



Healthy, Happy, Safe

May 2025



We would love you to join us at our Annual General Meeting in Norwich on **Thursday 26 June 2025**.

You can come along or join on zoom.



We will be celebrating our year and hearing about all the work self advocates have been doing.



Our Trustees will talk about exciting things they have been working on.

There will be a vote for members to have their say about exciting future plans at Opening Doors.

More details about the vote are on **Page 2**





Opening Doors

exciting future plans



For around 2 years the Trustees at Opening Doors have been working hard on how to make our charity **safer** and **stay userled**.



At the moment Opening Doors' legal structure is something called an unincorporated charity. This means if things went wrong each Trustee is personally responsible.



Most charities and funders do not think this is a safe way to be.

It makes it hard and risky for people with learning disabilities to be Trustees.



We want change over to being a safer type of charity called a **charitable incorporated organisation (CIO)**.

This would mean Opening Doors becomes **Opening Doors CIO**.



The staff, the Trustees, the groups, the office and the work we do would stay the same. We would still be a user-led charity - we would still be Opening Doors.



It would mean behind the scenes we had a new charity number and a new constitution. We would transfer everything from Opening Doors unincorporated to Opening Doors CIO.



We will have a vote on this at the AGM.

This will only be for Opening Doors members to vote on. This means only people with a learning disability will decide.



Trustees and supporters will be there to help explain what the vote means.

They will not tell you how to vote but they can help you understand it.

At the AGM the vote will be **YES** or **NO** choices



Can we transfer from Opening Doors to Opening Doors CIO?



Could you be a Digital Champion

A new project funded by



We have an exciting new project called **Get Online, Be Safe Online** to help people learn how to use the internet safely.

We are looking for people to become our **Digital Champions** and learn new things like ↓



How to get online



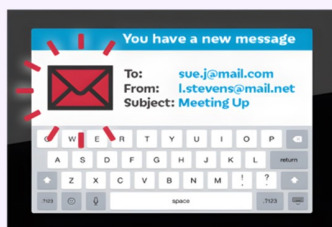
How to use a tablet



How to stay safe online



Using the tablet camera



How to send an email



How to use YouTube



How to download games



How to use apps



Contacting friends

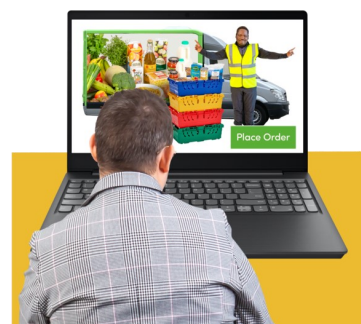
For 1 year Digital Champions will get



A brand new tablet with
free internet access

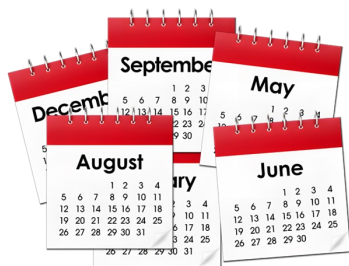


1 to 1 support visit
every month



The chance to learn
something new

To be a Digital Champion you must be able to



Meet up with the project supporter for about
2hours each month



Take part in making films to go on the
internet and to have your photo taken



Give the tablet back at the end of the year

If you want to apply or for more information ↓

Talk to an
Adviser at
a group



Call our
office

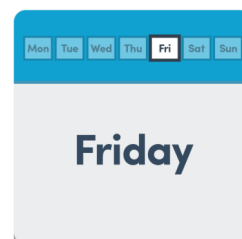
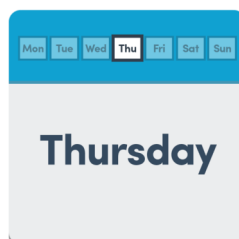
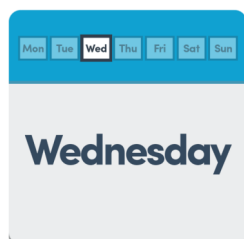


**01603
631433**

What is on in June 2025

<h2>About our Groups</h2> 		
<p>All groups are FREE</p>		<div><h3>Norwich Group</h3><p>10:00am → 12:00pm</p></div>
 <p>Bring a supporter if you need one</p>	<div><h3>LGBT+ Group</h3><p>4:00pm → 5:00pm</p></div>	
<p>All groups are USERLED</p>		<div><h3>Norwich Group</h3><p>10:00am → 12:00pm</p></div>
<p>Call us if you want to join a group</p>  <p>01603 631433</p>	<div><h3>LGBT+ Group</h3><p>4:00pm → 5:00pm</p></div>	

All Free for adults with learning disabilities



June 4 Yarmouth Group

Advocacy Group 10:30 am → 12:30 pm

June 5 Diss Group

Advocacy Group 10:30 am → 12:30 pm

June 6

June 11

June 12

June 13 Cromer Group

Advocacy Group 10:00 am → 12:00 pm

June 18 Yarmouth Group

Advocacy Group 10:30 am → 12:30 pm

June 19 Diss Group

Advocacy Group 10:30 am → 12:30 pm

June 20

June 25

AGM 2025

June 27 Cromer Group

Advocacy Group 10:00 am → 12:00 pm



Safe sex and good relationships



We have some funding for a 1-year project about safe sex and healthy relationships.

This will be a chance to learn about **consent** (saying yes or no), **being safe** about sex and **building good relationships**.

To find out more or to get involved just call our office.

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



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