

Welcome To the Winter Messenger

Robertson Road Resource Centre

Issue 9



Prison Visit

On the 15th of September on a rather foggy and damp day both the YPG and Photography Group went to visit HM Prison Peterhead Museum. Group members were greeted warmly by the museum staff and were assisted to put on headsets that allowed them to have a more interactive experience by listening to the narration at specific sites in the museum. The tour took visitors back to 1888 to the present day, where they were able to view various parts of the prison, for example the laundry, cells, recreation areas, dentist/doctor/pharmacy and also more sinister parts such as the containment areas. Famous for the 1987 riot when Jackie Stuart was taken hostage the group members were able to listen to a narrative of the riot whilst looking at the historical photos and prison memorabilia. After all the heads were counted and no group members kept prisoners, both groups headed to McDonalds for lunch, not the traditional prison's lunch!



Can-Do Furniture Upcycling Project Drop Off First Upcycled Projects



The first of the group's items were delivered down to Unit D on the 28th of October by two of the group's members Fiona-Mary Park and Shonagh McKenzie. They were able to price their wares and also had a look around the showroom and chatted with the staff who were fixing the bikes. Both ladies hadn't been to visit the showroom before and were able to see their handiwork displayed for purchase. The group are currently working on various pieces in the Potting Shed at RRRC with both indoor and outdoor furniture in the workshop. **KEEP UP THE HARD WORK LADIES.** **On Yer Bike!!**



Thanks to Can-Do Bike Recycling my son Scott and I have spent the summer getting fit. I bought a super bike for Scott from Can-Do Bike Recycling which he says has made the hills easier. We've managed to build up our distance to 6 miles and are aiming for 10 miles by the end of the summer.

During our travels we have met new neighbours, fellow cyclists and even got held up with the dairy herd going in to get milked. Thanks to Can-Do Bike Recycling we have had a very good summer despite the weather and I have spent some lovely time with my son.

Donations Received

Tracey McCallum and Jane Gatt are pictured presenting Billy, Cassie and Ellie with a big envelope full of £744.50 which they raised by hosting 'An Audience with Annie Moon' on 19th August 2016 in the Leisure Centre. Tracey wished the money to be split between the Centre, West Wing and Can-Do as she has fond memories of working in all the areas through her time with Crossroads.



At Christmas time we are very lucky in that we receive donations from parents and service users who wish to remain anonymous. We are so thankful and appreciative, thank you!! You know who you are!!

William and his mum Tracey had a birthday party and decided not to receive presents but money in lieu, which they then very generously donated to the service user programme in the Centre and outdoors in the wider community. Great effort, thanks for sharing your birthday rewards!

The Christmas programme benefitted from all these donations and the programme throughout the year will continue to benefit from the financial boost.



The Soup and Sweets held on the first Tuesday of every month continue to be popular and well attended. There has also been an increase in folk coming to the Bingo after the Soup and Sweets, so it is good to see more people getting the good of all the things Robertson Road Resource Centre can offer.

The Enterprise Kitchen: The Hatch

The new Enterprise Kitchen is developing inspiring ideas. Moyra is showcasing the first birthday cake which was baked and decorated in “The Hatch”. Orders have been taken for Christmas cakes, Christmas slabs, dumplings and shortbread is all being handmade, decorated and packaged from the Hatch. Slow growth and forward planning have come to fruition and much patient effort has been needed from service users, staff and the public towards the long term goals for the Hatch to develop for a profitable future. Many Thanks to All involved



News this month is that we took delivery of a second Wheelchair Bike which was bought from a donation from Lady Wood. This donation now means that we have FIVE ACCESSIBLE BIKES in Fraserburgh now. This second wheelchair bike joins our fleet that consists of a tandem, a recumbent trike, the hand cycle and of course the other wheelchair bike housed at the swimming pool. The other bikes continue to be used regularly over the summer / autumn months and here we see Jack Clark giving the tandem bike a go.

Fruit and Vegetable Stall

Thursday Life Skills had previously been involved in volunteering at ‘Here For You’ in Broad Street, Fraserburgh, where they were selling fruit and vegetables on a Thursday morning for Community Food Initiative North East (CFINE).



Robertson Road Resource Centre have now set up their own partnership with CFINE where fresh fruit and vegetables will be sold during the bingo session at RRRC on a Tuesday afternoon and also on a Wednesday morning from 10.00 am to 12.15 pm in the foyer area at Fraserburgh swimming pool. This partnership offers people the opportunity to volunteer in their local community and gain a host of life skills as well as working in conjunction with other community resources and services. There will be a volunteering network based on a rolling rota and the space at Fraserburgh swimming pool is on a trial basis until the end of the year. So if anyone would like good quality fresh fruit and vegetables at reasonable prices then you know where to come!

My sessions with Lead Scotland



I was involved in group adult literacy sessions supported by Lead Scotland at Fraserburgh Community Centre where I gained skills in literacy, numeracy and time over a 10 week period. I successfully completed these sessions and for several months now I have carried on with my learning being involved with Lead Scotland in individual sessions.

I meet my tutor Rob every Thursday at Robertson Road Resource Centre and have continued to gain skills and knowledge with numeracy and money. I have enjoyed my involvement with Lead Scotland and hope to continue with this in 2017. Billy Horseburgh.

Soundbeam visits the Broch!

On the 11th November Kevin Briggenden came to RRRC to facilitate a workshop using his sound beam system. Sound beam is a computerised music technology device that uses sensor technology to translate body movements into music and sounds. It is an inclusive system that offers everyone the opportunity to make music. Various backing sounds can be used,



together with lighting and projected optics. Kevin has recently purchased a smoke machine and a bubble machine. This sound beam system has visited RRRC on several occasions now and is enjoyed by many.

The Photography Group

The Photography Group are currently undertaking an ASDAN in photography which is a certified course. The course offers participants step-by-step objectives that are evidenced and, once completed, the work is sent to ASDAN for verification. We will be working on this for a year and will incorporate some of the photography requirements for the RRRRC 30th Anniversary in 2017 into the course.

After having had two successful photography exhibitions in the past at Café Connect where we sold some of our work to members of the public, it is hoped that we can exhibit again in the future with some of the work taken for the ASDAN course. We will be displaying some framed and mounted photographs on the walls around the Coffee Bar at RRRRC and these exhibits will be for sale at the very reasonable price of £20 each. We did not manage to sell any photographs at Aden Park shop but we have approached the shop at Peterhead Prison about selling our work there. We are always on the lookout for other avenues to sell our work to the public so if anyone knows of any please let us know.

THURSDAY LIFE SKILLS COFFEE MORNING IN AID OF MACMILLAN CANCER SUPPORT

On Thursday 17th November the Thursday Life Skills organised a coffee morning in aid of MacMillan Cancer Support. The group arranged all the aspects of the event involving life skills in a host of areas such as risk assessing, team working, task working, money handling, banking, liaison with others organisations, partnership working to name but a few.



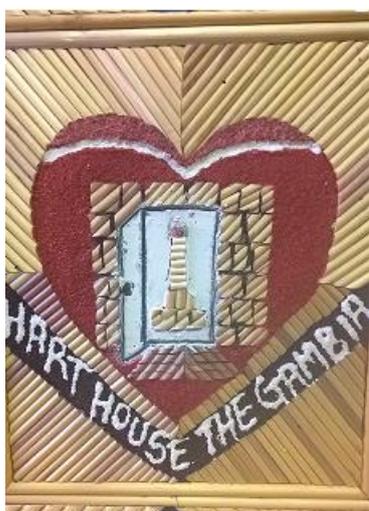
As well as a delicious array of scones and pancakes which the group ordered from a local bakery, Moyra in the kitchen made fantastic Victoria sponges layered with cream and jam, as well as providing tasty home-baked nibbles for every table. There were also raffles, a bottle stall, craft table, guess the doll's birthday and the apple tree game. Restore Furniture also came and sold some of their recycled furniture and home-ware and Christmas floral arrangements where on sale from Alannah's Florists in Longside. The grand total of £451.05 was raised. Thank you so much for all the kindness and generosity of everyone who attended the coffee morning, made donations and supported it in any way. Your kindness is greatly appreciated.



A lot of people have enquired if the Thursday Life Skills would be organising a soup and sweet Christmas Fayre again this year (2016) at the St. Andrew's Halls as it was so successful last year (2015). Unfortunately this year it will not be organised as it was run in conjunction with great support staff from our kitchen staff and, due to various reasons, their support cannot be offered this year but this is something that we hope to organise again next year (2017).

Hart House the Gambia

Thanks to the generosity of Gwen Lippe and her daughter Lynn and her partner, her colleagues and friends of Robertson Road, many children in a home for children with additional needs in Gambia enjoyed a Christmas with a bit of a Scottish touch. Baby clothes, toys, puzzles, colouring in books and cuddly teddies all found good homes amongst the children who live and attend day services in Hart House. Photos to follow in the next newsletter with a special story of Gwen's trip to Gambia over the festive period 2016.



Closures 2017

This year we will have building works being done at RRRRC. We hope to have our week's closure at the same time as the major changes. We will advise of our closure date as soon as we can plan ahead.

In-Service: Jan – Apr to be confirmed, Mon Jun 26th, Mon Sep 4th, Wed Nov 22nd, closed to service users

Centre Closure: Jan – June to be confirmed, Mon Oct 23rd – Fri Oct 27th closed

Useful Telephone Numbers and Websites

RRRC 515292

Café Connect

511202

Can Do 513555

Can Do/Furniture mobile 07557 582268

Robertson Road Resource Centre

<http://robertsonroad.org.uk>

Can Do

<http://www.candorecycling.co.uk/>

Visit Fraserburgh

<http://visitfraserburgh.com/>

Care Inspectorate

www.careinspectorate.com