

Fisherman's Arms

Newsletter Date

Issue 1 March 2009

Fisherman's Arms 01308 459405



Welcome to our first newsletter

.Our aim

Is to enhance the link between families/carers giving each individual the opportunity to express their views

Objectives

To establish a quarterly newsletter highlighting the progress of people that attend the Fisherman's Arms, with specific developments in community activities and work placements

Activities



Basic hygiene group.

Karen Symonds the community nurse has been working with a small group on a Wednesday morning where people have the opportunity to learn all about basic hygiene skills. They are

currently working on a hand washing DVD which will be shown to groups at the Bridport centre

New timetable

We intend to start the new timetable in March new activities include life story work and a relationships course – watch this space for updates!

Recycling electrical goods

Martin and Anthony have been involved in a

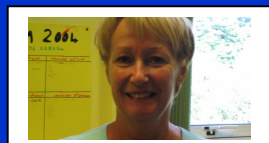
recycling bicycle's project which is currently turning into a recycling electrical goods project. This has been set up by TLC of Bridport to help reduce our landfill and encourage recycling. Items will be available from TLC who ask for a voluntary donation for any tested goods. Also any unwanted electrical goods can be donated c/o the Fisherman's

Phone Andy for details

Or visit

www.bridport-tlc.org.uk

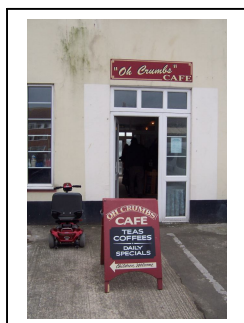
Finally and on a sad note, in memory of Angela C the group have compiled a photo album to presented to Mr. an Mrs. Coaker



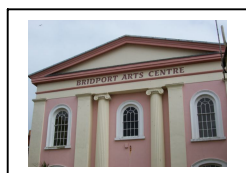
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"Ann has been working at the Arts centre café for as long as I can remember, it might be as much as 20 years! She is very helpful and liked by all"



Work experience

16 people at the Fisherman's Arms have ongoing voluntary work.

The combined total of these placements is 126.5 hours per week. Plus two people have paid employment totaling 18 hours.

Placements include –

Scope
Mencap shop
Oh Crumbs
Morrison's
Pre schools
Mountjoy School
Riverside
Chancery House



Recent work placements

Mary – now working at Mencap

Rosemary – now working at scope

Martin and Anthony are now working at the electrical goods recycling project.

John has now increased

his work placement hours at Riverside from 2 to 5 days.

Sharon is working at the YMCA

News from our "forum group"

The "forum group" currently meet once a month on a Friday. Trip out - We are going to the Dorford centre in Dorchester on 19th March for a Dorset people First meeting. We are also having a suggestion box at the Fisherman's for people to give their ideas. At the last meeting we had a discussion on work placements – to date all going well. Our current chairperson is Leif.



Sue Summers

Adult Education

Most people at the Fisherman's Arms choose to attend adult education classes with Sue Summers from the W.E.A. People are then able to improve their literacy and numeracy in order to become more independent.

Volunteers Anthony and Sally help support the group which runs on a Thursday morning. The work is tailored wherever possible to the individual.

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FISHERMANS SOUTH STREET	DORSET ADULT EDUCATION	DRAMA MONDAY TUESDAY	THURSDAY FRIDAY
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Friendship group

This is a club set up by Laura Kerr of Dorset People First to provide social events outside of day service hours. Laura is also looking for people in each town that would like to get more involved in organizing events, with her support. If you are interested, please contact Laura.

Please remember that Laura cannot offer any personal support at events. If you need support, please bring someone to support you or contact Laura. Thanks. If you have any questions please contact us. You can email Laura at Laura@dorsetpeoplefirst.co.uk. Or you can ring **07970 240555**. If you get the answer phone don't forget to leave your name and number.



Laura Kerr

Forthcoming events-

- 27th April The Greyhound Bridport 7.00 – 9.00
- 9th April Station pub Dorchester 7.00 – 9.00



Notices and Events

The Fisherman's Arms now has a website up and running where you can find out more information about what's going on – www.fishermansarms.weebly.com

Forthcoming events

Well being day March 18th

Lots of therapists have been invited who will provide information stands and / or therapy sessions. Passport books will be given out so

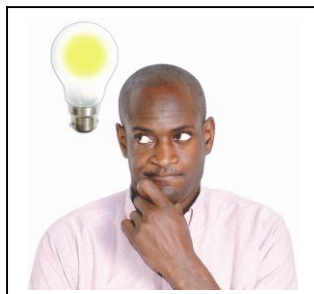
that therapy sessions can be booked. Healthy snacks will be made in the training kitchen with help from students of Woodroffe School, Lyme Regis. Recipe cards will be given out. Goody bags will be made up with samples, i.e. toothbrushes, toothpaste, bottled water etc. Raffle tickets

will be on sale – prizes to be donated. The whole day is being funded by West Dorset Mencap.

*Coffee morning
(Bridport centre)
Wednesday April 8th*



Suggestion box



Please feel free to contact us with any suggestions you may have or anything you would like to see in the newsletter in the future.

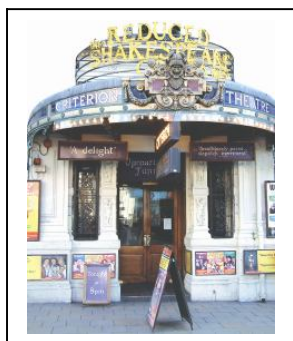
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*"Working with people
who live independently or
with parents/carers"*



Carolyn Brightwater – Leisure coordinator

I'm Carolyn Brightwater, employed by Mencap as Leisure coordinator - hopefully some of you know who I am and what I do. Here's an update on what I've been involved with recently; if it gives you any ideas for new activities, please do contact me through the Bridport centre or the Fisherman's Arms.

I'm employed to work with adults with a learning disability who live independently or with family carers, helping them to access all sorts of activities in the community. At the moment I'm helping one person access an evening adult education class, and another to attend aqua fit. I'm also involved in supporting a number of people at the

new pub and club nights in Bridport, Dorchester and Weymouth. For these, I aim to provide transport to those people who need the extra support, and help more able people to use safe, affordable public transport or shared taxis. This means that more people can get out to these events, and also helps to promote independence.

Finally, you might have noticed that the Mencap shop in Bridport now takes Nets – the local currency of our LETS (Local Exchange Trading) scheme. I'm delighted about this, as I've been working to develop use of the LETS scheme for some time now. We currently have people in our group earning Nets by

walking dogs, baking for events and helping out in the kitchen at LETS events. The Mencap shop will soon be paying Nets to people who help at the shop, and I hope this will lead to more people understanding how the scheme works, and using the services available - be it transport, music lessons, story telling or aromatherapy! I'm a member myself, and recently used the scheme to hire a car for the evening when mine broke down; there really is a lot of useful stuff on offer from a group of friendly local people.

Contacts

*"We hope you have
enjoyed finding more
about what goes on at the
Fisherman's.
Colleen and Andy"*

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This newsletter is also available in large print please contact us if required Also available by email

