



Issue No: 11

February 2021



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.

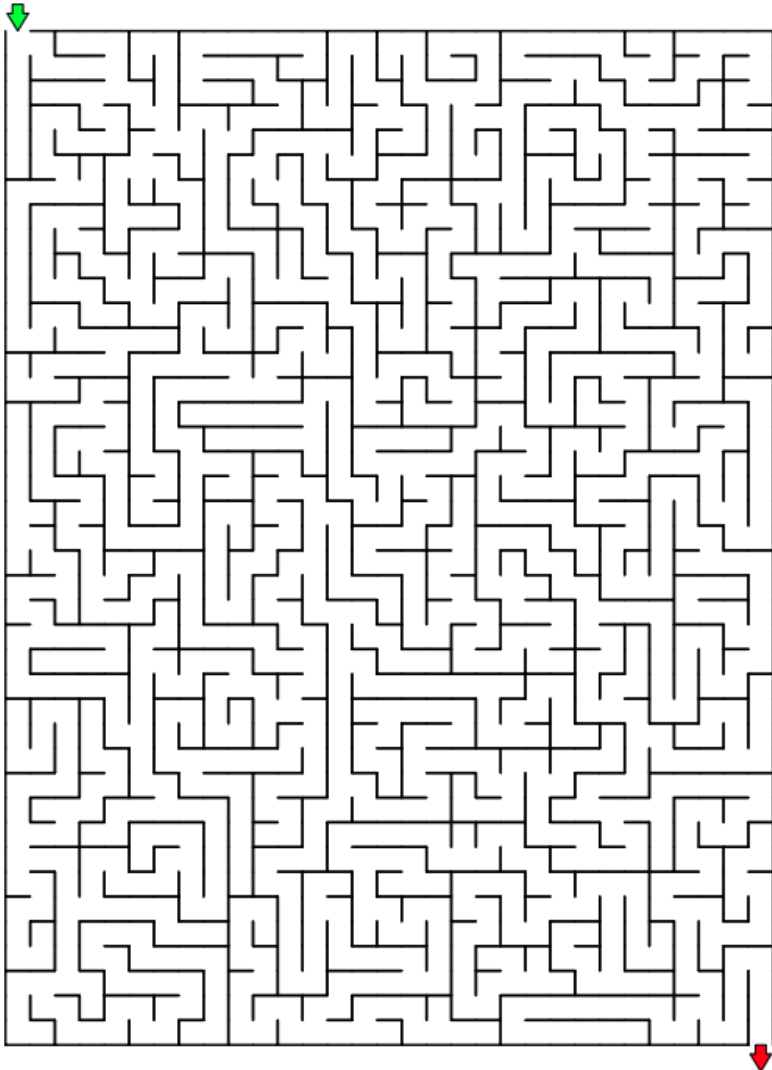
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Activities

Maze

Using a pencil, find the way from the green arrow to the red one.



Word Search

Search the grid to find all the words in the list.

T	T	A	A	I	G	G	K	S	O	D	A
A	J	D	H	N	R	S	L	A	E	Z	D
Y	H	X	E	U	G	K	C	T	F	G	G
O	H	Z	M	Y	M	R	I	O	K	P	A
G	P	P	J	U	O	C	Y	Q	N	P	E
K	Y	O	N	N	X	N	J	Y	T	Z	Y
W	F	Z	O	E	O	Y	N	U	P	P	D
D	E	S	A	E	L	P	L	A	P	Q	E
V	D	D	C	G	V	J	Q	A	D	G	V
D	E	I	R	R	O	W	H	D	A	S	O
Z	B	L	U	C	A	U	F	M	S	A	L
L	U	F	Y	O	J	R	K	P	Z	C	E

Happy

Grumpy



Sad

Joyful



Loved

Angry



Worried

Excited

Pleased

Annoyed

Name the Baby

Draw a line between photos, to match the baby photo to the staff member.





5



6



7



8



Colleen



Zoe



Sara



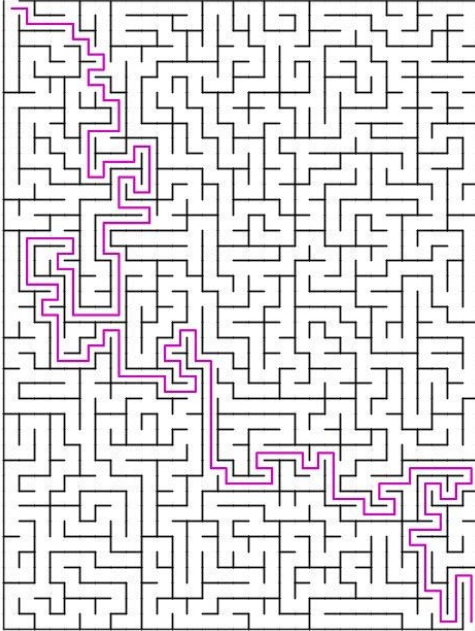
Laura D

Colouring

Use as many colours as you can to colour in the pattern.



Activity Answers



1. Lisa
2. Jo
3. Katy
4. Laura K
5. Laura D
6. Sara
7. Colleen
8. Zoe

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T	T	A	A	I	G	G	K	S	O	D	A
A	J	D	H	N	R	S	L	A	E	Z	D
Y	H	X	E	U	G	K	C	T	F	G	G
O	H	Z	M	Y	M	R	I	O	K	P	A
G	P	P	J	U	O	C	Y	Q	N	P	E
K	Y	O	N	N	X	N	J	Y	T	Z	Y
W	F	Z	O	E	O	Y	N	U	P	P	D
D	E	S	A	E	L	P	L	A	P	Q	E
V	D	D	C	G	V	J	Q	A	D	G	V
D	E	I	R	R	O	W	H	D	A	S	O
Z	B	L	U	C	A	U	F	M	S	A	L
L	U	F	Y	O	J	R	K	P	Z	C	E

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Important information

Covid Vaccine Please don't call



We will call you

The NHS are now asking people most at risk from Covid to have a vaccine. This may be at

- * A Vaccination Centre
- * GP or Pharmacy
- * Hospital
- * Care Home

The NHS will contact you when it is your turn.



You will get a phone call or a letter when it is your turn



Book the date and make a note of where to go



On the day you will sign a consent form to say you want the vaccine



If you live in a care home the nurse or doctor will come to you



Don't forget
You need a
second dose and
will be told when
to come back



You can still ask for your reasonable adjustments

Important information



Recipe

Carlo and Etta's Biscuits

You will need:

Saucepan 	Mixing bowl 	Wooden spoon 
Rolling pin 	Biscuit cutter 	Oven tray 



250g plain flour
110g caster sugar
125g butter
1 egg

How you make it:



Wash your hands with warm water and plenty of soap for 20 seconds.



Pre heat the oven to 180 degrees.



Melt the butter in the small pan and then put it into the bowl, add the flour, sugar and egg.



Mix the ingredients together with your hands, until you have a nice stretchy dough.



Sprinkle some flour on a clean kitchen surface, pop the dough on the flour and roll the dough out flat with the rolling pin (the dough needs to be about 1cm thick).



Use the cutter to make biscuits from the dough. Put all the biscuits on to the baking tray.



Put the biscuits in the oven for 8-10 minutes. Let them cool. Serve them plain or add some melted chocolate to them for extra sweetness.

Healthy Living

Healthy Food Swaps



Try sliced peppers, cucumber or carrot for a crunchy snack.



Try mixing fizzy water with orange squash or elderflower cordial for a fizzy treat.



Try eating a handful of grapes or a banana for a sweet snack.

Jokes



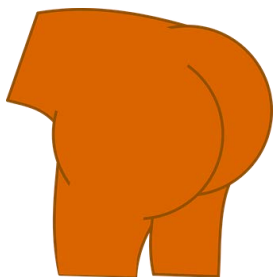
Q: Where do sick ships go?

A: To the 'docs'.



Q: What happened to the man with 5 legs?

A: His trousers fit him like a glove.



Q: Why did the toilet roll down the hill?

A: To get to the bottom.



Q: How do you keep a wig on?

A: 'Airfix' glue.

Member Article

Caroline, from Our Voice Yeovil Group, tells us about a training course she has just completed.



Please can you tell us about your course?

It's called 'All Better Together'. My Mum and I both did the course together, we started it before Coronavirus started.

What is the course about?

It's about how people interact with people with learning disabilities and autism. We talked about racism and discrimination, different body language people with autism use and how people with learning disabilities can make their own decisions.

What made you do the course?

My Mum thought it might be a good way to make some new friends, and I did!

What did you find most interesting to learn?

I learned lots about the autistic spectrum. I am on the autistic spectrum and I didn't know loads about it.

I understand that you graduated from your course recently and had to give a presentation, how did that go?

I was nervous but once I started I was ok. I talked about how I had been affect by Coronavirus. I am normally very busy, I was volunteering at a couple of day centres for the elderly, and I had a work placement in a coffee shop. I also talked about going to the Our Voice Somerset meetings.

Do you decide all the activities that you do?

Yes, I make my own decisions. I am teaching my Dad how to cook healthier meals, we use Slimming World recipes. Now that we are in lockdown I keep fit by going running, doing Davina McCall fitness workouts and walking my dog.

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
FOUNDATION**
England & Wales



**Dorset
Community
Foundation**



**Dorset
Council**



**COMMUNITY
FUND**



Nationwide

Building Society



**SPORT
ENGLAND**

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through



**South
West**



**people's
health
trust**

LOTTERY FUNDED

Exercise

Try these exercises at home



Using the stairs can be a great way to keep fit. Try walking up and down the stairs during the adverts on TV.

If you can't use stairs, try using your arms and legs to pretend that you are climbing up a mountain.



Dancing to your favourite music is a really good way to keep fit and have fun.

Try holding, then lifting up weights or tins of beans to help strengthen your arms.



Meetings and events



Because of Coronavirus, all our meetings and events will happen on Zoom at the moment.

Zoom is an app which you can use for video calling; from your mobile phone, computer or tablet.

Fun and fitness events	
Yoga	Monday 15th November 10.30am to 11.30am
	Monday 23rd November 5.45pm to 6.45pm
Exercise to music	Monday 30th November 10.30am to 11.30am
	Wednesday 11th November 5.45pm to 6.45pm
	Wednesday 18th November 10.30am to 11.30am
	Wednesday 25th November 5.45pm to 6.45pm

See page 27 for how to book to join an event

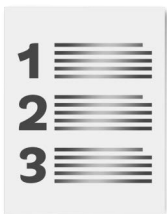
When you have chosen which meetings and events you would like to join, email or call us to book a place.



office@peoplefirstdorset.org.uk



01305 257600



We will send you instructions of how to join the meeting or event.

If you have never used Zoom before let us know and we will try to help you set it up.

Fun and Fitness

March online events

Exercise sessions

Get fit with friends by doing gentle exercise.

Tuesday 2nd March 10.30am - 11.30am	Wednesday 3rd March 5.00pm - 6.00pm
Tuesday 9th March 10.30am - 11.30am	Wednesday 10th March 5.00pm - 6.00pm
Tuesday 16th March 10.30am - 11.30am	Wednesday 17th March 5.00pm - 6.00pm
Monday 22nd March 10.30am - 11.30am	Tuesday 23rd March 5.00pm - 6.00pm
Tuesday 30th March 10.30am to 11.30am	Wednesday 31st March 5.00pm to 6.00pm

Wellness Group

Talk with friends about ways to stay fit and well.

Thursday 4th March, 4pm—5pm
Thursday 11th March, 4pm—5pm
Thursday 18th March, 4pm—5pm

Speaking Up

March online meetings

'Tea and talk'



Make a cup of tea and join us to talk about what's important to you at the moment.

Bridport	Thursday 18th March 11.00pm - 12.30pm
Dorchester	Wednesday 17th March 6.00pm - 7.30pm
East Dorset	Thursday 4th March 10.30am - 12.00pm
North Dorset	Thursday 11th March 1.30pm - 3.00pm
Purbeck	Thursday 11th March 10.30am - 12.00pm
Weymouth	Monday 8th March 11.00am - 12.30pm

Friendship Club

February online events

Come and join us for quizzes and games, to help you have a fun in February.

World Book Day	Tuesday 2nd March Or Thursday 4th March 6.30pm - 7.30pm
90's Quiz	Tuesday 9th March Or Thursday 11th March 6.30pm - 7.30pm
Food Activities	Tuesday 16th March Or Thursday 18th March 6.30pm - 7.30pm
Back to the 80's	Tuesday 23rd March Or Thursday 25th March 6.30pm - 7.30pm
Music with Friends	Tuesday 30th March 6.30pm - 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.**

Registered charity number: 11006963

