



people first forum

giving a voice
to people with learning disabilities



Newsletter Winter 2024

Welcome

We have achieved so much over the last year. Every year we seem to take on more work and push ourselves even harder to make lives for people with a learning disability better.



Just some of our achievements are:

- Delivering the Oliver McGowan training to health and social care staff in Dorset
- 20 years since we first wrote the Bill of Rights
- Having our first female DJ at Camp Bestival
- Our On The Move project, going to markets, being more out in the community and finding new members
- Having more staff join our team
- Having more big events



We hope you have a great festive season. We look forward to seeing you in 2025.

**Best wishes from
Amanda F
and the
People First Forum Team**



Gallery



Big Night Out

With **Suttles**





**WE ARE
CLOSED**

We are closed for Christmas from

December

20


**Friday 20th December 2024
to Monday 6th January 2025**

January

6


Useful contacts:

Adult Social Care Help Desk:

 **01202 123 654**



BCP Out of Hours:

 **0300 123 9895**



Bill of Rights Celebration



We had a fantastic event celebrating 20 years of our Bill of Rights.



Shaine and John L were brilliant presenters, getting everyone cheering and having fun.



Over 70 members were there. We:



- remembered Dave Hingsburger, and all the support he gave to our Bill of Rights
- talked about what we have done to get our rights
- talked about what rights people think they have
- played some games to help us remember our rights

What we found out:

Nearly everyone at the event said they had the right to good healthcare.



The right to relationships is the right most people did not think they have.



We had speaking up sessions about:

- having our voices heard
- using public facilities



People said they were listened to by support staff but were not listened to by the government.

Lots of people said they did not feel safe in public.

Less than half our members voted in the last elections. Information was not easy to read.



Colouring



Our Events



January 2025 to
March 2025

Our Events

Here is some information about our events for the next 3 months. Our events are split into 3 areas:



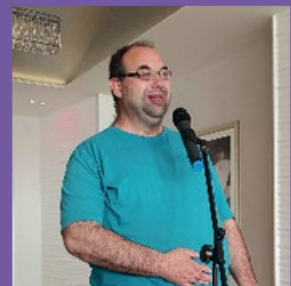
Online sessions

Our online sessions are on zoom.



Social events

Meet up with other members and take part in activities.



Speaking up and advice sessions

A chance to get help or advice. There will be different people there to give advice.



Social events and our speaking up groups need to be booked before the day.

You can book on our website or over the phone.



Website:

www.peoplefirstforum.co.uk/booking

Call:

01202 051014

January



Cafe and Games

Tuesday

January

7

Time: 12.30pm to 2.30pm

At: Flirt Cafe, 21 The Triangle, Bournemouth, BH2 5RG

Cost: Bring money for a drink

Join us for a new years chat and some games at Flirt Cafe.



Information Drop In

Thursday

January

9

Time: We will be there between 9.00am and 3.00pm

At: Boscombe High Street

Cost: Free

If the weather is nice, our van will be on the High Street at Boscombe Market.



Accessibility Group

Monday

January

13

Time: 1.00pm to 2.30pm

At: Rossmore Leisure Centre, Herbert Avenue, BH12 4HR

Cost: Free

Join us for our new accessibility group, looking at how accessible places are in Bournemouth, Christchurch and Poole.



Friends Forum - Online

Monday

January

13

Time: 7.30pm to 9.00pm

On: Zoom

Cost: Free

Our monthly online speaking up group on Zoom.



Go Forum

Thursday

January

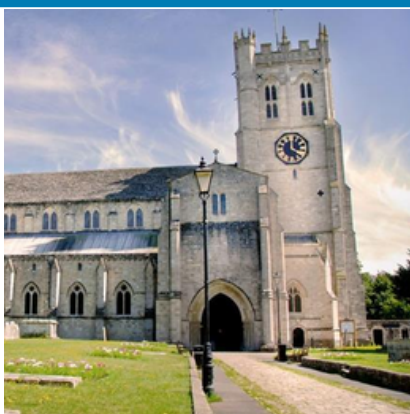
16

Time: 2.00pm to 3.00pm

At: Access Wellbeing, Dolphin Centre, Poole

Cost: Free

Join us for this months Go Forum. We will be talking about health and how Access Wellbeing can help you.



Christchurch Priory

Friday

January

17

Time: 12.00pm to 2.00pm

At: Christchurch Priory, Quay Road, Christchurch, BH23 1BU

Cost: Bring money for a drink

We will have a look around the priory and local area. We will then have a drink in the cafe.



Poole Park Walk

Monday

January

20

Time: 11.00am to 1.00pm

At: The Ark, Poole Park, Poole, BH15 2SF

Cost: Bring money for lunch.

Meet at The Ark cafe in Poole Park. We will go for a walk and then have a drink and some lunch in the cafe.



Publicity Group

Tuesday

January

28

Time: 1.00pm - 2.30pm

At: Rossmore Leisure Centre, Herbert Avenue, BH12 4HR

Cost: Free

Come and help decide how we should advertise ourselves in the local area and on social media.



Information Drop In

Thursday

January

30

Time: We will be there between 9.00am and 3.00pm

At: Poole High Street

Cost: Free

If the weather is nice, our van will be on the High Street at Poole Market.

February



Information Drop In

Monday

February

3

Time: We will be there between 9.00am and 3.00pm

At: Christchurch High Street

Cost: Free

If the weather is nice, our van will be on the High Street at Christchurch Market.



Friends Forum - Online

Monday

February

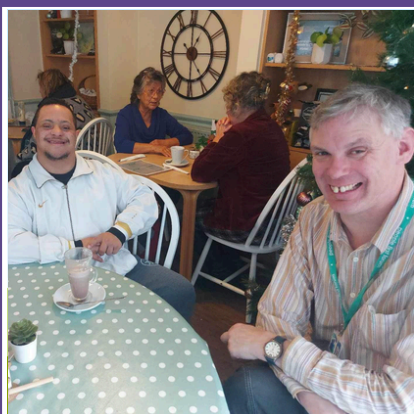
3

Time: 7.30pm to 9.00pm

On: Zoom

Cost: Free

Our monthly online speaking up group on Zoom.



Speak Up! Christchurch

Tuesday

February

11

Time: 1.00pm - 2.30pm

At: Water Lily Cafe,
Christchurch, BH23 2AW

Cost: Money for food and drink

Join us for a drink and something to eat at this month's speaking up session in Christchurch.



Quiz Night

Wednesday

February

19

Time: 7.00pm to 10.30pm

At: Ojo Rojo, The Triangle, Bournemouth, BH2 5RG

Cost: £2

We will be taking part in the weekly quiz night. Bring extra money for drinks.



Go Forum

Thursday

February

20

Time: 1.30pm - 3.00pm

At: Meeting Room, Poole Library, Dolphin Centre, Poole

Cost: Free

We will be talking about keeping safe online.



Cinema Trip

Monday

February

24

Time: 3.30pm to 6.30pm

At: Odeon BH2, Bournemouth

Cost: To be confirmed

Nearer the time we will decide what film we will go and see. Visit our website or call us to find out.



Information Drop In

Thursday

February

27

Time: We will be there between 9.00am and 3.00pm

At: Poole High Street

Cost: Free

If the weather is nice, our van will be on the High Street at Poole Market.



Pottery Painting, Upton

Friday

February

28

Time: 12.00pm to 3.00pm

At: Upton Country Park, Poole Road, BH17 7BJ

Cost: £20

We will be doing the pottery at Upton Country Park. Please bring extra money for a drink.

March



Friends Forum - Online

Monday

March

3

Time: 7.30pm to 9.00pm

On: Zoom

Cost: Free

Our monthly online speaking up group on Zoom.



Speak Up! and Bowl

Wednesday

March

5

Time: 12.30pm to 3.30pm

At: Hollywood Bowl,
Poole Road, Branksome

Cost: £3.50

Join us for a speaking up session on our monthly topic and then a game of bowling after.



Red House Museum

Friday

March

7

Time: 12.00pm to 2.00pm

At: Red House Museum,
Quay Road, BH23 1BU

Cost: Money for a drink

We will be looking around the Red House Museum and then having a drink in the cafe after. Please bring a packed lunch.



Wimborne Minster

Tuesday

March

11

Time: 11.30am to 2.30pm

At: Wimborne Minster,
Wimborne, BH21 1EB

Cost: Money for lunch

We will have a look around Wimborne Minster and Wimborne and find a cafe for some lunch.



Information Drop In

Thursday

March

20

Time: We will be there between 9.00am and 3.00pm

At: Boscombe High Street

Cost: Free

If the weather is nice, our van will be on the High Street at Boscombe Market.



Crazy Golf

Monday

March

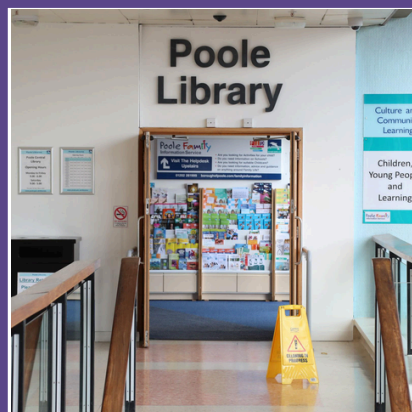
24

Time: 1.30pm to 3.30pm

At: Mr Mulligans, BH2 Complex, Bournemouth, BH2 5AF

Cost: £11

18 holes of mini golf at Mr Mulligans Bournemouth. The course is not accessible for people who use wheelchairs or have mobility needs.



Go Forum

Thursday

March

27

Time: 1.30pm - 3.00pm

At: Meeting Room, Poole Library, Dolphin Centre, Poole

Cost: Free

We will be talking about having a good life.

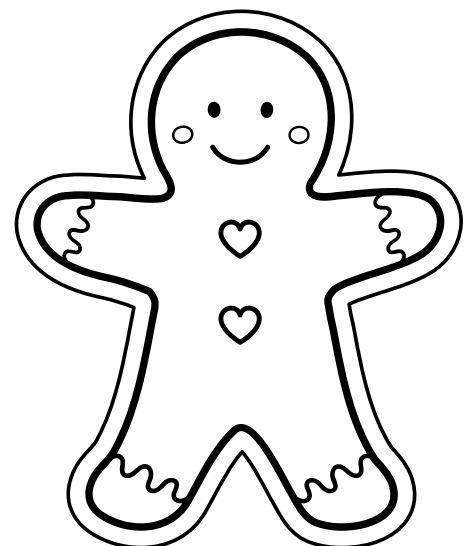
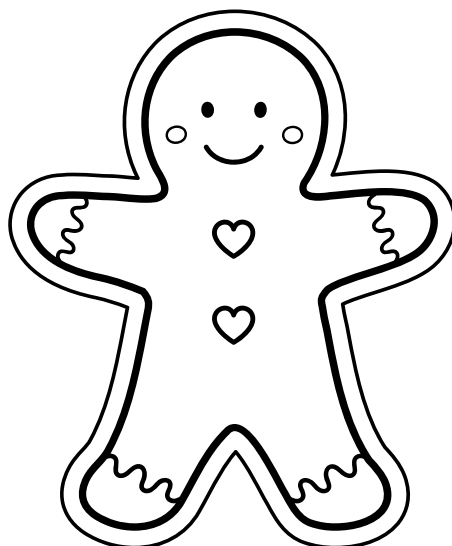
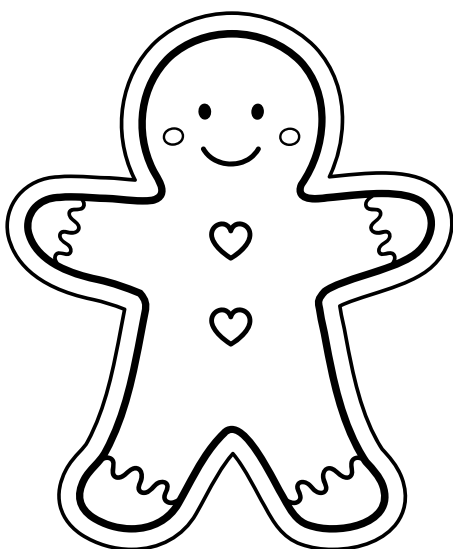
Wordsearch

Words to find:

- Snow
- Cold
- Log Fire
- Cosy
- Friends
- Blankets
- Hot chocolate
- Scarf
- Movie nights
- Frosty
- Ice skating
- Bobble hat
- Big coat
- Snowman
- Mulled wine

I	C	E	S	K	A	T	I	N	G	P	B
E	O	P	N	L	E	F	Y	S	I	L	O
R	E	S	O	T	F	S	O	D	A	R	B
S	N	O	W	U	O	M	H	N	F	O	B
P	I	E	M	C	Y	O	K	E	R	U	L
H	W	A	A	D	A	E	G	I	O	R	E
E	D	A	N	T	T	C	H	R	S	R	H
I	E	C	S	S	C	A	R	F	T	T	A
M	L	O	G	F	I	R	E	A	Y	S	T
A	L	L	N	B	I	G	C	O	A	T	D
A	U	D	F	A	B	N	E	W	Y	E	A
R	M	O	V	I	E	N	I	G	H	T	S
H	O	T	C	H	O	C	O	L	A	T	E

Circle the unused letters and find the Christmas message :



Contact Us



Address:

People First Forum,
Rossmore Leisure
Centre, Herbert Avenue,
Poole,
BH12 4HR



Phone:

01202 051014

Open Monday, Tuesday, Wednesday and
Thursday from 9.30am to 1.00pm



Email:

office.admin1@peoplefirstforum.co.uk



Website:

www.peoplefirstforum.co.uk

You can scan the QR code on the
left to take you to our website.



Facebook:

PeopleFirstForum

With thanks to:

