



In-house Newsletter...

Sessions & Events

Hi everyone! Thank you for supporting and being apart of Safe and Sound Dorset this past year. It's been an unexpected and difficult time for so many of us, and we are thankful to have been able to carry on supporting the women of Safe and Sound Dorset throughout 2020. We hope you have felt connected and supported during these last few months.

Since July, our Creative Community Sessions have looked a little different. We have welcomed a few new faces to our Sessions, either in person or online via Zoom! A huge welcome to you if you have recently joined us and we are so pleased to have you.

Every month we have continued to give out food boxes (in partnership with LoveChurch, St Clements), Craft Kits, care packages and essentials to the women we support, whether that be through our Creative Community sessions, Café sessions, street outreach, one to one support or deliveries. We have an amazing team of volunteers who have been committed to delivering these weekly. Thank you so much!

Our volunteers have also helped us prepare and put together 60 Craft Kits for our sessions! Some of you have prepared materials, thought of some amazing ideas and helped us pack these kits ready for delivery. These Craft Kits have meant everyone can access our art activities, whether at home or at one of our sessions within government guidelines, with the correct PPE!

We have continued our online presence as a community, posting updates, encouraging messages, craft activities and support during Lockdown 2.0. Steph has led weekly "I'm not Bendy" exercises over Facebook Live, which we have all enjoyed and benefited from!



Josie and Karina have continued the sessions at Joy Café. It has been a safe and welcoming space to meet, in groups of 6, to chat and have a hot drink together. We have had up to 15 women join us every Tuesday, throughout summer, and into the winter months. We are thankful to have had beautiful weather every Tuesday to be able to meet outside!

In September, 2 of our volunteers started a new group at Winton Park Recreation cafe. This has continued every Thursday with up to 10 women joining these Sessions. *"The Winton group got busy making teddy bears last week. Sandra and Jess explained how to hand stitch the bears together and everyone had an opportunity to personalise their own, to really show off the personality of their bears! They are the perfect gift for children... and adults!"*

Our amazing Volunteers have continued to support Safe and Sound Dorset in any way they are able and we are so thankful for the time and love they give. We have had volunteers every Wednesday to specifically deliver our food boxes and craft kits, help us prepare the Craft Kits, come up with ideas and assist Dot (Manager) with the street outreach on Fridays; which has been vital to continue to build trust with, and support these wonderful women during this difficult time with the support they really need.



"We have recently updated our website, so be sure to give it a visit! www.safeandsounddorset.org

Did you know we also have a Facebook and Instagram Page? @safeandsounddorset



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In October, Nicole and Ola joined Safe and Sound Dorset's staff team! Nicole is the new Volunteer Coordinator and Ola is the new Admin Assistant! We are so pleased to have you as part of this community.

Your Words

"Volunteering for Safe and Sound Dorset was natural. I really liked to help, and I had been in a place where I had lost everything. With the help of others I built myself up from nothing and I really wanted to help others like me."

"Mainly the sessions mean that I can meet new people. There's often people I get on well with and friendships form. It's also nice to know the Safe and Sound staff offer support too. It is so lovely to have somewhere like that to go to."

"I am a sessional worker supporting a group in Winton on a Thursday. During the session I sit with the women. Of course at the minute we social distance and wear masks, but we sit and chat. It is such a lovely group, full of different ages. We all have a coffee and chat about anything and everything while crafting. It is very easy going. We often share advice and signposting."



Emmaline with Dot.

We lit a candle for Emmaline to remember her.



Emmaline

In November 2020 we lost Emmaline.

She was a constant presence in Boscombe, often outside Sainsbury's with her dog, Lily. Emmaline used to love to come to the Art Cafe on Friday from 2018 onwards for dinner. She often had a takeaway, her favourite being a chicken salad.

We helped her move into her bedsit in the summer and then helped her furnish her next bedsit in the early Autumn, calling to see if she was ok every Friday.

Emmaline was never very well and sadly pneumonia along with other complications overtook her.

We were able to light a candle for her and had a time of remembering her in our last session before the second lockdown.

Rest in Peace Emmaline.

Boscombe will miss you xx

Extra Info

We hope to be coming back to our Creative Community Sessions on Monday 11th January 2021, where we will continue our craft activities from our Craft Kits.

MERRY CHRISTMAS AND A HAPPY NEW YEAR!