



Issue 32



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 January and February.

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

**Monday** \_\_\_\_\_

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**Tuesday** *Friendship Club* \_\_\_\_\_

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**Wednesday** \_\_\_\_\_

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**Thursday** *Speaking Up Group* \_\_\_\_\_

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**Friday** *Sports Session* \_\_\_\_\_

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**Saturday** \_\_\_\_\_

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**Sunday** \_\_\_\_\_

***Please book before you  
come to events,  
thank you!***

# Event Booking

## IMPORTANT INFORMATION!

Booking Form	
Name .....	
Email .....	
Telephone .....	
Friendship Club	
Tuesday 11th July	Bridport <input checked="" type="checkbox"/>
Tuesday 25th July	Bridport <input type="checkbox"/>
Tuesday 8th August	Bridport <input type="checkbox"/>
Tuesday 4th July	Dorchester <input type="checkbox"/>
Tuesday 18th July	Dorchester <input type="checkbox"/>
Tuesday 1st August	Dorchester <input type="checkbox"/>
Tuesday 18th July	Weymouth <input type="checkbox"/>
Tuesday 1st August	Weymouth <input type="checkbox"/>
Tuesday 11th July	Weymouth <input type="checkbox"/>
Tuesday 25th July	Weymouth <input type="checkbox"/>
Tuesday 8th August	Weymouth <input type="checkbox"/>

Lots of people are forgetting to book a place at events, before they come.

This is causing problems.



If more people come to events than we are expecting then:

- We don't have enough staff and volunteers at events.



- Venues like pubs and cafes don't have enough staff, so everyone has to wait a very long time for food/drinks.



- If we are doing art or crafts, we don't have enough for everyone.

# Event Booking

## How to book on to 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 which is with this booklet, then post it back to us.



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

# Friendship Club

## Bridport Events

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



Event	Date and Time	Where
<b>New Year Quiz</b>	Tuesday 9 <sup>th</sup> January 6.30pm to 8.30pm	Bridport Town Hall
<b>Fish and Chips</b>	Tuesday 23 <sup>rd</sup> January 6.30pm to 8.30pm	Long's Fish and Chips
<b>Pancake Day Fun</b>	Tuesday 13 <sup>th</sup> February 6.30pm to 8.30pm	Bridport Town Hall
<b>Museum Tour</b>	Tuesday 27 <sup>th</sup> February 6.30pm to 8.30pm	Bridport Museum

***Please don't forget to let us know you are coming!***

# 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 Quiz</b>	Tuesday 2 <sup>nd</sup> January 6pm to 8pm	Vivo Lounge
<b>Meal and Bingo</b>	Tuesday 16 <sup>th</sup> January 6pm to 8pm	Walnut Grove
<b>Meal and Quiz</b>	Tuesday 6 <sup>th</sup> February 6pm to 8pm	Brewhouse
<b>Museum and Activities</b>	Tuesday 20 <sup>th</sup> February 6pm to 8pm	Shire Hall

There is a £5 charge for this event.  
It can be paid at the event.

# 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>Meal and Quiz</b>	Tuesday 9 <sup>th</sup> January 6pm to 8pm	Slug and Lettuce
<b>New Year Themed Activity</b>	Tuesday 23 <sup>rd</sup> January 6pm to 8pm	Hardy's Hophouse
<b>Cooking Activity</b>	Tuesday 13 <sup>th</sup> February 6pm to 8pm	Hope House, St Johns Church
<b>Meal and Bingo</b>	Tuesday 27 <sup>th</sup> February 6pm to 8pm	Hardy's Hophouse



# Friendship Club

## Weymouth Disco

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



<i>Date and Time</i>	<i>Where</i>
Thursday 18 <sup>th</sup> January 7pm to 9pm	Centenary Club
Thursday 15 <sup>th</sup> February 7pm to 9pm	Centenary Club

***Please don't forget to let us  
know you are coming!***

# Friendship Club

## Singing Session

Come and sing along to popular Christmas songs!



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.

### **Date and Time**

Thursday 25<sup>th</sup> January  
Thursday 22<sup>nd</sup> February  
6pm to 7.30pm

### **Where**

United  
Reformed  
Church  
Dorchester

# Friendship Club

## Online Zoom Events

Friends, fun and chatting Online!

Join us for quizzes, bingo, music, chat, workshops and more. You choose!



Date	Time
Monday 15 <sup>th</sup> January	6pm to 7pm
Monday 19 <sup>th</sup> February	6pm to 7pm

***Please don't forget to let us know you are coming!***

# Friendship Club

## Dorchester Community Wellness Group



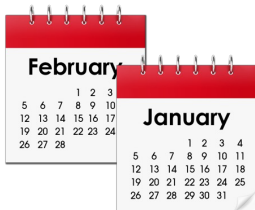
Dorchester Community Wellness are a group of People First Dorset members who have decided

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 January and February are on the next page.

# Friendship Club

## 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>Walk</b>	Saturday 13 <sup>th</sup> January 11am	Meet at Poundbury Garden Centre
<b>Coffee Morning</b>	Monday 22 <sup>nd</sup> January 10.30am	Coffee #1
<b>Pub</b>	Friday 9 <sup>th</sup> February 6pm	The Junction Pub
<b>Walk</b>	Sunday 25 <sup>th</sup> February 11am	Meet at Town Pump

# Speaking Up

## Speaking Up Groups

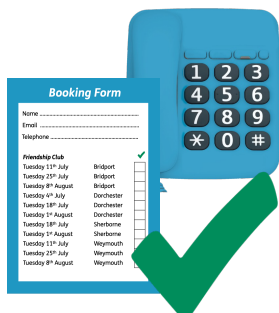
Join in one of our groups to talk about what is important to you and build your confidence.



Area	Date and Time	Where
<b>Dorchester</b>	Wednesday 6pm to 7.30pm 10 <sup>th</sup> January 14 <sup>th</sup> February	United Church Dorchester
<b>Ferndown</b>	Wednesday 10am to 11.30am 10 <sup>th</sup> January 14 <sup>th</sup> February	Ferndown Library
<b>Swanage</b>	Monday 11am to 12.30pm 15 <sup>th</sup> January 19 <sup>th</sup> February	Learning Centre Durlston

# Speaking Up

Area	Date and Time	Where
<b>Wareham</b>	Wednesday 10.30am to 12pm 17 <sup>th</sup> January 21 <sup>st</sup> February	Purbeck Connect Centre
<b>Weymouth</b>	Tuesday 11am to 12.30pm 6 <sup>th</sup> January 9 <sup>th</sup> February	Bethany Hall
<b>Weymouth</b>	Wednesday 6pm to 7.30pm 24 <sup>th</sup> January 28 <sup>th</sup> February	Hope United Reformed Church



**IMPORTANT**  
 Please book before  
 you come to any  
 events, thank you!

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.***

