



Hello dearest Polar Express readers.

As most of you know, one of our young adults, Shona Ann, has suddenly passed away. She was a happy young adult, who was always smiling and we were all very upset when we heard the shocking news.

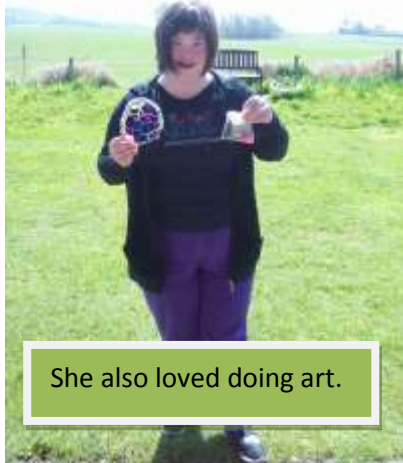
We thought it would be nice to have this edition of the Nansen Polar Express as a tribute issue to this lovely young lady who passed away too soon.

The Polar Express team.





Shona Ann loved her cooking.



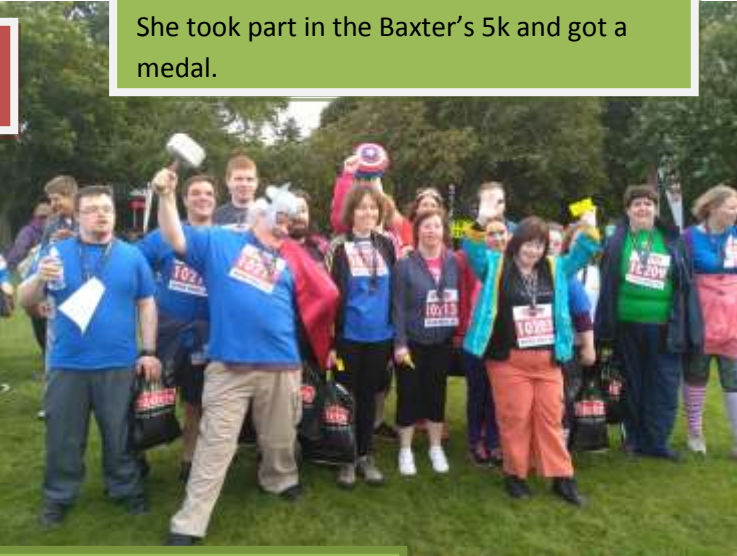
She also loved doing art.



She also showed us taekwondo moves



She got to steer the boat on the seagull boat trip.



She took part in the Baxter's 5k and got a medal.



She loved being part of line dancing.



She got to make and fly a kite at Aigas.

She enjoyed doing photography.





Shona Ann at Nairn Museum.
One of her last pictures

Shona Ann was always a good laugh and made us feel very happy.

By Ciaran

Missed but not forgotten



She came to the Nansen Christmas parties.



Highland Disability Sports

Swimming Gala

On the 26 of April, 12 young adults went to compete in the swimming gala

First we had a cup of tea at Redcastle station then we gathered everyone and we went in two vans to Invergordon Leisure Centre and we had to get changed for swimming.

We got put into groups and we waited for our turn to go swimming and all the wonderful staff were cheering for us and everyone at Nansen got medals.

We had to take our packed lunch and our swimming stuff at Invergordon.

After lunch, we went back into the van to Redcastle station.

Highland disability sports athletics.

On the 28th April 17 young adults took part in the Athletics competition at Inverness aqua dome. 4 staff came with us and we spent all day doing events and had lunch. Lots of events were taking place. There was softball, standing long jump, running long jump, 100 and 200 meter run, 60 meter run. I did soft ball, 60 meter run and standing long jump and I got 2 silver medals, 1 for standing long jump and the other for the 60 meter run. Some people got medals and we also won the cup again this year because we got a score of 41 and we beat Cantrybridge again. We were all excited when our organization was called out and we all gave each other a cuddle. We all supported each other as a team. It's good that people get medals but if people don't get one, it's not such a problem; people should still be pleased with themselves taking part in the events. We have taken part in the athletics before and we have won the cup twice in a row, last year and this year.





Staff

We can say welcome to 2 new Staff: Finn and Darina. They will mainly work for Housing Support, but once and a while in the station too.

Polly is studying in Inverness to be a learning disability nurse. Good luck, Polly! I miss you so much

Young adults

We would like to welcome Orla to the Station.

Denise has also left us because she has a new job, GOOD LUCK DENISE.

My volunteering

I started my placement at Wyvis House in Dingwall on the 6th June. I get the bus from Kilcoy to Dingwall and I work until 15:45 and get the bus back at 16:00 to Muir of Ord. At the moment while I've been volunteering I have been helping the residents make savour bags, passing the ball for bowling and accompanying Naomi around the house while a fiddler was playing his fiddle. I am really enjoying being there and getting to meet the staff and residents and I have been volunteering for 9 weeks and have 15 more to go. I need to do it for 6 months and for 1 hour – 2 hours every Monday or Tuesday afternoon. I want to continue going even after I have finished my volunteering for DofE.

By Anna D.



Camping

Camping group 1 – Embo

On Tuesday 27th of June we went to Redcastle station before half nine. The Young Adults who went camping helped out with the camping gear to put in the white van. Once we arrived at Embo, the first thing we had to do was to put the gazebos up, and the Young Adults helped to put up the tents after. Before lunch we went to the show bar and got a table to eat our lunch as it was really wet and miserable weather. After lunch we all went to have a look around the place to get an idea of where the swimming pool was and also the arcade. Then we went back to the camp site and got our swimming gear ready then went to the swimming pool. Then after we had a swim we were so hungry we had a BBQ for our Dinner. It was too cold to make our own hot chocolate outside, so we decided to go to the bar for a warm drink. There was a show on and some of us took part. Then we were all up and dancing till about 11 o'clock, before bedtime. On the next day we all went to Dunrobin Castle, where we could see the bird show and had a look around the castle and the grounds. We all had a great time and we were really tired but everyone wants to go camping again next year!



By Beth S.

Camping group 2- Embo

On Wednesday the 9th August I went camping in Embo with 6 other young adults and 3 staff. We packed all the sleeping bags, tents etc... into the white and silver van and left at half 10. We then headed to Embo and when we arrived, we put up all the tents and gazebo and got settled down. We then we had lunch and then we went to Dornoch and had ice cream, chocolate brownie and gingerbread and also looked around the shops. We then went back to the campsite and some people went swimming but Alex and I stayed with Fiona and Mariusz to help make diner which was a BBQ. It was also Fiona's birthday on the day so we had cake for desert and we sang happy birthday. After dinner and all the washing up was done, we all went to the arcade and Polly and I tried to play deal or no deal but we kept loosing.

The next day, we woke up, had breakfast, put down and packed all the tents, sleeping bags and air beds into the vans. We made lunch and packed the gazebo into the van. We then went to the beach for a walk or play football. This was difficult because of the sand! Meanwhile, Polly and Ryan even went into the sea! After all that, we headed back to the station to take everything back out the white van and tidy everything up. We all enjoyed the camping trip and it was Alex and Samantha's first time camping with Nansen.

Both camping groups went to Embo. The second group was away from Wednesday 9th until Thursday the 10th of August.

It was great fun! We did awesome activities like going to the beach and played games on the machines in the arcade.

By Sim C.



A few other events and pictures from the past few months:



We had our usual soup making during the work days in May and a lot of practical jobs got done, like painting, gardening, setting up the tents, general tidy up, ...

In May and June we went to visit Fort George.
In June there was a special D-Day exhibition



Exploring a local area is one of our new SQA units. This group (Rory, Cameron and Julia) decided to explore Ardersier and visited the cheese pantry. The group also visited the Nairn sweets shop.



Mary is happy to have finished the Duke Of Edinburgh Physical section!



This is a Summer Drama group at Eden Court. They were dressing up.





This was a cooking class taking place in Strathpeffer.



We explored Nairn museum with two different groups.



Special Olympics, Sheffield: Swimming and Golf

On Monday 7th August we all travelled down to Sheffield. For lunch we ate on the bus. Most people enjoyed the journey but some people did not like it. I thought the journey was too long that we all slept on the bus. We had golfers and Swimmers, on the same bus. We all had great time at Special Olympics, in from 7th till 12th. We all had bedrooms with en-suite bathrooms, there were comfortable beds but I did not sleep well at university of Sheffield Accommodation but the food was so nice and the people were amazing to all of us. The young adults that went there from Nansen were Beth, Ionutsa, Danielle, Morgan, Cameron, Charlie, Laura and David (who was playing golf). Most people got medals and ribbons. By *Beth Smilliie*

Athletics in Sheffield during Special Olympics from the 7th till 12th of August

We all met at the Morrison shop at 7:00 in the morning to catch the bus to Sheffield.

From Nansen Highland, 3 young adults took part in the Athletics events: Eve, Hannah and Mary. Natalie from the boccia team was also on our bus. It was an 8 hours bus journey to Sheffield. We stopped at Stirling services for breakfast, then we carried on to somewhere for lunch and then we finally arrived at Sheffield. We straight went to our accommodation where we unpacked.

The first day we went to see the other athletes and chatted. In the evening we had the opening ceremony. There we saw Japanese dragons, people giving speeches on stage, life music, acrobatics,... Headlining was Tony Hadley (an English pop singer-songwriter) and we also had music from James Toseland (he was a former double World Superbikes Champion) he sang his song "We'll stop at Nothing", which was the Olympic Games Anthem. Unfortunately it was chucking it down with rain.

My events in athletics took place the following day. On Wednesday, I had to do my 100 meter run and standing long jump. On Thursday, I had the softball competition. During that week, Eve did the 50 meter walk and shot putt. Hannah completed 100 meter run and she had another run as well. I got two white ribbons and a silver medal for stand long jump. The competition was very, very, very hard. Eve and Hannah both got medals too! We all did so well!

When we weren't competing, we watched the Athletics in the stadium and we had food provided from the stadium.

Our accommodation was very messy (people had left us a messy carpet) but the bed was very, very, very comfortable, (apart from the not so comfy pillow). We had en suite bathrooms.

We decided to go on strike on the second day because the food was very rubbish. So we ended up not eating anything. The following days we ended up eating from another provider, which was much better.

On the last day we had a MacDonald's meal. Everybody was very tired and I went to my bed early. The Silver van came to pick us up on 12 of August once we got back in Inverness. By *Mary*



Aigas Day

On 19th April we did birds watching at loch Garten in the Osprey centre. First we watched a Presentation that gave us Information about birds. Then we had lunch outside because it was a nice day. Outside there were also lovely birds to see.



After Ospreys Centre, we went to the red kites to watch them being fed.

Everyone enjoyed the trip. This was also the last day of Aigas member of Staff Called Liam. He guided us around often and gave us lots of information.

We all want to wish Liam good luck in his new geography teacher job and thank you for all the information you shared with us!

By Sim



Seagull Boat trip



On the 11th July, 9 young adults and 3 staff went on the Seagull boat trip. We were enjoying ourselves sitting and standing outside looking out at the view while we went along the canal in the boat. We got served teas, coffees and biscuits. We went up to Muirton Locks and then turned around and went the other way towards Charleston Academy. A few young adults also got certificates for steering the boat but I got a bit upset because I never got the chance to steer it.



By Anna



DofE - THE ROYAL VISIT



On the 26th of June, four young adults and two staff members had the opportunity to go to Cromarty to meet someone of the Royal Family. We were all dressed up for the occasion. Even staff were dressed up!

I started the day with working on the Newsletter and then had an early lunch. We left to go to Cromarty with the silver van and parked by the sea and walked to the village Hall.

Prince Edward arrived by helicopter. He is the youngest child of Queen Elizabeth 2.

He has taken over some of his dad duties (as Prince Phillip Retired) and is now doing the Duke of Edinburgh award schemes.

So Prince Edward came all the way to Cromarty to listen to how different groups (Nansen, St Clements, and Fortrose Academy School) get on with their Duke of Edinburgh. He also looked at photos, taken by members of the Cromarty photography group. He listened to the local choir and even tried out indoor bowling!

We sat on the chairs and waited. Meanwhile Prince Edward was going around the hall. He was talking to different people. Once it was our turn, we stood up to show Prince Edward our respect. I was quite happy to give Prince Edward a handshake rather than a curtsy. We introduced ourselves and started talking about Nansen. I was surprised to find out that the prince knew a lot about Nansen. Somebody did their homework! We were also talking about our expedition, physical, volunteering and skills of our Duke of Edinburgh adventure. The Duke asked about where we went for the expedition and asked if we enjoyed the trip. He was also curious what everyone is up to for the other sections.

I was very nervous and worried, because it was the first time I talked to someone of the Royal family but it all went fine.

After the Prince left, we had cake and sandwiches, juice, tea and coffee.

It was an interesting day and I would like to see Prince Edward again.

By *Mary*.

