



Issue 30



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 September and October.

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 _____

Tuesday *Friendship Club* _____

Wednesday _____

Thursday *Speaking Up Group* _____

Friday *Sports Session* _____

Saturday _____

Sunday _____

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

Event Booking

IMPORTANT INFORMATION!

Booking Form	
Name	
Email	
Telephone	
Friendship Club	
Tuesday 11 th July	Bridport <input checked="" type="checkbox"/>
Tuesday 25 th July	Bridport <input type="checkbox"/>
Tuesday 8 th August	Bridport <input type="checkbox"/>
Tuesday 4 th July	Dorchester <input type="checkbox"/>
Tuesday 18 th July	Dorchester <input type="checkbox"/>
Tuesday 1 st August	Dorchester <input type="checkbox"/>
Tuesday 18 th July	Weymouth <input type="checkbox"/>
Tuesday 1 st August	Weymouth <input type="checkbox"/>
Tuesday 11 th July	Weymouth <input type="checkbox"/>
Tuesday 22 nd July	Weymouth <input type="checkbox"/>
Tuesday 8 th 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
Music Session	Tuesday 12 th September 6.30pm to 8.30pm	Town Hall
Fish and Chips, Quiz	Tuesday 26 th September 6.30pm to 8.30pm	Longs Chip Shop
Bowling	Tuesday 10 th October 6.30pm to 8.30pm	Freshwater Holiday Park
Halloween Crafts	Tuesday 24 th October 6.30pm to 8.30pm	Town Hall

Friendship Club

Dorchester Events

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



Event	Date and Time	Where
Meal and Bingo	Tuesday 5 th September 6pm to 8pm	Walnut Grove Cafe
Meal and Quiz	Tuesday 19 th September 6pm to 8pm	Georgie Porgies
Pub and Quiz	Tuesday 3 rd October 6pm to 8pm	Brewhouse
Pub and Halloween Crafts	Tuesday 17 th October 6pm to 8pm	The Junction Pub

Friendship Club

Sturminster Newton Events

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



Event	Date and Time	Where
Pub and Games	Thursday 28 th September 6pm to 8pm	The Swan Inn
Pub and Quiz	Thursday 12 th October 6pm to 8pm	The White Hart
Pub and Halloween Crafts	Thursday 26 th October 6pm to 8pm	The Swan Inn

Friendship Club

Weymouth Events

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



Event	Date and Time	Where
Meal and Walk	Tuesday 12 th September 6pm to 8pm	Lodmoor Brewers Fayre
Pub and Crafts	Tuesday 26 th September 6pm to 8pm	Hardy's Hophouse
Pub and Quiz	Tuesday 10 th October 6pm to 8pm	Hardy's Hophouse
Meal and Halloween Crafts	Tuesday 24 th October 6pm to 8pm	Dorset Burger Company

Friendship Club

Weymouth Disco

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



<i>Date and Time</i>	<i>Where</i>
Thursday 14 th September 7pm to 9pm	Centenary Club
Thursday 26 th October 7pm to 9pm	Centenary Club

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

Friendship Club

Singing Session

Come and sing along to familiar songs. No auditions, anyone can join in!



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 14th September
Thursday 12th October

6pm to 7.30pm

Where

United
Reformed
Church
Dorchester

Sport

Sports Sessions



We are offering sessions to come and try lots of different sports.

Why not come and try one with us?

No experience needed!

Pool

The aim of Pool is to hit the balls, using a cue, into the pockets of the table.



<i>Date and Time</i>	<i>Where</i>
Monday 11 th September 6pm to 7pm	Snookes, Weymouth

Disability Aqua

This is a gentle all over body work out, in a shallow swimming pool.



<i>Date and Time</i>	<i>Where</i>
Tuesday 3 rd October 6.30pm to 7.45pm	Everyone Active, Weymouth

Accessible Cycling

There are lots of different accessible bikes to try. You can cycle on the bike that suits you best.



<i>Date and Time</i>	<i>Where</i>
Wednesday 27 th September 11am to 12pm	Weymouth Park and Ride

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
Dorchester	Wednesday 6pm to 7.30pm 13 th September 11 th October	United Church
Ferndown	Wednesday 10am to 11.30pm 13 th September 11 th October	Ferndown Library
Swanage	Monday 11am to 12pm 18 th September 23 rd October	Learning Centre Durlston Park

Speaking Up

Area	Date and Time	Where
Wareham	Wednesday 10.30am to 12pm 20 th September 18 th October	Purbeck Connect Centre
Weymouth	Tuesday 11am to 12.30pm 5 th September 3 rd October	Bethany Hall
Weymouth	Wednesday 6pm to 7.30pm 27 th September 25 th October	Hope United Reformed Church

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

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.**

