



Hello dearest Polar Express readers.

The sun is starting to peek through the clouds, the temperature is rising. The birds are starting to chirp again and I feel the need to start looking into the garden for little Easter eggs. We all know what this means. It must be the start of spring!!

This also means another edition of our polar express, spring 2017. We have another lot of great articles for you to read so you know what we've been up to over the last few months. Happy readings and don't eat too much chocolate! ☺



The Polar Express team.



Christmas lunch at the Craigmonie Hotel in Inverness 23rd December 2016.

We went for our Christmas lunch and disco at the Craigmonie Hotel. Almost everyone could make this nice day. In the morning we got up and dressed nicely for the Nansen Christmas party. At Redcastle station we had a warm mug of tea or coffees and staff handed some sweeties to the young adults from all the boxes of chocolates and sweeties we received over the past weeks. Before heading to the party, we had a chance to watch a presentation of photos made by Annelien of activities we had done over the year.

Everybody was very smartly dressed and we had a 3 course meal. A few weeks before we all choose what we wanted to eat from a menu sent to us by the hotel. The meal I had was a starter of Prawn Cocktail, the second course was Roast Turkey and vegetables and then a pudding of vanilla Ice Cream. You could buy yourself fizzy drinks. Food was very good.

We then listened to music and some people were dancing. Dieter was the DJ at the disco at to the Craigmonie hotel. Dieter did a massive job, he was a fantastic DJ. New Housing support staff members came to the Christmas party as well and I welcomed them to the Nansen Christmas party. The main party was held at the Craigmonie hotel in Inverness . We had the DJ set up and we had some songs that we danced to. We had a big hall to ourselves and everyone liked it because it was big enough for the whole of the Nansen crew. We all enjoyed it.



By SC and BS

Tollie Red Kite Visit

On Thursday 16th February, 14 young adults and 3 staff went to the Red Kites at Tollie. We had an early lunch at the station and spent the afternoon at Tollie, watching the Red Kites being fed. There were about 30 gulls and 6 Red Kites feeding and people were taking photos of them. In the building, there are information leaflets about different birds of prey and sculptures and wood carvings of Red Kites. They also had close up pictures on the wall of Red Kites. There is also a life size version of a Red Kite.



By AD

Shrove Tuesday

On the 28th February, we had a day where 2 of our young adults made pancakes with help from a staff member. We could put any topping on our pancakes including chocolate spread, fruit topping and honey. All the pancakes were delicious and everybody enjoyed them. *By SC*



5-a-side football on Thursday 9th March

On the 9th March, there was a Highland Disability Sports 5-a side competition with other schools and organizations who were also competing at the event. We had some supporters who came along to watch us.

We all did very well playing and David also got a reward for being the best goalkeeper at the match and he made the team very proud. The staff were very proud of him getting the award for the team and there were lots of other teams as well. *By BS*



Sarah M interview

Sarah was a student who came to Nansen for 2 months to see what we do. We had a chance to interview her while she was here.

1. Where do you come from?

I study at Robert Gordon University in Aberdeen but I come from Inverness.

2. Can you tell us more about yourself?

I am studying a degree in social work. I went to Inverness Royal Academy.

3. Will you be coming back to work at Nansen after your graduation? Do you have any plans for the future?

I might come back to Nansen after my graduation but I would like to get a job as a social worker but I'm unsure what setting.

4. What have you enjoyed the most while working at Nansen?

Meeting wonderful young adults and amazing staff members.

5. What are your hobbies? What do you like to do outside Nansen?

I teach Highland dancing and I also like socializing with friends.

6. How long are you here with us?

I'm here for a total of 8 weeks.

Thank you for your time, Enjoy the rest of your work placement.



By AD, MT and SC



OUR GOOD NEWS CORNER!

Congratulations to Mariusz and Monika on their new born baby called Matilda.

Matilda was born on the 19th of January at 8:00 in the morning.

Congratulations to Linda moving from Tigh na Cloich to work at Fram house. We wish her the very best of luck.



Darroch Bratt has joined us in the housing support team, we wish him the best of luck.

Nansen would like to welcome a new staff member called Caroline who will be working at housing support. At the moment, she is helping out at the station on a Monday and at Tigh na Cloich on Wednesdays.



Kim will also join us on Wednesdays and Thursdays to help out at the Station.

Justyna will do slightly less work in housing support and work full time at the Station.

By MT

Gardening news

As the weather is getting better, we are now thinking about gardening again. The gardening group have decided to make a planter that is accessible for everyone to plant different plants in. This is an ongoing project by the practical group. They have made us a second wooden frame and are now working on one which is on legs that all members of Nansen can use. *By AD*



Congratulations to Morgan who has completed his physical section for Silver Duke of Edinburgh.



He went to line dancing every week for 9 months he had a sheet to fill in by the teacher called Margaret. Line dancing is a dance whereby you mainly use your feet. You repeat the same dance moves in every direction of the hall dancing to country music. *By AD*

WELL DONE MORGAN!!



Interview with Caroline

Caroline joined the Nansen team to become a housing support member.

1. What is your favourite thing to do at Nansen highland?

Coming in and enjoying hearing people on Monday talking about their weekend. I also enjoy taking part in the various activities like going to the gym, shopping, ...

2. What are your Hobbies?

I like driving my scooter and I like to read books.
I also enjoy watching documentaries.



3. Why do you choose to work at Nansen Highland?

There's no other place quite like here. It is a very rewarding place to work, you feel you are making a positive impact on the young adult's lives.

4. Do you like Scotland?

Yes, I do. Although, I would like to see more sunshine! 😊

5. How long have lived in Inverness?

I have lived for a year and a half a near Inverness and I love it here.

6. Do you have a favourite football team?

No I don't

7. What did you do before Nansen Highland?

I was a full time mother and before that I ran my own business.

Tigh Na Cloich anniversary

We moved to Tigh Na Cloich on the 25th February 2015 , so we recently celebrated living 2 years at Tigh Na Cloich!! Fram House invited us to play Rollerbowl in Inverness. We had food and drink and there was some music that we were singing and dancing to. We all had a great time and we also watched the 6 nations rugby match, Scotland vs Wales and we were cheering because Scotland won and we were so so happy.



Every year, we've had Belgian students come to Nansen for a visit and over the years they have come, I've had fun and enjoyable experience with them doing different activities. Unfortunately, it's the last time this big group of 30 students have come to Nansen and we're going to miss them. But over the years, I've had good memories of activities we have done together, like showing them round Tigh Na Cloich and playing football. This year I went Dolphin spotting/walking at Chanonry point with 3 staff and 6 other young adults and 15 Belgian students. The teachers had never seen dolphins when they came and luckily we managed to see. And it was a beautiful day full of sunshine! Everyone who went walking and dolphin spotting enjoyed the day.

By AD



Spring 2017