

OUR VOICE
AUGUST 2017



MATTERS ARISING	ACTION
<p>1. Outcomes for Our Voice (from Shararri)</p> <ul style="list-style-type: none">• Service user is better able to express feelings.• Service user has better decision making skills.• Service user is better able to plan for the future.• Service user has an improved sense of self-efficacy.• Service user's views are better represented and taken account of in key decision making processes.• Service user has a better understanding of decision making processes that affect t  <p>The image shows a horizontal line of eight stylized human figures, each in a different color and holding hands. Below each figure is a word: Safe (purple), Healthy (green), Achieving (blue), Nurtured (orange), Active (red), Respected (purple), Responsible (pink), and Included (orange).</p>	

2. RRRC 30th Anniversary Celebrations

Thank you to everyone who gave their feedback, views and opinions on the 30th anniversary celebrations. 13 comments were made about this and these have been passed onto management. Some comments were as follows:

- Fantastic really enjoyed the whole lot
- Would like to do the party again
- Enjoyed dancing and cutting cake
- Lovely food, very good cake
- Loved the music and dancing
- Lovely day
- Really good, liked food
- Enjoyed the party but the food was not good and did not get enough of it
- Enjoyed the party but the food portions were small
- Enjoyed singing in a boy band, did not like the food as the plates were not big enough



3. Tables and Chairs for Quadrangle Area

9 people voted to purchase a table and chairs for the quadrangle area with 1 person voting against this.



4. Cinema Club Suggestions

Thank you to everyone who gave their ideas for future films to be shown at the Cinema Club. Some film suggestions were as follows: Adams Family, Ghostbusters (new version), High School Musical and Transformers and funny films.

Cinema Club



**Funny
Films**

5. Expressive Arts Groups

7 people put forward their interest to participate in future expressive arts sessions.



6. Theatre Trip

9 people put forward their interest about the possibility of a future trip to the theatre.



7. Coffee Bar and Lunch Options

Thank you to everyone who gave comments on foods and snacks they would like to see being sold in the coffee bar and at the Hatch.

Suggestions and Comments were as follows:

- Chicken fricassee
- More baked tatties
- Stir fry
- Spaghetti bolognese
- Fruit pots
- More fish and chips
- More rice dishes
- More quiche
- More sausages
- Different kinds of sausages
- Wotsits
- Egg sandwiches
- Smoothies
- Fried egg baps
- Pancakes
- Ginger beer and lime
- Like homemade chips and pasta bakes
- More variety of fizzy diet juice such as Pepsi Max in coffee bar
- Happy with things the way they are
- Like having hot meals and salads for lunch
- It has been raised that some people get bigger portions than others
- Sometimes the portion sizes are a bit small

Coffee Bar



8. Confidence to Cook

Thank you to everyone who showed an interest in future Confidence to Cook sessions. These names have been passed onto Margaret and comments that have come back is about having it on another day apart from a Wednesday.

Confidence to Cook



9. Photography Group Frames Request

As the Photography Group are exhibiting their work in a 2 month exhibition at Café Connect and they request £70 from the amenity fund towards to the cost of new frames so they could sell their work. 10 people voted for this and one person voted against this.

Photography



AGENDA

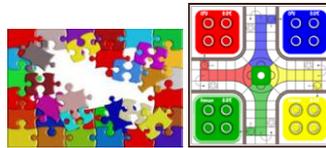
1. Additions to the IPOD

A request has been made to have the new album by Steps added to the IPOD. Does everyone agree with this?



2. New Games and Puzzles

A request has been made to have new games and puzzles purchased that can be used for certain groups and as table top activities. What does everyone think?



3. Smart TV Request

A request has been made to purchase a new Smart TV that can be used to link to the internet. Does everyone agree with this?



4. Coffee Bar Vacancies

There are vacancies in the coffee bar on a Monday, Friday or Wednesday morning. Please can people consider becoming a member of the coffee bar staff or consider increasing the time that they already work in the coffee bar.

Working in the coffee bar can offer a person many outcomes such as confidence building, being able to express yourself better, gaining a range of coffee bar skills such as food hygiene, cleaning, stock rotation, working as part of a team, being responsible, operating a cash register and kitchen equipment and money handling.

If anyone is interested please speak to your key worker or add your name to the sheet at the back.

5. Halloween Event

A suggestion has been made to have an event with a Halloween theme. What does everyone think about this, please add your views to the sheet at the back.



6. Christmas Activities

After a very successful Christmas programme last year people ideas for Christmas activities are being asked for in plenty of time so that it can be organised. Please add your ideas and suggestions on the sheet at the back or speak to your key worker. Also is there anyone who would be interested in assisting to organise these activities?



7. The Photography Group

The Photography Group are exhibiting a selection of their work at Café Connect during the month of September and August. All the work is on sale for a price of £20 per framed picture. Please feel free to visit the café to view these pictures.

Photography



8. Wake-up and Stretch Exercise Sessions

The After dinner Wake-up and Stretch exercise sessions are working quite well and thank you to everyone who is participating. These sessions offer a person a variety of outcomes such as increased physical health, good for balance, co-ordination, breathing and mental health.

Wake up
and Stretch



9. Adapted Bikes

The adapted bikes are available to use throughout the week so please use these. These can also be used over lunch time period or in the morning before structured sessions begin.

Accessible Bike



10. Broch Drama Group Production

Dear Sir / Madam

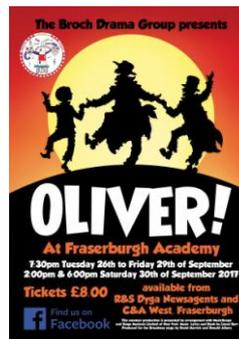
This year the Broch Drama Group is putting on a production of the musical 'Oliver!'

The show is running from **Tuesday 26th of September** right through until **Saturday the 30th** and will be at **Fraserburgh Academy**.

Show times are **Tuesday-Friday at 7.30pm and 2pm and 6pm on Saturday 30th September**.

Tickets will be priced at **£8 per person** and are available from the 9th September at the Fraserburgh **Super Saturday event** then at **R+S Dygas and C+A West**.

Block bookings are available for fifteen people or more and can be arranged by telephoning **Claire** on **01346 378448**.



11. The HD project

There is a new project started at RRRRC for the duration of several months. This project is facilitated by Staff from Banff Day Services who have funding to take this project to other day services. The project involves people making a CV DVD of their skills and activities that they are involved with and they will gain a host of skills such as use of camera, DVD, software packages, working as a team, organising their time, looking at their hopes for the future and to try new experiences.

