

Sessions & Events

Safe and Sound Dorset has had a great start to the new decade! We have continued to see many women grow in confidence in their creative abilities and in themselves. Many of you have given each other your time and skills to offer a listening ear, practical help through outreach, and bring each other into life-giving community. We have eaten together, created together, listened to one another, encouraged each other and built each other up through many different outlets.

During our Creative Community Sessions this half term, including our sessions run at Joy Cafe and the Job Centre, we have created word collages and mood boards, Valentine Day canvases, newspaper gift-bags, collaged cards and we have continued to express ourselves through writing, in our Creative Writing sessions. Two pieces can be found on the reverse of this Newsletter! We have been sharing our creativity with each other in our sessions and it has been encouraging to hear, and see, each other's outcomes. We want to honor your courage and creative bravery!

Additionally, Stephanie has led several informative sessions to raise awareness of cancer. We also learned how our daily choices have the potential to affect our health for positive or negative. Within these sessions we took part in 'I'm not bendy exercise' - a low impact exercise using chairs and stretches to leave you feeling capable and healthy!



Decoupage ornaments; decoupage jars; craft at Joy Café.

Your Art

Mood-boards our hopes and dreams for 2020; gift bags from recycled magazines; decoupage jars.



Events

In January, Safe and Sound Dorset invited all its' volunteers, staff and trustees to gather for an evening of stories, training and vision over a meal. It was invaluable to spend time together, to encourage each other and say a huge thank you for all that had been done to keep Safe and Sound Dorset, and its' Women, thriving. We couldn't do this without you all! Thank you!

Nine more volunteers joined our team at the end of last year, some of whom have been coming to our sessions for a while. Your desire to be more involved in the running of Safe and Sound Dorset is encouraging and inspiring. If you are interested or would like to know more information about volunteering with us, please speak to Dot to find out more.

"Our 3rd birthday party will be on Wednesday 1st April 2020. Everyone is welcome to join us from 2-3.30pm. We will have a celebration party during our afternoon session. A very big thank you to trustees, staff, volunteers and all women who have attended our sessions and who have been impacted by Safe and Sound Dorset. We love being a support to one another. Here's to another year of building confidence through creativity and community." Dot Pickett.

Your Creativity

We Are

We are women who have been battered, bruised, used, accused and abused.

Left for dead to die in an alley. Without a home. Neglected, 'selected', not respected and dejected.

We are broken people. God loves us anyway.

But we stand together side by side. Our hearts are one in the safety of 'His' presence'.

We come together, we connect, we love, we feel our pain, we feel 'SAFE and Sound' again. Joined in our hearts, we are 'one' with his 'Son'. God has led us here for a reason, a place of safety for his children, who have suffered enough!

Thank you all the Team of 'Safe and Sound Dorset'.

Mary A.

Walking in Autumn on a rainy day.

The slight wind pushing at my face as I walked through the wood, keeping to the path trodden by many—although it was silent now, only the solitary person would venture here today. Maybe a walker with his dog who had begged him.

Oozy, black, decaying leaves and water; sky grey, almost bare. Silver birch with their white bark. To me, the smartest of the woodland trees, waving slowly.

Brown, knarled, all-round silence,. The odd little bird flitting from the safety of the bushes to the trees, and then, gone. The caw of the crow on the farmers field, all brown, all harvested, all safe.

Now, I think I'll return home to where I will be warm and safe too.

These two inspiring Creative Writing pieces were written by two of our Creative Community Lifestyle session and Art Cafe attendees.

Extra Info

This half term leading up to Easter we have a variety of creative activities and sessions to get involved with on Mondays and Wednesdays 1-3.30pm in Boscombe Baptist Church Hall and Tuesdays 10.30-12.30 at Joy Café including Decoupage Jars, Creative writing, bead making, 'I'm not bendy' exercise... We'd love to see you there!

Events

CAP are running a Money Course at LoveChurch St Swithuns, starting on 23rd March, 7pm, for 3 weeks. Please see LoveChurch website to sign up. This course or church is not associated with *Safe and Sound Dorset* but one of our volunteers has positively recommended the course!



Creative Community Lifestyle sessions.