



Healthy, Happy, Safe



We had another brilliant
Healthy, Happy, Safe day

All planned and run by people
with learning disabilities.



We loved seeing so many people
with disabilities coming together
to learn and have fun.



There were lots of stalls, talks, crafts
and performances to enjoy.

If you came along we hope you
loved it too!



Healthy



Happy



Safe



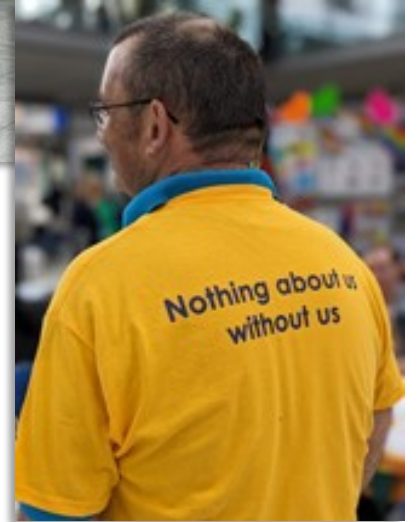
'It's important for ME!'



Working together to be Healthy, Happy, Safe'



'I really enjoyed today. There is so much to do!'



Save the date

Annual General Meeting



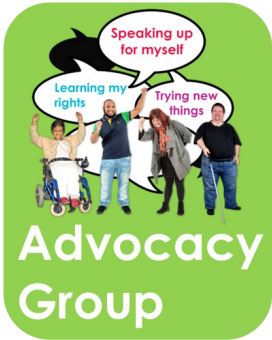
This year our Annual General Meeting will be on **Thursday 26 September**.

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



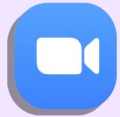
We will be meeting at the **Diamond Centre** in Norwich or you can join us on zoom.

An invite will be posted out in August.

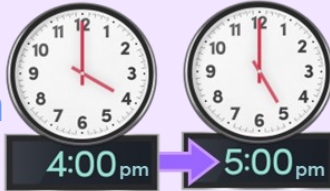


Advocacy Groups

Turn over for the dates

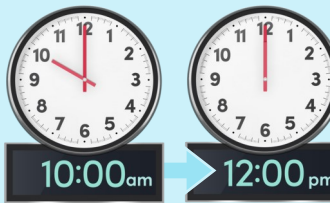


Call for the zoom code



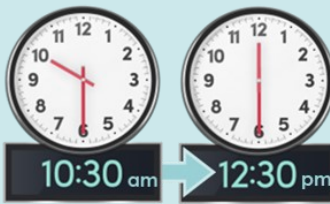
LGBT+ Advocacy Group

A safe space to meet online, have fun and learn together



Norwich Group

If you live in Norwich join us to learn and have fun together



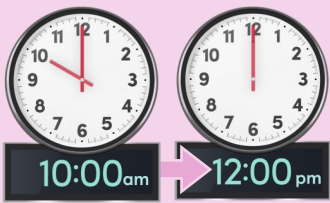
Great Yarmouth Group

If you live in East Norfolk join us this summer



Diss Advocacy Group

If you live in South Norfolk join us to learn and have fun



Cromer Group

If you live in North Norfolk join us this summer



930 9890 9337



All Together Norfolk

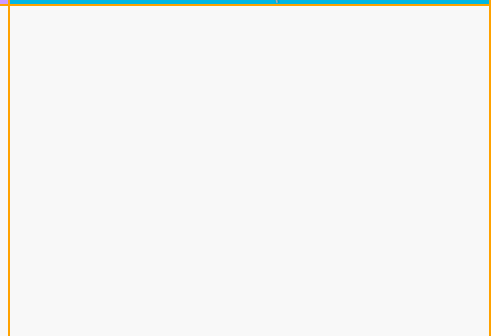
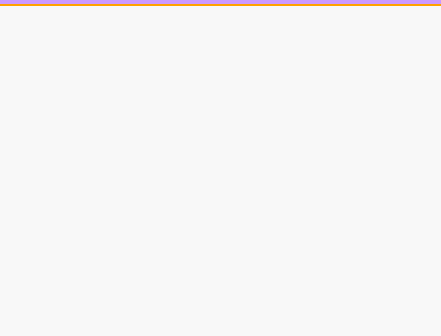
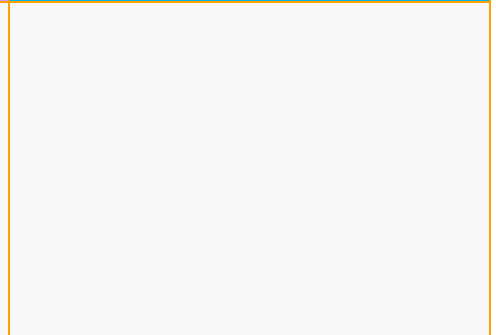
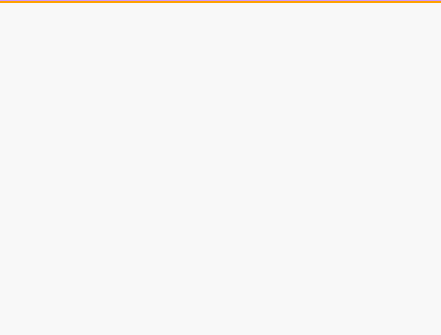
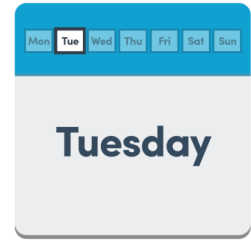
Meet online to play Bingo and have fun together

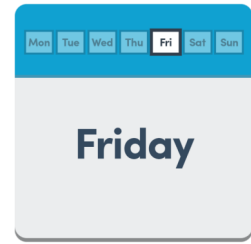
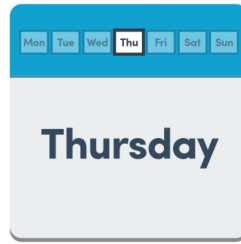
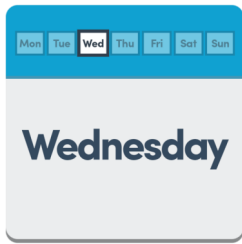


This summer Let's Talk Money

at all groups we will share ideas to save you money

What is on in August 2024





Great Yarmouth Group



Diss Group



Cromer Group



All Together Norfolk



Great Yarmouth Group



Diss Group



Cromer Summer Fayre



All Together Norfolk



Great Yarmouth Group



Diss Group





This summer **Let's Talk Money**

extra support we can give you this summer



Our **Let's Talk Money** programme will give extra support this summer.

This will help you learn how to save money and steps to help you manage during the winter months when things can be harder.

At Advocacy Groups we will have special **Let's Talk Money** sessions where we will:



Share tips about spending carefully



Fill in easy read budget planners



Learn about offers and avoiding scams



We also have free **Emergency Support Packs** available for people with learning disabilities.

If you need a **Cleaning pack** to help you at home or a **Food Cupboard pack** to save you some money then give us a call.



**01603
631433**

You do not have to be a member of Opening Doors to get this help. You must have a learning disability.



Advice and Action support.

Our Advisers can offer you some extra help to make changes that will help you with your money.



You will work with an Adviser to work out what makes life difficult for you and then make a plan together.



Your Adviser will help you work out what to do and support you with it.

If you need to buy some things they can help get funding to do this.



At the end you will be proud that you have made choices and changes to make your life better.

If you want to ask for this support for yourself please get in touch. If you want to put someone else forward for this help please give us a call or email.



admin@openingdoors.org.uk



01603 631433

This project was made possible by



Norfolk
County Council



Funded by
UK Government



Supported by
Norfolk
Community
Foundation



Thank you Marta

Saying goodbye



We said goodbye and good luck to our Social Worker Student Marta.

We have really enjoyed working with Marta this year.

Marta hopes to be a Learning Disability Social Worker once she has qualified.

Good luck with the rest of your studies!

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**



**01603
631433**



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