



# Healthy, Happy, Safe

## December 2024



### Wishing you a Merry Christmas

For some people Christmas is a special time but for others Christmas is difficult. Remember if you find it hard, there are places you can contact for help.



On page 9 there are places to get support while we are closed.

There will also be lots of things from Opening Doors to look out for in 2025.

### In this newsletter you will find:



Fun and games

| What is on in January 2025 |                  |                   | Free for adults with learning disabilities |                 |                         |
|----------------------------|------------------|-------------------|--|-----------------|-------------------------|
| Monday                     | Tuesday          | Wednesday         | Thursday                                   | Friday          | Friday                  |
| 6 LGBT+ Group              | 7                | 8                 | 9  | 10              | 10                      |
| 13                         | 14 Norwich Group | 15 Yarmouth Group | 16 Dist Group                              | 17 Cromer Group | 17 All Together Norfolk |
| 20 LGBT+ Group             | 21               | 22                | 23   | 24              | 24                      |
| 27                         | 28 Norwich Group | 29 Yarmouth Group | 30 Dist Group                              | 31 Cromer Group | 31                      |

Our January group dates



Coming up



# Opening Doors

## Message from our Trustees



Hello everyone, this is a Christmas message from your self advocate Trustees Janet and Oliver.



We are looking back at 2024 and remembering some brilliant events. Like our Healthy, Happy, Safe day in the summer and the AGM after that. It was good to see lots of people at both events, and seeing Opening Doors doing so many things.



It is good to see these events bring more people together. It makes us feel positive about what we can do next year.



We would like to wish you a very Merry Christmas and a Happy New Year. We look forward to seeing you in 2025.

**Janet and Oliver**



# Winter Drop-in

For adults with learning disabilities



Drop into our welcoming and warm office at **38a Bull Close, Norwich** this winter.



It is free to come along every Monday between **12.30pm** and **2.30pm** from **January 6** to **March 31 2025**.



You can bring your lunch



Drinks and snacks will be available



01603  
631433

Call for more information



Catch up with friends



Get advice and information

Thank you to



Together, Norfolk shines brighter



# Christmas colouring



**Q. How much did Santa pay for his sleigh?**

A. Nothing, It was on the house!

**Q. What do you call an old snowman?**

A. Water!

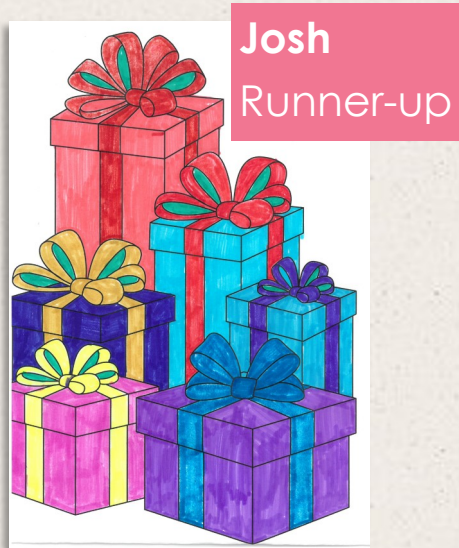
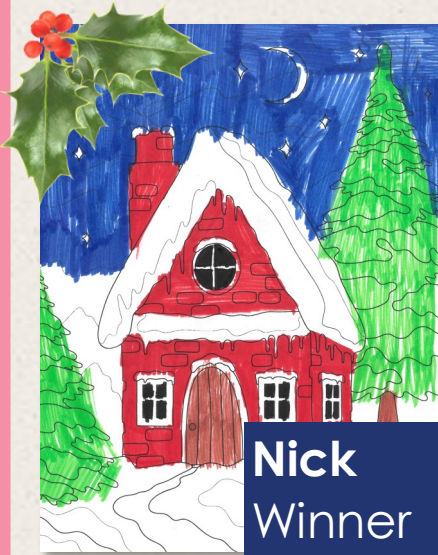
**Q. What do snowmen eat for breakfast?**

A. Ice crispies!





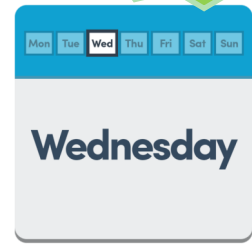
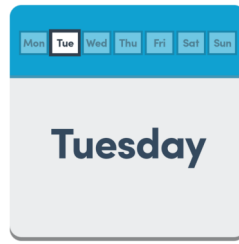
# Thank you to everyone for our Christmas card designs



Keep an eye on our Facebook page for our Advent Calendar

# What is on in January 2025

All groups are **FREE**



January 6 **LGBT+ Group** 



4:00 pm → 5:00 pm



January 14 **Norwich Group**



10:00 am → 12:00 pm

January 15 **Yarmouth Group**



10:30 am → 12:30 pm

January 20 **LGBT+ Group** 



4:00 pm → 5:00 pm



January 28 **Norwich Group**



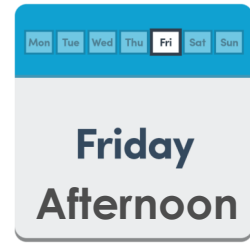
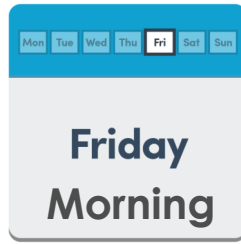
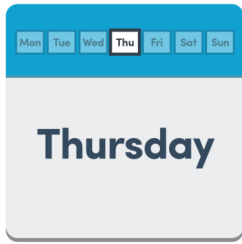
10:00 am → 12:00 pm

January 29 **Yarmouth Group**



10:30 am → 12:30 pm

# Free for adults with learning disabilities



January 16 **Diss Group**






January 17 **Cromer Group**






January 17 **All Together Norfolk**








January 30 **Diss Group**






January 31 **Cromer Group**











# How we can help

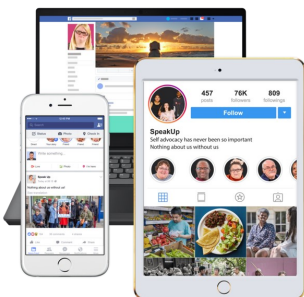


Call us for information, advice or just to say hello and have a chat.

Our phones are answered Monday to Friday, 9am to 5pm.



If you have a problem we will try to help. We can talk things through face-to-face or over the phone. Call us to make an advocacy appointment for the New Year.



Have a look on facebook, Instagram and X (Twitter) for information about what we do.



Come along to your local advocacy group. It is a chance to meet friends and speak up about things that matter to you.

**Here are some more places to get support ➡**

# SAMARITANS



If you feel upset, low or suicidal

# CALM



If you feel low and need to talk after 5pm

# PAPYRUS

PREVENTION OF YOUNG SUICIDE



If you are under 35 and feeling suicidal

# Refuge



If you are not safe from harm at home

# Switchboard

LGBT+ helpline



A listening service for the LGBT+ community

# NHS



For mental health emergency advice

# shout

here for you 24/7



If you need someone to talk to day or night

# Norfolk

County Council



If you need to report abuse or neglect



# Opening Doors

Coming up  
in 2025

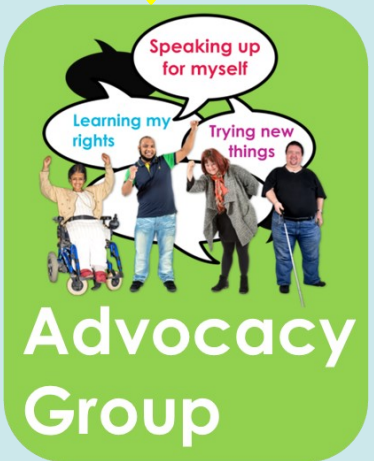


**Userled Tenancy Training**  
Supported by



**nationwide**

**Advocacy Groups running across Norfolk**

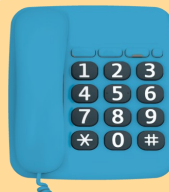


**Money and budgeting workshops**



**Are you interested in being a Trustee?**

We are keen to hear from people without a learning disability who would like to join our Board



**01603 631433**

**Call us to join a group or to get involved with a project**





# Can you spot 10 differences?



  
**Norwich Open Christmas**



**The King's Centre, Norwich**  
will be the venue for Norwich  
Open Christmas 2024.

The Christmas celebration will  
run from **11:00am to 5:00pm**  
on 25 December. Everyone is  
welcome for a free lunch,  
clothes and entertainment!

Call Karen on **01603 510751**  
to book free transport by 23  
December.



# Opening Doors

## Christmas closing times

|  |   |   |
|--|---|---|
| <p><b>December</b><br/><b>20</b><br/><b>4:00pm</b><br/><b>CLOSED</b></p> <p>We will be taking calls until 4pm on 20 December</p> | <p><b>January</b><br/><b>2</b><br/><b>9:00am</b><br/><b>OPEN</b></p> <p>Our phone lines will open again at 9am on 2 January</p> | <p>We will check our answerphone over the Christmas break</p> |
| <p><b>01603 631433</b></p> <p><b>admin@openingdoors.org.uk</b></p> <p><b>@OpeningDoorsLD</b></p>                                 |   |   |



**Closing date**

## Design a birthday card

We are looking for our 2025 Birthday card design



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

Send it to us by email or post for a chance to **win a £25 voucher!**