

SUMMER 2025 NEWSLETTER

Showing thanks and gratitude

The Summer Term is nearly over, time flies when you are busy and having fun! We have enjoyed some new activities during our creative community sessions this term from natural dye printing and painting to bookbinding, trips to Pony Palace in the sunshine and more relationship and wellbeing courses with Paula. Our housing and advice group is thriving, we are growing and creating supportive community all the time.

We want to show some thanks, gratitude and highlight different ways we do this, particularly with The Well Coffee Lounge as our central hub.



Feedback from people who use the Well Coffee Lounge

'I have attended the Well Coffee Lounge since it opened. It is a welcoming, friendly place where I can join craft sessions or bring my own craft work to do. I enjoy the shared space where I can meet my friend who is a wheelchair user, as there is easy access for reduced mobility. The staff and volunteers are welcoming, and I enjoy the atmosphere very much. Without the Well Coffee Lounge, I would be isolated at home and not able to enjoy crafting in good company.'

Lucy, Housing Rights Worker, Shelter'

'I have been attending The Well housing support group for over 2 years. I've loved working at the Well as it's a welcoming and inclusive community space, for anybody to attend. I have enjoyed working with staff members, volunteers and clients to advise on housing issues, so clients can be empowered and informed to tackle housing problems. Working together we've had some great results, as we are able to provide more wrap around support to clients. Collaboratively, we have worked together to get the best results.'

Ukraine group feedback 2025

'I really like meeting with women at The Well cafe. We need these meetings. It's like a breath of fresh air from our homeland. Here in Britain we feel good and calm. We were well received here and people are friendly to us, everyone tries to help in every way. But still we miss Ukraine, our home. We are taught English, how to behave in different situations, in a clinic, a store or a party. We want to be able to express our gratitude to the people of Bournemouth. They give us the opportunity to relax for a while and forget that there is a terrible war going on in our country and we are worried about our relatives who are left there.'



'These meetings are a connection with my homeland. Each of us has our own problems, experiences, and when we get together we can talk about it openly and open our souls and receive understanding and advice. After the meeting it becomes so much easier and joyful and that is why I look forward to each of our meetings. We do art, make jewellery, sing our songs, which is relaxing and gives positive emotions. If we lose this it will be my greatest sorrow.'

If you wish to donate to Safe and Sound Dorset to help fund our summer activities, please scan or click on the QR code.





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Citizen's Advice Bureau – Sarah

Citizens Advice BCP have been visiting The Well Coffee Lounge for around a year. In that year we have worked alongside the team to support women in navigating their issues and moving forward with confidence and resilience. The cafe is always warm and welcoming, and it is wonderful to see familiar faces enjoying a chat whilst having something to eat and drink.

Collaborating with Safe & Sound Dorset has been both rewarding and inspiring and it is a pleasure to work alongside such a dedicated and caring team. We look forward to furthering our joint efforts to support women in vulnerable situations.

Dates for CAB @The Well Coffee Lounge 1-3pm

July: 10th & 24th

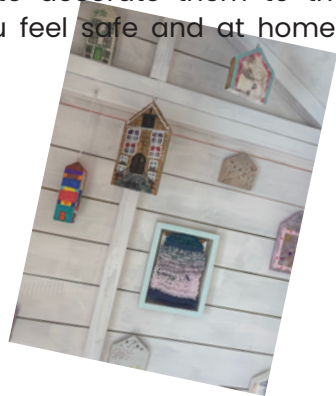
August: 14th & 28th

September: 11th & 25th



The Little Beach Hut Exhibition @The Well Coffee Lounge

We have finally finished our mini beach hut exhibition, which will be open outside The Well Coffee Lounge. During our Creative Community Sessions and in collaboration with the Homeless charity Shelter, we have been busy creating little beach huts, turning them into something special. We asked our women to decorate them to the theme: What makes you feel safe and at home? Please come and visit!!



Click or scan the QR code



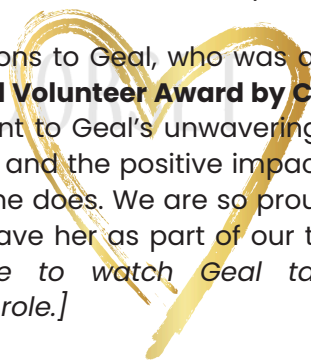
Feedback for Safe and Sound Dorset

'If it was not for Safe and Sound Dorset, I would not be safe, having had one overwhelming circumstance compound on top of the other. Safe and Sound Dorset is distinctive, in that, they not only have their finger on the pulse corporately to what the group needs, they discreetly and imperceptibly, confidentially journey with each person for where they are at and without unsolicited advice or pressure. Their intuitive, non judgmental support is their greatest asset. They are patient and do not expect perfect recovery. One has to feel safe before one will open up.'

Celebrating Our Wonderful Volunteers

At Safe and Sound Dorset, we are always inspired by the dedication and Kindness of our volunteers. Recently, we had the joy of coming together for our Volunteer Celebration Evening to celebrate the incredible individuals who give their time and hearts to support women in our community. We couldn't do what we do without you.

Congratulations to Geal, who was awarded with a **Heart of Gold Volunteer Award by CAN**. This award is a testament to Geal's unwavering commitment, compassion, and the positive impact she brings to everything she does. We are so proud of her – and grateful to have her as part of our team. *[Click on video image to watch Geal talk about her volunteering role.]*



To all our volunteers: your support is invaluable, and you truly make Safe and Sound Dorset the caring, vibrant community it is. Thank you so much!

Link to video: https://www.youtube.com/watch?v=B6_ubt4X9g4&ab_channel=CommunityActionNetwork

