

## Introduction

Safe and Sound Dorset are a group of local women with a vision to build a strong creative community of women supporting one another, building confidence through social inclusion, encouraging individual personal development and responsibility, hopefully creating a more resilient community.

Initially in 2017 from regular late night Friday outreach where we met women at their most vulnerable, some sleeping rough, others sofa surfing, begging or working on the streets, we started our twice weekly drop-in sessions with showers and laundry facilities. The creative sessions, including arts and crafts, guest speakers, training sessions and regular development courses have overflowed into more women's groups meeting at local cafes in recent years.

During the global pandemic, we became an on-line community and supported one another on Zoom and with fortnightly food box deliveries and craft kits delivered each month. It has been wonderful to resume face to face sessions again, taking care to keep everyone safe.

By: Dot

## Weekly Housing Group

Safe and Sound Dorset Housing group is now successfully running on Thursday 2-3.30pm at our very own coffee lounge The Well. We are pleased to announce that Lucy from Shelter will continue to join us on a fortnightly basis and has helped many women with a variety of housing issues. Sandra is now our Housing Volunteer and is working alongside Shelter to deliver an effective service.

By: Sandra



We have recently opened The Well coffee lounge, which seems a bit crazy during an energy emergency with a cost-of-living crisis looming, but we believe that this unique hub will be a place of sanctuary and a source of help for not only our community but many others who will come for refreshment and company and we hope this small enterprise will flourish with the help of everyone.

## Horse sessions

During July and August we had trips out to Shetland World where we learned how to groom horses. We had a picnic together and walked, cycled and scootered in the countryside. Our Horse Course sessions have also been amazing!



## Creative and Wellbeing Sessions

A warm welcome to Hannah who has now joined us as Session and Outreach Co-ordinator on Mondays, Wednesdays and Fridays, she is very much enjoying the role! During the last summer term in our sessions, we have enjoyed many art, craft and wellbeing activities as well as eating delicious food together prepared by Josie and helpers.



On Mondays with the focus on art we have had the popular creative writing once a month and many other craft and painting sessions including bead making, macramé and watercolour painting. Through these creative sessions we hope to provide a space to relax, socialise and learn new skills in a supportive community environment.

On Wednesdays with the focus on wellbeing, we have most recently been joined by Irwin Edgehill from BCHA - LEARN to deliver a Personal Development course which most of the participants have now successfully completed. The course is a nationally recognised qualification by the Open College Network (NOCN), during which we were able to identify our skills and strengths, areas of our life to work on and tools in assertiveness, managing stress, overcoming negative self-talk, building resilience and more. We hope to work on this some more!



Creative Cafe sessions with coffee and cake

Tuesdays 11.00 - 12.30 Joy Café,  
Boscombe

Thursdays 11.30 - 1.30 Winton Park  
Cafe

Thursdays 10-12 The Well Coffee  
Lounge, Boscombe

The new Joy Café in Churchill Gardens has now opened with good seating inside and out, providing a great space, fabulous food, healthy snacks and shakes. In our sessions with Josie in the Joy Cafe, Jess in Winton, we have engaged in many craft activities including weaving, painting and working together to create a patchwork quilt and bunting for the jubilee celebrations.

