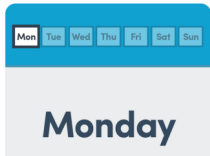
The LGBT+ group are working hard to support people with learning disabilities to feel safe and supported to explore and express their identity.



Opening Doors is now looking for more funding so we can keep our group going after January 2023.



What is on this month



December

5

Get Moving on Mondays



373 225 4819

December

6

Norwich Advocacy Group



zoom 373 225 4819

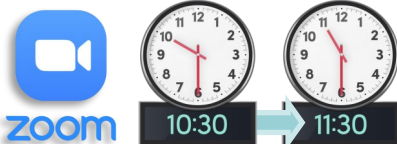
December

7

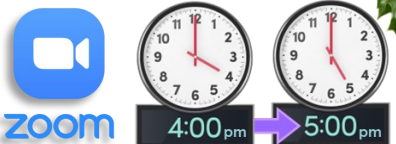
December

12

Get Moving on Mondays



LGBT+ Zoom Group



Call for the zoom code

December

13

Norwich Advocacy Group



zoom 373 225 4819

December

14

Great Yarmouth Group

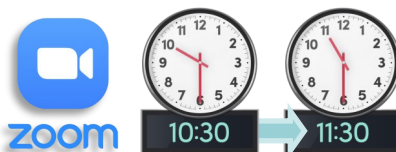


zoom 373 225 4819

December

19

Get Moving on Mondays



373 225 4819

December

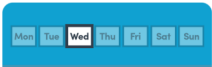
20

December

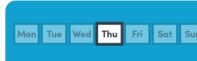
21



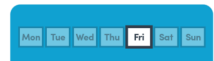
= Christmas event



Wednesday



Thursday



Friday

December

7

Wellbeing
Wednesday



4:00 pm → 5:00 pm

943 1296 6078

December

8

December

9

Cromer
Advocacy Group



10:00 am → 12:00 pm

zoom 373 225 4819

December

14

Teatime
Social



4:00 pm → 5:00 pm

943 1296 6078

December

15

Diss
Advocacy Group



10:30 am → 12:30 pm

zoom 373 225 4819

December

16

All Together
Norfolk



2:00 pm → 3:00 pm

930 9890 9337

December

21

December

22

Diss Advocacy
Group



10:30 am → 12:30 pm

zoom 373 225 4819

December

23

Office
closes at



12:00 pm

Closed



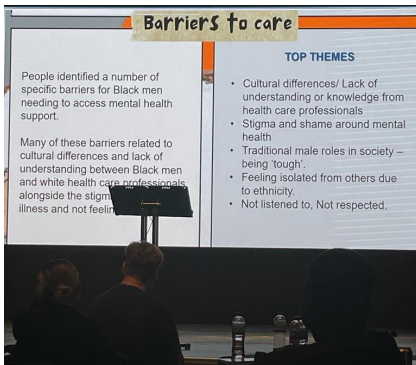


Black History Month

Conference 2022



Francis our Chairperson was asked to give a speech at the Black History Conference in October.

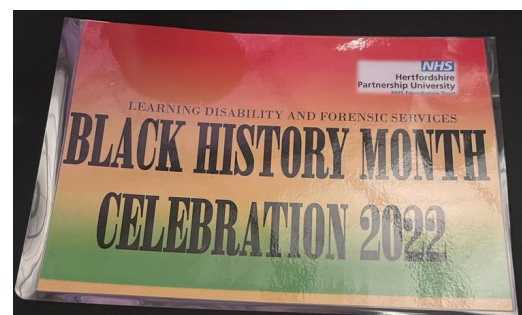


Francis spoke about his experience of accessing mental health care as a black man with a learning disability.

“I spoke about black people with disabilities. Some were famous people and some not so famous.

It was a great day and a good experience.

I really enjoyed myself.”





Christmas card competition



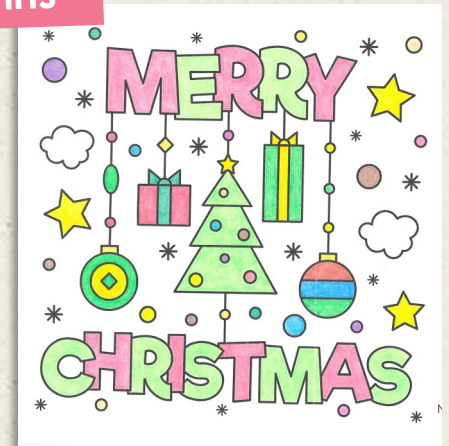
Here are a few entries to share with you
Find out who won in the next Newsletter 😊



Look out for a Christmas Advent countdown on our social media



Chris



Alison

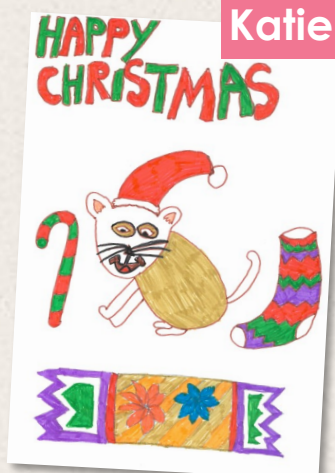


Jeannie

Carol W



Katie



Kieron



Linda



Self Advocacy in Action



Self Advocacy is about being able to speak up for yourself.

Our advocacy groups give people with learning disabilities chances to ↓



My Rights

Get good information and know your rights

A group of five diverse people, including a woman in a wheelchair, are standing together. Above them is a sign that says 'My Rights'. Below the image is the text 'Get good information and know your rights'.

Confident

Build your confidence and self esteem

A man in a black jacket is pointing upwards with his right hand. Below him is the word 'Confident'. Below the image is the text 'Build your confidence and self esteem'.

Practice making decisions and choices

A man wearing a blue baseball cap is pointing his right hand towards a soccer ball floating in the air. Below the image is the text 'Practice making decisions and choices'.

Being userled

A group of six diverse people are standing together and shaking hands in a circle, representing a collaborative and user-led environment.

Opening Doors is a userled **self advocacy** organisation so everything we do is about helping people with learning disabilities to get their voices heard.



Some of our self advocates are confident about speaking up in big meetings to stand up for other people with learning disabilities.

Work members have done recently



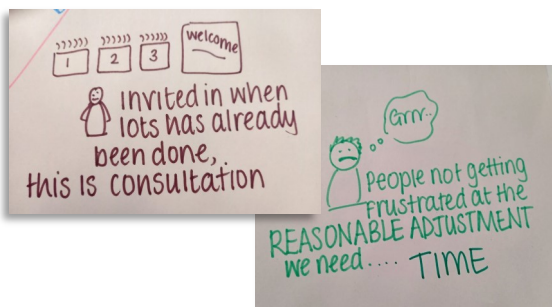
At the Great Yarmouth Advocacy Group this month we met with Brandon Lewis MP, for a question time about the things that are important to us as people with learning disabilities.



It was a great chance to get our voice heard, ask questions and be listened too.



We have been working with **The Public Office** to look at how places like Norfolk County Council can support people better.



We looked at what can help **coproduction** and what stops it.



Coproduction is when professionals and people using public services work together to improve public services.

The Public Office help organisations work with people better.

To contact Opening Doors



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



01603
631433

Call the office if you want to speak with a member of staff.



If they are not in or are busy we can pass a message on to them.

They will call you back when they can.



Please **do not** call staff mobile numbers as we often miss messages when we are busy.



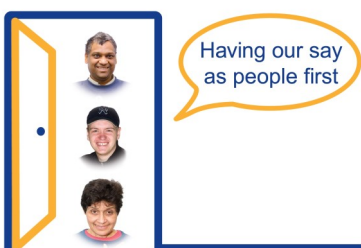
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