



people first forum

giving a voice
to people with learning disabilities



Newsletter Autumn 2025

Welcome

We hope you are all well and look forward to reading our latest newsletter.



Find out more about our set at Camp Bestival on [page 6](#).

We also had a Health Event for our members. There is more about how that went on [page 4](#).

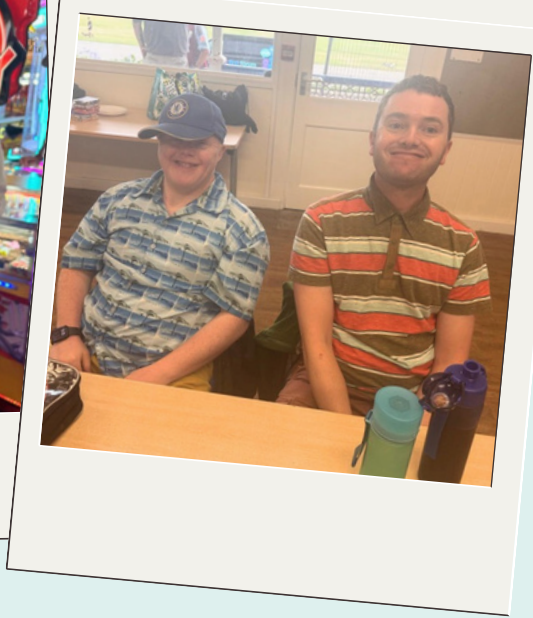
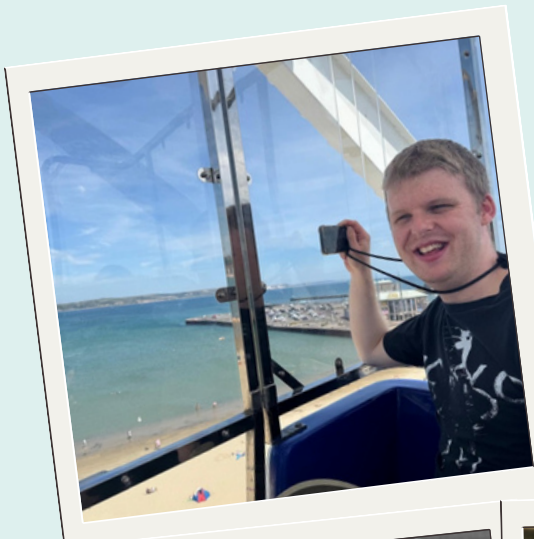


You can find out what activities we have coming up on [page 11](#) to [page 22](#).

If you have any ideas of activities we can do in the future please let us know.

Hope to see you all soon.

Best wishes, People First Forum



Health Event



We had a really successful health event for our members on 17th July 2025.

Over 60 members came and took part in the day.

There were information stalls about:

- Dental services
- Screenings
- Healthy eating
- Fitness
- Speaking up
- Blood pressure
- Diabetes



There was also a chance to try out some activities including:

- Chair exercises
- Aerobics
- Dancing
- Rugby skills
- Cycling





Some of our fabulous Mix It Up Kru took to the stage at Camp Bestival for the 16th year.



I love it. It is a good crowd out there. It is amazing and is great to DJ at such a big event -
Trey

It shows that people with learning disabilities can do the same job as everyone else when we get the right support - **Shaun**

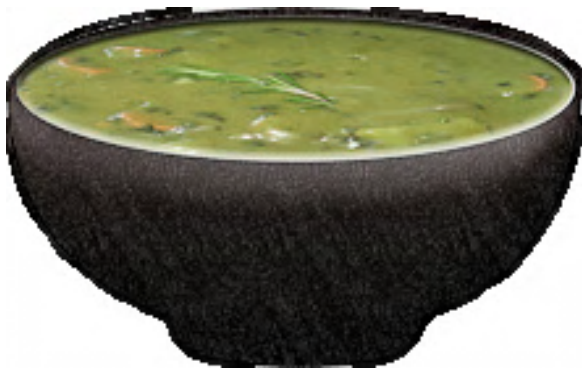


It was absolutely amazing. I love getting the crowd going. It is very important we put a smile on everyone's faces - **Kelly**



Being at camp Bestival means being accepted. It feels like we are a national treasure -
Shaine





Vegetable Soup Recipe

What you need:



Saucepan



Scales



Bowl



Knife



Peeler



Chopping board



1 potato



1 onion



1 carrot



1 Stock cube



25g butter



25g Plain flour



500ml of hot water



2 sticks of celery



1 Leek

What you need to do:



1.

Cut the ends off the onion,
then pull the skin off.
Chop the onion into
small pieces.



2.

Cut the ends off the carrot,
then peel it.
Chop the carrot into
small pieces.



3.

Wash the leek and then cut off
the ends.
Chop the leek into small pieces.

4.



Peel the potato and chop it into small pieces.

5.



Cut the ends off the 2 celery sticks.
Chop them into small pieces.

6.



Put the bowl on the scales and weigh 25g of butter.

7.



Add the butter to the saucepan and let it melt.
Add all the vegetables but NOT the potatoes.
Keep stirring for about 5 minutes.

8.



Weigh out 25g of flour

9.



Add the flour to the saucepan and stir for 5 minutes

10.



Put the stock cube into the jug with the hot water and stir it until it mixes with the water.
Then add this to the saucepan.

11.



Add the potatoes to the saucepan. Cook for 30 minutes with it slightly bubbling, this is called simmering.

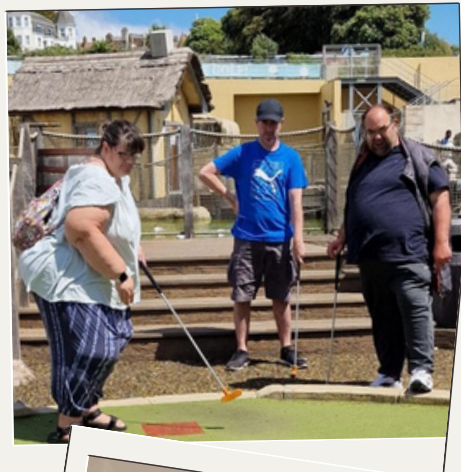
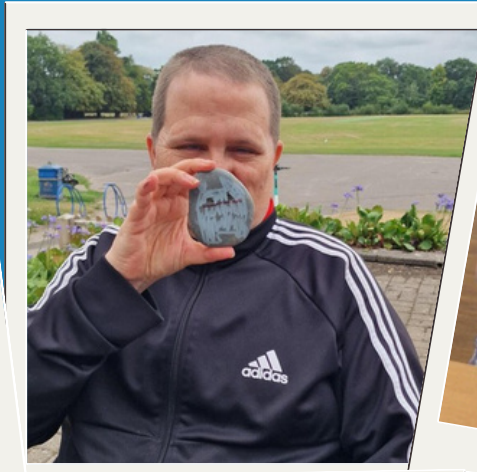
12.



After 30 minutes your soup should be ready.
Put it in a bowl and enjoy.

We hope that you enjoy this recipe.

What other recipe's would you like to see in our newsletter? Let us know by calling 01202 051014 or emailing office.admin1@peoplefirstforum.co.uk



Our Events



October 2025 to
December 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

October



Information Drop In

Monday

October

6

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

October

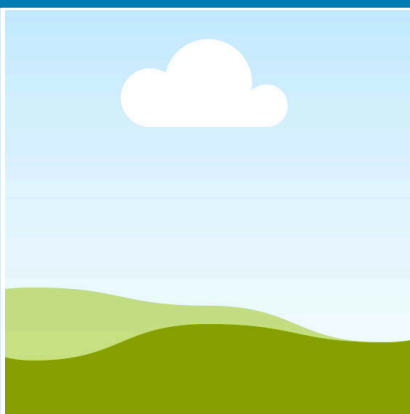
6

Time: 7.30pm to 9.00pm

On: Zoom

Cost: Free

Our monthly online speaking up group on Zoom.



Ringwood Trip

Tuesday

October

7

Time: 10.40am to 4.00pm

At: Meet at Bournemouth Square to get the bus with us

Cost: Bus fare and lunch

We will be getting the bus to Ringwood and looking around the charity shops.

We will also have lunch in a local cafe.

Meet at Bournemouth Square at 10.40am to get the bus with us.



Speak Up! Boscombe

Wednesday

October

8

Time: 12.30pm - 2.00pm

At: Joy Cafe, Churchill Gardens, Boscombe, BH1 4ES

Cost: Money for food and drink

Join us for a drink and something to eat at this months speaking up session in Boscombe.

BINGO

16	8	70	5	13
3	54	88	78	4
12	49	★	18	11
44	87	14	30	9
51	36	65	73	5

Pub Night with Bingo

Wednesday

October

8

Time: 5.30pm to 8.30pm

At: The Lord Wimborne, Poole, BH15 1QD

Cost: Money for food and drink

Join us for some food and drink and a few games of bingo. Please bring money for drinks or food you want.



Go Forum - Police Station Visit

Thursday

October

9

Time: 1.30pm - 3.00pm

At: Emergency Services Building, Wimborne Road, Poole

Cost: Free

Join us for a visit to the Police Station in Poole.



Speak Up! Christchurch

Tuesday

October

14

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.



Cycle Ride

Friday

October

17

Time: 11.00am to 2.00pm

At: Upton Country Park, Poole,
BH17 7BJ

Cost: Free

Bring your bike, or hire a Beryl bike and join us for a cycle ride along the Castleman Trail. Bring your own lunch or money to get something from the cafe.



Publicity Group

Tuesday

October

21

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.



Speak Up! and Bowl

Wednesday

October

22

Time: 12.30pm to 3.30pm

At: Hollywood Bowl,
Poole Road, Branksome

Cost: £6.50

Join us for a speaking up session on our monthly topic and then 2 games of bowling after.



Accessibility Group

Tuesday

October

28

Time: 12.00pm to 3.00pm

At: Blackwater Stream,
Broadstone, BH18 8DP

Cost: Money for drinks

This month we will be looking at how accessible some of the pubs in Broadstone are.



Information Drop In

Thursday

October

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.

November



Friends Forum - Online

Monday

November

3

Time: 7.30pm to 9.00pm

On: Zoom

Cost: Free

Our monthly online speaking up group on Zoom.



Go Forum

Thursday

November

6

Time: 1.30pm - 3.00pm

At: Poole Park Cricket Pavilion,
Poole, BH15 2SF

Cost: Free

Join us for this months speaking up group in Poole.



Picasso Art Workshop

Friday

November

14

Time: 1.00pm to 4.00pm

At: Oakdale Scout Guide Hall,
Darbys Lane, Poole, BH15 3EU

Cost: £10

Come along and try a Picasso style painting.
Tea, coffee and biscuits provided.



Shuffleboard

Monday

November

17

Time: 3.00pm to 5.00pm

At: The Quay Pub, Poole Quay, BH15 1HJ

Cost: £5

We will be playing shuffleboard.
Please bring money for drinks.



Karaoke

Thursday

November

20

Time: 5.30pm to 8.30pm

At: Wonderful Kitchen, Charminster, BH8 9QJ

Cost: £15

Join us for an evening of karaoke. Sing along to your favourite songs. Bring extra money for chinese food and drink.



Accessibility Group

Monday

November

24

Time: 12.00pm to 3.00pm

At: Mary Shelley, Bournemouth, BH1 2AD

Cost: Money for drinks

This month we will be looking at how accessible some of the pubs in Bournemouth are.



Publicity Group

Tuesday

November

25

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

November

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.

December



Friends Forum - Online

Monday

December

1

Time: 7.30pm to 9.00pm

On: Zoom

Cost: Free

Our monthly online speaking up group on Zoom.



Speak Up! Christchurch

Tuesday

December

2

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 months speaking up session in Christchurch.



Speak Up! Boscombe

Wednesday

December

3

Time: 12.30pm - 2.00pm

At: Joy Cafe, Churchill Gardens,
Boscombe, BH1 4ES

Cost: Money for food and drink

Join us for a drink and something to eat at this months speaking up session in Boscombe.



Go Forum

Thursday

December

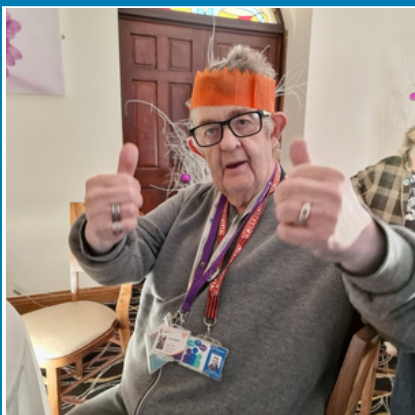
11

Time: 1.30pm - 3.00pm

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

Cost: Free

Join us for this months speaking up group in Poole.



Harvester Meal

Monday

December

15

Time: 6.00pm to 8.00pm

At: Harvester Neptune,
Boscombe, BH5 1BN

Cost: From £20

This years members Christmas meal in Bournemouth.
Join us for 2 or 3 courses at the Harvester in Boscombe.



Toby Carvery Meal

Tuesday

December

16

Time: 12.00pm to 2.30pm

At: Toby Carvery,
Fleets Corner, Poole, BH15 3EH

Cost: From £17

This years members Christmas meal in Poole.
Join us for 2 or 3 courses at the Toby Carvery.



Speak Up! and Bowl

Wednesday

December

17

Time: 12.30pm to 3.30pm

At: Hollywood Bowl,
Poole Road, Branksome

Cost: £6.50

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



Information Drop In

Thursday

December

18

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.



Wordsearch

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

Words to find:

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

Sunday

January

February

March

April

May

June

July

August

September

October

November

December

Yesterday

Tomorrow

Today

Contact Us

**Address:**

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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.

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With thanks to:

