



Volunteers Week!

This week is national Volunteers Week! We love our volunteers! Our volunteers give their time and skills to make a difference to the women of Safe and Sound Dorset and we are so thankful for all they do.

From all the staff at Safe and Sound Dorset we want to say a huge thank you! Safe and Sound Dorset couldn't do what we do without the help, time and love each of our volunteers have given to the women we support daily. Our volunteers have helped in a myriad of ways from giving additional support, running activities within our sessions, participating with live events, offering practical support, and many other ways.

We will miss not being able to thank our volunteers personally this year, however we look forward to thanking them online and sharing stories. Last year we hosted an afternoon of activities for our volunteers which included a meal, learning about essential oils, being a part of a 'pamper' session, handing out awards and training. When we can all gather together again, we hope to be able to host an evening like this one to celebrate!



2019's Volunteers thank you evening.



Covid-19

Thank you to all our volunteers who have been a part of our online presence during this strange time. We very much miss our usual Creative Community Sessions, Art Café meals, outreach, community and getting to see your wonderful selves. During this time, we have set up an online community to continue to support each other and offer art and crafts, writing prompts, exercise, community, updates and connection, virtually! We hope you have felt connected and supported during Covid-19. We value your feedback so please drop us a message to let us know how you found our online community and deliveries.

During Covid-19, Safe and Sound Dorset have partnered up with LoveChurch and have sent out food deliveries every Wednesday to those that are not able to get out to the shops. We have also packaged up and sent out 40 Craft Kits every month to go alongside the activities we are posting on our Creative Community Facebook group, Whatsapp and social media. We have posted "I'm Not Bendy" exercises online once a week and have hosted bi-weekly Zoom chats, open to anyone that would like to join. (The links to these meetings can be found on our Facebook page).

Our Volunteers have helped us immensely in a myriad of ways including making food parcel and craft kit deliveries; coming up with creative solutions; helping us put together materials for our Creative Community Craft Kits; ringing our ladies up once a week who need additional support whilst shielding at home and carrying out practical support such as food shopping. Thank you everyone!

Your Creativity

We love stories! They are personal and relatable, encouraging and significant. Your stories inspire the next person that they, too, can make positive steps towards health for themselves and others. Here is a transformational story from some of our amazing Volunteers!

"I was cold, I was sad, I was going round in circles. No where to live, no where to call my own. No partner, no love, no family connection, no one to hug or hug me. Then I started to walk back into real life again slowly, very slowly. I found myself back in St. Clements Church, I was christened there, I went to school there. I felt safe, comfort, love, not too many questions. I was told about a woman's group called Safe & Sound Dorset... question mark to myself - shall I go there? ... Dipped in and out a bit to start with. Kind of liked it and amazed how they could just sit there & listen. I began to build up my strength and confidence. This group has been such a huge comfort blanket. You can just sit & chill, drink tea, talk quietly, paint or make cards, do crafts or most importantly you can get help, advice on housing or form filling, claiming a benefit or returning to work. And now I am becoming a volunteer. Safe & Sound Dorset is unique & most importantly it is Sound & Safe!"

Events

At Safe and Sound Dorset we focus a lot on well-being and encourage personal, positive steps towards health. We work with women who may need additional support to build confidence through creativity and community and encourage social inclusion, responsibility and personal choice. To all our lovely volunteers, and anyone else reading this, today we encourage you to take time out for yourself and focus on your well-being. How do you like to relax and have fun?



Creative Community Craft Kits; in this together; two of our amazing volunteers at our Creative Community Sessions; Art Café meals; online community on Facebook during Covid-19.

