



# Connect

Issue No: 13



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](mailto: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.

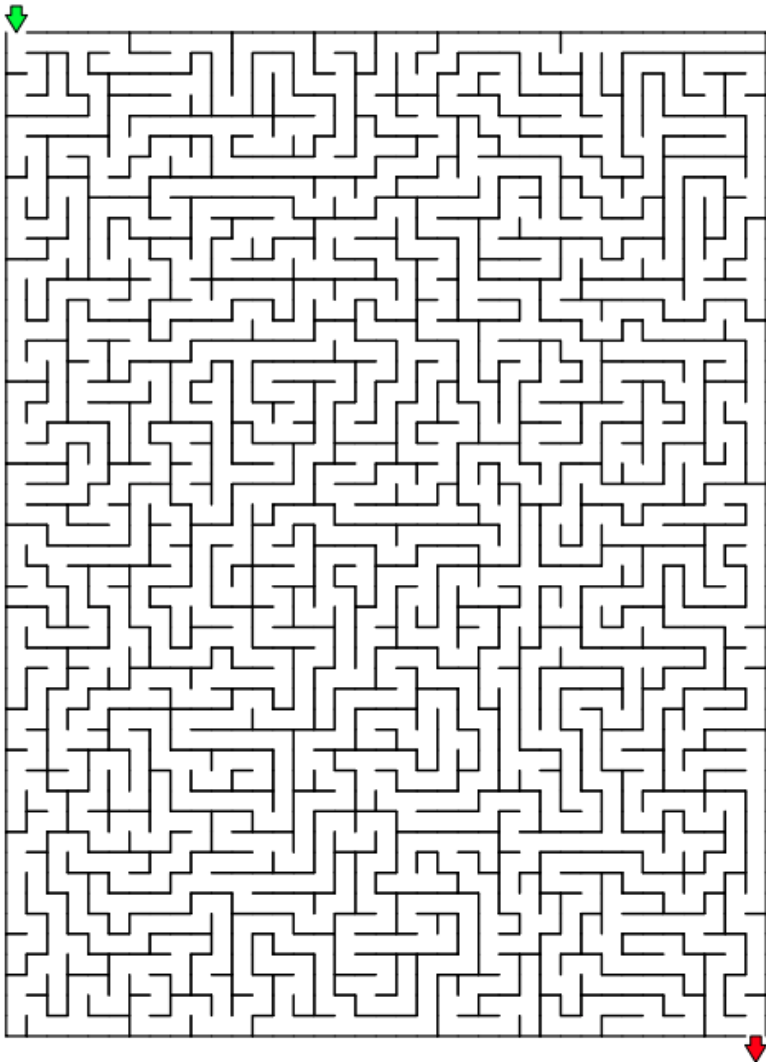
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# Activities

## Maze

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



# Crossword

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

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

ALADDIN  
MULAN  
WALL-E



JUNGLE BOOK  
FANTASIA  
BAMBI  
MONSTERS INC  
CARS  
TOY STORY  
PINOCCHIO

CINDERELLA  
HERCULES  
BOLT  
PETER PAN  
TARZAN  
DINOSAUR  
DUMBO

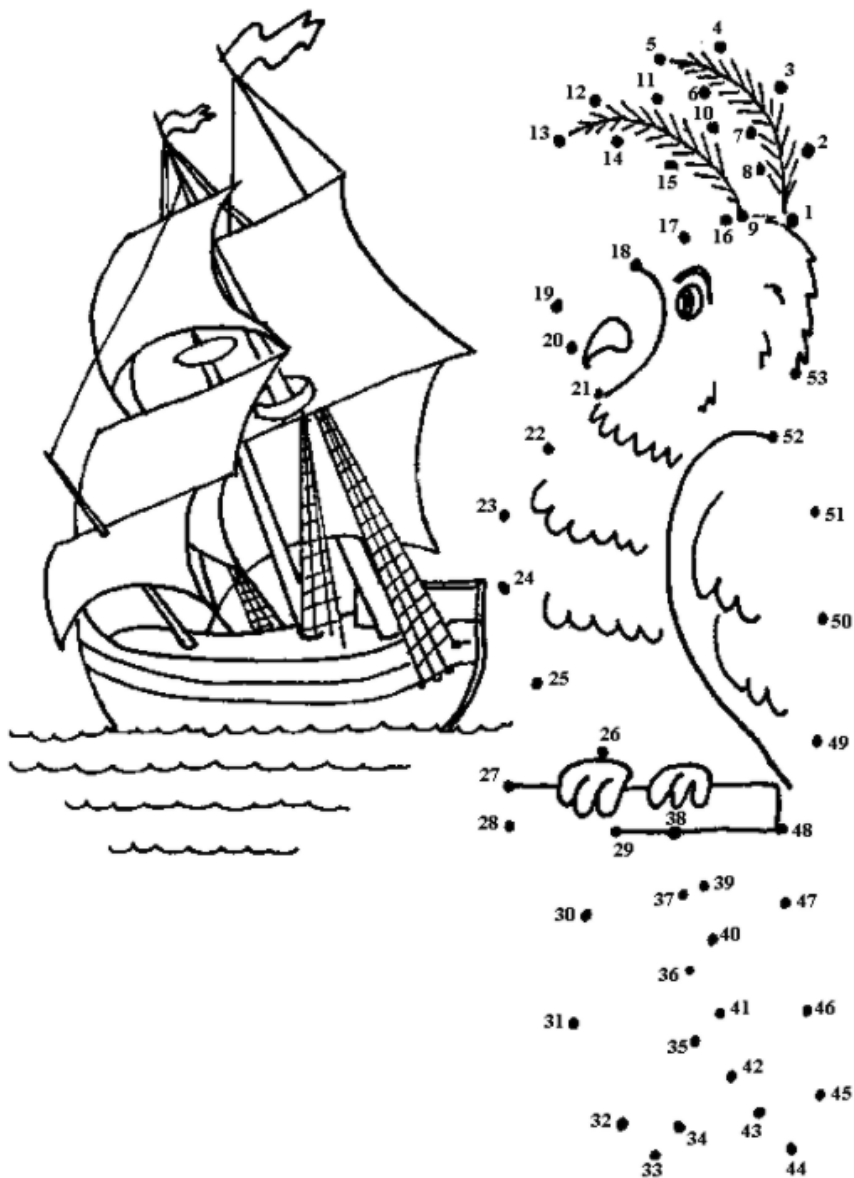
# Guess the Chocolate Bar

Write the name of the chocolate bar next to the image.



## Dot to Dot

Connect the numbers starting from 1 and ending at 53.





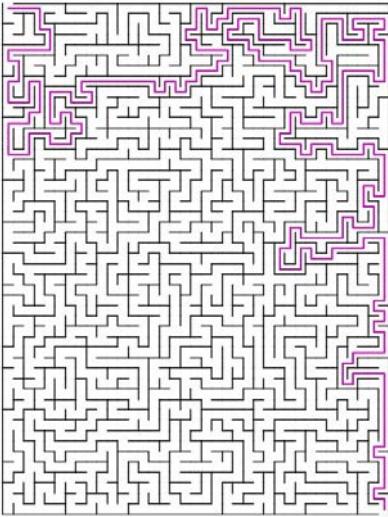
# Colouring

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





# Activity Answers



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

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Page 5



Bounty



Crunchie



Double Decker



Flake



Kitkat



Mars Bar



Milkyway



Snickers

Page 6

# Important Information

## Coronavirus Vaccine



Protect yourself and others by getting the COVID-19 vaccine when it is your turn



**1**  
Wait for a phone call or letter from your GP



**2**  
Phone the number on the letter to book an appointment



**3**  
Make a note of when and where to go



**4**  
It may be at hospital, GP, a pharmacy or a Vaccination Centre



**5**  
On the day, make sure you are on time



**6**  
Talk about any worries or concerns



**7**  
Sign the consent form if you agree to be vaccinated



**8**  
The injection will all be over quickly



**9**  
Wait 15 minutes to make sure you don't have a bad reaction



**10**  
You will get a card telling you when to come back



**11**  
Make sure you go to your second appointment



**12**  
It takes a few weeks for the vaccine to protect you - keep wearing a mask



**Remember - It takes two doses to be fully protected**

# Member Article

**Hello my name is Marc and I am a member of East Dorset Speaking Up Group.**



Recently, I had my Coronavirus vaccine

I had the vaccine to help me be safe and to protect my family and friends.

Before the vaccine I felt nervous and was worried about the side effects.



I felt fine after the vaccine, I had a sore arm for a while but nothing else.

You should go and get the vaccine when you are offered one.

It is normal to feel scared or worried about getting it, but you will be ok.

# Recipe

## Vegetable Curry

You will need:

Saucepan 	Chopping board 	Wooden spoon and peeler 	Garlic crusher 	Sharp knife 
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2 carrots

8 mushrooms

1 courgette

1 onion

1 tablespoon curry powder

1 tin chopped tomatoes

1 vegetable stock cube (with 300ml of boiling water)

1 pepper

3 cloves of garlic

1 potato

How you make it:



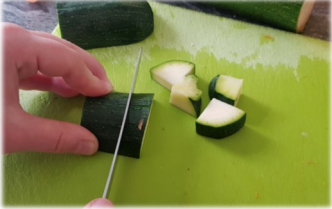
Wash your hands with warm water and plenty of soap for 20 seconds.



Peel the carrots, potato and onion. Cut them into small pieces. Fry them in a little oil for 2 minutes.



Chop the pepper and crush garlic.  
Add both to the pan and stir.



Chop the courgettes into small pieces and slice the mushrooms.  
Add both to the pan and stir.



Add the curry powder to the pan and stir it into the vegetables.



Add the tin of chopped tomatoes and the vegetable stock.  
Gently stir them into the vegetables.



Leave it to simmer for 20 minutes.



Your curry is ready to eat.  
Serve it with rice or naan bread (or both).



# Healthy Living

Take a look at what Kerry and Debbie have been doing to stay fit and well during lockdown.



Kerry has been practicing using her walker outside.

She is now walking 700 steps everyday!

This helps Kerry build strength in her legs.

Debbie has been going out for long walks in the countryside.

Walking helps Debbie to stay fit and feel good.





# Music and Laughter



Hi, I'm Paul. I am one of the DJs at the Friendship Club discos in Weymouth.

I would like to share my 'top 5' songs this month that will make you feel good.

## Artist

Italo Brothers  
Yomanda  
Divine Inspiration  
DJ Quicksilver  
Mr Oizo

## Song

Radio Hardcore  
Synths & Strings  
The Way  
Bellissimia  
Flat Beat

## Joke sent in by Nesta



What has a tongue but can't speak?

A shoe!

# Member Article

**Hello my name is Joe and I am a member of the Our Voice Taunton Group.**

In 2019, I began to stumble and suffer from falls. My balance and mobility become very bad.



This worried me, because being active and independent is important to me.



The community physiotherapist gave me some simple exercises to help improve my balance and core strength.

But my mobility continued to get worse, I had more falls and injuries.

I had a scan which showed damage in my neck. I had to start using a walker to get around.

# Member Article

In December 2019 I had an operation on my neck.

I stayed in a rehabilitation unit until March 2020. This was difficult for me as I missed seeing my friends and family.



My friends from My Day, the day service I go to, did visit me every week though, that really cheered me up.

When I came home I was determined to get better and get my independence back.

I used to walk laps around my village church to get my strength back, my cat used to follow me! I even raised money for a children's hospice and the NHS charities.

I am now able to go to My Day again. I make sure I do my exercises even when I am there.

I have moved to a house that is adapted for me, so I can move around it freely.

It's so lovely to have my independence back.

## 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**

**LOTTERY FUNDED**

funded  
through



**South  
West**



**people's  
health  
trust**

# Relaxation

**Our Wellness Group have been using their imagination to help them relax. Here is one of their relaxation stories.**

Imagine you are on holiday in Miami with your favourite person. Someone you feel at ease with.



The weather is warm and sunny, and your apartment is quiet. You go for a walk to explore the scenery and eat some delicious food.



You are a little thirsty so you also buy a refreshingly cool mocktail. It is made with vibrant coloured fruits like oranges, red grapes and blackcurrant juice. You take a big sip and the icy cool juice makes your mouth water.

After a lovely walk you head back to your apartment to relax in the hot tub. The water softens your muscles and the warmth of the water makes you feel completely at ease. You go to bed and sleep well feeling happy, excited, loved, comfortable, content and safe.

# Meetings and Events



Because of Coronavirus, all of 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.

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

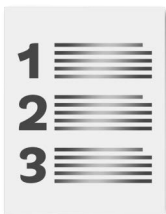
When you have chosen which meetings and events you would like to join, email or call us to book a place.



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



# Health and Wellbeing

## May online events

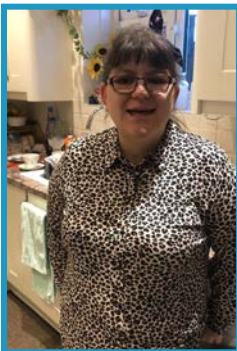
### Wellness Group

Talk with friends about ways to stay fit and well.

Thursday 6th May, 4pm—5pm
Thursday 13th May, 4pm—5pm
Thursday 20th May , 4pm—5pm
Thursday 27th May, 4pm—5pm

*“I've learnt a lot in wellness group. It's nice to chat to friends and we help each other if we have any problems. I've started walking a lot more.”*

Chris



*“The wellness groups are brilliant. They are fun and easy to follow. We share advice and try to help each other.”*

Emily

# Speaking Up

## May online meetings

Join us to talk about 'rights and responsibilities'.

Bridport	Wednesday 19th May 2.30pm - 4.00pm
Dorchester	Wednesday 19th May 6.00pm - 7.30pm
East Dorset	Tuesday 11th May 10.30am - 12.00pm
North Dorset	Thursday 13th May 2.30pm - 4.00pm
Purbeck	Tuesday 4th May 10.30am - 12.00pm
Weymouth	Monday 10th May 11.00am - 12.30pm

# Friendship Club

## May online events

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

Television from your Childhood	Tuesday 4th May <b>Or</b> Thursday 6th May 6.30pm - 7.30pm
Guess the Picture	Tuesday 11th May <b>Or</b> Thursday 13th May 6.30pm - 7.30pm
Music Quiz	Tuesday 18th May <b>Or</b> Thursday 20th May 6.30pm - 7.30pm
Emoji Quiz	Tuesday 25th May <b>Or</b> Thursday 27th May 6.30pm - 7.30pm

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.**

Registered charity number: 1106963

