



Connect

Issue No: 7

October 2020



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.

Contents

Who are People First Dorset	2
Activities to do	4 - 9
Important information	10 - 11
Craft	12 - 13
Recipe	14
Music	15
Member article	16 - 17
Your ideas	18
Poetry page	19
Member article	20 - 21
Friendship message board	22 - 23
Meeting and event dates	24 - 27

Activities

Spot the Difference

Find 7 differences between the pictures.



Word Search

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

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

Witch

Spiderweb

Owl

Pumpkin

Skull

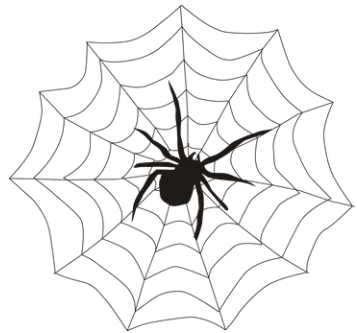
Ghost

Cat

Skeleton

Boo

Halloween



Nature Hunt

Go on a walk and try to spot everything in these pictures.



Blackberries



Horse Chestnuts



Dandelions



Robin



Leaves



Sloe Berries

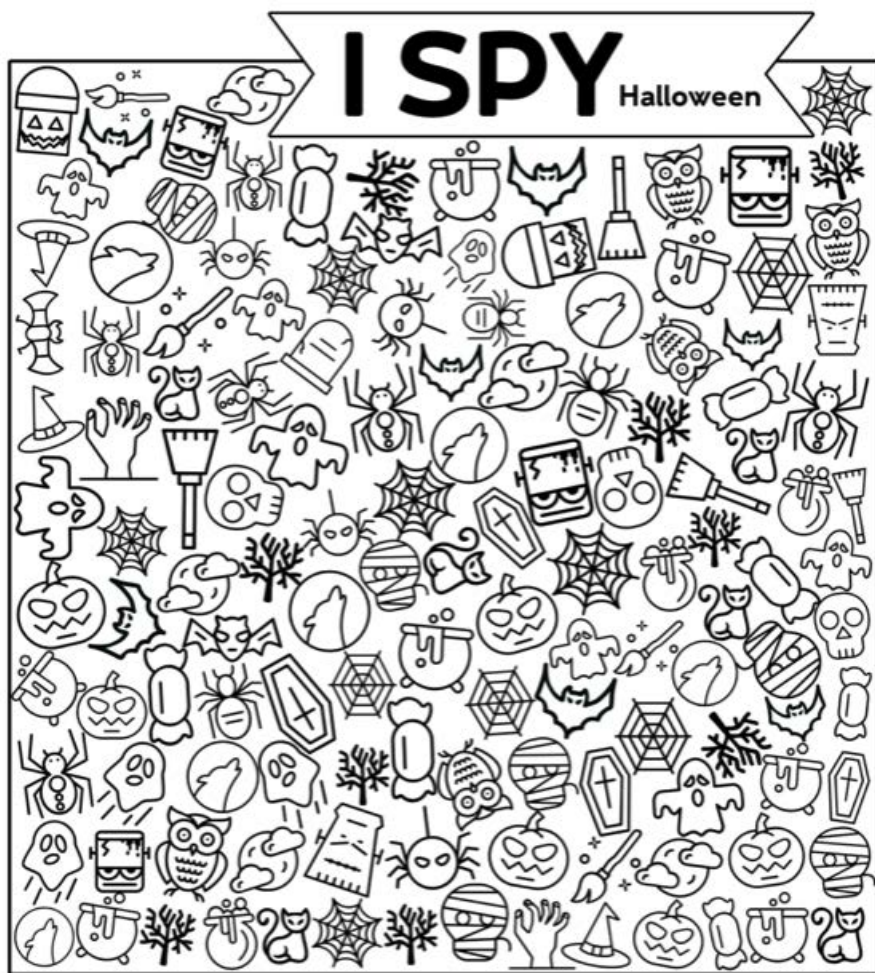
Maze

Use a pen or pencil to draw a path from the start to the finish of the maze.



I Spy

Find all the objects at the bottom of the page inside the picture.



- | | | | | | | | | | |
|---|---|---|---|---|---|---|---|---|---|
| 2 | 4 | 4 | 2 | 4 | 5 | 7 | 4 | 6 | 5 |
| 1 | 6 | 7 | 1 | 3 | 6 | 7 | 4 | 7 | 4 |
| 3 | 2 | 4 | 6 | 2 | 7 | 3 | 9 | 6 | 3 |

Activity Answers



Page 4

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

Page 5

Important information



NHS

Get your free flu jab



Some people with a learning disability can get very ill if they get flu.



The best way to avoid flu is to get a free flu jab.

NHS
GP surgery

You can have the flu jab at your GP surgery.

Pharmacy +

Or you can have the flu jab at a pharmacy.



If you are scared of needles, tell the nurse. You may be able to have the vaccine as a nose spray instead.



Important information

I'm getting my flu jab because...



Kerry

'I have cerebral palsy so I need to stay safe from flu. My carers also have the job to help protect me'

'I am diabetic, so I have the flu jab every year. My parents are elderly, so I am protecting them too'



William



Jack

'I have Down's Syndrome, so flu can make me very ill. Please have the flu jab and stay well this winter'

This leaflet was produced in partnership by People First Dorset and NHS Dorset CCG



Clinical Commissioning Group

Craft

Pumpkin carving

You will need:

<p>Pumpkin</p> 	<p>Pen</p> 	<p>Knife and spoon</p> 	<p>Battery tea light</p> 
--	--	--	--

How you make it:



Draw circle around the bottom end of the pumpkin with the pen.



Use the knife to carefully cut around the circle.

You will then have a hole at the bottom of pumpkin.



Use the spoon to take out all of the seeds inside the pumpkin. This is a messy job!



Draw a face on the outside of the pumpkin with the pen.



Use the knife to cut the shapes you have drawn to make the face.

Keep the pieces of pumpkin to use in the recipe on the next page.



Turn on the tea light, put it on the table and then put the pumpkin on top.



Enjoy your pumpkin Halloween decoration!

Recipe

Pear, pumpkin and ginger mocktail

You will need:

Blender 	Jug 	Knife and spoon 	Glass 
--	--	--	--

- 50g pumpkin, peeled and deseeded
- 1 pear, peeled and deseeded
- 250ml orange juice
- 1cm thick slice ginger
- Black icing pen

How to make it:



Put all the ingredients into the blender.

Blend them together for 2 minutes.



Pour the mocktail into glasses.

Use the black icing pen to draw a spooky face on the glass.

Music



Hi, it's DJ Paul. I can't wait to see you all again, I have my flashy DJ glasses ready for when we can restart discos.

In the meantime, why not have a disco at home for Halloween? Here are my top 10 Halloween tunes:

Artist

Michael Jackson
Bobby Pickett
The Automatic
Little Boots
Run DMC
Zombie Nation
Sonique
Steps
BeatFreakz
Allstars

Song

Thriller
Monster Mash
Monster
Remedy
Ghostbusters
Kernkraft 400
I put a spell on you
Better the devil you know
Somebody's watching me
Bump in the night



**What are your favourite chill out tunes?
Send them to me for the next issue of Connect:
office@peoplefirstdorset.org.uk**

Member article

Hello!

I'm Jack. I m a member of People First Dorset's Management Committee.

I am also part of Dorchester Speaking Up group.



I love wrestling! I have liked it since I was four years old, which is a long time as I am 27 now.

When I was a teenager I went to Cardiff to watch wrestling with my mum and dad. I like to go to wrestling with my friend Darryl, who goes to Friendship Club and is on the Management Committee with me. We go to Butlins in Minehead to watch the wrestling.



My favourite male wrestler is Roman Reigns, he is an American wrestler and I

watched him before he began wrestling with WWE in 2010.

My favourite female wrestler is the American wrestler, Mandy Rose who began wrestling with WWE in 2015.

I love watching the Clash of Champions each year, I watch this on my iPad and you have to pay-per-view. WWE run this event, and it is where professional wrestlers compete.

Unlike football and other sport, wrestling doesn't have a set time for finishing, so wrestling matches can be only a few minutes long or can last for hours.

I have lots of wrestling DVDs, I have collected them for years and each time I go to Poole or Yeovil I look for DVDs I haven't already got. I like collecting the DVDs because I can look back on matches.

I really enjoy watching wrestling, and I'm happy I could share my hobby with the readers of the People First Dorset Connect Magazine.



We would love your ideas for the next Newsletter!



Is there something you would like to Speak Up about?

Do you have a message for the friendship board?

Would you like to tell us about a recipe or craft we can share?

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
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**Dorset
Council**



**COMMUNITY
FUND**



Nationwide

Building Society



**SPORT
ENGLAND**

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through



**South
West**



**people's
health
trust**

LOTTERY FUNDED

Poetry page

Smiling is infectious,
you catch it like the flu,
When someone smiled at me today,
I started smiling too.

I passed around the corner
and someone saw my grin.
When he smiled I realized
I'd passed it on to him.

I thought about that smile,
then I realized its worth.
A single smile, just like mine
could travel round the earth.

So, if you feel a smile begin,
don't leave it undetected.
Let's start an epidemic quick,
and get the world infected!

By Spike Milligan



Member article

Hello!

I'm Emma, I am a member of Yeovil Our Voice group.



All about my hobbies

I enjoy cross stitching, and make cross stitch presents for people.

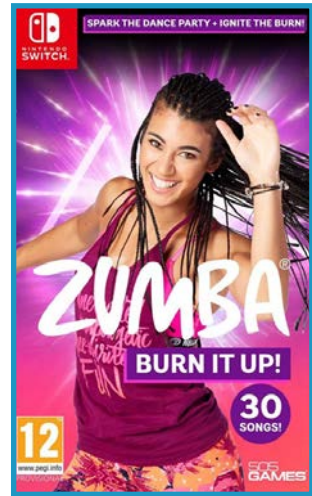
Cross-stitch is a type of sewing known as embroidery that has been around for ages, and it is one of the easiest types of hand embroidery to learn. You can buy cross stitch sets or make up your own pattern.



This is a pattern I made for friends of mine who were getting married. I also do patterns just for myself and for friends when they have a baby.

I love to keep fit, my favourite is going to the gym. The gym shut during the lockdown and I really missed it, I had to find ways to keep fit at home.

I also like doing the Zumba game, you have to copy Zumba dance moves. Zumba is a type of dance fitness that is inspired by Latin-inspired dance moves and music.



I like doing games on the Nintendo Switch with my nieces. They like doing Just Dance, it's a game where you have to copy the dance moves on the screen.

The gym has reopened now and I am really happy to be back! The staff have always been very supportive, and help me reach my fitness goals as well as being there if I need someone to talk to. They are great with people with disabilities and treat us all the same. It's very social at the gym and I have lots of friends there.



Friendship Me



I celebrated my birthday with my band!
Glenn

I met 2 of my friends for meal last Saturday, it made me really happy.
Richard M

I hav
cin
firs
lock

How do you get Pikachu on a bus?
You Pokemon!
Kimberly Godard

Thor he
for his
It wa
ev
Alex



I have been on holiday this week, can you guess how I got there?
Emily Burr

Peo
an
ge
e

If you would like to share a message

Email: office@peoplefirstdorset.com

Message Board

...e been to the
...ema for the
...st time since
...kdown, is was
...very good.

Chris Mellor

Introducing the
latest addition to
Colleen's family...

Peggy the kitten



...eld a party
...brother....

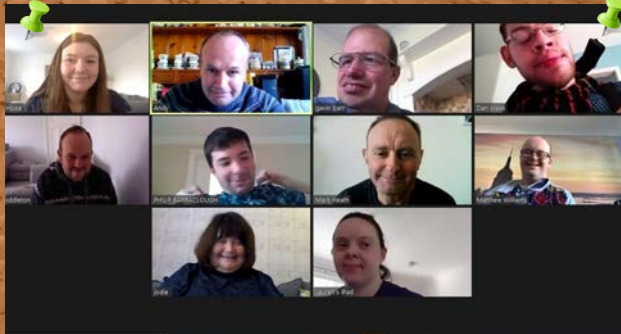
...s a Loki
...vent!

Morgan

I love the Zoom
calls with Colleen,
she calls when I
am with my friends
at My Day.

Hannah

...ple First Dorset
...nd Sunderland
...People First,
...etting to know
...each other on
...Zoom!



...e or picture then please send it to us!

...org.uk or Telephone: 01305 257600

Online 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.

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

Yoga	Monday 16th 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

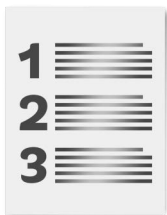
See page 27 for how to book to join an event



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

November online events

Yoga	Monday 16th November 10.30am to 11.30am
	Monday 23rd November 5.45pm to 6.45pm
	Monday 30th November 10.30am to 11.30am
Exercise to music	Wednesday 11th November, 5.45pm to 6.45pm
	Wednesday 18th November, 10.30am to 11.30am
	Wednesday 25th November, 5.45pm to 6.45pm

Speaking Up

November online meetings

'Looking after your mental health' workshop

Bridport	Thursday 19th November 11am to 12.30pm
Dorchester	Wednesday 18th November 6pm to 7.30pm
East Dorset	Thursday 10th November 10.30am to 12pm
North Dorset	Thursday 26th November 1.30pm to 3pm
Purbeck	Monday 2nd November 10.30am to 12pm
Weymouth	Monday 23rd November 11am to 12.30pm

Friendship Club

November online events

Quiz night	Tuesday 3rd November or Thursday 5th November 6.30pm to 7.30pm
Games night	Tuesday 10th November or Thursday 12th November 6.30pm to 7.30pm
Quiz night	Tuesday 17th November or Thursday 19th November 6.30pm to 7.30pm
Games night	Tuesday 24th November or Thursday 26th November 6.30pm to 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

