



Aigas at Rosemarkie Beach

On Tuesday 2nd of August, everyone at Nansen had a day out with Aigas at Rosemarie beach doing rock pooling and dolphin spotting and we were also split up into 2 group and helped each other to build a tall wall. We also had lunch with us on the grassy part of the beach. Iain and I were more interested in the dogs. We also went to the play park and the shop.

We did manage to see dolphins and seals that day and it was sunny. Everybody enjoyed themselves. We were very lucky to see dolphins even though some of them were far away.



Annual senior athletics day

On Tuesday the 14th of June 2016, some of us went to the Athletics day in Inverness. There were teams such as Gairloch, Key housing, Isobel Rhind, Drummond, CantrayBridge, Kyleakin and Caithness. They all came along to do some athletics with us. The Highland Disability sport staff are Charlie Forbes, Fiona Green, Lesley Jones, Paul Davidson.

People competing from Nansen Highland were Beth, Anna, Danielle, Julia, Cameron C, Rory, Cameron B, Sim, Morgan, Shona-Anne, Charlie, Hannah, David, Mary, Robbie, Eve and Natalie.

People could take part in the following events: Walking (60 or 100m), running (60m, 100m, 200m, 400m, or 800m), long jump and standing long jump, shot putt, club throw and soft ball. At the end of the day, we could also do a relay. This is a running race in teams. There are 4 people in a team, each person has to run 100m.

Nansen was the overall winner of the day, so we got the trophy and we also got a cup for the speediest team of the Highlands. Lots of people brought back medals!! We all felt really tired but very pleased!



Aigas day

On the Thursday the 16th of June, everyone at Nansen got the chance to go to Aigas. We met Lady Lucy who showed us around her house and gardens. Lucy from Aigas then spoke to us about the different plants in the garden. We had a look at Aigas's sensory garden. We then headed back to the Magnus house for lunch. After lunch Lucy explained about bees and how they live. A big thank you to Lady Lucy for showing us round her house and gardens and also to Aigas Lucy for talking to us about the plants and the bees, everyone enjoyed the day.



Country presentation

Mary and Stacey did their country Presentation. The country they had chosen was Greece. We found out about the different language, alphabet, food, culture and the Olympics.

They also made lovely food for everyone to taste. It was Greek pie and Greek Biscuits. Everyone loved the food!!

These are Greek biscuits



This is Greek pie with Feta, dried tomatoes and spinach



Food for Health

On Monday 9th of May we talked about fruit. We made fruit art: food rainbow, a caterpillar, a sheep and a rat. We used different types of fruit like grapes, tomatoes, sultanas,... we also tried out unusual types of fruit like Dragon fruit, water melon, Papaya, Apricots, coconut and passion fruit. It was delicious!

On Monday 18th of July we made Natural yogurt and homemade vanilla ice cream. For the ice cream we used a vanilla pod, milk, cream, and sugar and egg yolks. I found making ice cream quite easy.

The ingredients for our homemade yoghurt were only some natural plain yoghurt and lots of milk.

I found making yoghurt hard because it wasn't easy to get the milk temperature right. We now bought a thermometer so hopefully this will make it easier for next attempts.

Everyone enjoyed to test the home made yogurt and ice cream.

On Monday 29th of August we made Beetroot Chocolate cake with the Food for Health group. We helped together to make it. It was really nice.



Liam's sister's deer stalking

On 12th March 2016 Caitlin Rhind (Liam's sister) ran the mighty deer stalker. What is deer stalking? It's a race where they send people to run across rivers, through forests and over hills in pitch dark weather on a cold day.

This is what Caitlin told us after the deer stalking event:

"It said it was 10km when we reached the finish line the they told us that it was actually about 20km! 😞 We ran, we fell (when I say fell I mean completely decked it about 4times!), we scrambled and slid. There wasn't a muscle in our bodies that weren't screaming stop by the time we reached the finish line! Yet we made it, one of the most difficult but best things we've ever done."

This wasn't the only thing Caitlin ran, she also did tough mugger (an obstacle course). This race took place on the 25th of June at Drumlanrig Castle. In total Caitlin managed to raise £608,00 towards Nansen. Thank you very much Caitlin!!!

Here is the link to Caitlin's page <https://mydonate.bt.com/fundraisers/caitlinrhind1>

Well done Caitlin!



Girls camping trip to Ardmair.

On Thursday 25th August Eve, Natalie, Caitlin, Mary and myself went camping to Ardmair for 1 night with Polly, Bart and Fiona. We left Nansen at 10:30 and headed straight to the campsite. Once we arrived at the campsite, we helped to put up the tents and empty the white van and Bart's jeep and then we had lunch. After lunch, we went to visit Made in Ullapool candle shop and the village of Ullapool and we went for ice cream. Then went back to the campsite to start making the BBQ (burgers, coleslaw, potato salad etc...) It was really tasty. Once all the dishes were done and we made lunch for Friday, Bart took Fiona back and the rest of us went back into Ullapool and went to the Arch Inn and the Ceilidh Place for a drink where we met up with Dieter. We also went to watch the pipe band. That night after brushing teeth etc..., we went straight to sleep because we were so tired. The next morning, we woke up at 7:30, got dressed and packed everything away. We then went out for breakfast in Ullapool because it was raining. After, we went for a short walk to Corrieshalloch Gorge before heading back to Nansen. IT WAS FUN!



Earlier in the summer, another girl's group went camping in Ardmair too. These were their pictures:



The Highland folk museum of child hood.

On Monday 25th July, 4 staff and 20 young adults went to the Highland folk museum in Newtonmore. We went there to see what life was like in the Victorian times. We visited the school where we all drew a picture with chalk. We visited a couple of other buildings and we had lunch there. It was a good day even though it was raining.



Nansen trip to The Childhood Museum Strathpeffer

During the week 15th – 19th August 2016 small groups went to the Childhood Museum in Strathpeffer.

We left at 10 o'clock to travel to the Museum with 2 members of staff with groups of 5 or 6 young adults. The museum was on the old railway platform at Strathpeffer, which is similar to Nansen highland. It was a Victorian design. The Victorians used Strathpeffer as a spa town.

At the museum we saw old toys, dolls and a classroom with chalkboard. There was a dress up area and lots of pictures to look at. There was also a small souvenir shop.

We also visited the old Spa pump room where the water was pumped for people to drink. We looked around the pump room and we saw a woman in a bath in mud/dirty water and saw the pumps where the water was poured. There were 4 Types of water; they all tasted yucky (so we were reliably told). There was also a sweet shop there where most of us bought some sweets.

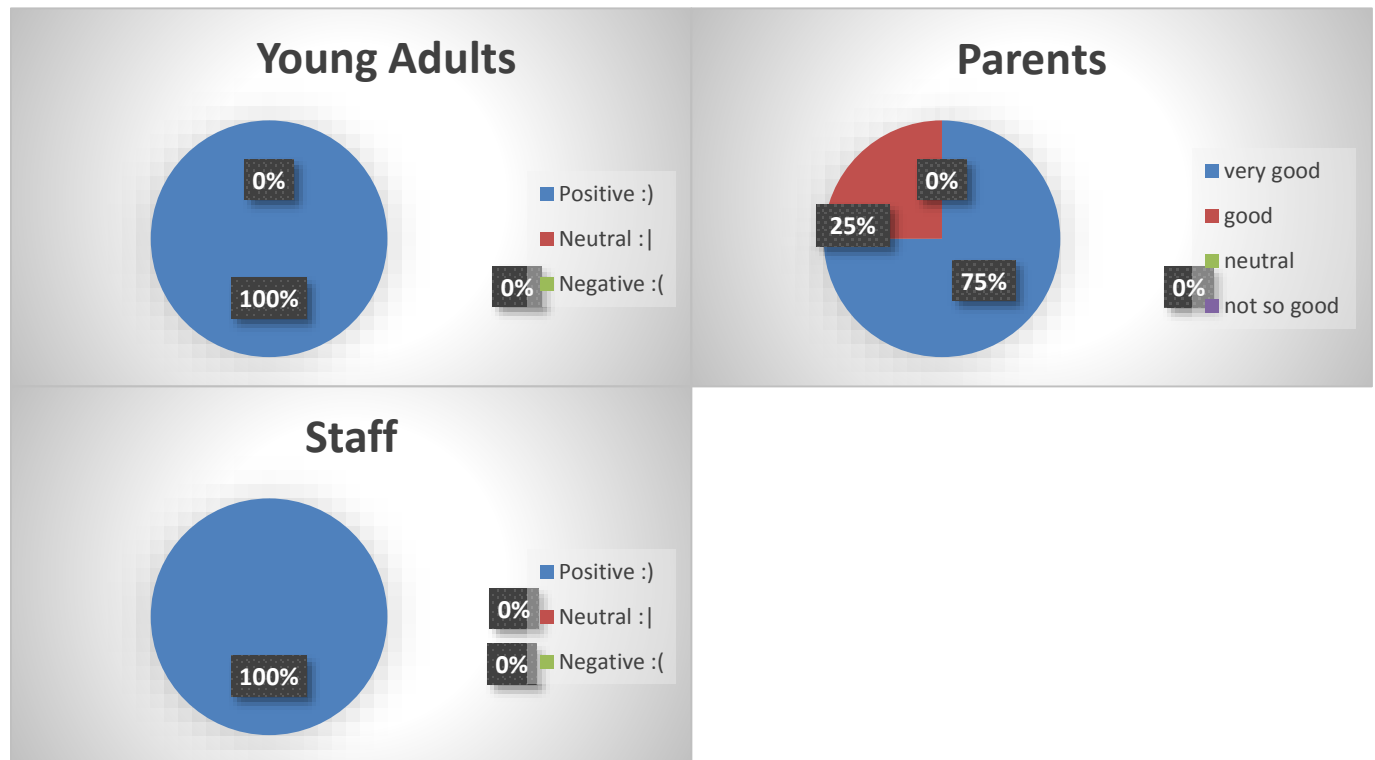


Your voice counts: Housing Support

We have prepared the results of Nansen Highland Internal Quality Assurance including our 2016 Annual Stakeholders' Questionnaire and Internal Quality Audit. Below you will find a summary of the key findings.

This year we received responses from:

- 4 Young Adults
- 3 Employees
- 4 Parents
- No Professionals



Some comments from the questionnaires:

Care and support:

- professional, friendly, understanding and caring
- The service user is well supported by a dedicated staff team, staff are very approachable.
- A short 15 minutes talk with staff before the shift has helped "iron out" problems. sar

Improvements suggested:

- Consistent ways of communicating
- More activities and social outings, concern about becoming socially isolated

Action plan and timeframes based on the suggestions from the questionnaire and Internal Quality Audit's findings:

- Further investigate leisure time opportunities for Young Adults throughout the year.
- Ensure communication is consistent through regular staff meetings.

Thank you for your input and feel free to contact us with any ideas that can improve the Housing Support Service Nansen Highland even further.

Polly tunnel news

The gardening groups have been planting tomatoes, potatoes, chilies, carrots, peas, cucumber, courgette, beetroot, sweetcorn and purple broccoli in the polly tunnel and they are growing really well. We have also tried to eat some of the vegetables i.e. the potatoes and the peas and most people liked it.

We have also been watering the plants and flowers around the station to keep them healthy and growing. Most of the plants need loads of water and sunlight to grow.



Anna and Cameron working on the sun flowers



Some of our home grown tomatoes!



Knowledge is knowing a
tomato is a fruit;
Wisdom is not putting it
in a fruit salad.

