



Welcome to the 9<sup>th</sup> edition (Winter 2016) of the Polar Express newsletter. Over the last couple of months we have done a lot of activities and thought it would be nice to share a couple of them with you, our readers.

### **Victorian Times**

On Friday 12/10/ 16 we had a Victorian day at Redcastle Station.

Beth started the day by showing a presentation about Queen Victoria.

Victoria was queen of Great Britain from 20<sup>th</sup> June 1837 until her death on the 22<sup>st</sup> January 1901

Then Stacey talked about Victorian Art, showing a Presentation and some art pictures she had drawn.

For most of the reign of Queen Victoria the Royal Academy of Arts, led the British art world into the Spirit of 19<sup>th</sup> century.



Mary then talked about Farming in Victorian times.

In 1837 when Queen Victoria became queen, more than half the population of Britain worked in the countryside farming. In those days most work was done manually as there was no equipment to help farmers.

We also did some activities, like making a top-hat or making colorful marbles.



In the afternoon there was a presentation about toys and games in the Victorian times. Children would save their pocket money to buy marbles and spinning tops, skipping ropes, kites or cheap wooden toys. Girls played with dolls and tea sets whilst boys played with toy Soldiers and Marbles. At the end of the day, we played some Parlor Game Activities.

We played a Memory game and everyone enjoyed it.

It was certainly played in Victorian times and it was a simple memory game. We were given time to look at the tray and had to try to remember the contents. Next the person looks away and the other person hides an item. Then the person that was looking away looks at the tray and has to guess what item is missing.



### Belgian Student called Sim.

We had a Belgian student from Bruges. His name is Sim. He spent 2 weeks with us learning and observing and taking part in our daily sessions. He wanted to know what we do at Nansen Highland. Sim went to drama, swimming and line dancing. Margaret, our line dancing teacher, told Sim to stand beside her to follow her for the difficult steps. Sim also worked on French with the young adults and sign language. He even helped out with the gardening. Sim also had a tour around Fram house and Tigh Na Cloich. Sim also joined us on the Aigas day to loch Ruthven. On his last day, we had a small party and Sim was happy to be here with us and said that he planned to come back to Nansen Highland in the future!



### The New kitchen.

On Tuesday 4<sup>th</sup> and Wednesday 5<sup>th</sup> October, we got a new kitchen fitted at The Station because the old kitchen needed an upgrade. The new kitchen was donated and fitted by MacLeod Roofing.

A **BIG** thank you to Macleod roofing for our new kitchen!!!

Anna



## Ullapool Trip

On Thursday 8<sup>th</sup> September we explored Ullapool. We were meant to go camping in Ardmair but because of the stormy weather, we decided to cancel camping but still went to visit Ullapool. We first visited a museum and then had a look around Ullapool.

For lunch, we had a chippy and fizzy drinks in the Seaforth Restaurant. After lunch we went to the candle shop “Made in Ullapool” where we had a candle making session! To make the candles, we had to heat up the wax and add smells (like summer fruit, tangerine, secret garden, hot chocolate,) and colors to it. Then we had to put them in moulds and let it cool down. Everyone enjoyed making candles at made in Ullapool. We all enjoyed our day in Ullapool and we hope to go camping next year. Sim



### Sarah's 20 years working at Nansen.

Sarah our project coordinator has been working with us at Nansen for 20 years. We would like to thank her for her hard work and for helping us. She is the person to go to if you have any problems or issues and she is awesome. Anna



## Bonfire night.

We celebrate bonfire every year because on the 5<sup>th</sup> of November the gunpowder plot, led by Guy Fawkes, failed and the parliament was saved. That night, Bonfires were set to celebrate the safety of the king. Since then, November 5th has become known as Bonfire Night. The event is commemorated every year with fireworks and burning effigies of Guy Fawkes on a bonfire. Every year, I go to the bonfire to join these celebrations. This year I went to both Inverness and Rosemarkie beach bonfires. My evening was with my family: mum, dad, brothers and my sister and her friends. We first went for dinner before going to the fireworks to fill our tummies.

We all went to Bught Park, near the aquadome. It was really muddy so we needed to wear wellies because it had been raining over night. It was also cold so we wrapped up warm. It was pitch dark but luckily I had my phone with me that had a torch light to see where we were standing. The bonfire was lit at 7:30 but we missed it being lit but we were on time for the fireworks that started at 7:45. The fireworks were on for an hour and it was really good so I decided to get videos and pictures on my phone. The bonfire was massively big and it was made out of straw, crates and a Guy Fawkes dummy. There was also music playing in the background as the shows were on at the same time. We stayed there till 9:30 and had hot chocolate with marshmallows to brave the cold. I really enjoyed it this year and the fireworks were really good.

The week after the Inverness bonfire we went to the one at Rosemarkie beach on Saturday the 12<sup>th</sup> of November. The bonfire was big and Guy Fawkes had a pumpkin as a head which I have never seen before. The fireworks were really good this year. Two of the fireworks landed into the sea and made a big bang. I liked the one at Rosemarkie beach the most because it wasn't as busy as Inverness and it was a good location as it was at the beach. Caitlin



### Grangemouth Athletics.

On Wednesday 14<sup>th</sup> of September 2016 8 young adults went to Grangemouth for athletics. We met at 6:30am at Matalan car park and the Highland disability sports minibus took us to Grangemouth. We stopped at Ballinluig motorgrill before Perth for breakfast. I had egg and black pudding rolls with a cup of tea.

Polly and Dieter were cheering us on at Grangemouth, I did the 60meter run, standing long jump and softball. At Grangemouth they were changing rooms and there was a small café if people wanted a warm drink. When people were finished Athletics we had lunch and waited for medals. We went back on the bus then Charlie drove to the motorgrill for dinner before heading back to Matalan. Anna

### HDS Ceilidh

On 26<sup>th</sup> of November there was a Ceilidh at the Craigmonie Hotel. It started at 8pm until late. It was to fundraise for the Highland Disability sports athletics team to go to Sheffield next year. We spent all night listening and dancing to the Strathnairn ceilidh band. We also got bacon roll and chips for supper and also got drinks. There was also a raffle. If people won, they could choose a nice prize from the table. The last event was a chance to win a whisky bottle. People had to throw a pound coin towards the bottle and whoever threw their pound the closest, won the bottle. Almost everyone took part in the dancing, some of the dances were Gay Gordon's, Strip the willow, Dashing white sergeant and Canadian barn dance. Everybody enjoyed themselves and it was a fun and enjoyable night and we raised over £1000. Anna



## Fram House Glasgow trip

Last year, we went on a trip to Edinburgh with Fram House. It was very successful, so we decided to have another trip this year.

All the residents decided to go to Glasgow this year and saved up money from the leisure budget.

We got a lift to Inverness from Bart to the bus station, where we got on the Mega bus to Glasgow!!!! In Glasgow city centre we took another bus to our apartment. In the evening we went out to an Italian restaurant for our dinner! It was very yummy.

On Thursday morning, three of us went to Hampden Park to look around the football stadium and we even had an inside penalty shootout! The other three went shopping. In the afternoon, we all visited the transport Museum. Everyone enjoyed it.

In the evening, we went to a Thai restaurant for dinner.

On the last day we looked around the shops before going back to Buchanan bus station to take the bus back to Inverness.

Everyone enjoyed their city trip to Glasgow.

Mary



## **Baxter' 5km Fun Run**

13 young adults and 10 staff took part in the Baxter's 5k fun run.

It took place at Bught Park where we had to go around the islands. It was sponsored by the Baxters Soups. It started at 10am and finished after about an hour and half later. We were tired but we all did it together, some people had taken photos when the event was finished.

We all got medals and a T- shirt and a goody bag when we finished. After the event we went to get free food where there was soup and a roll and we chatted together and we all felt really tired. And some of us where in the newspaper! Beth





### Calum's leaving party

Calum started working at Redcastle Station and housing support on July 1<sup>st</sup> 2016. Everyone enjoyed working with Calum and we are sad to see him leave. Good luck in your career in politics.



Unfortunately for us Jennifer and Chrisanne have left. We would like to wish them good luck in the future.



On a brighter note, we would like to welcome Darroch Bratt who has joined us to work in housing support we wish him the very best of luck.



## Your voice counts: Fram House

As promised in the last newsletter 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 with the full results available in the [Download](#) section of our website.

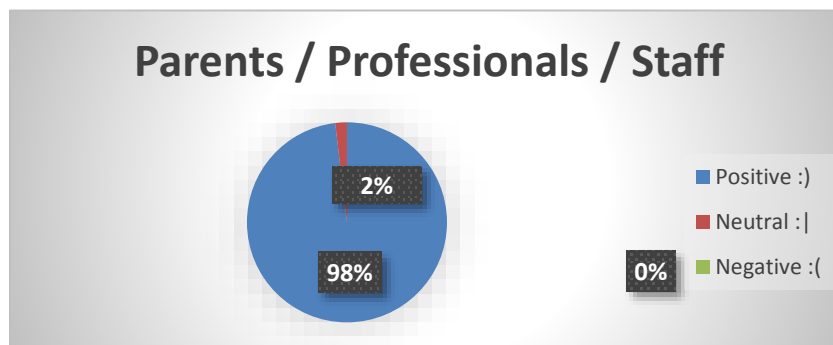
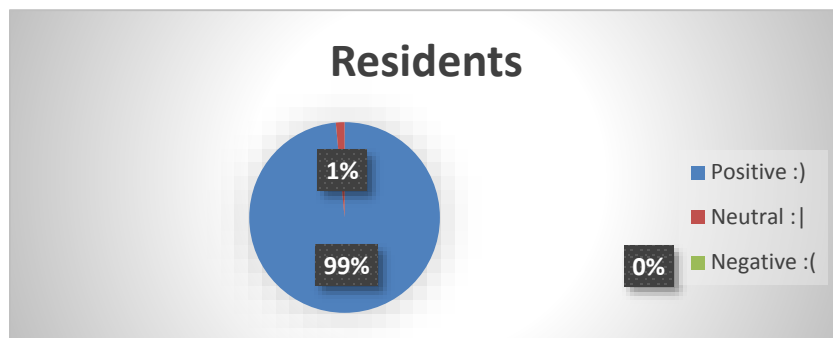
This year we received responses from:

4 Residents

2 Employees

2 Parents

3 Professionals



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

- One of our residents will be buying posters to decorate his bedroom
- We will consider flexibility of evening and weekend activities for residents
- The new Medication Policy will be revised and updated

Thank you for your input and feel free to contact us with any ideas that can improve Fram House and Nansen Highland even further. Please check the next issues of Nansen Newsletter for Annual Questionnaires' results for Redcastle Station, Tigh Na Cloich and Housing Support Services.

Everyone at Nansen would like to wish you a Merry Christmas and a Happy New Year. Best wishes for 2017.



# From the Nansen crew!

