



Newsletter

April - September 2020

Your guide to our news and events

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Please read the Coronavirus update on page 8.

Welcome to our People First Dorset Newsletter



Here's our fourth People First Dorset newsletter, which replaces our Friendship Club Guide. Inside you will find information about our different projects, and all our activities from April - September 2020.

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. Our projects help us do that.



Friendship Club

We run different events where you can meet and make friends, and do different activities which are fun, educational,

community based and improve our health.

Registered charity no: 1106963

Speaking Up



We meet up and learn how to have a stronger voice, to 'speak up' about what is important to us. We then talk to decision makers who can make changes happen.



Quality Checkers Service

We visit local services to see how well they are supporting people with learning disabilities, and suggest ways they can improve.

Any questions?

If you would like to know more about People First Dorset, or have questions about anything in this magazine then please get in touch.

Call: 01305 257600

Email: office@peoplefirstdorset.org.uk

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

Who's Who at People First Dorset



Laura Dunne
Operations
Manager



Mark Heath
Speaking
Up Project
Manager



Zoe Howe
Quality
Checkers Project
Co-ordinator



Laura Kerr
Manager



Kerry Martin
Project Worker



Chris Mellor
Project Worker



Katy Tigg
Administrator



Sara
Whistance
Finance Officer



Jo White
Friendship Club
Project
Co-ordinator



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

Meet our Trustees

Our Trustees govern the charity, and are responsible for things such as finances, and ensure we follow charity laws and guidelines.



Catherine brings experience across journalism, communications and public relations.



Debbie has experience in local government and as the Chief Executive of Dorset County Council. She has also been a Director of Social Services and Housing.



Graham is the chair of the trustee board. He has experience in local government and as a chief executive of a charity which provides residential care.



Hazel was the co-director of the Foundation for People with Learning Disabilities. Her son had Down's Syndrome and she learnt a lot from him.



Paul has experience as a social worker, manager and commissioner in the local authority. He also volunteers at our North Dorset Friendship Clubs.



Richard has lived experience of having a learning disability. He also works with the local authority, helping to run the Learning Disability Partnership Board.



Ruth is the Treasurer for People First Dorset. Her job is to oversee the charity's money. She used to be an accountant and is proud to volunteer for us.

Meet the Management Committee



The Management Committee sit alongside the trustees. We make sure People First Dorset is running well, and help to look at ways we can improve the charity.

Coronavirus Update

Due to the Coronavirus, we may have to cancel events.

We will let you know by posting on social media and our website.

If you have subscribed to have emails, we will also let you know by email.

If you would like information sent to you about the Coronavirus please contact the office on **01305 257600**.

Coronavirus
How to stay safe

Coronavirus is a new illness spreading across the world. The symptoms are

- * Fever
- * Cough
- * Trouble breathing

Don't spread it

Wash hands regularly

Use a tissue for coughs and bin it

Don't touch your face or eyes with your hands

CALL 111

If you are worried
DO NOT go to your GP
Stay home and phone
NHS 111

Screenshot

Poster credit: Photosymbols

Where to find our events

You can find our events on these Social Media sites, or the Events Calendar page on our People First Dorset website.



@peoplefirstdor



@peoplefirstdor



Search for People First Dorset on You Tube to watch our videos and short films

www.peoplefirstdorset.org.uk

Important: RESPONSIBILITY

Please remember we cannot offer any support or be responsible for you at any of our events. If you need support, please bring someone to support you or contact us before the event. Thank you.



Lottery Funding

People First Dorset have been awarded £217,000 of National Lottery funding.



The National Lottery Community Fund grant will be used to run Speaking Up groups and Action Groups across Dorset over the next 3 years.

These groups will talk about, and address, the barriers to inclusion many members experience. These may be health related, employment opportunities, discrimination and social inclusion.

Live Well, Stay Well

We held an event in February called Live Well, Stay Well introducing ways to prevent cancer. Over 50 people with learning disabilities attended the event at the Dorford Centre. We danced, learnt about sun safety, myth busted with an interactive quiz, looked at how to create a healthy meal and much more! This was funded by Action Hampshire through Communities Against Cancer.



Auction

On Wednesday 17th June 2020, People First Dorset will be holding an evening auction. The auction will take place in Shire Hall, Dorchester.



Come along and bid! Donations welcome! All proceeds go to People First Dorset.

Our New Website

People First Dorset has a brand new website! Find information about the team, our projects, have a look at our newsletters and news.



Just type in www.peoplefirstdorset.org.uk into the search bar and you will find it.

Speaking Up groups in action



Weymouth Speaking Up group photo.



Dorchester Speaking Up group in action.

Speaking Up - The Basics

If you are over 18 years old, have a learning disability, and want to:

- **become more confident speaking up**
- **talk about what's important to you**
- **get information and support**
- **meet friends and have fun...**

then join a Speaking Up group near you!

Blandford Connect: 1st Tuesday of every month 10.30am - 12pm	Bridport: Contact the office for dates and venues	Sherborne, The Weavers: 2nd Thursday of every month 6.45pm - 8.15pm
Sturminster Newton, Stour Connect: 2nd Tuesday of every month 1.30pm - 3pm	Wareham, Purbeck Connect: 1st Monday of every month 1.30pm - 3pm	Weymouth: 2nd and 3rd Wednesday of every month 10.30am - 12pm

Sessions are free but please bring money for drinks or snacks.

Dorchester Speaking Up

Dorchester Speaking Up is independent and not supported by People First Dorset staff. The group is held at the **Junction Hotel, Dorchester**. The group starts at **6pm** and is held in the back dining area.



We are a lovely group of people with different levels of learning disabilities. We work as a team and support each other.

If you would like more information on this group please contact Katy on **01305 257600** or email **office@peoplefirstdorset.org.uk**

Speaking Up Events

Date	Time	Location
Monday 6th April	1.30pm - 3.00pm	Purbeck Connect, Wareham
Tuesday 7th April	10.30am - 12.00pm	Blandford Connect, Blandford
Wednesday 8th April	10.30am - 12.00pm	Sandsfoot Room, Weymouth College, Weymouth
Wednesday 8th April	6.00pm - 7.30pm	The Junction, Dorchester
Thursday 9th April	6.45pm - 8.15pm	The Weavers, Sherborne
Tuesday 14th April	1.30pm - 3.00pm	Stour Connect, Sturminster Newton
Wednesday 15th April	10.30am - 12.00pm	Weymouth College, Weymouth

Speaking Up Events

Date	Time	Location
Monday 4th May	1.30pm - 3.00pm	Purbeck Connect, Wareham
Tuesday 5th May	10.30am - 12.00pm	Blandford Connect, Blandford
Tuesday 12th May	1.30pm - 3.00pm	Stour Connect, Sturminster Newton
Wednesday 13th May	10.30am - 12.00pm	Sandsfoot Room, Weymouth College, Weymouth
Wednesday 13th May	6.00pm - 7.30pm	The Junction, Dorchester
Thursday 14th May	6.45pm - 8.15pm	The Weavers, Sherborne
Wednesday 20th May	10.30am - 12.00pm	Weymouth College, Weymouth

Speaking Up Events

Date	Time	Location
Monday 1st June	1.30pm - 3.00pm	Purbeck Connect, Wareham
Tuesday 2nd June	10.30am - 12.00pm	Blandford Connect, Blandford
Tuesday 9th June	1.30pm - 3.00pm	Stour Connect, Sturminster Newton
Wednesday 10th June	10.30am - 12.00pm	Sandsfoot Room, Weymouth College, Weymouth
Wednesday 10th June	6.00pm - 7.30pm	The Junction, Dorchester
Thursday 11th June	6.45pm - 8.15pm	The Weavers, Sherborne
Wednesday 24th June	10.30am - 12.00pm	Weymouth College, Weymouth

Due to the Coronavirus check events are happening.

Speaking Up Events

Date	Time	Location
Monday 6th July	1.30pm - 3.00pm	Purbeck Connect, Wareham
Tuesday 7th July	10.30am - 12.00pm	Blandford Connect, Blandford
Wednesday 8th July	10.30am - 12.00pm	Sandsfoot Room, Weymouth College, Weymouth
Wednesday 8th July	6.00pm - 7.30pm	The Junction, Dorchester
Thursday 9th July	6.45pm - 8.15pm	The Weavers, Sherborne
Tuesday 14th July	1.30pm - 3.00pm	Stour Connect, Sturminster Newton
Wednesday 15th July	10.30am - 12.00pm	Weymouth College, Weymouth

Speaking Up Events

Date	Time	Location
Wednesday 5th August	6.00pm - 7.30pm	The Junction, Dorchester
Tuesday 1st September	10.30am - 12.00pm	Blandford Connect, Blandford
Wednesday 2nd September	6.00pm - 7.30pm	The Junction, Dorchester
Monday 7th September	1.30pm - 3.00pm	Purbeck Connect, Wareham
Tuesday 8th September	1.30pm - 3.00pm	Stour Connect, Sturminster Newton
Wednesday 9th September	10.30am - 12.00pm	Sandsfoot Room, Weymouth College, Weymouth
Thursday 10th September	6.45pm - 8.15pm	The Weavers, Sherborne
Wednesday 16th September	10.30am - 12.00pm	Weymouth College, Weymouth

Due to the Coronavirus check events are happening.



The Friendship Club is where adults people with learning disabilities can make and meet friends. Members choose what we do and where we meet.

Our events include activities like meeting friends for a meal in the pub, a quiz in a café, ten pin bowling or going on an adventure walk around town.

For more information about Friendship Club call the office on 01305 257600 or email office@peoplefirstdorset.org.uk

Friendship Club in action



Friendship Club Steering Group

The Steering Group is made up of People First Dorset members. We volunteer to help run the Friendship Club.

We meet every other month to talk about what is going well with events, what could be better and see how we can keep improving.

If you have any feedback, or want to get involved, please call us on **01305 257600**.



Celebration of Independence

Where: Duchess of Cornwall, Poundbury

When: Tuesday 2nd June 2020

Time: 5.00pm - 7.30pm

Join us for a non-alcoholic drink and Canapés 5pm - 6pm to celebrate independence.

The celebration will be followed by a meal with Friendship Club 6.00pm - 7.30pm.



Friendship Club Dates

Date	Time	Location	Event
Tuesday 7th April	6.00pm - 7.30pm	Vivo Lounge, Dorchester	Healthy Living Activity £3 subs
Tuesday 14th April	6.00pm - 8.00pm	Slug and Lettuce, Weymouth	Meal and walk £3 subs
Thursday 16th April	7.30pm - 9.30pm	Merriott Social Club, Merriott	Wayfarers Disco
Tuesday 21st April	6.00pm - 7.30pm	Coffee #1, Dorchester	Music night £3 subs
Thursday 23rd April	6.30pm - 8.00pm	Ecco Gelato, Sherborne	Bring a book night £3 subs
Tuesday 28th April	7.00pm - 9.00pm	New Vic, Weymouth	Onesie disco £4 subs
Tuesday 5th May	6.00pm - 8.00pm	Costa, Dorchester Hospital	Visiting audiology £3 subs

Friendship Club Dates

Date	Time	Location	Event
Tuesday 12th May	6.00pm - 8.00pm	Nautico Lounge, Weymouth	Self care activities £3 subs
Tuesday 19th May	6.00pm - 8.00pm	Costa, Dorchester Hospital	Visiting eye infirmary £3 subs
Tuesday 26th May	7.00pm - 9.00pm	New Vic, Weymouth	Girl and boy bands £4 subs
Thursday 28th May	6.30pm - 8.00pm	Sherborne Fire Station	Fire station visit £3 subs
Tuesday 2nd June	5.00pm - 7.30pm	Duchess of Cornwall, Poundbury	Celebration of independence £5 subs
Tuesday 9th June	6.00pm - 8.00pm	Brewers Fayre Pub, Weymouth	Meal and walk £3 subs
Tuesday 16th June	6.00pm - 8.00pm	The Sun Inn, Dorchester	Meal and treasure hunt £3 subs

Due to the Coronavirus check events are happening.

Friendship Club Dates

Date	Time	Location	Event
Tuesday 23rd June	6.30pm - 9.00pm	New Vic, Weymouth	Talent show and disco £4 subs
Thursday 25th June	6.30pm - 8.30pm	Ham Hill, Sherborne	BBQ and walk £3 subs
Tuesday 7th July	6.00pm - 7.30pm	Borough Gardens, Dorchester	Picnic and games £3 subs
Tuesday 14th July	6.00pm - 8.00pm	Sandworld, Weymouth	Visiting Sandworld £3 subs
Tuesday 21st July	6.00pm - 8.30pm	Durlston Country Park, Swanage	For a lift from Dorchester, ring the office. Limited spaces available. £5 subs
Thursday 23rd July	6.30pm - 8.00pm	Folke Golf Club, Sherborne	Meal and football golf £3 subs plus £7 for meal

Friendship Club Dates

Date	Time	Location	Event
Tuesday 28th July	6.00pm - 8.00pm	Sand Sculpture, Weymouth Esplanade	Picnic on the beach £3 subs
Thursday 3rd September	6.30pm - 8.30pm	Folke Golf Club, Sherborne	BBQ and disco £3 subs plus £7 for BBQ
Tuesday 8th September	5.30pm - 7.00pm	Wagamamas, Dorchester	Limited places, ring the office to book. Making a meal £3 subs
Tuesday 15th September	7.00pm - 9.00pm	New Vic, Weymouth	Rock band disco £4 subs
Tuesday 22nd September	6.00pm - 7.30pm	Coffee #1, Dorchester	Fitness Night £3 subs
Thursday 24th September	6.30pm - 8.00pm	Mumbai Bay, Sturminster Newton	Curry night £3 subs
Tuesday 29th September	6.00pm - 8.00pm	Dorset Burger Company, Weymouth	Quiz and meal £3 subs

Due to the Coronavirus check events are happening.

Independent Events

The events on this page are run by People First Dorset volunteers. Staff will attend the events sometimes, but cannot guarantee they will be at every one.

Date	Time	Location	Price
Friday 10th April	6.00pm - 8.00pm	Gurkha, Weymouth	£10 for food plus drinks money
Monday 27th April	6.00pm - 7.30pm	Cafe Hendover, Dorchester	Bring £15 to cover costs Booking required a week before the event
Friday 8th May	6.00pm - 8.00pm	Gurkha, Weymouth	£10 for food plus drinks money
Friday 12th June	6.00pm - 8.00pm	Gurkha, Weymouth	£10 for food plus drinks money
Monday 29th June	6.00pm - 7.30pm	Cafe Hendover, Dorchester	Bring £15 to cover costs Booking required a week before the event
Friday 10th July	6.00pm - 8.00pm	Gurkha, Weymouth	£10 for food plus drinks money

Independent Events

Date	Time	Location	Price
Friday 11th September	6.00pm - 8.00pm	Gurkha, Weymouth	£10 for food plus drinks money
Monday 28th September	6.00pm - 7.30pm	Cafe Hendover, Dorchester	Bring £15 to cover costs Booking required a week before the event



If you require personal assistance or support, you must bring someone with you. We don't provide personal care.

Please bring extra money for food and drink. Subs money does not cover it.

If an event needs to be booked, please ring the office on **01305 257600** or talk to Jo and Zoe at an event.

Community events

**These are events run by
other groups which you
might enjoy.**

**These events are not
supported by People First
Dorset.**

Community Events

Purbeck Together

Purbeck Together Group Social will be held at **Not Just Sundaes Cafe in Wareham**. For more information please call **01929 463213**.

Gateway Club

Gateway Club is run in **Bridport**, for more information email: **rosinarosbrook45@gmail.com**

Busy Bees Club

Busy Bees run social activities, mostly in **Bridport and Dorchester**. For more details ring **Carolyn** on **07503 678843** or **Angie** on **07583 414099** or look on the Bridport Busy Bees Facebook page.

Open Gate

Open Gate is a group in **Sherborne** that meets on the **first and third Thursday** of every month. For more information call Christine on **01935 815399**.

Community Events

East Dorset Bowling

East Dorset Bowling meets in **Hollywood Bowl, Tower Park**. For more information call Tracy **077894 35511**.

Dorset Abilities Group Football Club

Inclusive, weekly sessions are run (indoors) in **Weymouth** on **Mondays** from **4pm to 6pm**. For more information please call **01305 457007**.



These events may be cancelled due to the Coronavirus.

We recommend checking with the organiser before going.

Cafe Refresh

Cafe Refresh is run by the Dorchester Baptist church and supported by volunteers. You can meet friends, play games or just hang out. For more information call 01305 262045.

Date	Location	Time
Thursday 2nd April	Dorford Centre, Dorchester	7.00pm - 9.00pm
Thursday 16th April	Dorford Centre, Dorchester	7.00pm - 9.00pm
Thursday 21st May	Dorford Centre, Dorchester	7.00pm - 9.00pm
Thursday 4th June	Dorford Centre, Dorchester	7.00pm - 9.00pm
Thursday 18th June	Dorford Centre, Dorchester	7.00pm - 9.00pm
Thursday 3rd September	Dorford Centre, Dorchester	7.00pm - 9.00pm
Thursday 17th September	Dorford Centre, Dorchester	7.00pm - 9.00pm

Why fundraise for us?



Friendships, being part of our community, and being able to speak up are important to us. People First Dorset run projects which help us do this.

A lot of us help fundraise, so the projects can keep going. You can help too. To join our fundraising team, please contact: **office@peoplefirstdorset.org.uk** or call **01305 257600**.

To make a donation or to leave a legacy, please visit: **www.peoplefirstdorset.org.uk/donate**

How will you use my donation?

We thought you'd like to know what some of our work costs.

£10

pays for a community bus to transport 15-20 of our members safely to and from events

£50

allows us to run a Speaking Up group

£120

pays for a Friendship Club social event for up to 80 members

Our Grant Funders

Thanks to the organisations below, who are helping fund us with a grant



funded
through



To the people who help support our work:



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



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**

Registered charity no: 1106963