

Being safe in 2023



Newsletter 54

13 January 2023



Happy new year

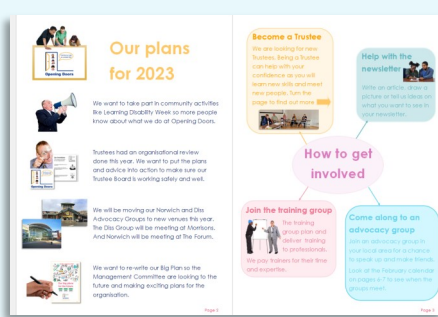
We hope you enjoy getting our newsletter and find it useful.

Please make sure you let us know if your details change.

In this newsletter you will find:



Cost of living update



Our plans for 2023



February dates



Stay well



Keep moving



Stay connected



Keep happy



Our plans for 2023



We want to take part in community activities like Learning Disability Week so more people know about what we do at Opening Doors.



Trustees had an organisational review done this year. We want to put the plans and advice into action to make sure our Trustee Board is working safely and well.




We will be moving our Norwich and Diss Advocacy Groups to new venues this year. The Diss Group will be meeting at Morrisons. And Norwich will be meeting at The Forum.



We want to re-write our Big Plan so the Management Committee are looking to the future and making exciting plans for the organisation.

Become a Trustee

We are looking for new Trustees. Being a Trustee can help with your confidence as you will learn new skills and meet new people. Turn the page to find out more 



Help with the newsletter



Write an article, draw a picture or tell us ideas on what you want to see in your newsletter.

How to get involved

Join a training group



The training groups plan and deliver training to other groups and to professionals and students. You get training to learn how to be a trainer and then paid for your work as well.

Come along to an advocacy group

Join an advocacy group in your local area for a chance to speak up and make friends. Look at the February calendar on pages 6-7 to see when the groups meet.



We are looking for new Trustees



We have a mixed trustee Board.

This means we have some **self advocate trustees** as well as other trustees who do not have a learning disability.



Trustees take responsibility for making sure our charity is run safely and well.

They make sure Opening Doors is run sticking to all the rules.



Being a Trustee can help with your confidence as you will learn new skills.

We are looking for passionate people who want to try and make a difference.



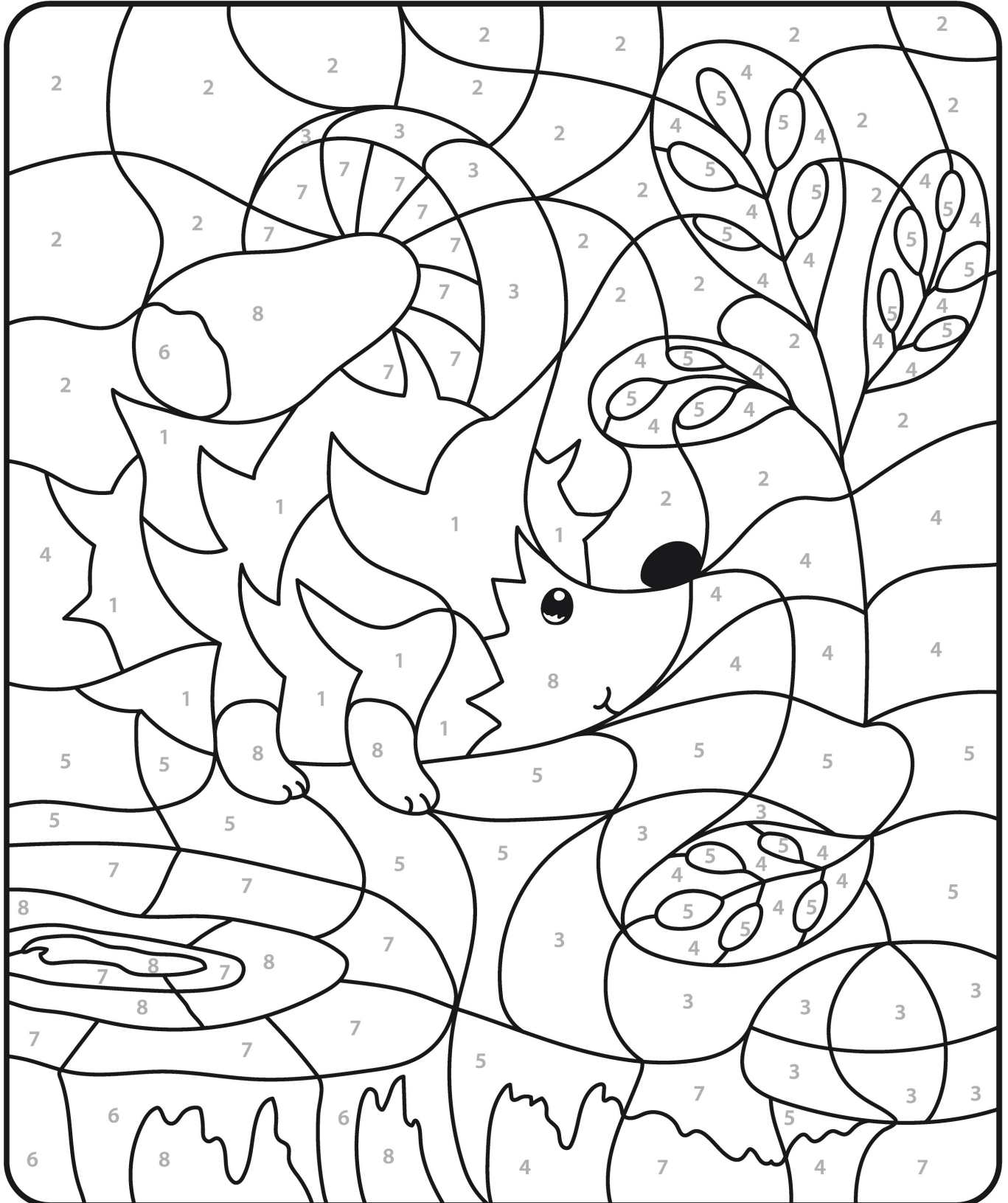
If you would like to apply ↓

Please call the office and ask to be sent a **Trustee Pack**.

You can ask for support to fill it in.

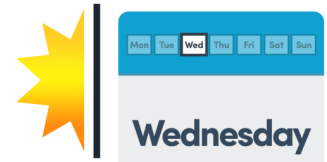
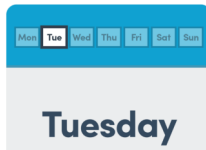
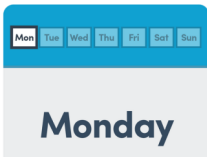


Colour by numbers





What is on this month



February 6 **Get Moving on Mondays**

373 225 4819

February 7

February 8

February 13 **Get Moving**

LGBT+ Group

February 14 **Norwich Advocacy Group**

zoom 373 225 4819

February 15 **Great Yarmouth Group**

zoom 373 225 4819

February 20 **Get Moving on Mondays**

373 225 4819

February 21

February 22

February 27 **Get Moving**

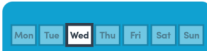
LGBT+ Group

February 28 **Norwich Advocacy Group**

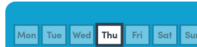
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March 1 **Great Yarmouth Group**

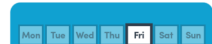
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Wednesday



Thursday



Friday

February

Wellbeing Wednesday

8



943 1296 6078

February

9

February

All Together Norfolk

10



930 9890 9337

February

Teatime Social

15



943 1296 6078

February

16

Diss Advocacy Group



zoom 373 225 4819

February

17

Cromer Advocacy Group



zoom 373 225 4819

February

Wellbeing Wednesday

22



943 1296 6078

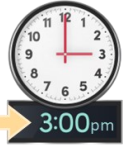
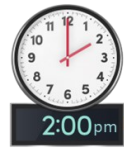
February

24

February

All Together Norfolk

25



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March

Teatime Social

1



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March

2

Diss Advocacy Group

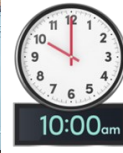


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March

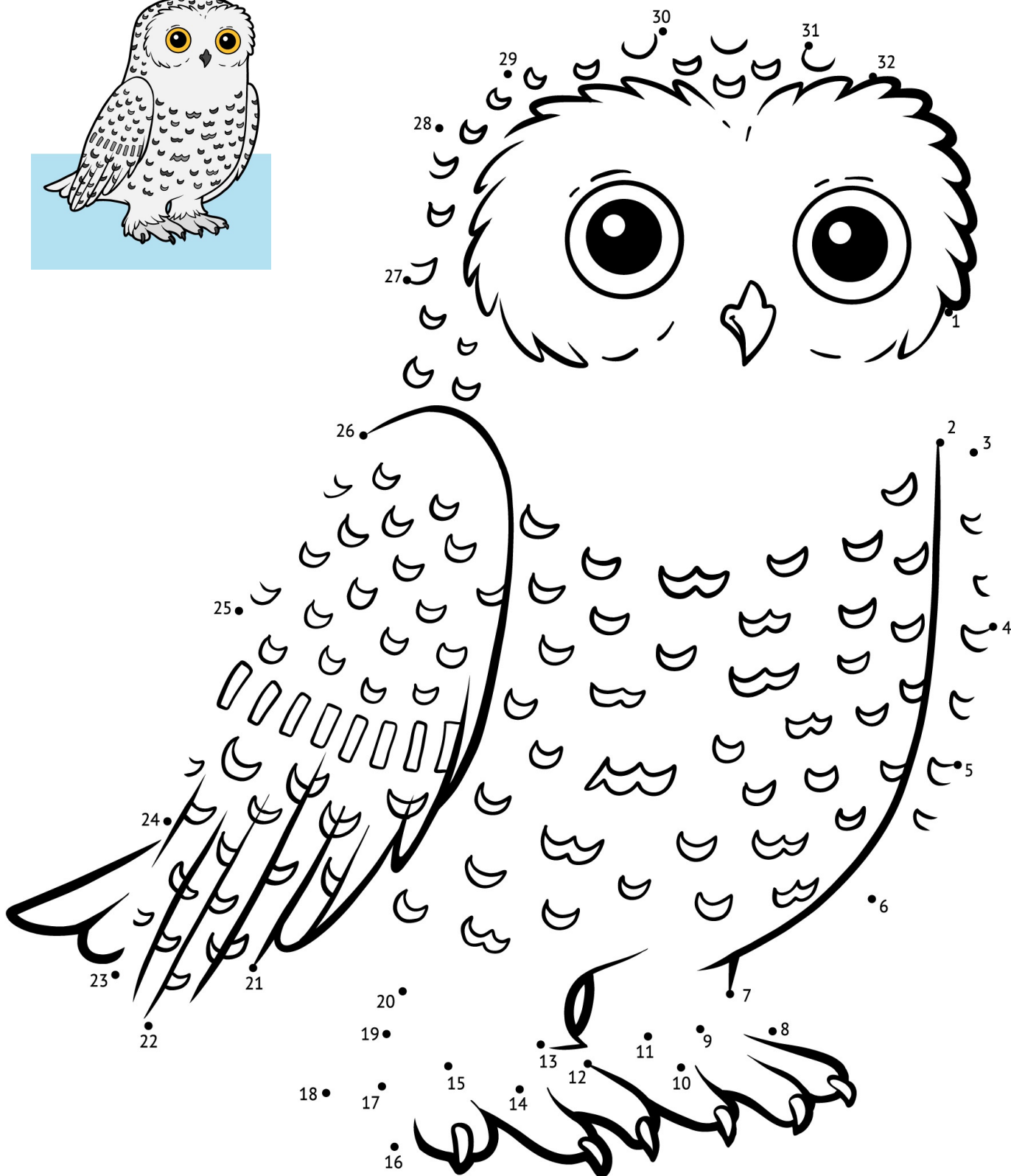
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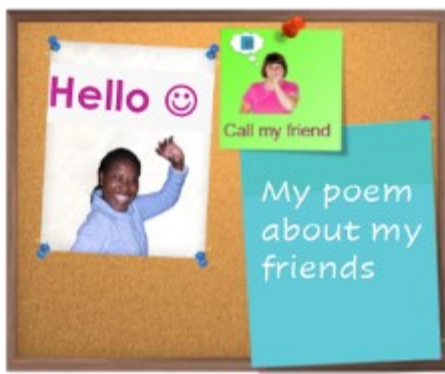
Cromer Advocacy Group



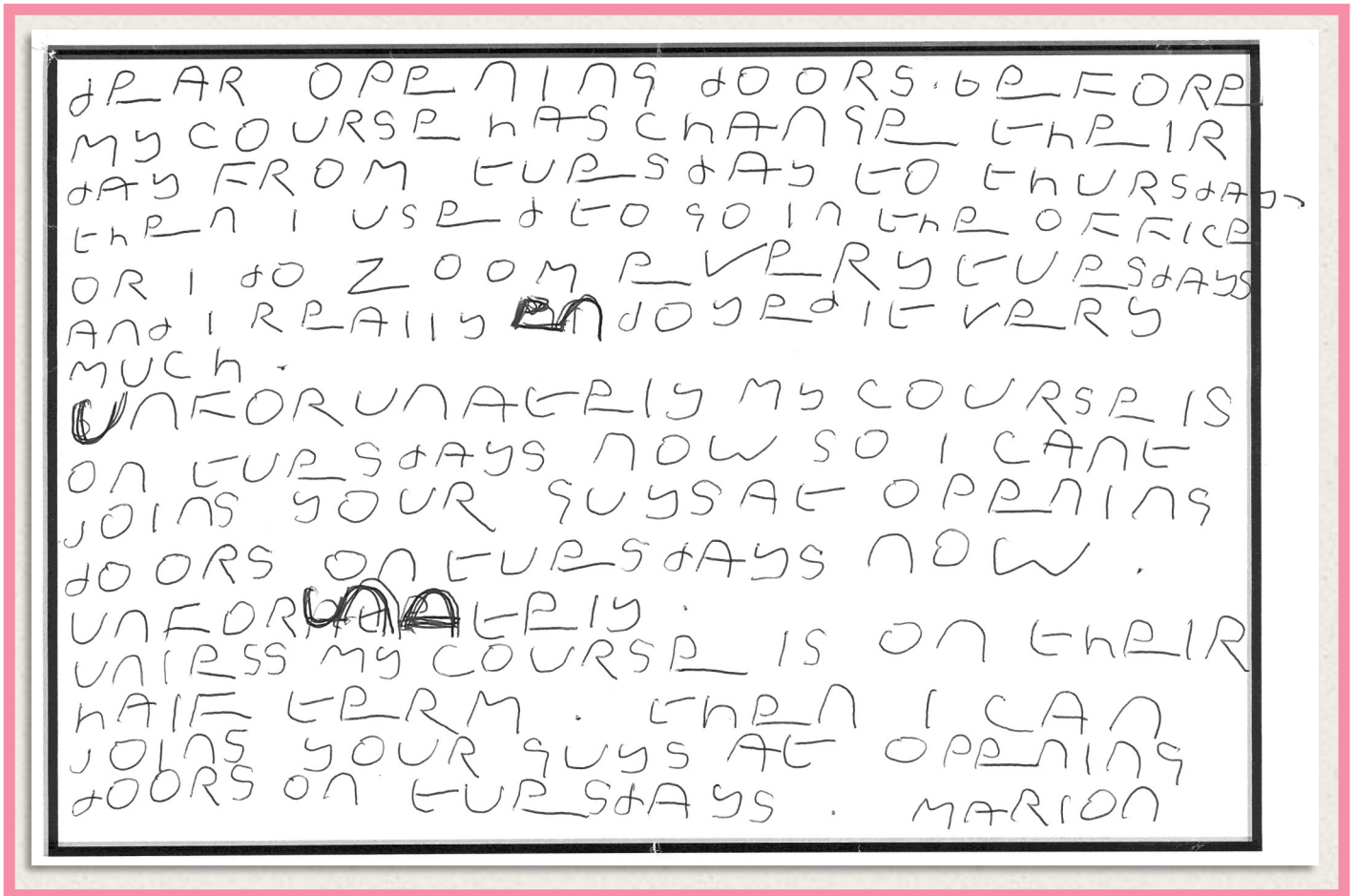
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Join the dots from 1 to 30





Self advocates' message board



Design a birthday card

Closing date

February

17



We are looking for our 2023 Birthday card design.

You can use a computer, draw, paint or colour in the colouring sheets.

Send it to us in the freepost envelope for a chance to **win £20!**



Cost of living support in 2023



We know people are worried about how much everything costs.

More people with learning disabilities have been in touch to tell us they do not have enough money to pay their bills.



Help for food and energy costs

We have been given some money by Norfolk Community Foundation to help people struggling to pay their energy bills.



We have £50 per person to pay towards their energy bill.

If you think we can help please call us.



01603 631433



If you are cannot pay your energy bills debt charities can work with you.

They can contact energy companies to help with repayment plans and accessing hardship funds.





01603
631433



If things are tricky we can help you access debt support. Give the office a call.

You do not need to be a member of Opening Doors.

This support is for anyone in Norfolk over 18 with a learning disability.



Local support and warm hubs

All Norfolk Libraries are warm hubs this winter, providing free, welcoming and warm spaces for anyone who needs it.

Other **free** library services:



Hot drinks and instant soup when staff are working



Toiletries and other essential items



Staff and volunteers can signpost you to help and support



You can pop into the Millennium Library for a cuppa and a chat.

Refreshments will be available on the ground floor of the library every Thursday from 11am-1pm.

Learning Disability Week



Save the date

Learning Disability Week

For Learning Disability Week this year we will be at The Forum in Norwich.

On **Tuesday 20 June** join us at our stall to celebrate this years theme of what life is like with a learning disability.

Nearer the time we will be looking for people to help plan and set up our stall.



To contact Opening Doors



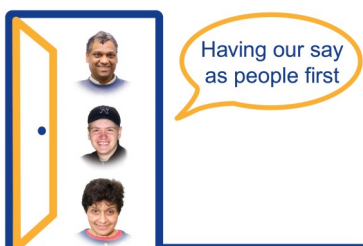
The Opening Doors phone number is answered Monday to Friday 9am to 5pm



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