



April

## 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...

### Sessions

Our drop-in creative lifestyle sessions run twice a week where we engage in craft, DIY, art, Health and Wellbeing, invite Guest Speakers and lots more. There are also free meals and refreshments, and access to a hot shower and a washing machine for laundry.

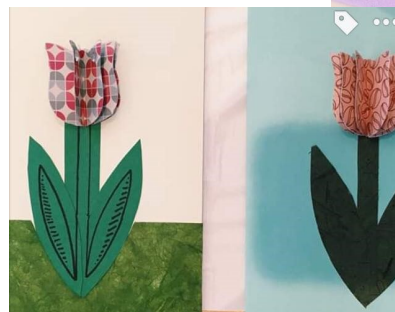
Fabric painting, upcycling, bracelet making, drama and knitting are just a few of the many activities we have loved getting involved with this past term. Most of which were workshops run by our very own volunteers!

Our Friday evening outreach is where we meet girls at their most vulnerable, offering support and signposting them to our sessions and other relevant services in the area.



Fabric painted tote-bags and encouragement stones.

### Your Art



Bead bracelets and spring themed origami cards. Creative Lifestyle Sessions.

### News!

We have just started up an additional creative café session. This takes place at the local community café, 'Joy Café', every Tuesday morning. This is a smaller group with a focused craft activity and a hot drink each week. It has been wonderful to see a few of you join us over the past few sessions! We have especially loved decorating stones to give out to encourage people.

Additionally, the Job Centre invite us every other week to run a creative session with a few of the women that use the Job Centre. We have continued some of the activities we have been doing at our BBC drop-in's.

Sadly, the Art Café (where we have been meeting every Friday evening for a meal as part of our community and outreach) has, in the past week, closed down as they move on to bigger and better things. We are so grateful for all they have done to provide us with a safe, comfortable and homely space with delicious meals every week. We shall miss the Art Café and it's employees incredibly! We can not thank them enough!



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### Your creativity & stories

#### *Blue Cheese Monster*

Such a horrible monster  
Huge  
Coming towards me down the tunnel  
With large  
measured  
PACES  
Foaming at the mouth  
I covered, TERRIFIED, sweating.  
There seemed NO ESCAPE  
I ran and ran down a seemingly  
never ending maze of corridors.  
But the monster loomed larger and  
larger  
With great green jagged teeth  
Salivating  
Out for my blood  
He loomed nearer and  
nearer  
I crouched in terror  
. . .  
My screams pierced the silence  
A jolt  
bright sunlight  
Displaced the seemingly impenetra-  
ble darkness  
A irritated voice sounded in my  
ear  
" You've been eating blue cheese  
before bed again haven't you!!!!"

### Events

On Saturday 30th March, a group of us attended a concert run by Village Voices at All Saints church hall in Hordle. This was an event put on especially to support and raise money for Safe & Sound Dorset. It was such a pleasure to be with the choir who were both interactive and fun. From one beautiful safe space to another, it was a privilege to attend. Thank you!



*Tie-die t-shirts hand made within one of our Creative Lifestyle Sessions last year. Each t-shirt is so unique and fun to wear, they have now become a staple clothing item loved to be worn at events by all!*

A poem and creative piece recently written by one of our volunteers, Caroline Shutler, titled "Blue Cheese Monster".

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!

### Extra Info

(Coming soon)