



June

## In-house Newsletter...

Safe and Sound Dorset exists to support and empower women by promoting social inclusion through weekly street outreach and creative lifestyle sessions and community...

### Our Volunteers!

1st - 7th June is Volunteers Week! This is a week dedicated to our amazing volunteers who give their time, skills and energy for Safe & Sound Dorset in a myriad of ways. We literally couldn't do what we do without you! So a massive thank you to every single one of you! Here is a snippet of what our volunteers get involved with:

At our Friday Night Outreach we have 4 volunteers over a month, engaging with women we see on the streets. We are regularly seeing 4-5 women each Friday, giving them food bags and toiletries and sign posting women to relevant services. This is enabling women to reintegrate back into society by gaining housing, appointments, health services etc.

On a Friday evening, we meet at the Art Café, where we invite women to a meal. We have 3-4 volunteers who join us each Friday evening. "...it's lovely to see a real friendship group forming..." writes one of our volunteers!

For our Creative Lifestyle Sessions, there are 5 volunteers over the course of the week who help host our drop-in sessions. "Sessions are really rewarding with so many crafts available to take part in." (Feedback from the session). This term we have got stuck into some new crafts such as sewing, watercolours, drama and painting pebbles/shells. It has been great to watch some of you overcome barriers and create something you are proud of at the end!

### Your Art

Below: the beautiful bracelets you lovingly made within our Creative Lifestyle Sessions were given out to the women we engage with on our Safe & Sound Dorset Friday Night Outreach. Here is a photo of one of the girls wearing one:



### Continued!

On the third Wednesday of every month at BH1, our volunteer, Anne, runs a Creative Session with the manager of BH1. It has been so valuable to chat and build relationships. Anne provides a safe space and is so skilled and passionate in her craft. Many women have learned many new skills because of her!

Thank you to all those who have helped with our fundraising over the year too! This has allowed our sessions and outreach to continue thriving.

Lastly, we have an incredible team of people who work behind the scenes, supporting Safe & Sound Dorset and allowing the Charity to keep running smoothly, efficiently and healthily. A huge thank you to our wonderful team of Trustees and all those involved in other ways not mentioned. You are so valued and we are beyond thankful for everything you do and pour out.

So, on behalf of every woman who is a part of Safe & Sound Dorset, **THANK YOU!**

## Your creativity & stories

### Feedback & Stories:

'Sessions are really rewarding with so many crafts available to take part in.'

'It's a safe place to talk about my problems and stops me being isolated.' (*Feedback from the sessions.*)

'...I enjoy this group [Joy Café] as 'it's smaller and quieter than the larger sessions on Mondays and Wednesdays.'

'Just to have a moments peace, being creative and in the moment does wonders...' (*Feedback from Joy Café Sessions.*)

'I think as far as the art café session goes it's lovely to see a real friendship group forming with the ladies that come and they are really providing support for each other too...' (*Friday evening Café Outreach volunteer.*)

'On outreach I love really building relationships with the girls and knowing they trust us to be a source of support for them. I love getting to be involved in the cafe and outreach. It is such a privilege.' (*Friday Night Outreach volunteer.*)

'It [Safe and Sound Dorset] has helped me to find a community, which has helped and supported me in this current season in my life. As I have been on a very low and uncertain income and on a very tight budget, I have looked forward to going to the Café on a Friday evening to have a meal, eat out and feel like a 'normal' person again, who can have a meal with other women in a safe, social place.' (*Feedback from Friday evening Café Outreach*)

### Continued:

"My thoughts on a Friday night are that, I love when some of the ladies are 'pleased' to see us (Safe and Sound Dorset) I think the woman feel noticed and cared for - a safe presence. and you notice if you haven't seen someone for a while. That they can ask for things that will make a huge difference to them (condoms , pants) - how many people could you ask for that? Also being able to take someone to get necessary medical treatment in the evening. Also being a charity, the girls know it is being done out of love and care, not because it has to be and that speaks volumes.' (*Friday Night Outreach Volunteer.*)



*Watercolour bookmarks, painted pebbles and fabric flowers made during our Creative Lifestyle Sessions. We recently had a photoshoot of our creations in progress, so you will be seeing some beautiful snaps of your handiwork soon!*

## Extra Info

In September, there will be an opportunity to volunteer at St Anne's Hospital. Within a small team, we will deliver sessions at their women's ward. If you'd like to be involved, please speak to Dot.

We'd love to see some of your creative work. If you have a piece you are proud of, share it with us and it could appear within our monthly Newsletter!