



Healthy, Happy, Safe

August 2024



We would love you to join us at our Annual General Meeting on **Thursday 26 September.**



Come along to celebrate **30 years of Opening Doors.**

We will share memories and you can find out what we have been up to.





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.

Help for food and energy costs

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

We have **£100** supermarket vouchers to help pay the shopping bill.

If you think we can help please call us.



Supermarket

£100

Gift Voucher



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.

Here are some energy saving tips:



Only wash clothes when they are dirty and fill your washing machine. Dry your clothes outside if you can.



This winter turn your heating thermostat down. Wear an extra layer to keep warm.



Use **LED** light bulbs. They use less energy to work.



Turn lights off when in the room

"turning off lights saves electricity"

Only boil the water you need to save energy.

Think "how much water do I need" before filling the kettle.



Cut time in the shower to save money



You could time yourself or shower whilst you sing along to a short song.

This project was made possible by



Norfolk
County Council



Funded by
UK Government



Supported by
Norfolk
Community
Foundation



Help with healthy, low cost food



There are places across Norfolk to help people get healthy and low cost food.



Food Banks give people a food parcel. To get one you need a voucher. Opening Doors and other professionals can do this for you.



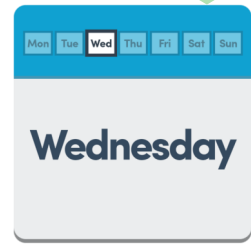
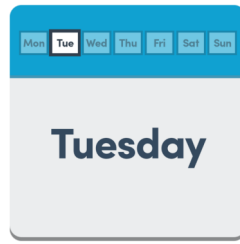
Social Supermarkets offer a wide range of low cost groceries to help people eat well. They sell food cheaper than other supermarkets.



Community Fridges help people get healthy food, save money and reduce waste. Anybody can go to a community fridge. You do not have to register, just go along during opening hours and to collect some free food and stop it from going to waste.

What is on in September 2024

All groups are **FREE**



September 2 **LGBT+ Group** 



September 10 **Norwich Group**

September 11 **Yarmouth Group**

September 16 **LGBT+ Group** 



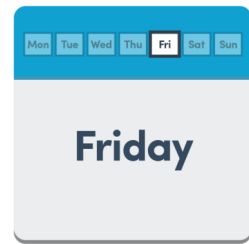
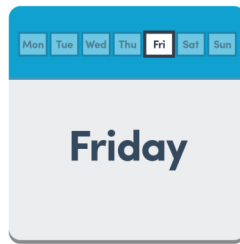
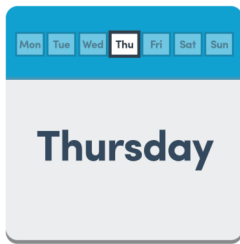
September 24 **Norwich Group**

September 25 **Yarmouth Group**

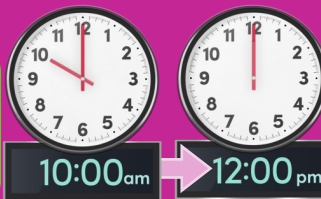
Free for adults with learning disabilities



September
5

September
6 **Cromer Group**

September
6 **All Together Norfolk**



BINGO



September
12 **Diss Group**

September
13

September
13



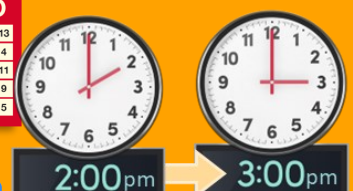
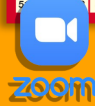
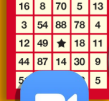
September
19

September
20 **Cromer Group**

September
20 **All Together Norfolk**



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September
26 **AGM 2024**

September
27

September
27





News from Opening Doors

Trustee Board update



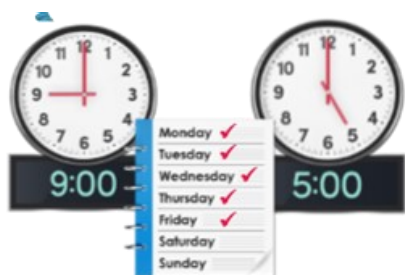
Paul

Rebecca

We have some new Trustees. We welcome Paul McGrath and Rebecca Champion. Thank you for your time and we look forward to working with you.

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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