



Welcome to our Newsletter Winter 2022

Happy Christmas! It is good to celebrate together in our communities at this time of uncertainty for most people.

News from Dot



From now on we intend our coffee lounge to be a 'warm room' for those in our community who cannot afford to heat their homes, with elderly people and those on low incomes amongst the most affected

groups. Come and see us at The Well Coffee Lounge, 17-19 Royal Arcade, Boscombe, BH1 4BT.

Our vision for our women's sessions 6 times a week is a place where food and fuel poverty are tackled as a community. From Monday 16th January, and every second week in the month, we will begin Creative Cooking with Josie sessions, which will include a small team creating wholesome food on a tight budget and having lots of fun too! If you would like to learn skills of how to create fresh inexpensive meals, and benefit from collective eating and companionship please contact hblundensafeandsounddorset@gmail.com

Thanks to Dorset Community Foundation (BCP household Support Fund) and the Aviva Community Fund, we will be able to help fund

some economical resources such as slow cookers, electric blankets and halogen heaters, which will help household bills stay low. If you're in need then please contact a member of staff, or If you would like to donate towards this, our Aviva crowdfunding page is doubling all donations from £1 - £250 until Dec 31st, 2022.

<https://www.avivacommunityfund.co.uk/p/foodfuelpovertyhelp>

Thank you for the amazing response we have had already.

Freshers Fayre at the AECC

In September, Ola our manager at the Well, along with Maxine and Jenny, attended the AECC Freshers Fayre, to introduce the new students to our coffee lounge and offer them a student discount when they come to visit.

Volunteers Corner from Kriss

It seems quite hard to believe that we are at the end of 2022 and entering a new year of more opportunities and growth within Safe and Sound Dorset. Firstly, we would like to say "THANK YOU" to all our volunteers, we appreciate everything you do by offering your time and expertise freely to support us. We would not be able to function as well as we do without you all.



We would also like to welcome all our new volunteers and look forward to celebrating with

everyone and having the opportunity to meet each other at our Christmas Party on Thursday 15th December, so please don't forget to RSVP.

As we approach the new year and increase our activities that we are offering to service users, we have many more opportunities for volunteering. If you want to know more or know anyone who may be suitable and interested, then please ask them to get in touch by email kriss.safeandsounddorset@gmail.com or call 07359026923. We will be issuing a volunteer's newsletter in the new year and hope to organize an update meeting at the end of January, so look out for emails and announcements on our volunteers Facebook page.

Once again, thank you all for your time and support and we look forward to working with you over the coming months. We wish you and your families a very Merry Christmas and a Happy New Year.

Weekly Housing Group

Safe and Sound Dorset Housing group is now successfully running a weekly group, at our coffee lounge The Well where we have Lucy from Shelter who joins us on a fortnightly basis and has helped many ladies with a variety of housing issues. Sandra is now our Housing Volunteer and is working alongside Shelter to deliver an effective service.

Creative and Wellbeing Sessions, update from Hannah



This Autumn Term, we have enjoyed many relaxed and sociable creative and wellbeing sessions. For creativity, we have been doing watercolours, collage,

creative writing and more recently many Christmas crafts. For wellbeing, we have enjoyed tai chi, some first aid tuition from British Red Cross, visits from Live Well Dorset for physical health checks and chats. Recently, Shelley has joined us on Wednesdays to deliver chair-based exercises for mind, body and spirit. Next year, we plan to kick January off with another personal development course from Irwin at BCHA. Topics will include increasing self-esteem, self-confidence, path to happiness, resilience and less stress. Alongside this, we plan to hold creative journaling sessions for self-care and wellbeing. This course will run on Wednesdays from 11th Jan till 8th Feb.

Shelley has shared with us...

Thanks 'Safe and Sound Dorset' for inviting me to the Non-Verbal Toolbox Training with The Horse Course, via Deerview Horse Interventions. It was a good way of opening our perspective and perceptions to consider various methods and ways to accommodate and respond to individuals with compassion, professionalism and awareness in order for different personality types to feel heard and included with considered approaches.



On Thursdays, there is a regular session that Jess hosts and updates us as follows - The ladies who meet together on a Thursday morning for craft & coffee are benefiting enormously with supporting each other with help and advice. Hats off to Becky who is full of information lately. Thank you to Alice because she is our new volunteer at Winton and has wonderful ideas, plus she is being a great support.



Finally, we would like to wish each and everyone of you a Happy Christmas and a peaceful New Year.

