Connect

Issue No: 9

December 2020

OUR VOICE
SOMERSET

Connecting people with learning disabilities in Somerset

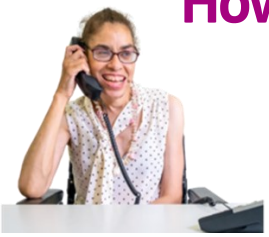
Who are People First Dorset and Our Voice?

People First Dorset are a charity led and run by people with learning disabilities, with support from staff and volunteers.

People First Dorset run 5 ‘Our Voice’ groups in Somerset.

The groups empower people to be independent, to have their 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 Somerset 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**
Health and care	**10 - 11**
Recipe	**12 - 13**
Craft	**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 8 differences between the pictures.

Answers on page 9

Word Search

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

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

BELLS
CHRISTMAS
LIGHTS
MINCE PIE
MISTLETOE
REINDEER
SANTA
TINSEL
TREE
TURKEY

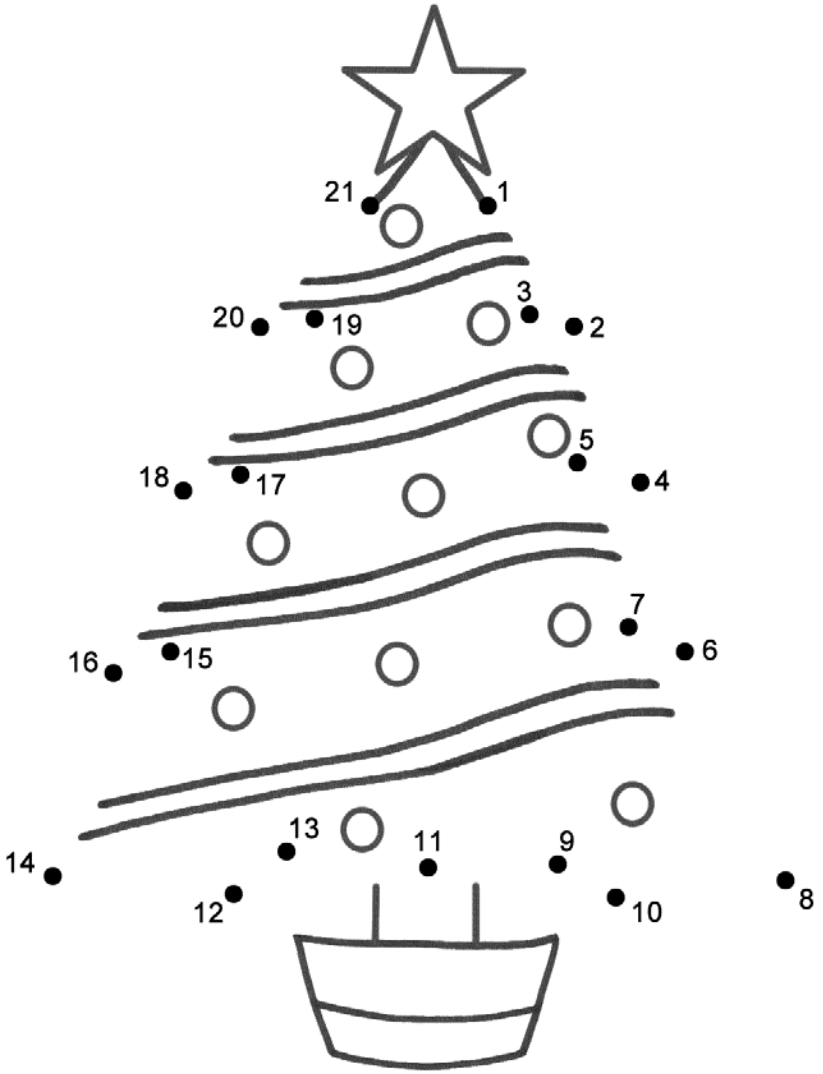
Answers on page 9

Find the Word

Name the pictures to find the hidden word.

Dot to Dot

Draw a line between each number; start at 1 and end at 21.



Colouring

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

Activity Answers

Page 4

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

Page 5

S L E I G H

A N G E L

S N O W

T R E E

C A R O L S

S A N T A

Page 6

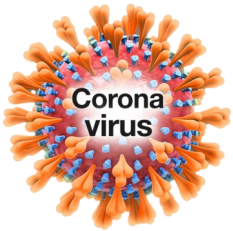
Health and care

Annual Health Checks

Annual Health Checks are very important.

They help you stay fit and healthy.

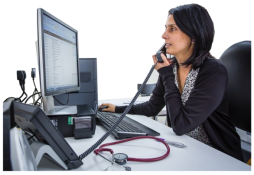
Your Health Check is done once a year by your doctor. They will write to you and remind you when it is due.



Because of Coronavirus, doctors have said it may not be good for you to come into the surgery for your health check at the moment.

Instead, the doctor will send you a form to fill in about your health.

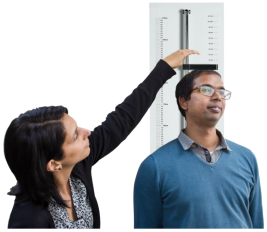
Health and care



Your doctor will then telephone you to talk about what you wrote on the form.

After you talk to the doctor they will decide what needs to happen next.

This could be inviting you into the surgery for some tests to make sure you are fit and well.



Or they may decide to wait until the surgery is open as usual again, then invite you in for a physical examination.

Remember if you feel unwell and need medical help at any time, you can still:

- Call your doctors surgery
- Call NHS 111
- Or in an emergency call 999

Recipe

Mince Pie Swirls

You will need:

Basting Brush	Knife, whisk & Spoon	Measuring Jug	Baking Tray

- 1 ready made shortcrust pastry roll
- 400g mincemeat in a jar
- 1 egg

How you make it:

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

Pre heat the oven to 200 degrees.

Roll out the pastry and spread the mincemeat over it. Leave a small gap at one end.

Whisk the egg and brush it on the end without the mincemeat.

Roll the pastry up and brush the egg over the top.

Cook it in the oven for 12-15 minutes, until it's golden brown.

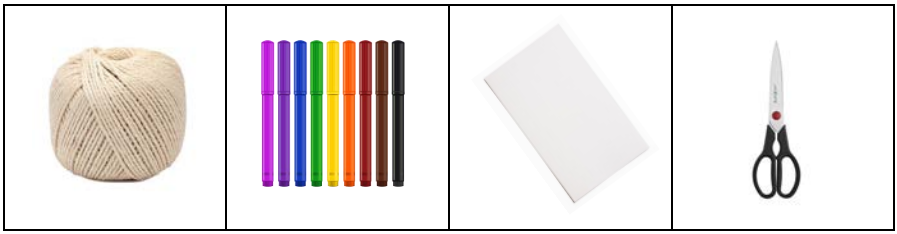
Take it out of the oven and leave it to cool for 10 minutes.

Cut in to slices and enjoy!

Craft

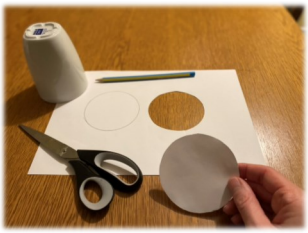
How to make a Christmas tree decoration

You will need:



- String
- Coloured pens
- Piece of card
- Scissors

How to make:



Draw a circle on the white card, we drew around the top of a mug to do this.

Use the scissors to cut out the circle.

Now use the coloured pens to decorate the circle with a Christmassy pattern.

Make a hole near the top of the circle, thread through the string, then tie the ends together.

Music

Hi, we are Paul and Chris. We go to the Friendship Club discos in Weymouth.

We would like to share our 'top 10' Christmas songs with you.

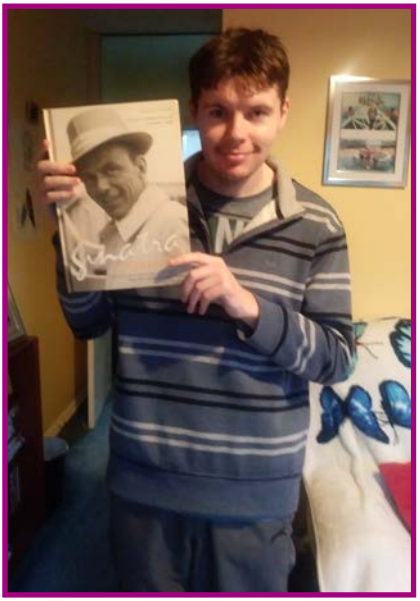
Artist	Song
Jona Lewie	Stop the Cavalry
Shakin' Stevens	Merry Christmas Everyone
Wham!	Last Christmas
Cliff Richard	Mistletoe and Wine
Cliff Richard	Saviour's Day
Brenda Lee	Rockin' Around the Christmas Tree
Wizzard	I Wish It Could Be Christmas Everyday
Mariah Carey	All I Want For Christmas Is You
Bobby Helms	Jingle Bell Rock
Frank Sinatra	White Christmas

Member article

Hello!

I'm David.

I am a member of People First Dorset.



All about Frank Sinatra.

Sinatra was born in 1915 and died in 1998 and led a very interesting life. He was as popular as Elvis, the Beatles and Michael Jackson when in his prime.

I first became a fan of Frank Sinatra in 2008 when I was 16. I bought my first CD when I was at school.

His musical style is varied and listening to Frank sing helps me stay positive and helps me to relax.

Since 2008 I have bought more CD's and books about Frank's life. I have also bought DVD's of Frank's concerts and many of the films he starred in.

As well as a great singer, Sinatra was a very good actor and dancer, and became a "movie icon".

Two of my favourite films are 'High Society' which is a musical with Grace Kelly and 'Von Ryan's Express' which is a war film.

My other favourite music includes jazz, swing and country music. I also like the Lighthouse Family, Westlife, The Saturdays, Rascal Flats and Taylor Swift. I've seen Westlife live in concert four times.

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!

SOMERSET County Council

discovery

somerset COMMUNITY | FOUNDATION

NET NATIONAL EMERGENCIES TRUST

Poem

The Year Twenty Twenty

Christmas twenty twenty,
Will it be a year of plenty?
Will it happen this year?
Just put up the tree and dance to the music,
Let the tinsel flow and smile we've made it,
We've had to find different grit,
We've been in our prime,
We have been in lockdown during our time,
We have been released,
And that soon ceased,
NHS we are forever grateful for all you have done,
Other essential workers too,
For without we'd have been up the poo,
We have all struggled and that's okay,
Don't keep it locked away,
Reach out say something to anyone,
A vaccine is on it's way,
HIP HIP HOORAY!! HIP HIP HOORAY!! HIP HIP HOORAY!!
Science once again saves the day,
We can breathe now,
Maybe we can meet up with a few friends,
See other family that drive us round the bend,
The year twenty twenty one,
Better be different and way more fun!

By Mim Hedges

Member Article

Hi, my name is Anna.

I like the Connect magazine and decided to write a poem to be included.

I moved to Wells in Somerset during the first lockdown, and I'm very far from my old friends and the autism group I used to attend.

The clubs and discos for adults with learning disabilities are all closed locally because of lockdown, making it difficult to meet new friends.

I am able to go to the Elim Community Centre in Wells and everyone is very nice there.

Last Christmas I went for lunch at the community centre in my old town in Surrey. This Christmas I hope to go to the community centre in Street. I don't know anyone there but they are open on Christmas day.

My Poem

Elim Centre

At the Elim Centre
as you enter
they sit you down
remove your frown
and sort it out
whatever you are stressed about
they listen and care
because they've been there
they offer advice
they’re helpful and nice
and as you leave
they make you believe
things will be ok
you will survive today
it's a home from home
where you are never alone

By Anna

Friendship M

Friendship C
Quiz nigh
With Jo.

I miss the Hub
loads and all r
friends there.

Tara

I have been making Christmas wreaths out of leaves.

Geoffrey

I can't w
see my O
Voice frie
again!

If you would like to share a messag

Email: office@peoplefirstdorset.

essage Board

Club

t

my

ait to
ur
nds

Freddie

I had my flu jab on Wednesday and it was fine, I didn't feel ill afterwards.

Nesta

I don't mind being locked down again as I have my dog Moose to keep me company.

Jordan

Merry Christmas to my girlfriend and friends.

Chris M

I collected leaves whilst on a walk in Abbotsbury Gardens, then made a picture with them.

Emily

ge 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.

Fun and fitness 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

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

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

January online events

Exercise sessions

Get fit with friends by doing gentle exercise.

Tuesday 5th January 10.30am - 11.30am	Wednesday 6th January 5.45pm - 6.45pm
Tuesday 12th January 10.30am - 11.30am	Wednesday 13th January 5.45pm - 6.45pm
Tuesday 19th January 10.30am - 11.30am	Wednesday 20th January 5.45pm - 6.45pm
Tuesday 26th January 10.30am - 11.30am	Wednesday 27th January 5.45pm - 6.45pm

Physical activity workshops

A set of 3 workshops, where you will learn how to eat well and move more in your everyday life.

Thursday 14th January 4.00pm - 5.00pm
Thursday 21st January 4.00pm - 5.00pm
Thursday 28th January 4.00pm - 5.00pm

Our Voice

January online meetings

‘Good health and social care’

What can we do in Somerset to make sure we get good health and social care.

Bridgwater	Wednesday 20th January 11am to 12.30pm
Minehead	Monday 18th January 11am to 12.30pm
Street	Thursday 7th January 11am to 12.30pm
Taunton	Thursday 21st January 11am to 12.30pm
Yeovil	Thursday 14th January 1pm to 2.30pm

Friendship Club

January online events

Come and join us for quizzes and games, to help you have a jolly in January.

Show and Tell	Tuesday 5th January **Or** Thursday 7th January 6.30pm - 7.30pm
Sports Quiz	Tuesday 12th January **Or** Thursday 14th January 6.30pm - 7.30pm
Night at the Musicals	Tuesday 19th January **Or** Thursday 21st January 6.30pm - 7.30pm
Nature and Quiz	Tuesday 26th January **Or** Thursday 28th January 6.30pm - 7.30pm

Wishing you a very Merry Christmas!

From the Management Committee, Trustees and Staff at People First Dorset.

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

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