



# Connect

Issue 28



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.



## ***Welcome to the Connect Newsletter!***

Inside you will find information about our meetings and events for May and June.

Our events are open to all adults with learning disabilities that live in Dorset. They are free to attend!

Remember to bring money for refreshments at events if you would like to buy them.

# Events Diary



***Don't forget to fill up your diary with People First Dorset events!***

Please book your place in advance.  
See page 18 for information on booking events.

# Friendship Club

## Bridport Events

Come and meet up with friends at local venues like pubs and cafes.



<b>Event</b>	<b>Date and Time</b>	<b>Where</b>
<b><i>Singing Session</i></b>	Tuesday 9 <sup>th</sup> May 6.30pm to 8.30pm	Bridport Town Hall
<b><i>Bowling</i></b>	Tuesday 23 <sup>rd</sup> May 6.30pm to 8.30pm	Freshwater Holiday Park
<b><i>Candle Making</i></b>	Tuesday 13 <sup>th</sup> June 6.30pm to 8.30pm	Bridport Town Hall
<b><i>Picnic and Games</i></b>	Tuesday 27 <sup>th</sup> June 6.30pm to 8.30pm	Millennium Green

# Friendship Club

## Dorchester Events

Come and meet up with friends at local venues like pubs and cafes.



<b>Event</b>	<b>Date and Time</b>	<b>Where</b>
<b>Meal and Bingo</b>	Tuesday 2 <sup>nd</sup> May 6pm to 8pm	Walnut Grove Cafe
<b>Games Night</b>	Tuesday 16 <sup>th</sup> May 6pm to 8pm	The Junction Pub
<b>Picnic and Games</b>	Tuesday 6 <sup>th</sup> June 6pm to 8pm	Borough Gardens
<b>Meal and Outdoor Activity</b>	Tuesday 20 <sup>th</sup> June 6pm to 8pm	The Sun Inn

# Friendship Club

## North Dorset Events

Come and meet up with friends at local venues like pubs and cafes.



Event	Date and Time	Where
<b>Meal and Skittles (Sherborne)</b>	Tuesday 2 <sup>nd</sup> May 6pm to 8pm	The Mermaid Pub
<b>Pub Quiz (Sturminster)</b>	Tuesday 16 <sup>th</sup> May 6pm to 8pm	White Hart Pub
<b>Picnic and Games</b>	Tuesday 6 <sup>th</sup> June 6pm to 8pm	Sherborne Park (by the station)
<b>Fish and Chip Picnic (Sturminster)</b>	Tuesday 20 <sup>th</sup> June 6pm to 8pm	Ricketts Lane Recreation Ground

# Friendship Club

## Weymouth Events

Come and meet up with friends at local venues like pubs and cafes.



<b>Event</b>	<b>Date and Time</b>	<b>Where</b>
<b>Games Night</b>	Tuesday 9 <sup>th</sup> May 6pm to 8pm	Hardys Hophouse
<b>Meal and Walk</b>	Tuesday 23 <sup>rd</sup> May 6pm to 8pm	The Gurhka Restaurant
<b>Walk and Drink</b>	Tuesday 13 <sup>th</sup> June 6pm to 8pm	Jubilee Clock Tower
<b>Beach Picnic and Games</b>	Tuesday 27 <sup>th</sup> June 6pm to 8pm	Jubilee Clock Tower

# Friendship Club

## Weymouth Disco

Come and join us for a boogie to your favourite songs!



<b><i>Date and Time</i></b>	<b><i>Where</i></b>
Thursday 25 <sup>th</sup> May Thursday 22 <sup>nd</sup> June 7pm to 9pm	Centenary Club

## Online Event

Have fun from home with our online quizzes and games.



<b><i>Date and Time</i></b>	<b><i>Where</i></b>
Monday 22 <sup>nd</sup> May Monday 26 <sup>th</sup> June 6pm to 7pm	On Zoom



# Friendship Club

## *Singing Session*

Come and sing along to familiar songs. No auditions, anyone can join in!



It's a relaxed session, with time for tea and chat.



You don't have to be able to sing; you can hum, listen or sign instead.

<b><i>Date and Time</i></b>	<b><i>Where</i></b>
Thursday 25 <sup>th</sup> May Thursday 22 <sup>nd</sup> June  6pm to 7.30pm	United Reformed Church Dorchester

# Sport

## Sport Taster Sessions

Would you like to try a new sport?

Then why not come and try it with us?

No experience needed!



We are offering sessions to come and try lots of different sports.



Our sessions will be run by trained instructors and supported by People First Dorset staff.

**Please book, spaces are limited.**

# Sport

## Cricket

Cricket is a team game. It involves throwing and catching a ball, hitting a ball with a bat and running.



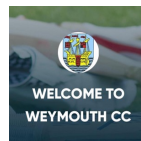
<i>Date and Time</i>	<i>Where</i>
Friday 12 <sup>th</sup> May 5pm to 6.15pm	Dorchester Cricket Club
Saturday 20 <sup>th</sup> May 10am to 11.30am	Redlands Sports Centre Weymouth



This activity is outside, so please bring a jumper.

The sessions will be run by:

10



# Sport

## Bowls

Bowls is a team game. It involves rolling balls, on a green, towards a target.



<i>Date and Time</i>	<i>Where</i>
Friday 2 <sup>nd</sup> June 6.30pm to 8.30pm	Moonfleet Bowls Club
Friday 9 <sup>th</sup> June 6.30pm to 8.30pm	Dorchester Bowls Club



The activity is indoors, but please bring thick socks to protect the green.

The sessions will be run by:

11



# Sport

## Tennis

Tennis is a game where players use a racket to hit a ball over a net.



<i>Date and Time</i>	<i>Where</i>
Friday 16 <sup>th</sup> June 6.30pm to 8pm	Redlands Supports Centre
Friday 30 <sup>th</sup> June 6.30pm to 8pm	Borough Gardens



This activity is outside, so please bring a jumper.

The sessions  
will be run by:

12



# Sport

## Volleyball

Volleyball is a team game. Players use their hands to knock a ball over a net.



<i>Date and Time</i>	<i>Where</i>
Friday 5 <sup>th</sup> May 6.30pm to 8pm	Redlands Sports Centre
Friday 19 <sup>th</sup> May 6.30pm to 8pm	Thomas Hardye School Sports Hall



The activity is indoors.  
Wear loose clothes and  
trainers.

The sessions  
will be run by:

13



# Speaking Up

## Speaking Up Groups

Join in one of our groups to talk about what is important to you and build your confidence.



Area	Date and Time	Where
<b>Bridport</b>	Thursday 2pm to 3.30pm 25 <sup>th</sup> May 22 <sup>nd</sup> June	Bridport Youth Centre
<b>Dorchester</b>	Wednesday 6pm to 7.30pm 10 <sup>th</sup> May 14 <sup>th</sup> June	United Reformed Church Dorchester
<b>Ferndown</b>	Wednesday 10am to 11.30pm 10 <sup>th</sup> May 14 <sup>th</sup> June	Ferndown Library

# Speaking Up

Area	Date and Time	Where
<b>Swanage</b>	Monday 11am to 12.30pm 15 <sup>th</sup> May 12 <sup>th</sup> June	Learning Centre Durlston Park
<b>Wareham</b>	Wednesday 10.30am to 12pm 17 <sup>th</sup> May 21 <sup>st</sup> June	Purbeck Connect Centre
<b>Weymouth</b>	Tuesday 11am to 12.30pm 2 <sup>nd</sup> May 6 <sup>th</sup> June	Bethany Hall Westham Road
<b>Weymouth</b>	Wednesday 6pm to 7.30pm 17 <sup>th</sup> May 28 <sup>th</sup> June	Hope United Reformed Church



# Wellness

## Dorchester Community Wellness Group



Dorchester Community Wellness are a group of People First Dorset members who have decided

they would like to meet up and socialise independently.

So, their events aren't attended by People First Dorset staff.



They would like to invite other members to join them if you would like to.



The dates for May and June are on the next page.

# Wellness

## **Dorchester Community Wellness Group**

These events aren't attended by  
People First Dorset staff

<b>Event</b>	<b>Date and Time</b>	<b>Where</b>
<b>Coffee and Walk</b>	Saturday 6 <sup>th</sup> May 11am	Poundbury Garden Centre
<b>Coffee Morning</b>	Monday 15 <sup>th</sup> May 10am	Coffee #1
<b>Picnic and Games</b>	Saturday 10 <sup>th</sup> June 12pm	Borough Gardens Bandstand
<b>Walk</b>	Saturday 24 <sup>th</sup> June 11am	Town Pump (Outside Boots Opticians)

# Event Booking

*Please let us know you are coming to our events!*

There are lots of ways you can tell us which events you are coming to, you can:



Telephone the office.



Email the office.



Fill out the form on the next page.

Put a tick by the events you would like to come to, then post it back to us.



Fill out the form on our website. You will find the form on our homepage.



Tuesday 13<sup>th</sup> June

Weymouth

Tuesday 27<sup>th</sup> June

Weymouth

Thursday 25<sup>th</sup> May

Disco

Thursday 22<sup>nd</sup> June

Disco

### ***Singing Session***

Thursday 25<sup>th</sup> May

Dorchester

Thursday 22<sup>nd</sup> June

Dorchester

### ***Sports Taster Sessions***

Friday 12<sup>th</sup> May

Dorchester

Friday 19<sup>th</sup> May

Dorchester

Friday 9<sup>th</sup> June

Dorchester

Friday 30<sup>th</sup> June

Dorchester

Friday 5<sup>th</sup> May

Weymouth

Saturday 20<sup>th</sup> May

Weymouth

Friday 2<sup>nd</sup> June

Weymouth

Friday 16<sup>th</sup> June

Weymouth

## **Online Events**

Monday 22<sup>nd</sup> May

Zoom

Monday 26<sup>th</sup> June

Zoom

## ***Speaking Up - May***

Thursday 25<sup>th</sup> May

Bridport

Wednesday 10<sup>th</sup> May

Dorchester

Wednesday 10<sup>th</sup> May

Ferndown

Monday 15<sup>th</sup> May

Swanage

Wednesday 17<sup>th</sup> May

Wareham

Tuesday 2<sup>nd</sup> May

Weymouth

Wednesday 17<sup>th</sup> May

Weymouth

## ***Speaking Up - June***

Thursday 22<sup>nd</sup> June

Bridport

Wednesday 14<sup>th</sup> June

Dorchester

Wednesday 14<sup>th</sup> June

Ferndown

Monday 12<sup>th</sup> June

Swanage

Wednesday 21<sup>st</sup> June

Wareham

Tuesday 6<sup>th</sup> June

Weymouth

Wednesday 28<sup>th</sup> June

Weymouth

## How to send the booking form back



Write your name and contact details at the top of the form.

Then put a tick next to the events you would like to attend.



Cut out the form, put it in an envelope and post it to:

**Freepost RUBL-CSKL-AARY  
People First Dorset  
Unit 2  
Herringston Barn  
Herringston  
DORCHESTER  
DT2 9PU**



You don't need a stamp.

For more information see:

**[www.peoplefirstdorset.org.uk](http://www.peoplefirstdorset.org.uk)**

Call: **01305 257600**

Email: **[office@peoplefirstdorset.org.uk](mailto:office@peoplefirstdorset.org.uk)**

Write:

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

