



Connect

Issue No: 12

March 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.

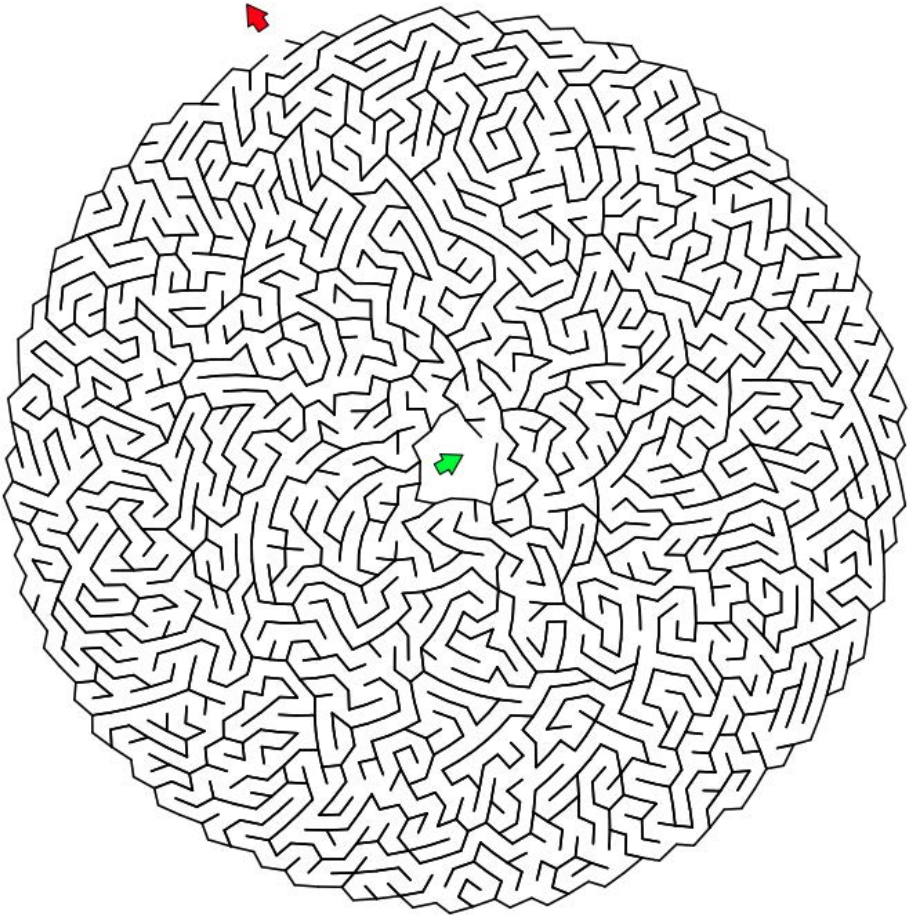
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Activities

Maze

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



Crossword

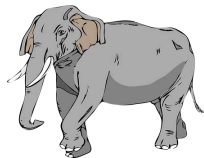
Search the grid to find all the words in the list.

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

ALLIGATOR
GIRAFFE
PANDA
TIGER
GOAT









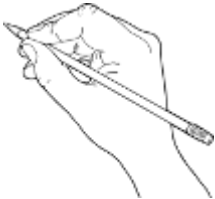
BEAR
LION
PENGUIN
ELEPHANT
POLAR

FROG
MONKEY
STORK
MEERKAT
BEAR
TOAD



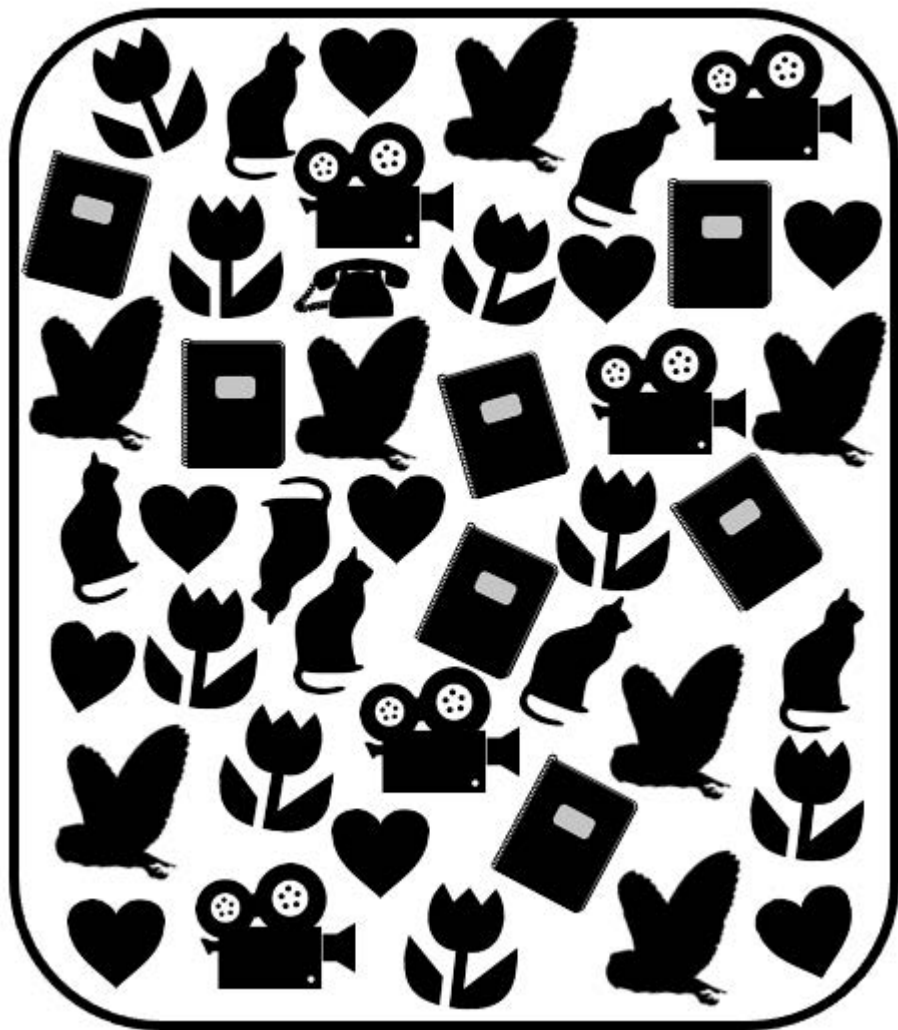
Activity Bingo

Complete activities on the table and circle them when done.

 <p>Go for a walk</p>	 <p>Draw a picture</p>	 <p>Meditate</p>
 <p>Dance</p>	 <p>Video call a friend</p>	 <p>Read a book</p>
 <p>Watch a film</p>	 <p>Cook a healthy meal</p>	 <p>Write a poem</p>

Find the Object

Find the telephone in between the other objects.

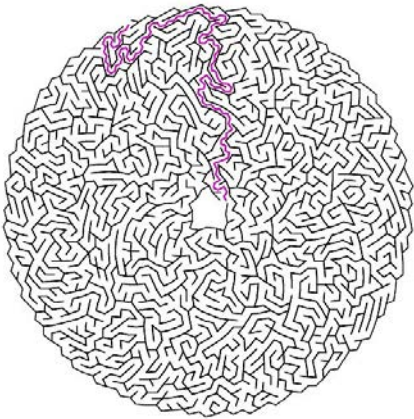


Colouring

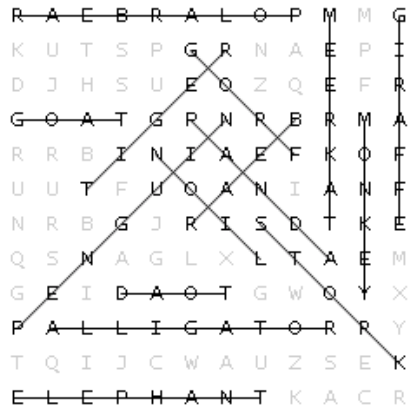
Colour in the picture of The Lion King with as many colours as you can.



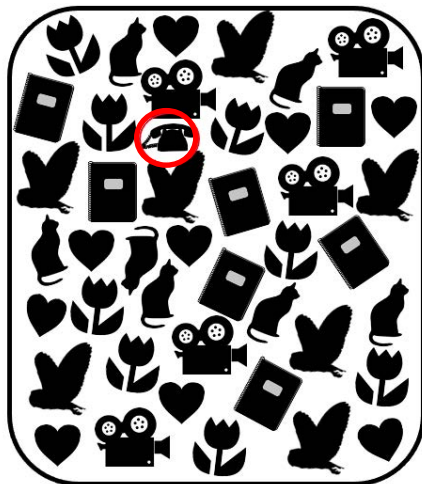
Activity Answers



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Important information

My Care Passport



My Care Passport is a form which has information all about you on it.



If you ever need to go to hospital, you can take it with you.

So the doctors and nurses know all about you.

It tells them about:

- Medicine you take
- How to contact important family members or friends
- How you prefer to communicate
- How you relax and keep calm
- What you like and dislike



Important information



You can download the Care Passport from here:

www.learningdisabilitiesdorset.uk



You can ask a family member or friend to help you fill it in.



Keep it somewhere safe and remember to take it with you if you ever go into hospital.



If you have an idea for an 'important information' topic, please contact us.






office@peoplefirstdorset.org.uk

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Recipe

Minestrone Soup

You will need:

Saucepan 	Chopping board 	Wooden spoon 	Garlic crusher (optional) 	Sharp knife 
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3 carrots

1 small onion

A swede

1/2 pepper

1/2 courgette

Handful of spaghetti

3 garlic cloves

1 carton of passata

3 green cabbage leaves

1 pint vegetable stock

How you make it:



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



Peel swede, onion and carrot, then cut into small cubes. Cook them in the saucepan, with oil, for 5 minutes.



Cut the pepper, crush the garlic and add to the pan.
Cook for another 5 minutes.



Add stock and passata, then bring to the boil and simmer.



Finely shred the cabbage and break the spaghetti into pieces.
Then add them to the pan.



Add 1/2 a teaspoon of basil, 1/2 a teaspoon of oregano and some salt and pepper.



Simmer for 20 minutes.



Serve in a bowl. It is nice with a crunchy warm baguette.

Healthy Living

Our Wellbeing Group want to share their favourite apps, that help keep you fit and healthy.



Map My Walk

This free app helps to keep you motivated by logging how far you have walked and how many calories you have burned.

NHS Weight Loss Plan

This free app gives you healthy meal plans and also lets you record how much weight you are losing.



Change 4 Life

This free app that has easy recipes and exercises for you to follow.

Music and Laughter



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

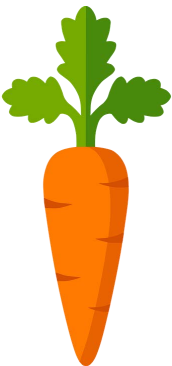
I would like to share my 'top 5' songs this month that will make you feel good.

Artist

Alexandra Stan
Pitbull
J-Lo
Manian
Flo Rida

Song

Mr Saxobeat
Don't Stop the Party
On the Floor
Welcome to the Club
Good Feeling



Joke sent in by Llewellyn

What is orange and sounds like a parrot?

A carrot!

Member Article

Hello my name is Llewellyn and I am member of the Yeovil Our Voice Group.



I love this magazine and I would like to tell you about my life.

I was born in 1951 in Germany. My mother was Welsh and my father was American, then we moved to England!

I've had lots of jobs in my life, like gardener, farming, and I did gardening in a navy place.

I like reading the member articles in this magazine a lot and finding out about new things.

My favourite thing is football, I support all the teams especially Chelsea and Liverpool. My favourite band is Westlife. I hope to go to Stanford Bridge one day. I love going to church on Sundays.

Member Article

Hello my name is Sara and I am a member of the Friendship Club.

I live in Charlton Down and have been shielding during the lockdown periods.



Whilst shielding I have been helping Mum with cooking and baking. I really like making cakes especially chocolate ones (and I enjoy eating them to).

I also like to colour and do Jigsaws. I go for a walk each day around my home. I talk to my friends Mathew and Tracy on FaceTime and by phone, and I keep in touch with my family by Skype.

I take part in the Friendship Club events on Zoom, which I enjoy very much.

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
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England & Wales



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Community
Foundation**



**Dorset
Council**



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West**



**people's
health
trust**

LOTTERY FUNDED

Poem

Why I got into Poetry

In 2019 I got into poetry,
I have no idea really why,
Chris Newman thought it would do
me some good,
So I listened and did what I could,
I started in November 2019,
I loved the first session,
Liv Johnson and her guests I did not question,
I just wrote what was in my mind,
Based on the theme which had been outlined,
It taught me so much,
In such a short space of time,
I never let go of the clutch,
Christmas passed and I had my first live poetry session,
I was hooked from the beginning,
I was with my friends and peers,
The room at some point was reduced to tears,
Not just by me but my fellow poets too.



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.

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

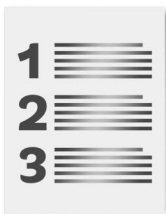
When you have chosen which meetings and events you would like to join, email or call us to book a place.



office@peoplefirstdorset.org.uk



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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

April online events

Exercise sessions

Get fit with friends by doing gentle exercise.

Tuesday 6th April 10.30am - 11.30am	Wednesday 7th April 5.00pm - 6.00pm
Tuesday 13th April 10.30am - 11.30am	Wednesday 14th April 5.00pm - 6.00pm
Tuesday 20th April 10.30am - 11.30am	Wednesday 21st April 5.00pm - 6.00pm
Tuesday 27th April 10.30am - 11.30am	Wednesday 28th April 5.00pm - 6.00pm

Wellness Group

Talk with friends about ways to stay fit and well.

Thursday 1st April, 4pm—5pm
Thursday 8th April, 4pm—5pm
Thursday 15th April, 4pm—5pm
Thursday 29th April, 4pm—5pm

Speaking Up

April 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	Wednesday 21st April 2.30pm - 3.00pm
Dorchester	Wednesday 21st April 6.00pm - 7.30pm
East Dorset	Thursday 1st April 10.30am - 12.00pm
North Dorset	Thursday 15th April 1.30pm - 3.00pm
Purbeck	Thursday 8th April 10.30am - 12.00pm
Weymouth	Monday 12th April 11.00am - 12.30pm

Friendship Club

April online events

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

April Fools Night	Thursday 1st April 6.30pm - 7.30pm
Easter Fun	Tuesday 6th April Or Thursday 8th April 6.30pm - 7.30pm
Games Night	Tuesday 13th April Or Thursday 15th April 6.30pm - 7.30pm
Transport Quiz	Tuesday 20th April Or Thursday 22nd April 6.30pm - 7.30pm
Mad About Pets	Tuesday 27th April Or Thursday 29th April 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

