People First DORSET

Newsletter

October - December 2019

Your guide to our news and events

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Welcome to our People First Dorset Newsletter

We are excited to have our second People First Dorset newsletter, which replaces our Friendship Club Guide. Inside you will find information about our different projects.

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. Our three main projects help us do that.

Speaking Up

We meet up and learn how to have a stronger voice, to 'speak up' about what is important to us. We then talk to decision makers who can make change happen.

Registered charity no: 1106963

Friendship Club

We meet, make friends and have fun. Our activities include meals in restaurants, pub quizzes, discos, visiting museums and walks.

Quality Checkers Service

We visit local services to see how well they are supporting people with learning disabilities, and suggest ways they can improve. In this newsletter you can read about what we have been up to and how to get involved.

Any questions?

If you would like to know more about People First Dorset, or have questions about anything in this magazine then please get in touch.

Call: 01305 257600

Email: office@peoplefirstdorset.org.uk

Write: People First Dorset
Unit 2 Herringston Barn,
Dorchester, DT2 9PU

Who's Who at People First Dorset

Kerry Martin
Project Worker

Chris Mellor
Project Worker

Laura Kerr
Manager

Laura Dunne
Operations
Manager

Mark Heath
Speaking
Up Project
Manager

Zoe Howe
Quality Checkers
Project
Co-ordinator

Jo White
Friendship
Club Project
Co-ordinator

Sara Whistance
Finance Officer

Katy Tigg
Administrator

People First
DORSET

For more information visit:
www.peoplefirstdorset.org.uk

Meet our Management Committee

Hello! We are the Management Committee. We work with the members, staff and trustees to make sure People First Dorset is running well, look for ways to improve and think of new ideas.

We love to hear from members about what you think of People First Dorset. You can tell us things you would like to change and any new ideas you have.

Please come and talk to us if you see us at events or you can contact the office.

People Profiles

Each newsletter we will introduce you to different people in our team.

This is the profile of **Chris**, which he wrote himself.

My name is Chris and I have lived in Dorset for 14 years. I orginally came down from Yorkshire. When I came down, I didn't know anybody. I left my school friends behind.

On my very first day in Dorset I enrolled at Weymouth College.
I have been going to Friendship Club for 10 years and this is where I have made friends and girlfriends!

It gave me confidence. I have a part time job as a Speaking Up project worker and Quality Checker. It's a busy life for me!

Thank you to our supporters!

Lots of people, volunteers, organisations and businesses support us and we are very grateful to you all. Without this support, we simply could not keep going.

- Pageant Productions
- Lloyds Community Foundation
- Sherborne Voluntary Ambulance
- Coffee#1
- Mencap
- Dorset Healthcare
- Folke Golf Club
- IT365
- Dorset County Council
- The New Vic
- Action Hampshire
- Dorset Community Foundation
- People's Health Trust
- Advantage Digital Print
- Dorchester Baptist Church
- The Junction Hotel

And everyone else we don't have the space to mention!

Volunteers - We Need YOU!

We are always looking for good volunteers to support our events and help run our Speaking Up meetings.

If you are interested in joining our fabulous team of volunteers, please contact Katy on **01305 257600** or email: **office@peoplefirstdorset.org.uk**

"I like volunteering with People First Dorset, because of the friendship shown to me by members, other volunteers and staff." Paul

Where to find our events

You can find our events on these Social Media sites, or the Events Calendar page on our People First Dorset website.

facebook

@peoplefirstdor

twitter

@peoplefirstdor

YouTube

Search for People First Dorset on You Tube

www.peoplefirstdorset.org.uk

Important:

RESPONSIBILITY

Please remember we cannot offer any support or be responsible for you at any of our events. If you need support, please bring someone to support you or contact us before the event. Thank you.

YouTube

This year we've made films about some of the work we do at People First Dorset.

Find our videos on the YouTube website and search for 'People First Dorset'. What do you think of our music video about the barriers that people with learning disabilities face? Do watch our Glitter Ball video, and see how our members organised the Ball.

World Down Syndrome Day and Poetry Slam

We put on a big event where people with learning disabilities came together from all over Dorset. We had some truly powerful talks about living independently. We heard stories of amazing achievements from a professional swimmer who has a learning disability, and also how to set up an independent Speaking Up group.

On the Radio

Lisa, the Speaking Up project manager and Jack, one of our Management Committee members, went onto BBC radio Solent and Wessex FM. Jack spoke about how although he has a learning disabilitiy, he can travel indepednently and go out socialising.

Well done Jack!

Presenting to Mencap in London

In July, William and Emily went up to London with Laura K and Jo to present to Mencap about the Friendship Club. They spoke about what we do and why friendships in the community are so important. Check out the photo of William and Emily!

Women's Workshop

We have been running some women's workshops called 'Girls Aloud' over the course of twelve weeks. This was to better understand women's health with open discussions about different topics. We visited a breast screening unit, had a visit from Live Well Dorset, went to a sexual health centre, looked at independent living and much more!

Quality checking helps to make sure services are supporting people with learning disabilities to be independent, learn new skills and be part of their community.

The Quality Checkers are a team of people with a learning disability and are experts by experience. We judge the quality of the services against a set of standards.

Quality Checkers

We visit people's homes or day services, and ask them questions.

We then write a report and share our ideas about what is working well, and what could be better.

We have lots more visits planned over the next few months. We look forward to telling you about these next time.

Quality Checkers

Would you like to join the Quality Checkers Team?

Some good things about being a quality checker are:

- **You learn new skills**
- **Meet new people**
- **Help make services better**
- **Gain confidence**
- **Earn community credits**

If you would like to find out more about becoming a Quality Checker, call 01305 257600 and ask to speak with Zoe Howe.

Our Speaking Up groups are where we learn to speak up about issues important to us. It could be love, friendships, staying safe, housing or getting a job.

We then talk to decision makers who can make change happen.

Things to remember about Speaking Up clubs

- **Speaking Up meetings are free but please bring money for extra drinks and snacks.**

- **If you require personal assistance or support, you must bring someone with you. We do not provide personal care.**

Contact us to find out more or to join a group in your area.

Call: 01305 257600

Email: office@peoplefirstdorset.org.uk

Our Speaking Up groups in action

LOOK AFTER
YOUR
ENVIRONMENT
TODAY
AND IT WILL
LOOK AFTER
US
TOMORROW

Speaking Up - The Basics

If you are over 18 years old, have a learning disability, and want to:

- **Become more confident speaking up**
- **Talk about what's important to you**
- **Get information and support**
- **Meet friends and have fun**

Join a Speaking Up group near you.

Blandford Connect: 1st Tuesday of every month 10.30am - 12pm	The Ropemakers, Bridport: 4th Monday of every month 5.30pm - 7.00pm	Sherborne, The Weavers: 2nd Thursday of every month 6.45pm - 8.15pm
Sturminster Newton, Stour Connect: 2nd Tuesday of every month 1.30am - 3pm	Wareham, Purbeck Connect: 1st Friday of every month 10.30am - 12pm	Weymouth College: 3rd Wednesday of every month 10.30am - 12pm

We meet once a month in each area aross Dorset. Sessions are free but please bring money for drinks or snacks.

Dorchester Speaking Up

Dorchester Speaking Up is independent and is not supported by People First Dorset staff. The group is held at the **Junction Hotel, Dorchester**. The group starts at **6pm** and is held in the back dining area.

We are a lovely group of people with various learning disabilities. We work as a team and support each other.

If you would like more information on this group please contact Katy on **01305 257600** or email **office@peoplefirstdorset.org.uk**

Wednesday 9th October 2019 6.00pm-7.30pm	Wednesday 6th November 2019 6.00pm-7.30pm	Wednesday 4th December 2019 6.00pm-7.30pm

Paid Work and Volunteering

Do you want to know how to get into paid work or volunteering?

Would you like to share your experiences?

Then come along to a Speaking Up meeting in October.

Blandford Connect: Tuesday 1st October 10.30am - 12pm	The Ropemakers, Bridport: Monday 28th October 5.30pm - 7.00pm	Stour Connect, Sturminster Newton: Tuesday 15th October 1.30am - 3pm
The Weavers, Sherboarne: Thursday 10th October 6.45pm - 8.15pm	Wareham, Purbeck Connect: Friday 4th October 10.30am - 12pm	Weymouth College: Wednesday 16th October 10.30am - 12pm

Housing and Money

If you want to live independently, share your experiences of housing or discuss how people can manage their money, come along to one of these Speaking Up groups to find out more about housing and money.

Blandford Connect: Tuesday 5th November 10.30am - 12pm	The Ropemakers, Bridport: Monday 25th November 5.30pm - 7.00pm	Stour Connect, Sturminster Newton: Tuesday 12th November 1.30am - 3pm
The Weavers, Sherboarne: Thursday 14th November 6.45pm - 8.15pm	Wareham, Purbeck Connect: Friday 1st November 10.30am - 12pm	Weymouth College: Wednesday 20th November 10.30am - 12pm

Speaking Up Events

Note: Dorchester Speaking Up is an independent group, not supported by People First Dorset staff.

Date	Time	Location	Information
Tuesday 1st October 2019	10.30am - 12.00pm	Blandford Connect, Blandford	Paid work and volunteering
Monday 28th October 2019	5.30pm - 7.00pm	The Ropemakers , Bridport	Paid work and volunteering
Friday 4th October 2019	10.30am - 12.00pm	Purbeck Connect, Wareham	Paid work and volunteering
Wednesday 9th October 2019	6.00pm - 7.30pm	The Junction, Dorchester	Paid work and volunteering
Thursday 10th October 2019	6.45pm - 8.15pm	The Weavers, Sherborne	Paid work and volunteering
Tuesday 15th October 2019	1.30am - 3.00pm	Stour Connect, Sturminster Newton	Paid work and volunteering

Date	Time	Location	Information
Wednesday 16th October 2019	10.30am - 12.00pm	Weymouth College, Weymouth	Paid work and volunteering
Friday 1st November 2019	10.30am - 12.00pm	Purbeck Connect, Wareham	Housing and Money
Tuesday 5th November 2019	10.30am - 12.00pm	Blandford Connect, Blandford	Housing and Money
Monday 25th November 2019	5.30pm - 7.00pm	The Ropemakers, Bridport	Housing and Money
Wednesday 6th November 2019	6.00pm - 7.30pm	The Junction, Dorchester	Housing and Money
Tuesday 12th November 2019	1.30pm - 3.00pm	Stour Connect, Sturminster Newton	Housing and Money
Thursday 14th November 2019	6.45pm - 8.15pm	The Weavers, Sherborne	Housing and Money

Speaking Up Events

Note: Dorchester Speaking Up is an independent group, not supported by People First Dorset staff.

Date	Time	Location	Information
Wednesday 20th November 2019	10.30am - 12.00pm	Weymouth College, Weymouth	Housing and Money
Wednesday 4th December 2019	6.00pm - 7.30pm	The Junction, Dorchester	Christmas Meal

NOTE:

Please remember we cannot offer any support or be responsible for you at any events. If you need support, please bring someone to support you or contact us before the event. Thank you.

Speaking Up Events

NOTE:

Please remember we cannot offer any support or be responsible for you at any events. If you need support, please bring someone to support you or contact us before the event. Thank you.

The Friendship Club is where people with learning disabilities can make and meet friends. Members choose what we do and where we meet.

Our events include activities like meeting friends for a meal in the pub, a quiz in a café, ten pin bowling or going on an adventure walk around town.

Things to remember about Friendship Club

- **The Friendship Club is a place to make and meet friends. We look out for, and help each other at our events.**
- **If you require personal assistance or support, you must bring someone with you. We do not provide personal care.**

Most events ask you to pay subs. You may need extra food for drinks and snacks. Please make sure you bring enough money.

Contact us to find out more.

Call: 01305 257600

Email: office@peoplefirstdorset.org.uk

Friendship Club

Our Friendship Club in action

COOKIES!

Friendship Club Steering Group

The Steering Group is made up of People First Dorset members, who volunteer to help run the Friendship Club.

We meet every other month to talk about what is going well with events, what could be better and see how we can keep improving.

If you have any feedback, or want to get involved, please call us on **01305 257600**.

Big Night Out with Suttles

Join us on Thursday 10th October to dance the night away at Cameo nightclub in Bournemouth.

Big Night Out with Suttles is especially for people with learning disabilities. Timings are 7pm – 11pm. Tickets £4, plus money for food and drinks.

If you want to join us on the train, please contact us on **01305 257600**.

Keeping Safe

In November we will talk about how to keep ourselves safe.
At Coffee #1 we will learn about 'scams' and how to spot them.
At the New Vic we will talk about domestic abuse and what to do if you feel unsafe at home.

Gurkha

The Gurkha is continuing to be run by volunteers every second Friday of the month. No staff will be attending the event. The dates of these events will be given out at Friendship Clubs.

Simply Supper

Simply Supper was a big success and will continue in Walnut Grove.
For more information on any of these events contact Katy on **01305 257600** or email **office@peoplefirstdorset.org.uk**

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Better Benefits

Members have been working hard developing a guide to help people with learning disabilities fill in their benefits form. This is part of a Team Challenge through Inspire Dorset, funded by the European Social Fund and The National Lottery Community Fund.

The independent Dorchester Speaking Up group have been leading on this project and the booklet is going to be launched at a Friendship Club in November.

Contact Katy on **01305 257600** or email **office@peoplefirstdorset.org.uk** to find out more information.

Friendship Club Dates

Date	Time	Location	Event
Tuesday 1st October	6.00pm - 7.30pm	Vivo Lounge, Dorchester	Bring a board game night £3 subs
Tuesday 8th October	6.00pm - 8.00pm	Slug and Lettuce, Weymouth	Quiz £3 subs
Tuesday 15th October	5.30pm - 7.00pm	Wagamama's Dorchester	Making your own food £3 subs
Thursday 24th October	6.30pm - 8.00pm	Ecco Gelato, North Dorset	£3 subs
Monday 28th October	6.00pm - 7.30pm	Simply Supper	Bring £10 for supper
Tuesday 29th October	7.00pm - 9.00pm	New Vic, Weymouth	Halloween disco £4 subs
Tuesday 5th November	6.00pm - 7.30pm	Coffee #1 Dorchester	Talking about scams £3 subs

Date	Time	Location	Event
Tuesday 12th November	6.00pm - 8.00pm	Dorset Burger Company, Weymouth	Quiz £3 subs
Tuesday 19th November	6.00pm - 7.30pm	Vivo Lounge, Dorchester	Better benefits Booklet Launch £3 subs
Monday 25th November	6.00pm - 7.30pm	Walnut Grove, Dorchester	Simply Supper bring £10
Tuesday 26th November	7.00pm - 9.00pm	New Vic, Weymouth	Neon disco £4 subs
Thursday 28th November	6.30pm - 8.00pm	Palmers Fish and Chips, North Dorset	Fish and Chips £3 subs
Monday 2nd December	6.30pm - 9.30pm	Folke Golf Club, North Dorset	Christmas meal and disco £15 subs
Tuesday 10th December	7.00pm - 9.00pm	New Vic, Weymouth	Christmas Jumper disco £4 subs
Tuesday 17th December	6.30pm - 9.30pm	The Junction, Dorchester	Christmas meal and disco £13 subs

Young Friendship Club 2019

Young Friendship Club is for young people aged 15-19 years old, who must be accompanied by a parent or carer.

Date	Time	Location	Event
Thursday 3rd October	4.00pm - 6.00pm	Pizza Express, Weymouth Avenue, Dorchester, DT1 1QR	Pizza Express Pizza Party £3
Friday 11th October	6.00pm - 8.00pm	Weymouth Outdoor Education Centre	£4 for food and activities
Friday 8th November	6.00pm - 8.00pm	Weymouth Outdoor Education Centre	£4 for food and activities
Friday 6th December	6.00pm - 8.00pm	Weymouth Outdoor Education Centre	£4 for food and activities

NOTE:

Please remember we cannot offer any support or be responsible for you at any events. If you need support, please bring someone to support you or contact us before the event. Thank you.

Community events

These are events run by other groups which you might enjoy.

These events are not supported by People First Dorset.

Cafe Refresh

For more information call 01305 262045

Date	Location	Time
Thursday 3rd October	Dorford Centre	7.00pm - 9.00pm
Thursday 7th November	Dorford Centre	7.00pm - 9.00pm
Thursday 14th November	Dorford Centre	7.00pm - 9.00pm
Thursday 5th December	Dorford Centre	7.00pm - 9.00pm
Thursday 12th December	Dorford Centre	7.00pm - 9.00pm

Community Events

Purbeck Together

Purbeck Together Group Social will be held at **Not Just Sundaes Cafe in Wareham**. For dates and more information please call **01929 463213**.

Gateway Club

Gateway Club is run in **Bridport**, for more information email:
rosinarosbrook45@gmail.com

Busy Bees Club

Busy Bees run social activities, mostly in **Bridport** and **Dorchester.**

For more details ring **Carolyn** on **07503 678843** or **Angie** on **07583 414099** or look on the Bridport Busy Bees Facebook page.

Open Gate

Open Gate is a group in **Sherborne** that meets on the **first** and **third Thursday** of every month. For more information call Christine on **01935 815399.**

Community Events

R&B Boccia Club

R&B Boccia Club meets at the Purbeck Centre, **Wareham** every month. For more information call **01929 553428.**

East Dorset Bowling

East Dorset Bowling meets in **Hollywood Bowl, Tower Park**. For more inormation call Tracy **077894 35511.**

Inclusive Carol Service

Sunday 8 December 2019

Dorchester Baptist Church

4 - 6pm

puppets, songs, drama
a fun, easy to follow service
followed by afternoon tea

All welcome to this special event which involves people with learning disabilities

IMPORTANT - Please call 01305 262045 if you are coming so we have enough food. Thank you!

Dorchester Baptist Church

The idea is to create an accessible service which welcomes all people in the community, in particular people who have a learning disability and those who support them.

Why fundraise for us?

Friendships, being part of our community, and being able to speak up are important to us. People First Dorset run projects which to help us do this.

A lot of us help fundraise, so the projects can keep going. You can help too. To join our fundraising team, please contact: **office@peoplefirstdorset.org.uk or call 01305 257600.**

To make a donation, please visit: **www.peoplefirstdorset.org.uk/donate**

How will you use my donation?

We thought you'd like to know what some of our work costs.

£10 pays for a community bus to transport 15-20 of our members safely to and from events

£50 allows us to run a Speaking Up group

£120 pays for a Friendship Club social event for up to 80 members

Our Grant Funders

Thanks to the organisations below, who are helping fund us with a grant

Dorset Community Foundation
from the Tampon Tax Community Fund

LLOYDS BANK FOUNDATION
England & Wales

Dorset County Council
Short breaks

funded through
The Health Lottery South West
people's health trust

For more information visit:
www.peoplefirstdorset.org.uk

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 no: 1106963