



Issue No: 17



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, Herrington Barn,  
Dorchester, DT2 9PU.



# Welcome to Connect Dorset Newsletter!

Inside you will find things like, activities to do, craft ideas, articles written by our members, important information and the dates of all our events and meetings.

We write the newsletter every 2 months, so the next issue will be available in mid December.

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# Activities

## Word Search

Find all the words in the list hidden in the grid.

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

BLACK CAT  
CANDY  
CAULDRON  
COBWEB  
COSTUME

FRIGHTFUL  
GHOST  
HAUNTED  
MONSTER  
PUMPKIN

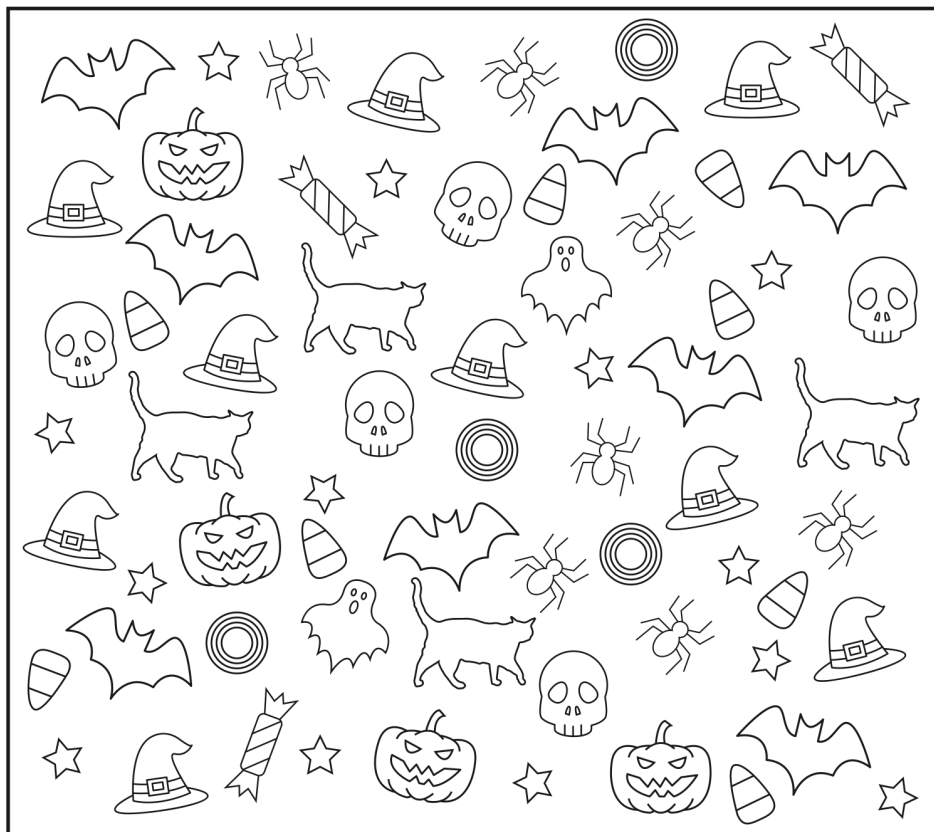
SKELETON  
SPOOKY  
TRICK OR TREAT  
VAMPIRE  
WITCH





# I Spy

Count how many of each item you can find in the picture. Write the answers at the bottom of the page.



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\_\_\_\_\_



\_\_\_\_\_



\_\_\_\_\_



\_\_\_\_\_



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## Colouring

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



## Page 4



7



2



9



3



5



0

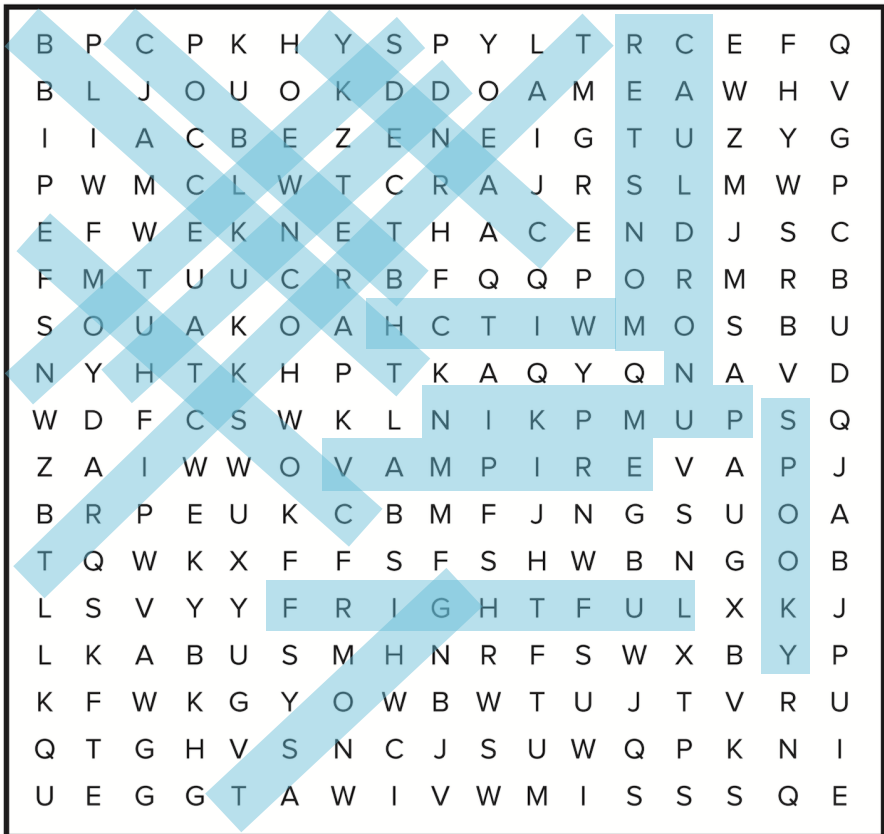


4



8

## Page 5



# Wellbeing

## Sleep Well - Top Tips!

Getting enough sleep can help us stay healthy.

Our Wellness Group wanted to share their 'Top Tips' for a good nights sleep.



**7am to 10pm**

**Do** have a regular time that you go to sleep and wake up the next day.



**Do** read a book, do colouring or have a warm shower, to help you feel calm.



**Do** write down or draw about anything that's on your mind, it may help you relax.

# Wellbeing



**Don't** watch screens before bed, they can keep you awake.



**Don't** eat too late at night, because your body doesn't have time to digest the food properly.



**Don't** drink caffeinated drinks (tea or coffee) at night, they can keep you awake.



**Don't** sleep during the day if you don't need to, as it may make it harder to sleep at night.



# Members' Article

**Hello! My name is Adam, and I am a member of People First Dorset.**



## **My new home**

I have lived in Dorchester all my life and for most of that I have lived with my mum. When I was younger, I went to a college in Brighton, where I learnt independent living skills. My mum also helped me to learn how to do things for myself. But there are still things in my life I will always need support with.

Last year I decided it was my time to 'fly the nest' and move into a home of my own. But I wasn't sure I could do this as I needed the right support, and I didn't want to live on my own.

I was offered the chance to move into a house with 3 of my friends. It was close to my work and not too far from my mum.

# Members' Article

Suddenly, I felt nervous and anxious about the life change, I felt that it was too overwhelming, and I was too frightened to move away from my mum.

The care provider who would be helping me in my new house began to visit me at my mum's flat. They reassured me that everything would be ok and that they would be there every step of the way.

We visited the house a few times and very soon I had a 'light bulb moment' and I realised that this is an exciting chance for me to be more independent and for the first time have my own home.





I have now moved in, and I love my new home! I enjoy hanging out with my house mate Nick, we are like brothers. I love my bedroom; it even has an ensuite bathroom! I am so happy there, I feel like I have a happy and secure home for life.



# Recipe

## Rice Salad

You will need:

Saucepan	Chopping board	Wooden spoon	Small mixing bowl	Sharp knife
				

50g basmati rice  
1 peppers  
1 cucumber  
1 red onion  
Pinch of salt

1/2 teaspoon of garlic paste  
1 tablespoon of olive oil  
Pinch of Italian herbs  
Handful of green beans  
1 teaspoon lemon juice

How you make it:



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



Put your rice on to boil.  
Follow the instructions on the packet.



# Recipe



Chop up all the vegetables into small chunks.



Mix the olive oil, lemon juice, salt and Italian herbs together in a bowl.



Once the rice is cooked, mix it in with the vegetables.



Pour the olive oil mixture on top of the rice and vegetables.

Your rice salad is ready to enjoy.

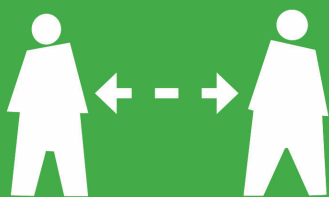
# Stay safe



**Hands**



**Face**



**Space**



**Fresh air**

## 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**



# Events Diary



**Don't forget to fill up your diary with  
People First Dorset events!**

**Please book your place in advance:**

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

01305 257600

# Exercise Sessions

## Dance and get fit!

Have fun with friends dancing to your favourite songs.



## Come and dance with Debbie



Debbie is a qualified exercise teacher.

She has run exercise sessions for people with learning disabilities for many years.

Her exercise sessions are suitable for everyone.

She loves helping people to exercise while having fun!

# Exercise Sessions

## Dorchester

The Dorford Centre

Date	Time
Thursday 11th November	6pm to 7pm
Thursday 25th November	6pm to 7pm
Thursday 9th December	6pm to 7pm
Thursday 23rd December	6pm to 7pm

## Weymouth

Hope United Reformed Church

Date	Time
Thursday 4th November	6pm to 7pm
Thursday 18th November	6pm to 7pm
Thursday 2nd December	6pm to 7pm
Thursday 16th December	6pm to 7pm

**Please contact us to  
book your place.**



# Wellness Group

## Chat and feel good!

Join in our relaxing group, to share and learn about ways to can stay healthy and feel good.



**This group meets on Zoom**  
Please contact us to be sent the link to join in.

Date	Time
Thursday 4th November	4pm to 5pm
Thursday 11th November	4pm to 5pm
Thursday 18th November	4pm to 5pm
Thursday 25th November	4pm to 5pm
Thursday 2th December	4pm to 5pm
Thursday 9th December	4pm to 5pm
Thursday 16th December	4pm to 5pm

# Friendship Club

## Christmas Meal and Quiz

Let's celebrate Christmas together, with a delicious meal and a festive quiz.



### Dorchester - The Junction Pub

Tuesday 14th December <b>or</b> Tuesday 21st December	6pm to 8pm
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### North Dorset – Folke Golf Club

Tuesday 7th December	6pm to 8pm
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### Weymouth - The Spa Pub

Tuesday 14th December <b>or</b> Tuesday 21st December	6pm to 8pm
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The cost is £15, for dinner and pudding.

Please contact us to book your place.



# Friendship Club

## Pub Nights

Come along and meet up with friends, for chatter, quizzes and crafts.



Please contact us to  
book a place

### Dorchester

Brew House Pub

Tuesday 2nd November or Tuesday 16th November	6pm to 8pm
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### North Dorset

Carpenters Arms Pub

Tuesday 2nd November	6pm to 8pm
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### Weymouth

Slug and Lettuce Pub

Tuesday 9th November or Tuesday 23rd November	6pm to 8pm
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# Friendship Club



**Friendship Club Online**  
Have fun from home with our  
quizzes and discos.

These events are on Zoom.

Event	Date and Time
Film Quiz	Monday 8th November 6.30pm - 7.30pm
Halloween Disco	Monday 22nd November 6.30pm - 7.30pm
Christmas Quiz	Monday 6th December 6.30pm - 7.30pm
Christmas Disco	Monday 20th December 6.30pm - 7.30pm

**If you would like to come along to any of our  
events or meeting please book by:**



Emailing:  
[office@peoplefirstdorset.org.uk](mailto:office@peoplefirstdorset.org.uk)



Telephoning:  
01305 257600

# Speaking Up

## Speaking Up Group Meetings

Join one of our friendly groups, to chat about anything that is important to you at the moment.



Please contact us  
to book a place

Area	Date and Time	Where
Bridport	Thursday 18th November, 2.00pm - 3.30pm	Youth Centre, Gundry Lane
	Thursday 16th December, 2.00pm - 3.30pm	Youth Centre, Gundry Lane
Dorchester	Wednesday 17th November, 6.00pm - 7.30pm	The Junction Pub, Great Western Road
	Wednesday 15th December, 6.00pm - 7.30pm	The Junction Pub, Great Western Road

# Speaking Up

Area	Date and Time	Where
<b>East Dorset</b>	Tuesday 2nd November, 10.30am - 12.00pm	The Beacon Café, Ferndown
	Tuesday 7th December 10.30am - 12.00pm	The Beacon Café, Ferndown
<b>North Dorset</b>	Wednesday 10th November, 4.30pm - 6.00pm	Stour Connect Community Cafe
	Wednesday 8th December, 4.30pm - 6.00pm	Stour Connect Community Cafe
<b>Wareham</b>	Friday 12th November, 11.00 - 12.30pm	The Corn Exchange (Town Hall)
	Friday 10th December, 11.00am - 12.30pm	The Corn Exchange (Town Hall)
<b>Weymouth</b>	Wednesday 24th November, 6.00pm - 7.30pm	United Reform Church, Hope Square
	Wednesday 15th December, 6.00pm - 7.30pm	United Reform Church, Hope Square

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.**

