

# SAMEE Newsletter



## December edition!



### Interview with Supported Internship Coordinator (Year 1) Ricci Colla Reported by LC (Year 2 Intern)

**LC** - How long have you worked with the charity and what influenced you to become a mentor?

**RC** - I have worked on and off with SAMEE for 9 years. I was influenced by SAMEEs focus on the individuals rather than checking boxes. Overall, the goal is to enable the interns to be able to have a functioning business. Their current goal is working on how to introduce themselves.

**LC** - Regarding the mentors, how many are assigned currently?

**RC** - We have approximately 15 mentors on the Supported Internship

**LC** - Can you remember when SAMEE was established and its main goal?

**RC** - Samee was established in 2016; its main goal is to help disabled individual become more financially independent through the means of self-employment.

**LC** - As an acronym, what does SAMEE stand for?

**RC** - Supporting and Mentoring Enabling Entrepreneurship

**LC** - How can new mentors join?

**RC** - New mentors can join by speaking to Rob, who is our Young Person Lead. Rob would then invite them in to spend time and speak to our interns. So, they can understand what it's about and see how well they interact. They will then come to a decision and get back to you.



### Interview with Internship Mentor, Dan Spencer Reported by LC (Year 2 Intern)

**LC** - How long have you worked for the SAMEE Charity, and what influenced you to become a mentor?

**DS** - I have worked here for 2 months and I was influenced by the desire to use my skills to help others

**LC** - What are the current projects you're undertaking with the interns?

**DS** - I am working with a couple of the interns around creating a brand, and promotional materials that express the energy of their business

**LC** - How can interns join?

**DS** - Interns can join the program through various methods; which include, attending an open day or being referred by various local organisations. E.g. local councils



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### Update from year 2 Intern, Mr Clout

*"The first time I heard about the SAMEE charity, it was through my mums friend. She said it was helping people who wanted to be self-employed."*

*"It sounded like a great idea and a fresh new start. In the beginning it was a Rocky start, then I found my groove and they made me feel more confident. Helping me to make new friends and encouraging me to go out more freely and often. What I can say about the SAMEE charity is they want the best outcome for you for self-employment, and for you to progress your journey."*



### Spotlight on our DEBBS Adult Programme

*Mentor Scott Baxter been working with Susanne for 6 months to set up as a counsellor in private practice. Susanne had only ever worked for organisations such as charities and universities, but a change in circumstances meant that working for herself as a counsellor able to set her own hours and workload around raising her children made sense.*

*Susanne has experience working with people of all ages and backgrounds to come to terms with and process difficult circumstances, improve their emotional health and to feel less isolated. She's got a really down-to-earth approach and believes that normalising that we all go through tough times can really take the sting out of things when we're in a rough patch and feeling bad about ourselves.*



Check out Susanne's Facebook page here:

[www.facebook.com/susannealdermancounselling](https://www.facebook.com/susannealdermancounselling) where there's a link to her website and to book a free 15 mins intro meeting, or email [counselling@susannealderman.co.uk](mailto:counselling@susannealderman.co.uk)

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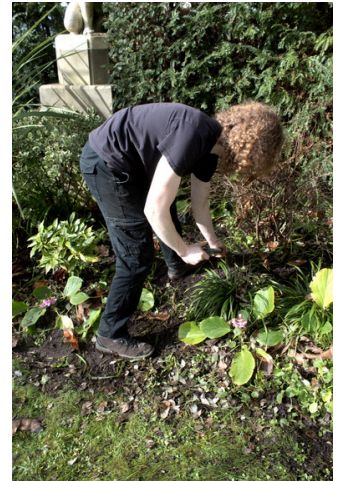


### Spotlight on our Supported Self-Employment Internship

#### ✂ Growing with Support from SAMEE ✂

Thanks to the guidance and encouragement from the SAMEE Charity, I've been able to build a small but thriving gardening business here in Dorset, it has been incredibly rewarding. I offer a wide range of garden maintenance services, from lawn care and pruning to general upkeep. I'm proud to have a loyal group of repeat customers who trust me to keep their outdoor spaces looking their best. SAMEE's support has helped me turn my skills into a reliable service, and I'm grateful for their belief in my journey.

If you're based in Poole or Hamworthy and looking for a reliable and friendly gardener to keep your garden looking its best, please feel free to contact me



### An incredible poem created by year 1 intern AF

**S**amee is a place where goals are set,  
**A**chievements are made,  
**M**agical things can happen,  
**E**ntertainment will always be given ( especially by Rob) and where,  
**E**veryone can be themselves.



*AF will be attending Crumbs Project on the 2<sup>nd</sup>, 3<sup>rd</sup>, and 4<sup>th</sup> December 2025 to complete her food hygiene certificate!*

## Upcoming events!



### 3<sup>rd</sup> December 2025

The UN National Disability Day, more formally known as the International Day of Persons with Disabilities, is observed every year on December 3rd. It was established by the United Nations in 1992 to promote the rights and well-being of people with disabilities and raise awareness of their inclusion in all aspects of society.





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### 8<sup>th</sup> - 10<sup>th</sup> December 2025

Three of our interns have been given a fantastic opportunity to go on a residential trip with Dorset Bee to set up a local bee apiary in Bridport based on their previous experience in Devon. It is also a great chance for our year 1 intern to get to know a couple of our year 2 interns! They will be accompanied by one of our mentors.



### 16<sup>th</sup> December 2025

We are having a get together for our year 1 and year 2 interns at The Marsham Court to celebrate the holidays and the amazing work they have all done this year. They are very much looking forward to this!



### Monday 12<sup>th</sup> January 2026

Come and join us at the Museum of East Dorset, Wimborne (09:30-13:30) for an Internship taster day!.If you have an EHCP and want to go self-employed, we just might be the right provision for you! For more information please go to:

<https://sameecharity.org/taster-day/>



## Recent News!



### Trip to Bournemouth Blind Society

Two of our interns got a great opportunity to go down to Bournemouth Blind Society and explore the different resources that are on offer. One of our interns is working on a project that he has created around using diamond art as a form of braille for SAMEE HQ.



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## Recent News!



### SAMEE TikTok.....

We have just launched our TikTok account where you get up-to-date behind-the-scenes footage from our Internship and what goes on at SAMEE HQ!

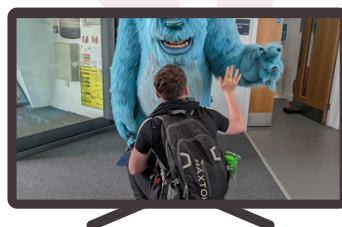
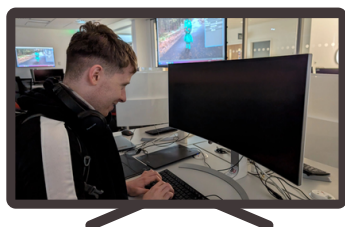
<https://www.tiktok.com/@thesameecharity>

### Bournemouth University Trip for two Interns!

Two of our second year interns got the chance to spend an afternoon at Bournemouth Arts University within the Animation Department.

Mentor, Errol – “The Uni trip with TB and JD was mind-blowingly good. When you look over at TB who is bouncing with excitement and open-mouthed at the presentation and JD who is smiling and fully engaged and chatting like a pro with the lecturer, coupled with an emotional moment for me as I was so proud and impressed with how TB and JD presented themselves and their work – it was amazing.”

Mentor, Adrian - “Veno demonstrated some programmes with digital sculpting, landscape design, texture and rendering capabilities. We were so inspired to see the work that the university students have been achieving.”



### Sam and Sianell go to Wembley!

The 18<sup>th</sup> and 19<sup>th</sup> November found Sam and Sianell attend the British Association of Supported Employment (BASE) conference. They had the chance to attend various workshops around different topics and also delivered a workshop around self-employment. The workshop they delivered was very well received, and they learnt lots of information that they have brought back to SAMEE!



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## Opportunities



### Nominate us for the “12 Days Christmas Draw”

The Movement for Good Awards is our annual programme of giving that anyone can get involved in, and again this year we'll be donating over £1 million to charities and good causes.

[Nominate us here!](#)



### SAMEE Bears!

Would you like to get your hands on a SAMEE bear?

Pop along to our office at 8 Richmond Gardens and grab one. They cost £5 per bear but look fantastic on your work desk!



### Volunteering!

**Would you like to get involved in SAMEE?**

We are always on the lookout for volunteers to help on our internship team and office team.

Contact us on 01202 424477 or [sianell.white@sameecharity.org](mailto:sianell.white@sameecharity.org) for further information!

