



Annual Report

What we have been up to
1 April 2023 – 31 March 2024



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Who we are



Our mission is for all adults with learning disabilities in Norfolk to be confident individuals, controlling their own lives and making their own decisions, with support from people they can trust.

Celebrating 30 years

“Since we started 30 years ago our aim has been ‘nothing about us, without us’.

Our work is to make sure our voices – people with learning disabilities - are heard loud and clear” **Janet**



“We started in 1994 as People First of Norfolk. Since then we have grown, with Advocacy Groups across Norfolk and an LGBT+ group. Opening Doors supports us to have confidence, independence and control of our own lives. As the Chair for the Management Committee I am happy to see people take part in meetings and speaking up for themselves” **Robert**

Our Trustees



Cathy



Janet



Oliver



Paul



Rachael



Rebecca

Our Officers



Robert
Chair



Shane
Vice-Chair



Richard
Treasurer



Rita
Secretary

Highlights 2023 - 2024



Writing and running training for people with learning disabilities, students and professionals



Planning for the future - working on the results of our organisational review



Health Experts spoke out about health inequalities and worked on the 'Stop our Friends Dying too Young' project



Planning and running our Healthy, Happy, Safe event as part of our Lottery project



Showing how to involve people with learning disabilities in health research

Continuing our partnership with



We supported people to resolve **453** advocacy issues

Making life better by running projects and education

LGBT+ Project



Supporting people to join Norwich Pride 2023



Advocacy Group offers education and friendship



Great Yarmouth Advocacy Project

Supported through



people's health trust



Networking and tackling issues



Co-produced Out and About - an activities guide



Advocacy Groups



Nationwide Housing Project



Easy Read leaflets and Information



Advice drop-ins



Making life better by running projects and education

Improving our space



Thank you

Ripple Project for making the outside office area a lovely place to be

★
AWARDS
FOR ALL

Volunteer Coordinator



Created online
volunteer ads



Easy Read
information

Healthy, Happy, Safe Project

The National Lottery Community Fund



Learning
disability
friendly
communities



Healthy, Happy, Safe Day



Learning



Performers



Fun



See highlights on pages 13 and 14

Making life better through self advocacy groups

Secure services advocacy



- Weekly peer-led advocacy support
- Learning and talking support for people who live in hospitals

“We enjoyed looking for information and photos to make our newsletter”

Self advocacy Groups

- Fortnightly face-to-face groups run in 5 areas across Norfolk
- Speakers, workshops and activities booked by members with learning disabilities

“I make friends and speak up”

Topics and impact

- Healthy eating, voting, numeracy, crime
- Working together with local services and hubs
- **76** self advocates have taken part in groups
- Tackling local issues like transport problems – **stronger together**

“It is a safe place for me to learn and I feel safer now to use apps and go online”



LGBT+ Group

This is a fortnightly online group learning, support and sharing our stories to support each other

Advocacy Groups are a safe place to learn, make friends, practice decision-making and speak up

Making life better through specialised individual advocacy



**Norfolk
Advocacy
Partnership**

Equal Lives
contract and
part of Norfolk
Advocacy
Partnership



**156 health
advocacy
requests**

resolved during this year

Adviser support...

“sorted my benefits
so I don’t keep on
getting
scary
letters”



**119 people
supported to
speak up about
social care**



**72 people with learning
disabilities received support
with mental health issues**

**64 people with learning
disabilities supported with
finance and
benefits issues**



“I don’t know what
I would have done
without an Adviser
at my review”



**42 people resolved
housing issues thanks
to Adviser support**

Making life better

by challenging health inequalities
(this means when people get worse care)

Health experts with the ICB

- ▶ Raised issues with commissioners About ear care and health books
- ▶ Helped make the LeDeR Report about preventable deaths more accessible
- ▶ Made films about health support
- ▶ Created easy read resources about emergency mental health care

“The session opened the door to our daughter becoming open minded to try and have a cervical screening test done. She found it difficult but stuck with it and we were all very relieved that a negative result came back a few days later. We want to thank everyone involved”

Health work completed with thanks to....



thank you



Improving lives **together**
Norfolk and Waveney Integrated Care System



The Edward Gostling Foundation
Enhancing Quality of Life for People in Need

Our ‘Stop our friends dying too young’ Project



- Peer led health screening events
- Cancer Pathway coproduced guides and information
- Easy read guides created for bowel, breast and cervical screening
- Individual health support to attend appointments and to access advice and treatment



Making life better through consultations and research

Health Research – The Ren2 Project

- Workshops designed and led by people with learning disabilities to highlight barriers to taking part in research
- The workshop resources will be shared nationally



Social care focus groups

- People gave their views on social care in Norfolk
- Showcased by Norfolk Community Foundation



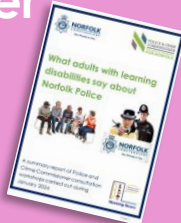
“I hear from different speakers and I get to meet friends and have a laugh with them”

“Opening Doors gives me something to focus on”

“Opening Doors is interesting and useful”

Police and Crime Commissioner Workshops

We ran workshops where **67** people spoke up about their worries about crime. The Report helped get the Disability Forum started up again



Work with funders

Took part in research conversations with Lloyds Bank Foundation about disabled people shaping future research



Making life better through working together



Working together we achieve more

We believe in looking at what people **can do**, not just focusing on what they cannot manage. Working together we share our skills and support each other – that way we all learn, we all achieve and **we feel good**.



Healthy, Happy, Safe Day

We hosted a great event at The Forum in Norwich for Learning Disability Week. The day was planned and run by people with learning disabilities.

There were talks, performances, stalls and crafts with everyone playing a big part in making the day a happy, healthy and safe place to be for people with learning disabilities.

It was an amazing day to feel proud of being us, people with learning disabilities celebrating and learning together



“It was an excellent event and a happy event”



“I have never cried with happiness at an event before”




Healthy, Happy, Safe Day

We loved seeing so many people coming together to learn from one another and have fun.

200 learners with learning disabilities

Wonderful day, so many fabulous people doing amazing things love it, shame it's only one day.

It's so brilliant seeing what people with LD are doing - leading projects and working as equals.

The Inclusive Feeling 



“So many people, with so much useful advice for me and my friends”



Professional services training and easy read

Peer-led training for people with learning disabilities



34 workshops delivered to people with learning disabilities on topics like health screenings, staying safe from scams, wellbeing, and money training

Our Expert Trainers

Paid at Living Wage rates, our Expert Trainers said their confidence and knowledge grew



“I just love doing training. It makes me feel confident and a better person”

Training Students and professionals



This year **46** professionals completed our easy read training course

We trained **315** students studying speech and language therapy, social work, eye care and learning disability nursing

Making information easier to understand

- We completed **10** easy read translations for other organisations to make their information easier to read
- We co-produce all our easy read work and pay our experts the living wage



Our money

25 people with a learning disability earned **£8,799**

All paid the real living wage



We distributed over **£10,000** in emergency support through Household Support Programmes











We secured funding to improve our training space for paid courses



What we did with our money

1st April 2023 → 31st March 2024

<p>The money we have been given or earned</p> 	 <p>£270,759</p>
<p>The money we spent</p> 	 <p>£307,074</p>
<p>The difference between our spend and earnings</p> 	 <p>- £36,315</p>
<p>We have spent more money than we got in</p>  	<p>During this year we spent more money than we got in to Opening Doors</p>



Each bag this size shows £100,000



Each bag this size shows £10,000



Each bag this size shows £1,000

Looking forward

2025 and beyond



Build on Healthy, Happy, Safe – bigger, better, more partnerships



Get accreditation for our real living wage employer status



Review and revise our structure to be fit for the future



Increase our commercial income

Thank you



**Thank you to all our funders
who supported us during 2023-24**



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OpeningDoorsLD

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