

Our mission is to overcome barriers to social inclusion, reduce loneliness and improve the health and wellbeing of our service users. The charity provides an essential assisted transport service to elderly and disabled people in Norwich and its suburbs who are on low incomes and unable to access public transport.

If you no longer wish to receive a newsletter please call 01603 776735 or email [community@norwichdoortodoor.org.uk](mailto:community@norwichdoortodoor.org.uk) to be removed from the mailing list

## Mental Health Awareness Week: Turning Words into Action

11 May - 17 May 2026

Mental Health Awareness Week is a chance for all of us to pause and consider this year's theme: **take action**. The 2026 theme reminds us that improving mental health isn't only about talking; it's about doing something, however small, to make a positive difference.

For many people, loneliness, anxiety or low mood can be made worse by barriers to getting out and about. Something as simple as struggling to attend an appointment, activity or social group can have a real impact on wellbeing. That's why community transport plays such an important role. Transport to a coffee morning, support group or weekly club can be a vital connection to the outside world. Action can look different for each of us. It might mean checking in on a neighbour, volunteering your time, getting active or reaching out for support when things feel overwhelming.

For organisations like Norwich Door to Door, it means continuing to help people stay connected, independent and included. This Mental Health Awareness Week, let's all think about one small action we can take - because together, those actions can make a huge difference.

*"Kindness begins with the understanding that we all struggle"*

## IMPORTANT NOTICES

● If you are a wheelchair user and change your wheelchair, please can you let the office know the details of the new wheelchair before you next travel. We need to ensure the wheelchair is crash-tested if you are not able to transfer onto a bus seat.

● We do not allow any passengers to sit on their scooter either on the lift or on the bus. If you are not able to get on the bus without sitting on your scooter or transfer to a bus seat, a risk assessment will be required to see how we can support you.

● Unfortunately, due to the increased cost of fuel, we have had to take the difficult decision to increase fares again. From 18 May 2026, fares will now be:

|                        |        |
|------------------------|--------|
| Up to 1 Mile each way  | £6.00  |
| Up to 3 Miles each way | £7.00  |
| Up to 5 Miles each way | £8.00  |
| Over 5 Miles each way  | £10.00 |

# Fundraising update

From our lively quiz night at the end of March through to the Easter raffle and stall, Norwich Door to Door has enjoyed a wonderfully busy and successful few months. These events not only helped to raise much needed funds but also brought people together in great community spirit, giving us valuable opportunities to share our work.

We would like to extend a huge thank you to everyone involved - those who organised, volunteered, donated prizes, attended events, bought raffle tickets, or supported us behind the scenes. The generosity, enthusiasm and encouragement in so many different guises make a real difference and are truly appreciated.

We are doing everything we can to raise funds to keep our costs as low as possible for passengers. Thank you for all your support.



Norwich Door to Door was delighted to be chosen as the charity supported by the Chair of Broadland District Council, Cllr Caroline Karimi-Ghovanlou, during her term of office. Reflecting on the year, she highlighted how closely our work aligned with her focus on accessibility, inclusion and diversity, describing the service as life-changing and thanking everyone who supported fundraising activities through donations, the auction and raffle.

The end of Caroline's term was marked with a vibrant Civic Reception, attended on behalf of Norwich Door to Door by Kathleen, trustee Mark Garner, and Audrey Harnden with her companion. Mark delivered a presentation showcasing our impact and the continuing need for volunteers and funding. We were delighted to receive a cheque for £3,425, raised during the year and at the event.



Benefitting from another successful partnership, we were grateful to have received funds of £5,000 from Jarrold Training. Norwich Door to Door was their chosen charity last year and we have worked with their staff in numerous fundraising activities over the year to raise funds for the Door to Door. They were a fantastic bunch and hugely supportive of our fundraising endeavours.

# What's on

## CARE FOR CARERS CARERS INFORMATION DAY

### PASSENGER OUTING

We are offering passengers a trip to Wroxham on **Friday, 29 May**. A perfect opportunity to visit Roys of Wroxham and do some shopping, enjoy a cup of tea and cake, or take in the sights. Make sure you call the office and register your interest early to avoid disappointment. **Price: £10 return.**

### SPRING/SUMMER FUNDRAISING EVENTS – JOIN US!

Norwich Door to Door is excited to be involved in two wonderful fundraising events set in some of East Anglia's most beautiful gardens. We will be hosting the Charity Tea at the spectacular Stody Lodge Garden on Sunday 31 May, renowned for its dramatic spring colours, scented pathways, magnificent yew hedges and delicious homemade teas. In addition, we are honoured to have been chosen as one of eight charities to benefit from the Bishop of Norwich and his wife generously opening their garden on selected spring and summer Sundays. We will be hosting the Open Day on Sunday 19 July. We hope you will join us in supporting these special events, enjoy the gardens and help raise essential funds for our door to door services.

**CAKES, SCONES,  
TRAYBAKES AND SAUSAGE  
ROLLS NEEDED FOR 31  
MAY AND 19 JULY**

**Please let the office know  
if you can help**

Organised by Care for Carers with  
Norfolk & Suffolk NHS Foundation Trust  
at THE FORUM

Monday, 8<sup>th</sup> June 9am - 3pm

Come along and meet people who will offer help, information and advice for carers, young carers, ex carers, older people, the lonely and anyone with a problem

For more information call 0300 777 8880; email: [info@careforcarers.org.uk](mailto:info@careforcarers.org.uk);  
[www.careforcarers.org.uk](http://www.careforcarers.org.uk)

### FREE ENERGY CHECK-UPS FOR OVER 65S IN NORWICH

**FREE  
HOME  
VISITS  
FOR  
OVER  
65S**

- find draughts, damp and other problems
- reduce heat loss
- save money
- access grants
- find out about heat pumps, solar panels and batteries



**OUR POWER**

Email [energyhelp@ourpower.org.uk](mailto:energyhelp@ourpower.org.uk)  
or call 01603 244 966

Our Power works with people across Norwich to share advice and support on reducing energy bills and switching to greener options. They are not for profit, and do not sell anything.

Solutions Hair & Beauty Salon  
City College Norwich  
01603 773872



CITY  
COLLEGE  
NORWICH

**Helping our students to  
achieve!!!!**

Beauty treatments & Colour services do have a small charge

CONTACT US TODAY

City College Norwich often need models with shorter hair for their students to do their practical training. Affordable prices in a professional salon, and wheelchair accessible. Contact them directly if you are interested.

“

Kind hearts are the flowers.  
Kind thoughts are the roots.  
Kind words are the blossoms.  
Kind deeds are the fruits.

~Kirpal Singh~



## DONATIONS NEEDED

To support our upcoming events we would be very grateful for donations of:

- Unwanted new gifts/items suitable for a tombola and raffle
- Bottles (alcoholic and non-alcoholic)
- Items suitable for a hamper
- Auction prizes & experience days
- Books and puzzles



## Dates for your diary

- Day trip to Wroxham: Friday 29<sup>th</sup> May
- Stoddy Lodge Garden Charity Tea: Sunday 31<sup>st</sup> May, 1pm - 4pm
- Care for Cares Info Day, The Forum: Monday 8<sup>th</sup> June, 9.30am - 3.30pm
- Bishop's Garden Open Day: Sunday 19<sup>th</sup> July, 1pm - 4pm



## RECENT WINNERS

**Feb 2026:** 20 M Harber; 17 H Hawes  
**Mar 2026:** 66 L Holmes; 129 A Rodger  
**Apr 2026:** 117 J Sadler; 72 D Belsey

## JOIN THE CLUB



Join our 200 Club for only £12 a year and be in with a chance of winning £50 or £25 monthly. All proceeds are allocated towards core costs. Memberships can be bought as gifts for friends and family

Name: .....

Buying as a gift for: .....

Address: .....

Phone: .....

Email: .....