

Sessions & Events

It has been a wonderful term for our Safe & Sound Dorset creative community sessions and events. We have thoroughly enjoyed creating and learning how to collage, crochet, make pom-pom bookmarks and paint picture frames to first-aid, singing Christmas carols and making gift bags, beaded bracelets and Christmas stockings! These hand-made stockings have been filled with thoughtful and practical gifts ready to gift the women we know through our weekly outreach.

We have also been learning the art of Creative Writing! There have been some beautifully powerful and inspirational pieces that have been written over the course of the term and we are proud of the way we have seen an increase in confidence with writing. You have something important to say. Never under-estimate the power of your voice!

Safe and Sound Dorset have enjoyed getting active with "I'm not bendy exercise" - a weekly, low impact class based around the use of chairs and stretches to leave us feeling capable and powerful over your body. Please talk to Steph if you would like to join our next class in the New Year.



Your Art

Pom-pom bookmarks; blanket stitching on hand-made stockings; tie-die t-shirts for the Lush Charity event.



Events

In October, Safe and Sound Dorset took part in the Bournemouth Supernova 5K Marathon event. The town was lit up with light from glow sticks, phones, fairy lights and more. Our team and volunteers took part in this event by running 5K, cheering from the side-lines and wearing their lights! Thank you to all who generously donated and supported us.



In one of our Community Creative Sessions recently, we had fun exploring the creative process of tonal collage in groups. These large coloured collages were directly used to create the design for our 2019 Safe and Sound Dorset Christmas cards! Great job team!

If you'd like to purchase our Christmas cards they are £4.50 for a pack of 10. Please contact Dot if you'd like to make a purchase.

Your creativity

For the people in the green coats, deciding when to clear our streets. Every two weeks?

When did it become a thing to rationalise the daily use of rubbish. Every two weeks?

We live by an ocean so pure and untouched; a sea we know so little about.

Can we keep it's discoverability in it's true form? That I doubt!

Slowly the tide creeps up the sand, as we become detached.

Unbothered, narcissistic to the affects we're having on this land.

Stuck in a selfish shell we can't yet know what our acts of unkindness have done to our God given beauty—no one can!

Is there another ocean when we've finished smothering our mass of blue? What then?

Humanity can continue to inhabit

Humanity can continue to inhabit

Humanity can continue to inhabit

There we have it; an endless cycle of let's recycle. Still I'm cynical.

For the people in the green coats. Are you there yet?

Not till 2020, they're deluded, don't forget.

This inspiring Creative Writing piece was written by Roxy, one of our creative community session attendees.

Events

Lush Bournemouth hosted *Safe and Sound Dorset* as a charity over the weekend of December 14-15th. It was a great event that we all enjoyed participating in!

Thank you to all our wonderful volunteers for filling our spaces in the shop, bringing awareness and informing customers of what we do as a charity. Many *Lush* charity pots were sold! All money raised will go straight back into *Safe and Sound Dorset* to help reach more women at risk and continue to invest in the women we already support through our outreach and creative community sessions.



Extra Info

On Monday 16th December 2-3.0pm we have our Christmas Party! All are welcome. Our first session back after the holiday season will be Monday 6th January 2020, we look forward to seeing you in January! Merry Christmas!