



Connect

Issue No: 15



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

As we are all at home more at the moment and unable to see each other so often, People First Dorset have created this newsletter to help us all stay in touch, share activity ideas and support each other.

Notice

We won't be making an issue of Connect in July. So the next time you will get a Connect booklet will be mid-August.



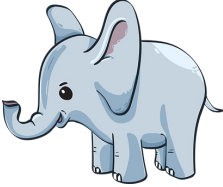
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Activities

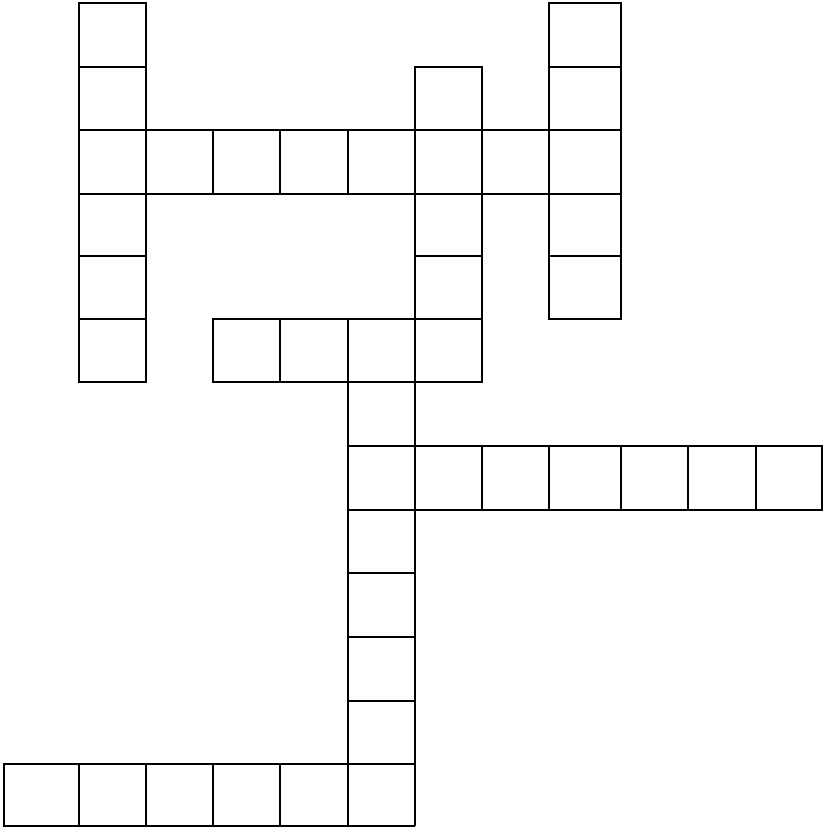
Name, Place, Animal

Think of 5 different letters and fill in the table below.

Letter 	Name 	Place 	Animal 
A	Alice	Aberdeen	Ant

Word Fit Crossword

Put all the words in the list into the correct spaces on the grid.

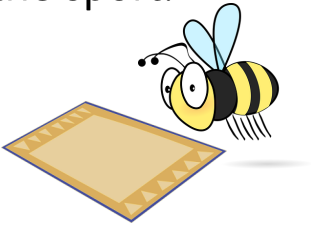


- Ginger
- Rosemary
- Thyme
- Garlic
- Lavender
- Vanilla
- Basil
- Dill



Name the Sport

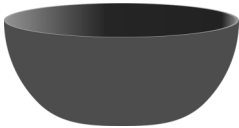
Use the pictures as clues, to guess the name of the sport.



1.



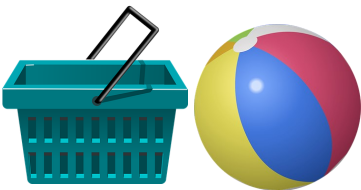
2.



-ing 3.



4.



5.

Answers on page 9

Close Your Eyes Drawing Game

1. Choose an object.
2. Using a pencil, close your eyes and draw the object in the space below without lifting the pencil up from the page.

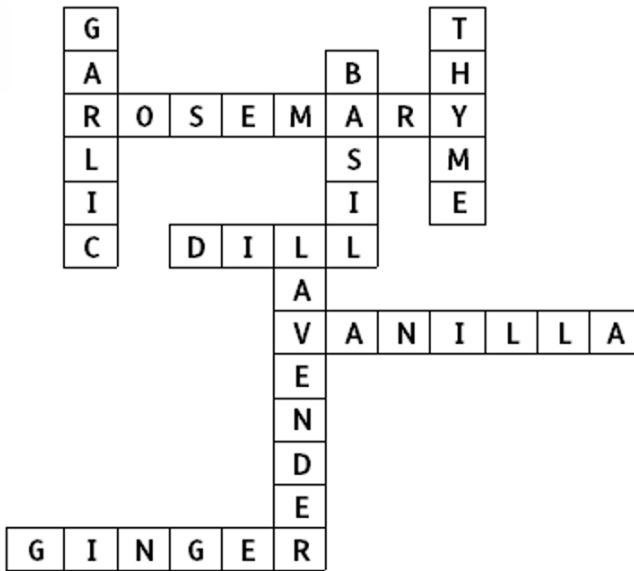


Colouring

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



Activity Answers



Page 5

1. Rugby
2. Football
3. Bowling
4. Cricket
5. Basketball

Page 6

We would love your ideas for the next Newsletter!



Would you like to tell us about
a recipe or craft we can share?

Do you want to share music or
jokes?

Tell us your ideas by:

Email: office@peoplefirstdorset.org.uk

Telephone: 01305 257600

Thank you

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

**LLOYDS BANK
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**people's
health
trust**

LOTTERY FUNDED

Social Care

Day Opportunities Survey Results



Last year, lots of you filled out a survey or joined in a Speaking up group, which was all about ‘Day Opportunities’ in the Dorset Council area.



A ‘Day Opportunity’ might mean a day centre, community group, volunteering or working.



Dorset Council wanted to know what you think about day opportunities and what a good day looks like to you, so they can make them better.



Dorset Council has now listened to what everyone has said and has written a report about what they heard from people.

On the next 6 pages you can read an easy read version of their report.



Social Care

Making Better Days



We are finding out about what makes a **good day** for people in **Dorset**.

764 people helped us recently by filling in **surveys** and **talking** to us.

They are:



- people who use day services
- adult social care professionals
- care and day service providers
- charities and other community groups
- Dorset Clinical Commissioning Group
- Dorset Healthcare



This report is about:

- what people told us
- what we plan to do next
- how to get involved



Social Care

About Day Opportunities



When adults have an **assessment** about the help they need, it may be decided that they need **care and support** during the day.



This could be a **day centre, community farm or other activity.**

We want people to have a **choice of good quality** day opportunities:

- in local **communities**
- with better access to **information**
- with **good support:**
social workers, community nurses,
physiotherapists, support staff...etc.



We asked people about the things they do in the daytime:

- what is **important** to them?
- what do they **want** in the future?
- what **challenges** do they face?



Social Care



People said...

People told us that they want to:



- go back to what they were doing **before lockdown**

- be **independent**, feel **valued** and live their life with **purpose**

- be **listened to** and treated with **respect**



- Have **support staff** who **care** and know them well

- socialise and make new **friends**

- get a **break** from **caring** responsibilities

- be offered more **choice** of activities



- get better **information** about day opportunities

Social Care



70% of the people who returned the survey have a **learning disability**.



Over half of the people have **more than one disability** or **health condition**.



This tells us that getting the right support is important: everyone is **different**, and their support needs to be **right for them**.



People told us they want opportunities to:

- find **work**
- **volunteer**
- **learn** life skills
- take part in **sport**
- **explore** new places
- go on **walks** and **day trips**



Social Care

Our plans

We would like to find out more about:



- **Purpose**

Helping you to feel valued and useful.

- **Being Included**

Being part of the community.

- **Choice**

Offering you a choice of activities.



- **Independence**

Being more independent and confident.

- **Support**

Doing things you are good at and enjoy.



- **Being Heard**

Deciding what you want your life to be like, and people listening to you.

- **Skills and learning**

Supporting you to learn new skills for home, work, and social life.



- **Travel**

Improving access and choice.

- **Health**

Helping you to stay as healthy as possible

Social Care

Meetings in Summer 2021



We are holding meetings about these things during the summer.

Please come and help us - we want to know what you think.



The meetings will start with an event on 22nd June at 2pm, on Microsoft Teams.

To find out about meeting dates and how to join in on Microsoft Teams, please contact us:



Via email at:

abetterlife@dorsetcc.gov.uk



Or you can write to us at:

**Better Days Team, Adults Services,
County Hall, Colliton Park, Dorchester, Dorset,
DT1 1XJ**

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 talking about the easing of restrictions and us all finally being able to go inside to cafes, pubs and restaurants.

I William, am looking forward to going into cafes again, although I am feeling a bit nervous because it's been about a year since I've been into a cafe. I just feel a little anxious about being too close to people in an enclosed space, so will be careful about where I go, and make sure I feel comfortable.

I Emily, am not really sure how I feel. I'm not in a mad rush to head back to a cafe yet but if it happens, it happens. As long as everyone keeps their distance and wears their masks when moving around, I will probably feel ok about it. I might go out somewhere when I am seeing my auntie, but just don't feel there is any rush for me to go out.

Even if we do meet people we will still keep being safe, will wear our masks, wash our hands and be sure to keep ourselves and others safe.

July / August Events



Outdoor Events

We will be offering outdoors events in July and August.

All events will be:

- in small groups of 6 people
- held at an outdoor venue
- at a social distance

We will tell you the event venue when you book.



Online Events

We will also be continuing to offer Speaking Up and Friendship Club events online, using Zoom.

All events must be booked in advance, as limited spaces are available. Contact us to book on:



office@peoplefirstdorset.org.uk



01305 257600

Outdoors Events

Join us for some fun in sun!



Bridport	Thursday 8th July, 6.00pm-7.30pm Tuesday 10th August, 6.00pm-7.30pm
Dorchester	Thursday 1st July, 6.00pm-7.30pm Thursday 8th July, 6.00pm-7.30pm Thursday 15th July, 6.00pm-7.30pm Thursday 22nd July, 6.00pm-7.30pm Thursday 5th August, 6.00pm-7.30pm Thursday 12th August, 6.00pm-7.30pm Thursday 19th August, 6.00pm-7.30pm
East Dorset	Tuesday 27th July, 1.00pm-2.30pm
North Dorset	Thursday 22nd July, 1.00pm-2.30pm
Weymouth	Thursday 1st July, 6.00pm-7.30pm Thursday 8th July, 6.00pm-7.30pm Thursday 15th July, 6.00pm-7.30pm Thursday 22nd July, 6.00pm-7.30pm Thursday 5th August, 6.00pm-7.30pm Thursday 12th August, 6.00pm-7.30pm Thursday 19th August, 6.00pm-7.30pm

Online Events

Speaking Up Meetings

Bridport	Thursday 15th July 2.30pm to 4.00pm
Dorchester	Wednesday 21st July 6.00pm to 7.30pm
East Dorset	Tuesday 20th July 10.30am to 12.00pm
North Dorset	Thursday 8th July 1.30pm to 3.00pm
Purbeck	Tuesday 13th July 10.30am to 12.00pm
Weymouth	Monday 5th July 11.00am to 12.30pm
No Speaking Up meetings in August	

Wellness Group

Thursday 1st July, 4pm - 5pm
Thursday 8th July, 4pm - 5pm
Thursday 15th July, 4pm - 5pm
Thursday 22nd July, 4pm - 5pm
Thursday 5th August, 4pm - 5pm
Thursday 19th August, 4pm - 5pm

Online Events

Friendship Club Events

Quiz Night	Tuesday 6th July 6.30pm to 7.30pm
Quiz Night	Tuesday 13th July 6.30pm to 7.30pm
Quiz Night	Tuesday 20th July 6.30pm to 7.30pm
Quiz Night	Tuesday 27th July 6.30pm to 7.30pm
Music with Friends	Tuesday 3rd August 6.30pm to 7.30pm
Quiz Night	Tuesday 17th August 6.30pm to 7.30pm

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.**

