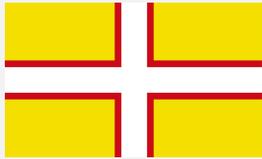


PEOPLE FIRST DORSET



WHO WE ARE



We are a small charity in Dorset which was set up in 2004, as a user led charity, supporting people with learning disabilities to develop their self-advocacy skills.



We currently directly support 450 people with learning disabilities, and work alongside many other organisations, carers and professionals.



We are user led in every aspect of People First Dorset including our Trustees, Management Committee and staff team.

A FEW THINGS WE ARE PROUD OF



Our Management Committee, which sits alongside the board of Trustees. It ensures we are user led with our governance and we respond to member's needs.



We have strengthened our board of trustees. Each trustee has an area of expertise.



There has been an organizational restructure. We have appointed a full time Manager, Operations Manager and part time Office Manager.

A FEW THINGS WE ARE PROUD OF



We have updated our policies, constitution and employment contracts.



Written a business plan and introduced a new vision, mission and strapline.



Implemented robust financial recording systems and made sure we are GDPR compliant by having a new IT system and database.

A FEW THINGS WE ARE PROUD OF



There is a new People First Dorset website to improve our marketing.



We revisited the way our projects were delivered, to make sure they met our member's needs.



Secured project funding and looked at ways to fund more as well as developing a fundraising strategy.

A FEW THINGS WE ARE PROUD OF



We've expanded our reach, and now work in Somerset as well.



People First Dorset team have been innovative in response to the needs of members during Covid-19 and have had much supportive feedback.



We have worked on a number of national and international projects such as research with; the University College of London, Southampton University and Barod. We also presented at World Downes Syndrome day event.

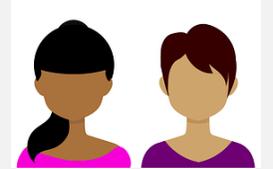
WOMEN'S WORKSHOPS



Funded by Dorset Community Foundation through Tampon Tax.



WHAT WE DID



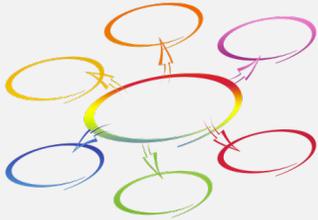
We wanted to get women with learning disabilities to have open conversations about women's health, relationships and wellbeing.

Some things we did were:

- Visit a sexual health clinic to see what services they offer. We travelled on public transport to the clinic so we could do some travel training.
- Visit the local hospital to see where the breast screening unit is.
- Have a lesson from breast cancer nurses on what to look out for.
- Talk about cervical screening tests.
- Visit the local gym to see how accessible they were and how they could adapt sessions.
- Live Well Dorset joined a session to talk about how to live a healthy lifestyle.
- A Police Officer did a workshop on internet safety and friendships.
- We did a workshop on managing feelings and relationships.
- We held a mindfulness workshop.
- We also looked at employment and volunteering opportunities.



BENEFICIARIES



Organisations who work with us benefit as they gain a better understanding of what it means to have a learning disability.

The people who join in the workshops benefit from a better understanding on women's health, relationships and wellbeing.



We worked with:

- Dorchester County Hospital
- Live Well Dorset
- Dorset Healthcare
- Fitness Anytime gym
- Weymouth sexual health clinic
- Poole hospital breast care nurses

WOMEN'S WORKSHOP VIDEO

We filmed different workshops and spoke to members as well as the People First Dorset manager, Laura Kerr.

We use this film to share what we achieved during the different workshops.

<https://www.youtube.com/watch?v=USjeNliOL04>

GET IN TOUCH



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