



Dear Polar Express readers.

Welcome to our spring version of our newsletter 2023. The sun has started to peek through the clouds and the temperature is rising. The birds are starting to chirp again and I feel the need to start looking into the garden for little Easter eggs. We all know what this means. It must be the start of spring!

We know it has been a while since our last Polar Express edition but there was the small matter of Covid-19 to deal with.

Finally, here is our latest edition for you to look at. We have another lot of great articles for you to read so you know what we've been up to over the last few months. Happy readings and don't eat too much chocolate! ☺



*Edited by Anna*

## Christmas party 2022

On Thursday the 22nd of December 2022 we had our annual Christmas party. This year was the first Christmas party since Covid-19.

During the party, we also had the opportunity to say goodbye to old friends like Natalie, David and not forgetting Gareth. Jan joined as well which was really nice and it was lovely to see him.

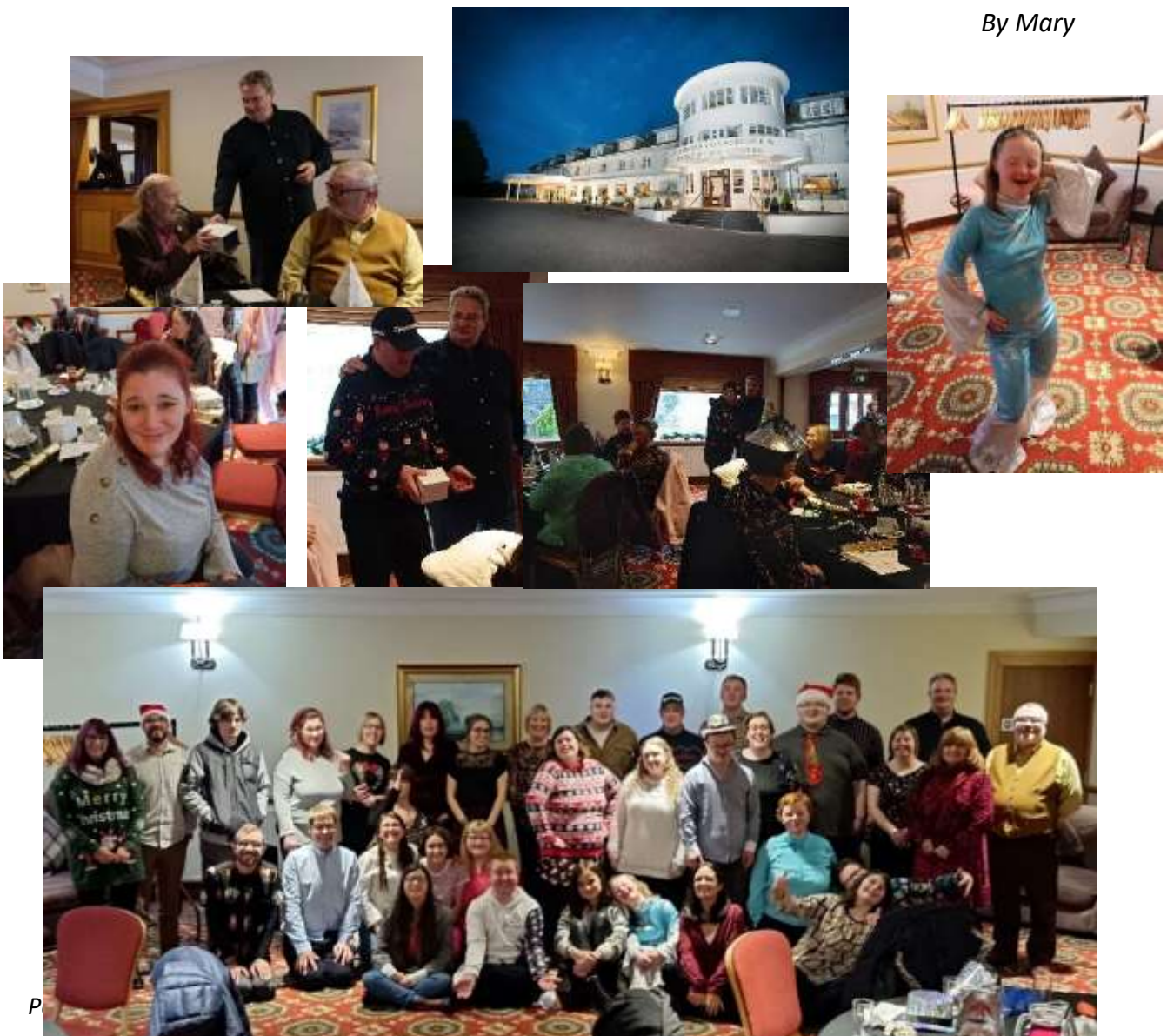
Natalie will be attending the deaf society twice a month and continuing with disability sports and exercise. It was very emotional for Natalie.

David is continuing to play golf and after attending Nansen for over 20 years, it was also very emotional for David.

The meal at the Drumossie Hotel was very enjoyable and the party afterwards was good fun!

Emily was the dj for the afternoon and everyone appeared to have had a good time.

*By Mary*



## Rory's leaving party Tuesday 20th of December 2022

On Tuesday 22<sup>nd</sup> December 2022, we said goodbye to our good friend Rory. Rory liked the band Queen and the band Oasis. One of his favourite songs was called wonder wall.

Rory did many SQA and NVT units while he was at Nansen but what he really liked doing was science experiments.

Magda, Rory's keyworker arranged a leaving PowerPoint presentation with his favourite times at Nansen. From tea parties, art and Aigas days out and his love of animals.

At the leaving party, we had some nibbles and Rory's favourite drink; Coca Cola.



Although it is sad to say goodbye to a close friend, we know that he is busy. Rory now goes to Cheshire house where he has made new friends and will have some new adventure. We will miss him very much as he is a very positive person and was always smiling.



*By Beth*



## My Holiday in Wales

### Day 1

On Monday 10<sup>th</sup> October, I went to Cardiff with my sister Annabelle to see my dad and my aunt Susan as it had been a long time since I've seen them. We travelled by plane from Inverness to Bristol. My dad came to collect us from the airport and went straight over to Cardiff. In the evening we went out for dinner to the pizza place in St. David's Shopping Centre which was in the city centre and had a cheese and mushroom pizza. I enjoyed it.



### Day 2

On Tuesday 11<sup>th</sup> October, we went to see my grandad in hospital which is outside Cardiff and Barry. We also went to Barry Island for the rest of the afternoon and had an ice-cream which was a lovely Mr Whippy ice-cream with strawberry sauce and for the rest of the evening we watched a comedy called the Alan Partridge Show. It was a good evening.



### Day 3

On Wednesday 12<sup>th</sup> October, we went to Cardiff Central Station to pick up Annabelle's boyfriend Jeremy and for the rest of the day we went to the 'Three Horse Shoes Inn' which is near Barry to see my dad's cousins Lena, Ray, Robert, Wendy, Nick, Paul, Joyce and Christian. Also my Aunty Joey, Uncle John, Aunty Claire, Aunty Susan, Uncle Richard and Uncle George came to the family reunion. It was nice to catch up with them so we had a lovely evening. Me, my dad, Annabelle and Jeremy stayed in the hotel.



### Day 4

On Thursday 13<sup>th</sup> October, we left the hotel my dad drove us back to Bristol Airport. That morning before we were leaving I felt sad because I was missing the people who I like but looking forward to going home. When we were back in Inverness we stopped to see my granny who lives in Kinmylies.



*By Julia*

## The Battle of Culloden

The Battle of Culloden was the final confrontation of the Jacobite rising of 1745

Charles Edward Stewart also known as Bonnie prince Charlie was the head of the Jacobite army. He was defeated by the British government forces under Prince William Augustus duke of Cumberland on Drum Mossie Moor near Inverness



What happened to Bonnie Prince Charlie after Culloden? When Prince Charles escaped from the battlefield at Culloden, he left almost all his personal possessions behind. During the months that followed he was hunted by government forces throughout the western Highlands and Isles.



Many years later, Bonnie Prince Charlie, by then a hopeless alcoholic, died in Rome of a stroke on 31 January 1788, aged 67.

I hope you liked my work today. I wrote this because it is interesting.

*By Reiff*



## **Interview Reiff**



**How was your first day at Nansen?**

My first day went very well.

**What do you want to do in the future?**

I want to do some voluntary work.

**What are your favourite hobbies?**

My favourite hobbies are football, swimming, TV, and watching rugby.

**What do you like so far at Nansen?**

Getting to know people and seeing my old friends from school and soar.  
(soar used to be a club in Alness).

**What is your favourite food?**

My favourite foods are pasta, Lobster, Tagliatelle, olives and Carbonara.

**What is your favourite country and why?**

Scotland is my favourite country because it's a good place to live and also there is a good work ethic.

**What did you do before you came to Nansen?**

I went to St Clements and collage on a Tuesday.

**Who is in your family?**

Mom, Dad, and my brother Rurie and my dog named flint.

## **My First week at Nansen highland**

On Monday's I go swimming to Dingwall swimming pool. I go with some of the young adults from Nansen. I do 17 lengths in the pool and I am very hungry afterwards. In the afternoon, I write articles in the newsletter. I enjoy this very much because it is group work and I feel welcome.

On Wednesday's I do exercise and dance with Amy I enjoy dancing and working out as this is so good for my health. In the afternoon, I work on country project. My chosen country is Thailand. My next country is Myanmar. I enjoy country project as I learn a lot about counties.

My first week was excellent.

*By Reiff*

## The history of Red castle

### A brief intro of the castle



Red castle is historically known as Edirdovar and Ederdour, It's a mediaeval castle in Killearnan on the Black Isle, Northern Scotland. It is so named from the colour of the stone of which it is built. The castle is now in a state of ruinous disrepair, although it is protected as a category B listed building.

The structure has a L-shaped floor plan and is approximately 3-stories. It does not have a roof at this time.

### History of the castle

Red castle was until relatively recently one of the oldest inhabited houses in Scotland. A castle on this site was first constructed by William the Lion in 1179 and was known as Edirdovar. The castle was held by Sir John Bisset 1230 and in 1278 by Sir Andrew de Besco. In 1455 the Black Isle was annexed to the crown.



By 1492 the castle and its lands were under the control of Kenneth Mackenzie, 7th of Kintail and they remained in the possession of the clan Mackenzie until 1790. The present building is dated 1641 but incorporates earlier work of rubble and ashlar masonry which is typically associated with older structures. Additionally, the castle was remodelled in the 19th century by William Burn. The estate was bought by Colonel H.D. Ballie in 1838 and passed into the ownership of the family of Lord Burton of Dochfour. The castle was requisitioned by the army during World War 2 and was finally vacated and partly stripped in the 1950s.



*By Megan*



## Afternoon tea party

On Saturday 24<sup>th</sup> September 2022 the fundraising group (Alex, June, Ciaran and Beth) organised an afternoon tea party.

It happened at Redcastle Station between 1 and 3pm. There were homemade cakes (butterfly cupcakes, millionaire shortbread, crispy cakes, strawberry tarts and biscoff cakes), sandwiches (tuna mayonnaise, coronation chicken) and either tea or coffee. The fundraising group also made shortbread and scones for everyone with the help from Fiona, not forgetting Susan and Dieter.

It was enjoyed by everyone who attended and I'm sure it will happen again.

Here are some photos that were taken on the day.



We would like to say thank you to the fundraising group for a wonderful afternoon and for raising £482 for Nansen.

The group decided to use the money that everyone went to Roller Bowl and everyone had to pay £10 less for the Christmas Party.

By Anna



**1. How long have you been at Nansen?**

I have been at Nansen for 5 years.

**2. How does it feel being in a relationship with Sim?**

My relationship with Sim is crazy and mad

**3. Where do you see yourself in 5 years?**

I would like to work with children.

**4. What are your hobbies?**

My hobbies are singing, dancing and writing stories

**5. What is your favourite food?**

My favourite food is pizza

**6. What is your favourite subject at Nansen?**

My favourite subject at Nansen is history

**7. What is your best achievement?**

My best achievement is athletics.

**8. What is your favourite musical?**

My favourite musical is Hamilton & Les Miserables

**9. What's your favourite colour?**

My favourite colour is pink

**10. What has been your best outing at Nansen?**

My best outing at Nansen is going to the Highland wildlife park.



By Anna

## History of Beaully

Beaully is a village in the highland area on the river Beaully 5 miles West of Inverness by the far west. The fertile land in Beaully was historically used to grow corn. Fruit has also been successfully grown.



Beaully has the priory (a monastery) and was founded in 1230 by John Byset, a monk. Now you can only see its ruins.

Local tradition said that Mary Queen of Scots once visited Beaully and exclaimed '*c'est un beau lieu*' whereby the name of 'Beaully' was born.



I live at Fram house in Beaully with my house mates and really enjoy living there. There are lots to see and to do and many nice places to eat and drink. We also have a caravan site in Beaully which is busy in the summer months.

The population of Beaully in 2023 is 1,400 people. There is new housing being developed opposite the church which will bring new people to the village and hopefully increase the population more.



*By Mary*

## My interview with Louise

I interviewed Louise on February the 6th 2023. Louise is a social work student from Aberdeen.

I asked Louise why she wanted to become a social worker.

Louise answered because she wants to help people.

It will take four years for Louise to qualify as a social worker

Louise hopes to gain experiences from her Nansen highland placement to better understand learning disabilities.

Louise has many hobbies including boxing, cooking and walking.

Louise has a favourite colour which is the blue. She has 2 dogs, 3 cats. Her parents have a farm in Fortrose, so she is used to many animals.

She likes food, especially roast dinner or Chinese food. She would like to work to with adults and children in her job.



*By Mary*

## Fire station

On Thursday the 9<sup>th</sup> of March, we went to the fire station for a visit. Two of the firefighters came out to meet us. They took us to the lecture rooms where they talked to us and told us all the things we would see. They took us around the building they explained as they went through all the different equipment and how it worked. The firefighters were very nice and they answered all our questions.

After the tour we moved on to the demonstration which was the best part of the tour I think. First they showed us what they wear on the job. In an old car they showed us how to take a door off using cutting tools, they got into a car to save people. It was very fast. They also broke some windows to show us the fast ways of getting to people. They tested the fire alarms to make sure it was okay for everyone and not too loud.



We were shown fire engines and the storage of hoses, first aid bags, all the cutting tools and equipment they needed. We were also taken to the boat used for sea rescue, as they work, alongside the RNLi (royal navy lifeboat institute)

We returned to the lecture room and we had a demonstration about breathing apparatus which looked very scary.

I think they do a very difficult job and we need them very much.



*By Mary*

