



## Welcome to our Newsletter Spring 2022

### Now Safe and Sound Dorset have opened The Well Coffee Lounge



White washed walls, choosing colours, registering as a food outlet, visiting Dorset Scrapyard, sourcing workers for decorating, floor laying, electrics, steam clean, plumbing, installing a coffee machine, barista training, interviews, shopping, making plates, fridges, PAT testing, fire regs, sofas and plants found and bunting put up.....just part of our journey to The Well coffee lounge open day on Feb 26th 2022 Phew! It was one day at a time, one step forward, little by little. At some points it looked a mess. Would it all come together on time? Would there be any disasters? Did it matter if there were? It reminded me of each of our lives. One day at a time, one decision after another in a logical order. Sometimes it all looks a mess and like it's falling apart and then somehow comes together and it all looks ok. It even looks good!

I want to thank everyone of you who helped with covering chairs, carrying things up and down the stairs and many other small and big tasks which made up the whole.

I also want to encourage each person that our lives matter. They are our message to the world around us. People read us like a book. Our message is important and valuable. Be brave. The culture we are creating in Safe and Sound

Dorset is so valuable to the world. We support one another, include each other and this speaks a loud message to those around us. Thank you for being involved and for all the love in our community.

Dot Pickett

## Update from Winton Park Cafe

Our Winton Park Cafe Session is such a pleasure to be part of. Being a small group of beautiful ladies, we have got to know and support each other. Helping... talking... signposting and most important of all having a great laugh to take us on our way. We have discovered new abilities in ourselves especially when creating craft ideas.



We are strong when maybe life gets a bit hard and having this group to look forward to every week can be a life saver. Power to us girls, Jeannie Rankin (Jess)

**Are you aware of women or girls who may feel isolated or at risk in the Winton area?**

We would love to welcome them to join our small and friendly group. Where women empower women, conversation flows, craft activities are supplied, and a free hot drink and light snack given.

Contact us on [info@safeandsounddorset.org](mailto:info@safeandsounddorset.org) or connect with us on Facebook @[Safe And Sound Dorset Creative Community | Facebook](#)

**#safeandsounddorset #creativecommunity #safeandsounddorset #empoweringwomen**



## Volunteers Corner

**Volunteering by Sandra**

It was 2017 when a friend felt I might benefit from a visit to a Safe and Sound Dorset support group craft session. As at that time I was suffering from multiple health issues which restricted my social engagement. From the very first meeting I felt comfortable within the social environment and was able to slowly build relationships with the other ladies. As a driver I found myself offering lifts to ladies in the winter and transporting art and craft paraphernalia. By that point the natural progression for me was a DBS check in order to take up a suitable volunteering role.

I decided early on that the Monday and Wednesday groups held in Boscombe at that time had sufficient staff and volunteers, so felt I was not needed there. I did consider the Friday night outreach team, but my health did not prevail. Then in summer 2018 I visited Winton recreation Ground Café with a group of friends. I felt this was an ideal location to plant a Safe and Sound Dorset craft group outside of Boscombe which would enable ladies from other districts to benefit. After discussion with my manager and the Winton Rec ground Café management, two dates during the summer holidays were arranged and if deemed successful a morning session would begin that Autumn term. Subsequently, I successfully ran those sessions offering arts and craft activities along with a mid-morning snack and beverage funded by Safe and Sound Dorset. In summer 2021 I was happy when Safe and Sound Dorset invested in a paid member of staff to run that group. After completing a volunteering course recommended by Safe and Sound Dorset, I have now taken on an Events & Fundraising volunteering position, along with other opportunities within the organisation.

## Volunteer Updates

We would like to thank all our valued volunteers for the time and support they give Safe and Sound Dorset, you are valued and appreciated by the trustees, staff, and service users for everything that you do.

Since our last newsletter, our volunteering team has been enriched with the following new recruits, who bring a wealth of experience and capabilities to strengthen our team. We welcome Evelyn, Ann Ellie, Sophie, Charlotte, and Sharon to our community.

Additionally, we have had movement from within Safe and Sound Dorset and happy to welcome Kay and Jacquie-Lyn to the volunteering team, who too bring experience and contribution to our sessions and activities.

And we haven't stopped there with developments amongst our team, that continues to flourish and develop in skills. We celebrate Katie who has started volunteering at The Well, which gives Safe and Sound Dorset the opportunity to offer work experience and deliver services to the public.

We celebrate the success of Sandra and Alice who have recently completed the Steps Forward Volunteering Course with CAN (Community Action Group)

[Steps Forward Volunteering | Community Action Network \(can100.org\)](https://can100.org)

Over the coming months we have many opportunities to enhance skills and learn new things.

Wednesday 18<sup>th</sup> & 25<sup>th</sup> May – Self Defence

Starting 8<sup>th</sup> June, we have a 6-week Personal Development Course

Monday 19<sup>th</sup> & 26<sup>th</sup> September - First Aid Course

If you too would like to take advantage of these sessions, please contact Kriss Cocomazzi directly.

As always, we would like to celebrate and give acknowledgement to the effort and contribution of all our volunteers and this year will be celebrating **Volunteers Week on Wednesday 8<sup>th</sup> June at The Well Coffee Lounge 10am to 1pm** please keep this date free to come along and be spoilt and look out for your invitation!!!

### **BCP International Women's Day.**

It was a privilege for Kriss and Jess to be selected to present Safe and Sound Dorset at the 5<sup>th</sup> BCP International Women's Day Symposium and Awards Dinner on 16<sup>th</sup> April, which took place the Marriot Hotel in Highcliffe.



The Arts for survival community interest company's 5<sup>th</sup> International Women day convention. Celebrated women who had made an extraordinary impact in the community during the COVID-19 crisis.

It was an honour for us to present the work that Safe and Sound Dorset do all year round with the award winners who had also made an impact and were recognised for their creativity and tenacity to supply services such as cooked meals and contact and support for health and wellbeing.

Awards were presented to the deserved winner by the chair of BCP Council Nigel Hedges and other high designates, accompanied by the event chair Lady Mrs Chika Norah Udezue.

**#BREAKTHEBIAS #WOMENHEALTH**



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# WELLBEING

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With everything going on in the world right now, Mental Health needs are at an all-time high.

Horse Therapy provides an innovative solution that provides a unique space for an emotionally safe, hands-on experience for clients. With real-time feedback, clients are able to reach issues where traditional talk-based therapies leave off. This requires a licensed, credentialed Professional - a qualified Equine Specialist who structure sessions incorporating horses to effectively address the client's treatment plan or learning goals, helping with issues such as addiction, domestic abuse, behavioural disorders, depression, anxiety and trauma. Horses are the perfect partner. Because horses are highly sensitive, clients can work through their life struggles by interacting with the horses without feeling judgment or interpretation by another person. All the work is done on the ground with no riding involved. The horses are equal partners on the team and are left unencumbered to allow them to interact freely with the client. Everyone has the innate ability to solve their own problems. The role of the team is to provide guidance that assists the client's own process and create lasting solutions. This unique therapy promotes empowerment and change. It is felt deeply by the service user and can have profound effects.

Below is a poem written by a service user immediately after her powerful one hour session. It's called "Live for the Moment." by Charlene

Find something that makes you happy.  
To be still in the moment that gives you joy.  
Live for the moment.  
To live in the moment to only think and concentrate of what  
what your doing.  
To forget about your worry's in whatever it may be.  
Done  
Live in the moment.  
Live in the moment is to live in the time your in on the day and not to go outside of what your doing.  
Live for the moment.  
Find something that makes you happy.  
To be still in the moment that gives you joy.  
Live for the moment.  
To live in the moment to only think and concentrate of that.  
Living in the moment.  
Living in the moment is to let your worry's flow and drift away to only let what your doing in  
that precise second of the moment stay.  
Living in the moment.  
Living in the moment is a pause of stressful thoughts so your only being where you need to be.  
To be living in the moment so your focused only that one thing your doing / need to be.  
Everything that is worrying you in your day to day life can be outside of your head.  
While living in the moment your there and only there while everything else can wait while  
you relax your mind.



## I AM NOT BENDY

At Safe and Sound Dorset, we care about your Physical and Emotional Health and Wellbeing. Every week, we have a low impact exercise session called "I'm Not Bendy" Exercise.

"We like to take things slowly with small steps to adapt our physical and emotional wellbeing day by day. We may find that we have 'off' days where we really struggle but we can learn to listen to our bodies and rest, ready to try again tomorrow."

This is a Lower Intensity Work Out for Women who find regular classes too demanding, are just coming back from an injury, an operation, complete beginners or women who haven't exercised for a while. These classes are great for Physical & Mental Well-being and Chronic Pain & Mobility Issues.

- Women Only Classes
- A Safe Environment
- Get the Benefits regardless of Age or Physical Fitness Level

You could be forgiven for thinking that exercise such as Yoga and Pilates is just for flexible, young women doing acrobatic postures in exotic places and meditating by the sea. It is more than enough to put you off going to your first class.

Thankfully, this is not the case and Yoga is for everyBODY and we can all have the benefits that come with it.

First of all – you need to have a sense of humour. It really doesn't matter if you are not flexible. We are all perfectly imperfect and most of us have old and new injuries, it's ok to not be ok – let's work with what we've got...

Maybe we are not at our fittest and have a weakness for cake or maybe we find it hard to touch our toes? Maybe we consider ourselves too long in the tooth to start something new? Maybe we don't want to have to worry about what we are wearing and if our top matches our leggings. Maybe we feel self-conscious and prefer to feel comfortable in an all-women environment.

If you can relate to one or more of these then this is probably the class for you. This is a one-of-a-kind experience resulting in a totally unique mind and body experience.

IMPROVE YOUR BONE & MUSCLE STRENGTH, BALANCE, FLEXIBILITY, HEART AND BRAIN HEALTH

"I'm Not Bendy" Chair Based Exercise Class



This class involves working with the support of a chair in a sitting position and sometimes standing. We use slow, gentle movements to work all the muscle groups of the body, muscles that you may not normally use and stretch out in day-to-day living. This class is ideal if you are in rehabilitation from an illness, injury or just haven't exercised for a long time. Sufferers of MS, Arthritis, Fibromyalgia, and other Autoimmune Disease may benefit from this class.



This is a safe and humorous class and I loved the relaxed and stretched feeling in my body afterwards. Beneficial to mind and body. I love it!



The 'I'm Not Bendy' sessions have given me that extra push in the right direction for getting for exercise and care for my health. And I just love Steph's way of doing this



This was fun deceptively simple exercise that certainly reached some muscles I hadn't moved in a while. I usually feel pain or numb. I actually felt alive after the

### "Wobbly Yoga" Mat Class

This is a class designed to stretch and work all of the muscles in the body, it is more of a Yoga / Pilates inspired style exercise session. You will finish feeling relaxed and in-tune with your body. This class is for complete beginners and is a lower intensity work out. This is a no expectations class where we do not believe in "too injured" or "too old". Just turn up and try and be the best version of yourself! Sit out for the poses that don't feel right within your body. Great for Menopause and PMT as well as chronic pain disorders such as Endometriosis and Autoimmune Disease such as Arthritis.

This is a non-religious / non spiritual class - there will be no chanting, umming or gongs.

We will, however, use breathwork techniques to encourage oxygen flow to rejuvenate and energise our cells.

The classes will exercise and stretch the body to benefit the muscles and massage the internal organs encouraging healing from the inside out.

Our sessions are carried out to music.

Sensible clothing optional / sense of humour compulsory

### Wellbeing Retreats

Our Safe and Sound Well-being Retreats are a wonderful day for like-minded women in our local community go together, share our stories and learn about Cancer Prevention and Healthy Coping Mechanisms.

12pm - Gentle Yoga and Breathwork with Carina George (from Yoga Lounge

2pm onwards - Plant Based food Demo followed with a wonderful lunch by Vegan Magda, also Donuts by Bonnie @ Nourished.

This is a FREE day and organised by our charity, Safe and Sound Dorset for Cancer Awareness. All Women Welcome



Although I haven't been through Cancer, the way Carina dealt with it showed me parallels in my own life and the process I went through with my own trauma to get where I am now



Wow - such an inspiring day and another wonderful retreat with an amazing group of women. We are so grateful to Carina George for sharing her honest and powerful journey with Cancer

## What our service users say about us....



"One thing that made her link up with you. She moved in to supported accommodation and you had left her a packed lunch and a note. She cried and said she didn't know people cared. Thank you for that, it changed her."



"I'm extremely likely to recommend friends or family to Safe and Sound Dorset. You have been a really good help since I first ever came and would tell anyone to come if they ever need a chat."



"The Craft Kits have helped much more than I would have believed. Pass on to whoever and thank everyone involved. They have really kept me hopeful and connected to people being kind and caring."



"I just got delivered the box... Once again, I'm impressed and very grateful for it. I feel like unwrapping Xmas presents... Thanks so much to all of you for making this!"



"I shall be forever grateful to Safe and Sound Dorset. It has played a massive part in my life. They have been there with me throughout my recovery with alcoholism and given me a lot of support and encouragement."



Safe and Sound has done a lot to improve my mental health and wellbeing. Without them I would still be very lonely and probably still isolating myself.



Well, in the last year my life has changed the most it ever has. It's the happiest I have been since I can remember...the support and help from you and your charity built up my relationship with my family and made me feel not alone. You supported me when I needed it most and even when I was in prison. Going to re hab changed my life around COMPLETELY, I now can communicate with people ask for help and actually start to build a life for myself, I have my first proper job, my own safe home and most importantly a relationship with my family and son

**Queens Jubilee celebration @ The Well Coffee Lounge -Royal Arcade, Boscombe**

We would love to celebrate together with a special QUEENS AFTERNOON TEA to celebrate the queen's birthday on SATURDAY 4TH JUNE.

**Just £4 includes cup of tea, delicious scone, cream, and jam -**

**Reserve your table today! An afternoon tea like no other, don't forget to bring your flag!!**



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