

Harmony Newsletter

February Feedback Friday

We had some interesting discussions about a whole range of things this Feedback Friday including:

* Artyfacts - in the space under Livingstone Textiles there are opportunities to join groups doing wet and needle felting and lot's of other crafts.

* One of our members now has a massage table and will be making good use of it in the future. Anyone interested, can speak to her about it.

Magdalen Farm Trip

Some Members made the trip out to Magdalen Farm following them visiting us before Christmas. They had a fabulous time making bread and pizzas, feeding the animals and stroking them – even holding a chicken!! The group also started to think about spring and planted some beans.



If Magdalen Farm can get more funding we have decided to have another trip in the summer – so watch this space!

New Peer Specialist

There is an advert out at the moment for a 12-hour post for a new Peer Specialist for Harmony Drop-in. The closing date is Friday 14th February. We have agreed that we will invite all the people we want to interview to come to a session of Harmony for Members to meet them and give feedback to Caroline or Linda. We really value your feedback, and it will help us get the right person for the job.



Meditation

We are really happy to welcome this back on Fridays as our regular 10 minute meditation session. Start time: 11.00am.



Allotment Project

Watch this space as we will soon be re-starting the gardening at the allotment soon, so get those 'green thumbs' ready!!



Food Hygiene Course

There is a free course at Dorchester Library on Thursday 12th March. Some Members have already signed up for this. If you are interested please speak to Linda for details

Noise in the Assembly Rooms

We have had some concerns raised about the noise levels during both Harmony Drop-in and Community Front Room sessions. The Assembly Rooms has high ceilings and wooden floors which can make noise travel. It is important that we all remember that some people attending the sessions need to have a safe, quiet and calm place in order to manage their mental health. So please respect everyone's needs.



Thank you

Next Friday Feast

Just a reminder that we have our next Friday Feast on February 14th which is Valentines Day! So maybe we will have heart shaped biscuits! Please bring food that you like to share.



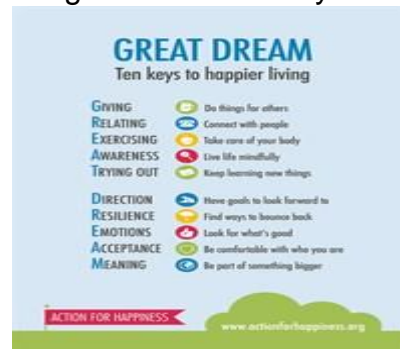
Good News!!

The Trustees have been successful in getting some additional funding for Harmony Drop-in. This will help us to be secure in planning for the future.

Action for Happiness Course

The Action for Happiness Course starts on Wednesday 19th February between 5.00pm and 8.00pm. The course is for 8 weeks and is now fully booked!

Don't worry if you haven't signed up for it – we will be running another one very soon.



Stalls in Bucky Doo Square

We have 2 stalls booked for Art & Crafts and Bric a Brac. The dates are:

- Saturday April 18th
- Saturday July 11th

If you want to sell any of your amazing creations, please get busy!

Date for your diary: The next Feedback Friday is on the 6th March 2020

