



Issue No: 16





# Who are People First Dorset and Our Voice?



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

People First Dorset run 5 'Our Voice' groups in Somerset.

The groups empower people to be independent, to have their voices heard and be included in community life.

## How to contact us



Telephone:  
01305 257600



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



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



# Welcome to Connect Somerset 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 make the newsletter every 2 months, so the next issue will be available in mid October.

## Contents

<b>Activities</b>	<b>4 - 9</b>
<b>Notices</b>	<b>10</b>
<b>Art</b>	<b>11</b>
<b>Recipe</b>	<b>12 - 13</b>
<b>Wellbeing</b>	<b>14 - 15</b>
<b>Meetings and Events</b>	<b>16 - 19</b>

# Activities

# I Spy

Count how many of each item you can find in the picture. Write the answers in the boxes at the bottom of the page.



9



10



10



11



10





# 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

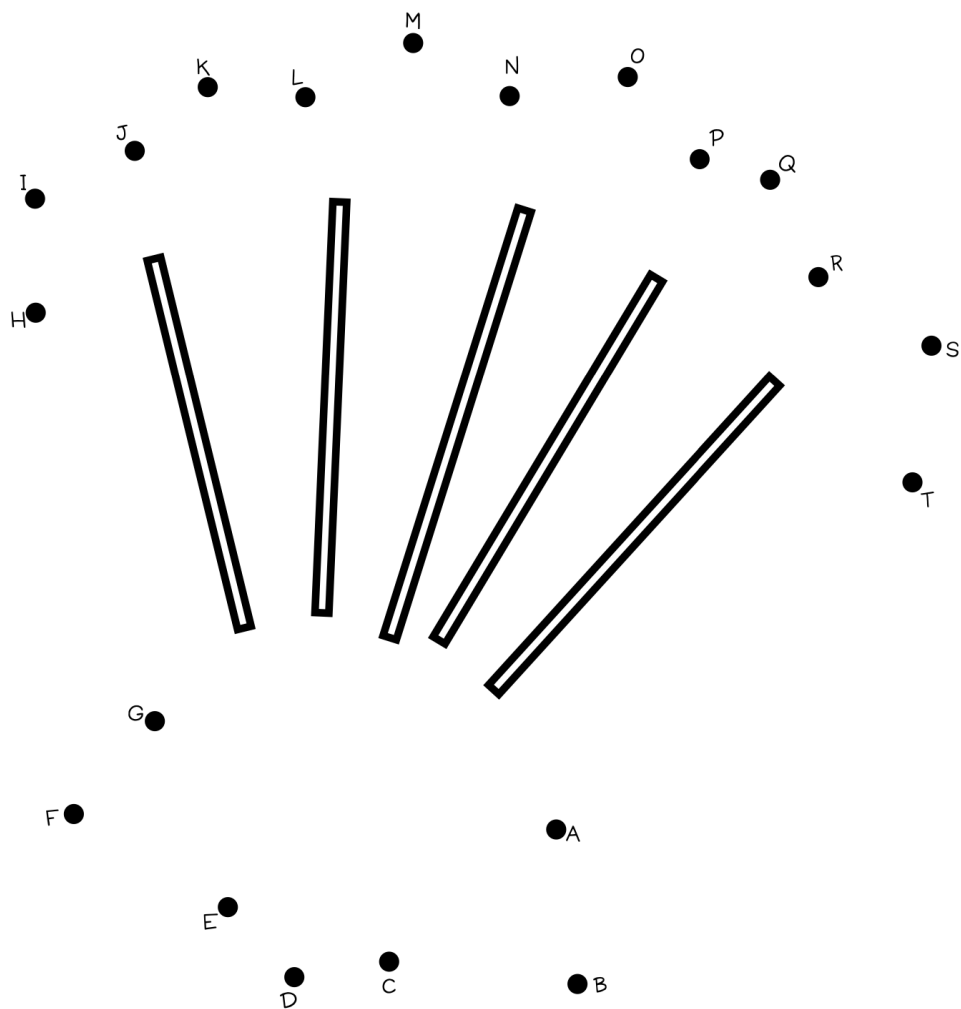
PAIL  
PIER  
RELAX  
SAIL  
SEAGULL  
SEASHELLS  
SUN HAT

SUNSHINE  
SWIM TRUNKS  
TAN  
TOWEL  
UMBRELLA  
WAVE

Answers on page 9

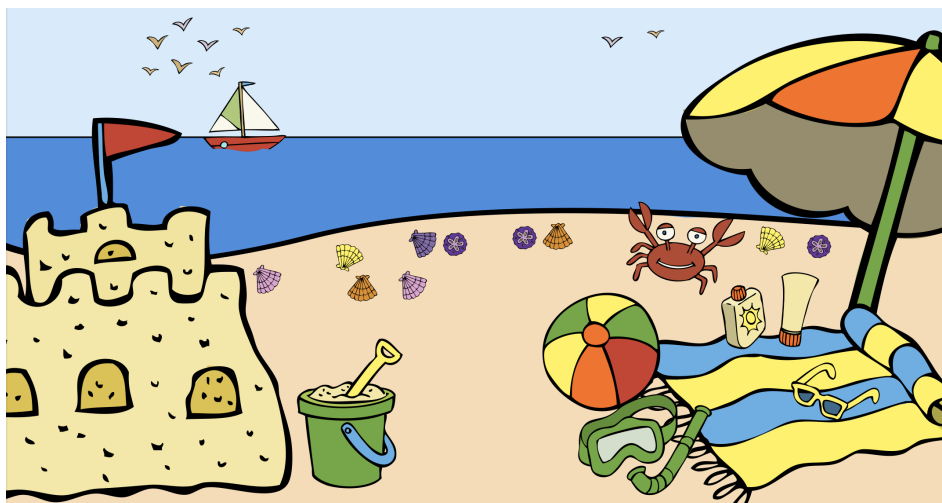
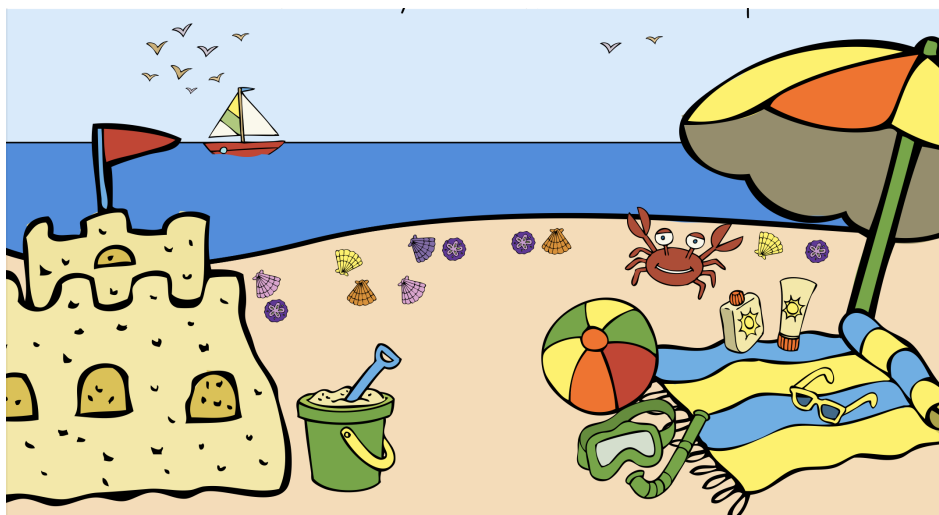
## Dot to Dot

Draw a line between each dot, start at A and end at T.



# Spot the Difference

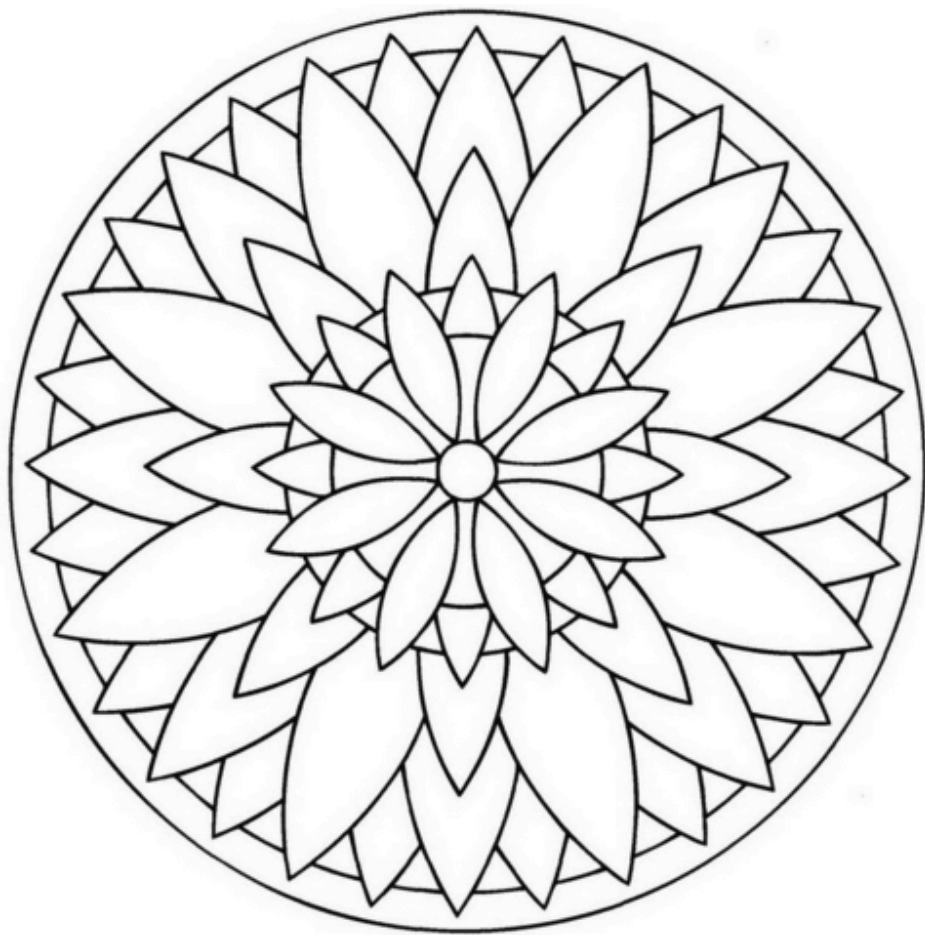
Find 6 differences between the two pictures.



Answers on page 9

## Colouring

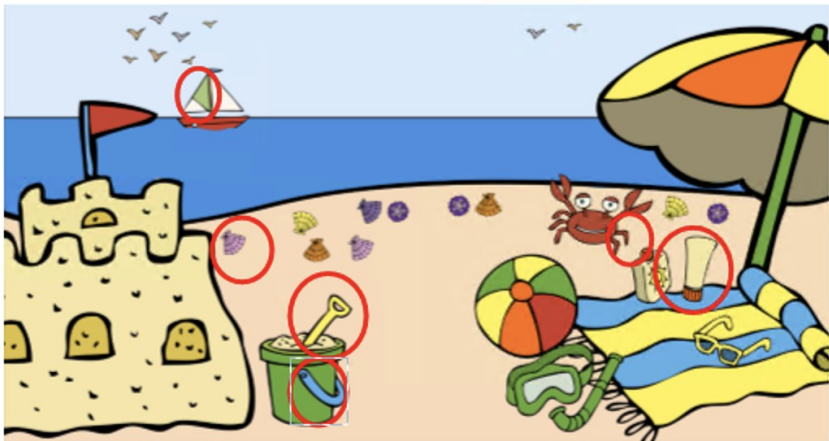
Colour in the picture using as many colours as you can.



# 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



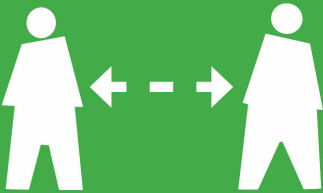
# Stay safe



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!



discovery

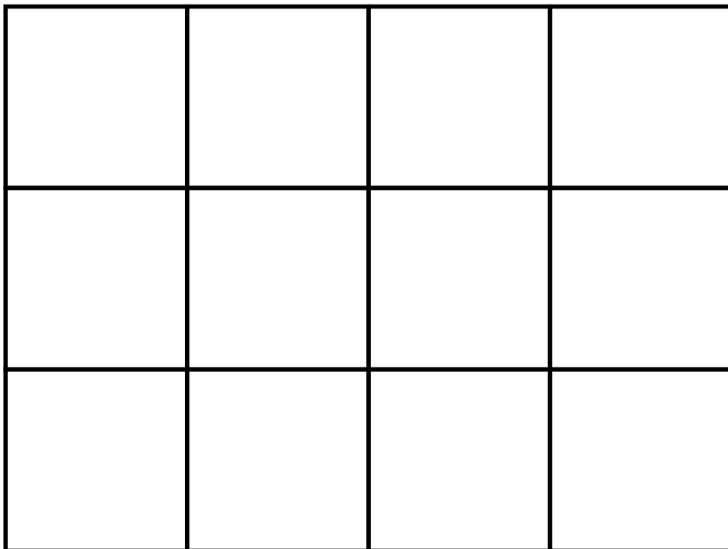
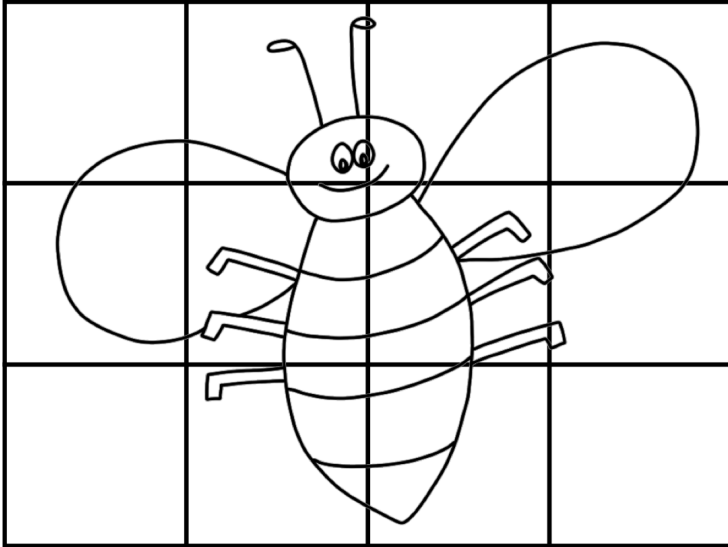
somerset  
COMMUNITY | FOUNDATION



# 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 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.

# 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](mailto:office@peoplefirstdorset.org.uk)



01305 257600

# Online Events

## Wellness Group

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

## Friendship Club

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

# Indoor Events

## Our Voice Group Meetings

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



Area	Date and Time	Where
Bridgwater	Wednesday 15th September, 11.00am-12.30pm	Victoria Community Centre, Victoria Park Drive
	Wednesday 20th October, 11.00am-12.30pm	Victoria Community Centre, Victoria Park Drive
Minehead	Monday 20th September, 11.00am-12.30pm	The Community Hub, The Old Hospital
	Monday 18th October, 11.00am-12.30pm	The Community Hub, The Old Hospital

# Indoor Events

Area	Date and Time	Where
Street	Thursday 2nd September, 11.00am-12.30pm	Crispin Hall, 83 High Street
	Thursday 7th October, 11.00am-12.30pm	Crispin Hall, 83 High Street
Taunton	Thursday 16th September, 11.00am-12.30pm	Taunton Library, Paul Street
	Thursday 21st October, 11.00am-12.30pm	Taunton Library, Paul Street
Yeovil	Thursday 9th September, 1.00pm-2.30pm	Yeovil Library, King George Street
	Thursday 14th October, 1.00pm-2.30pm	Yeovil Library, King George Street



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.**

