



Issue No: 16



Connecting people with
learning disabilities in Dorset



Who are People First Dorset?

We are a charity led and run by people with learning disabilities, with support from staff and volunteers.

We want to be independent, to have our voices heard and be included in community life.

How to contact us



Telephone:

01305 257600



Email:

office@peoplefirstdorset.org.uk



Post:

People First Dorset
Unit 2, Herringston Barn,
Dorchester, DT2 9PU.



Welcome to Connect Dorset Newsletter!

Inside you will find things like, activities to do, craft ideas, articles written by our members, important information and the dates of all our events and meetings.

We write the newsletter every 2 months, so the next issue will be available in mid October.

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Word Search

Find all the words in the list hidden in the grid.

K	B	O	A	R	D	W	A	L	K	O	S	L	R
L	U	O	L	T	E	L	B	L	B	D	E	B	K
I	M	A	L	I	A	U	A	O	S	B	V	L	L
F	B	T	F	N	R	N	A	K	O	H	A	E	D
E	R	A	L	I	A	P	N	S	I	K	W	K	R
J	E	H	T	O	D	U	N	U	S	O	A	S	I
A	L	N	S	C	R	S	S	N	T	H	E	E	F
C	L	U	B	T	U	H	L	S	H	L	S	A	T
K	A	S	M	C	R	T	S	H	T	E	R	S	W
E	N	I	A	A	R	E	U	I	S	L	E	H	O
T	W	P	U	S	E	A	P	N	F	A	I	E	O
S	L	A	T	T	L	S	T	E	U	R	P	L	D
S	A	I	L	L	A	B	S	E	A	G	U	L	L
L	K	S	S	E	X	T	O	C	E	A	N	S	W

BOARDWALK

BOOK

CASTLE

DRIFTWOOD

FISH

LIFE JACKET

OCEAN

PAIL

PIER

RELAX

SAIL

SEAGULL

SEASHELLS

SUN HAT

SUNSHINE

SWIM TRUNKS

TAN

TOWEL

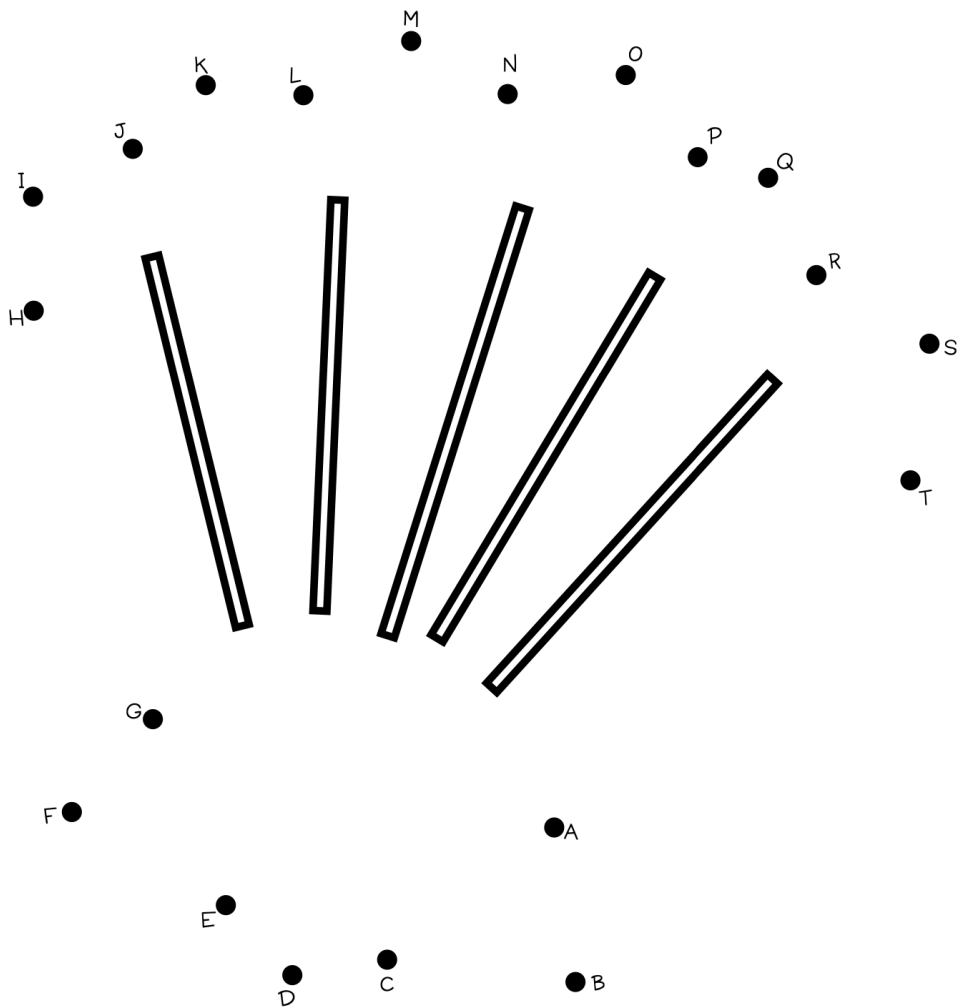
UMBRELLA

WAVE

Answers on page 9

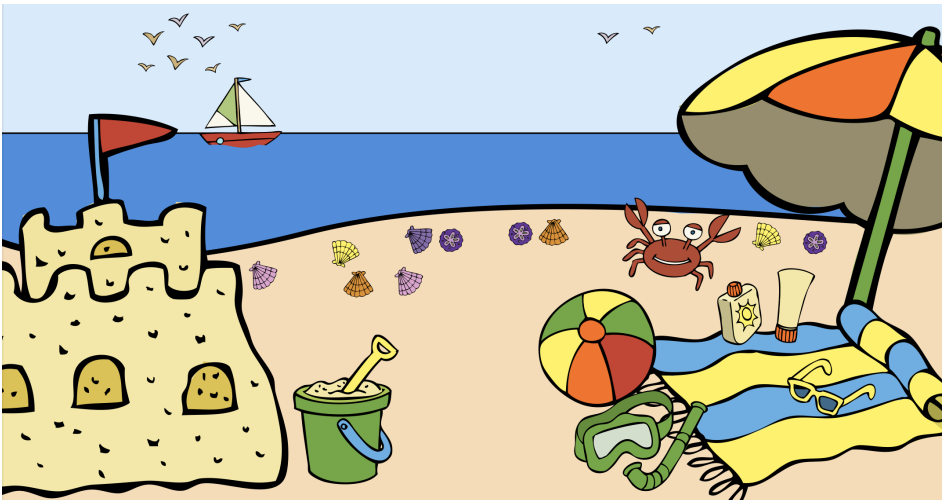
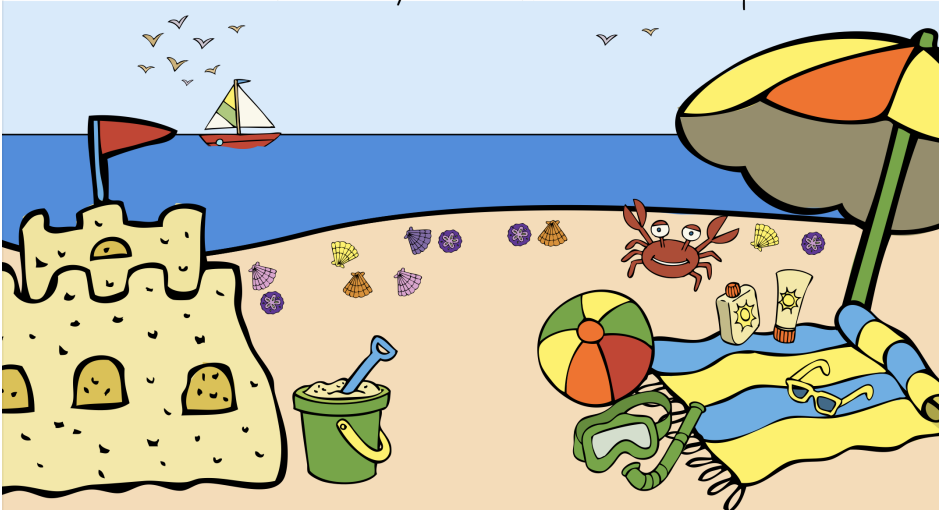
Dot to Dot

Start at A, follow the alphabet, and end at T.



Spot the Difference

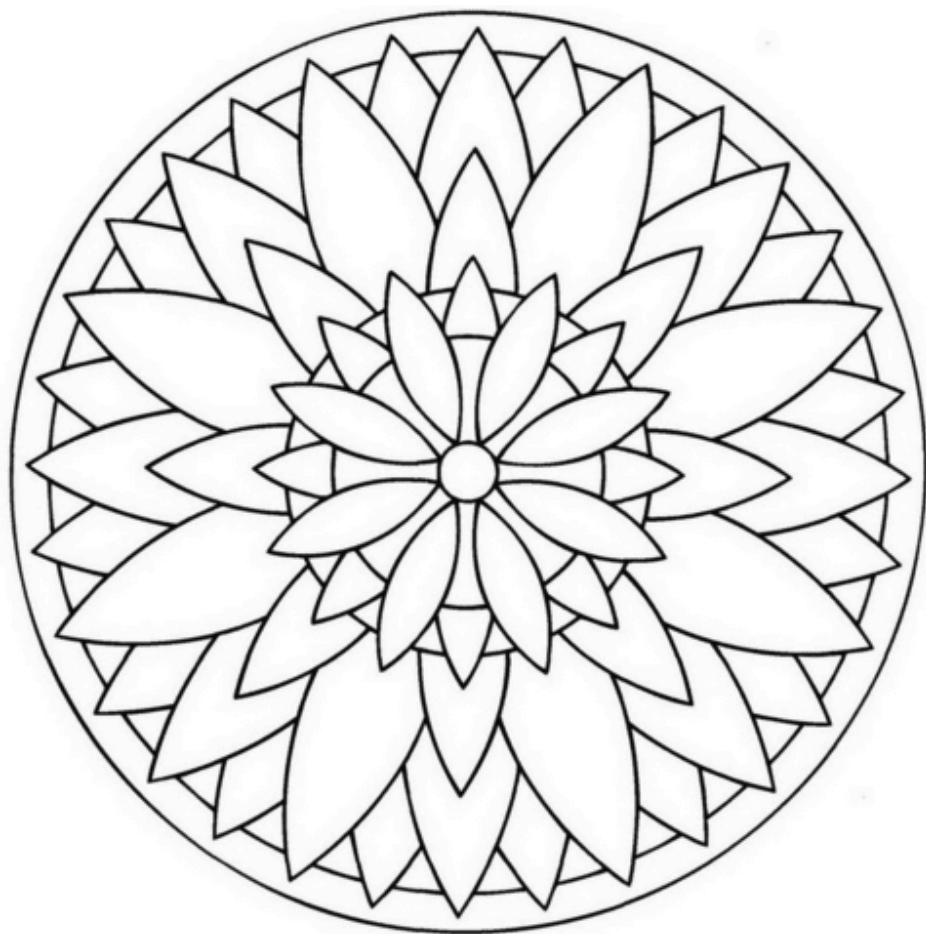
Find 6 differences between the two pictures.



Answers on page 9

Colouring

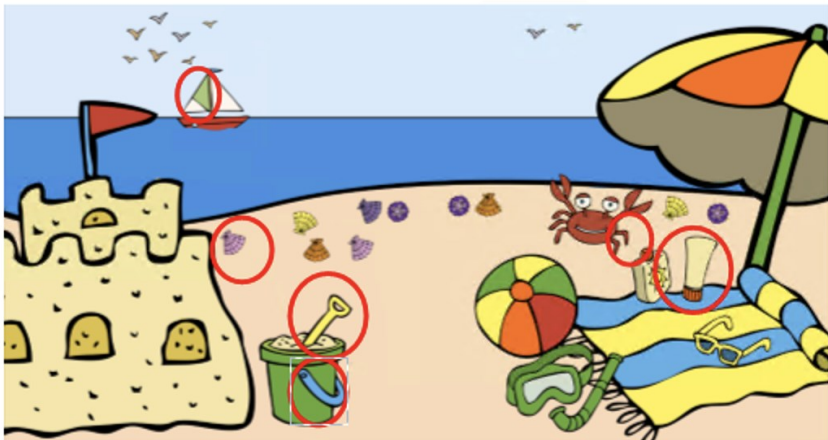
Colour in the picture using as many colours as you can.



Activity Answers

K	B	O	A	R	D	W	A	L	K	O	S	L	R
L	U	O	L	T	E	L	B	L	B	D	E	B	K
I	M	A	L	I	A	U	A	O	S	B	V	L	L
F	B	T	F	N	R	N	A	K	O	H	A	E	D
E	R	A	L	I	A	P	N	S	I	K	W	K	R
J	E	H	T	O	D	U	N	U	S	O	A	S	I
A	L	N	S	C	R	S	S	N	T	H	E	E	F
C	L	U	B	T	U	H	L	S	H	L	S	A	T
K	A	S	M	C	R	T	S	H	T	E	R	S	W
E	N	I	A	A	R	E	U	I	S	L	E	H	O
T	W	P	U	S	E	A	P	N	F	A	I	E	O
S	L	A	T	T	L	S	T	E	U	R	P	L	D
S	A	I	L	L	A	B	S	E	A	G	U	L	L
L	K	S	S	E	X	T	O	C	E	A	N	S	W

Page 5



Page 7

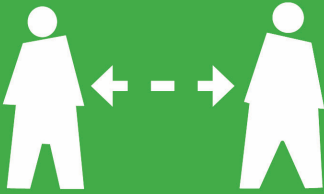
Stay safe



Hands



Face



Space



Fresh air

Thank you

We would like to say a big thank you to our funders for supporting us and making this newsletter possible!

**LLOYDS BANK
FOUNDATION**
England & Wales



**Dorset
Community
Foundation**



**Dorset
Council**



**COMMUNITY
FUND**



Nationwide

Building Society



**SPORT
ENGLAND**

LOTTERY FUNDED

funded through



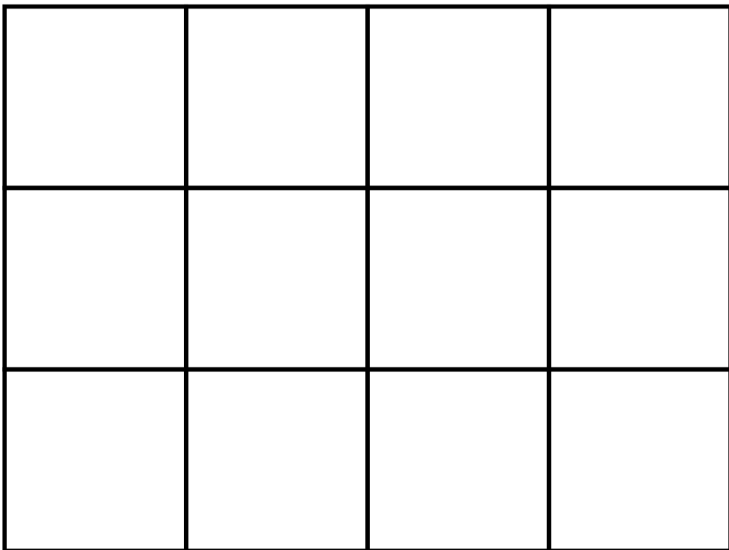
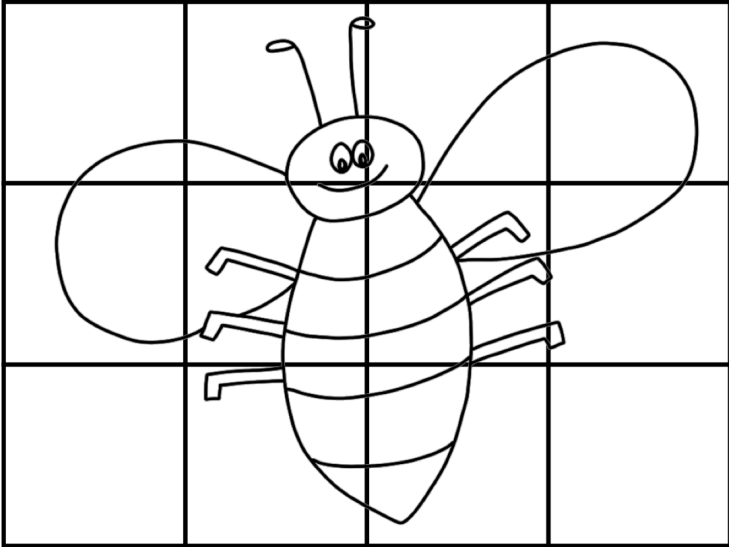
**South
West**



Art

Drawing using a grid






Try copying the bee picture onto the empty grid.



Recipe

Strawberry and Vanilla Lollies

You will need:

Food processor 	Empty yogurt pots 	Lolly sticks 	Spoon 	Knife 
-----------------------------------------------------------------------------------------------------	--------------------------------------------------------------------------------------------------------	---------------------------------------------------------------------------------------------------	--------------------------------------------------------------------------------------------	--------------------------------------------------------------------------------------------

- Pot of vanilla natural yogurt
- Punnet of strawberries (or your favourite fruit)



How you make it:



Wash your hands with warm water and plenty of soap for 20 seconds.



Half fill the yogurt pots with the vanilla natural yogurt.

Recipe



Use the food processor to blend the fruit. Keep a few pieces to the side.



Put two teaspoons of the blended fruit into each pot and stir it three times.



Chop up the left over fruit then pop a few pieces on the top of each pot.

Put a lolly stick into each pot.



3 hours

Put the pots in the freezer for at least 3 hours.



Use the stick to pull the lolly from the pot and enjoy eating it in the sunshine!

Wellbeing

Wellbeing Box



We all have times when we may feel stressed, anxious or upset.

Using a Wellbeing Box could help you to feel happier and calm when you need to.

How to make a Wellbeing Box



1. Find a box (a shoe box or a similar size box).

2. Put things inside that will help you feel happy, this could be:



A list of your favourite songs. You could listen to or sing them.

Wellbeing



The telephone number of a friend to call for a chat.



A photograph that makes you feel happy.



A poem, joke or book that makes you smile.



An item you love the smell of like your favourite perfume or bubble bath.



3. Now decorate the box to make it bright and colourful.



4. If you feel stressed, anxious or upset, find a quiet place and enjoy using the things in your box.

Members' Article

DorsetECHO



Hello! We are Emily and William.

Every Tuesday we write a column in the Dorset Echo. It's called Our View, and we get to write about whatever we want!

You can find it online at:

www.dorsetecho.co.uk/news/localnews/ourview

If you have something you would like us to write about, please let us know!

Members' Article

Hi readers, it's Emily and William here this time talking about why self advocacy, or speaking up for ourselves, is important for people with learning disabilities.

If you have a learning disability, it can be harder to retain information, making it harder to speak up and express our feelings.

Like for me Emily, before People First Dorset I wouldn't really say anything and tended to let Mum do the speaking. Now I have been encouraged to speak up, at friendship club and other groups, it's given me confidence definitely.

As for me, William, I didn't speak up much at all before. I would get my nurse or Occupational Therapist to talk for me, and found it hard to speak with other people. I definitely feel able to speak to people now, as I have become much more confident. For example, they or Mum would come with me to GP visits but now I go on my own. I feel proud I can do that now.

Some people will probably always need support to speak up but for people like us whose learning disability is mild, with the right support, we can learn to speak up on our own.

It's important that People First Dorset keep doing what they doing and can support more people to speak up for themselves, especially continuing the Speaking Up groups giving people a chance to talk about how they feel.

Meetings and Events



Indoor Events

We are running meetings and events indoors again now.

But we are still keeping to small groups of people at moment.

We will be making sure we use venues that have plenty of space.



Online Events

We will also be continuing to offer some meetings and events on Zoom.

All events must be booked before the event or meeting date.

Contact us to book on:



office@peoplefirstdorset.org.uk



01305 257600

Wellbeing Events

Wellness Group

Learn about how you can look after your physical and mental health.

Date and Time	Where
Thursday 2nd September, 4pm - 5pm	Zoom
Thursday 9th September, 4pm - 5pm	Zoom
Thursday 16th September, 4pm - 5pm	Zoom
Thursday 23rd September, 4pm - 5pm	Zoom
Thursday 30th September, 4pm - 5pm	Zoom
Thursday 7th October, 4pm - 5pm	Zoom
Thursday 14th October, 4pm - 5pm	Zoom
Thursday 21st October, 4pm - 5pm	Zoom

Walk and Talk

Enjoy a relaxing walk and a chat with friends.

Date and Time	Where
Friday 3rd September, 5pm - 6pm	Weymouth Seafront
Friday 1st October, 5pm - 6pm	Weymouth Seafront
Monday 13th September, 11am - 12pm	Dorchester Town Centre
Monday 11th October, 11am - 12pm	Dorchester Town Centre

Friendship Club

Friendship Club Events

Come along and meet up with friends, at local venues.



Dorchester

Where	Date and Time
The Junction Pub, Great Western Road	Tuesday 7th September, 6.00pm - 8.00pm
The Junction Pub, Great Western Road	Tuesday 21st September, 6.00pm - 8.00pm
The Vivo Lounge, Weymouth Avenue	Tuesday 5th October, 6.00pm - 8.00pm
The Vivo Lounge, Weymouth Avenue	Tuesday 19th October, 6.00pm - 8.00pm

East Dorset

Where	Date and Time
The Beacon Café, Ferndown	Tuesday 21st September, 2.00pm - 4.00pm

North Dorset

Where	Date and Time
The Hunter's Moon Pub, Middlemarsh	Tuesday 7th September, 6.30pm - 8.30pm
The Hunter's Moon Pub, Middlemarsh	Tuesday 5th October, 6.30pm - 8.30pm

Friendship Club

Weymouth

Event	Date and Time
Slug and Lettuce, St Thomas Street	Tuesday 14th September, 6.00pm - 8.00pm
Slug and Lettuce, St Thomas Street	Tuesday 28th September, 6.00pm - 8.00pm
Nautico Lounge, St Thomas Street	Tuesday 12th October, 6.00pm - 8.00pm
Nautico Lounge, St Thomas Street	Tuesday 26th October, 6.00pm - 8.00pm

Online Events

Have fun from home at the monthly online quizzes and discos.

Event	Date and Time	Where
Quiz	Thursday 9th September, 6.30pm - 7.30pm	Zoom
Music with Friends	Thursday 23rd September, 6.30pm - 7.30pm	Zoom
Quiz	Thursday 7th October, 6.30pm - 7.30pm	Zoom
Music with Friends	Thursday 21st October, 6.30pm - 7.30pm	Zoom

Speaking Up

Speaking Up Group Meetings

Join in one of our groups to talk about what is important to you at the moment.



Area	Date and Time	Where
Bridport	Thursday 16th September, 2.00pm – 3.30pm	Bridport Youth Centre, Gundry Lane
	Thursday 21st October, 2.00pm – 3.30pm	Bridport Youth Centre, Gundry Lane
Dorchester	Wednesday 15th September, 6.00pm - 7.30pm	The Junction Pub, Great Western Road
	Wednesday 20th October, 6.00pm - 7.30pm	The Junction Pub, Great Western Road

Speaking Up

Area	Date and Time	Where
East Dorset	Tuesday 7th September, 10.30am - 12.00pm	The Beacon Café, Ferndown
	Tuesday 5th October, 10.30am - 12.00pm	The Beacon Café, Ferndown
North Dorset	Tuesday 28th September, 2.30pm - 4.00pm	Stour Connect Community Cafe
	Tuesday 26th October, 2.30pm - 4.00pm	Stour Connect Community Cafe
Weymouth	Wednesday 22nd September, 6.00pm - 7.30pm	Pilgrim House, Hope Street
	Wednesday 20th October, 6.00pm - 7.30pm	Pilgrim House, Hope Street

For more information see:
www.peoplefirstdorset.org.uk

Call: **01305 257600**

Email: office@peoplefirstdorset.org.uk

Write:

**People First Dorset,
Unit 2 Herringston Barn,
Dorchester, DT2 9PU.**

