



In this issue we are interviewing Sarah Welsh. As every-one knows Sarah looks after just about everything in Nansen!

Sarah's interview

You have been at Nansen for a long time. When did you start?

1. I started 19 years ago on the 16th October 1996. I was Project co-ordinator in these days.

I used to do the holiday rota and out in the community.

I then changed jobs and took on finance, and payroll at the station. As well as doing that I attend any meetings on behalf of Nansen and I go to review meetings for the Young Adults. I compile and assess all the Quality Assurance Questionnaire's for all the Services. Unfortunately, I don't get out much as I used to and I don't have the fun I used to have.



2.What are the greatest changes that you have seen here at Nansen?

We started up with 6 Young Adults – now we are up to 30 young adults a week coming in different days. Nansen has grown a lot since I started 1996. At that time we employed 2 employees – the rest were volunteers many different nationalities! Very different nowadays. Our staff team is now at 22 and still rising!

As you can imagine our days are very busy and lively.

Nansen has now two residential houses 1 in Beaully and our new house in Muir of Ord. Nansen has recently introduced housing support either in the Young Adults own home or out in the community.

I love seeing everyone every day, but it would be nice to get out more this year.

It is great to see a young shy person coming into Nansen on their first day and leaving some time later, a confident independent Young Adult ready to go out into the world.

That is why in 2012, our 20th Anniversary, we had the Hogg Roast. It was fantastic to see so many old friends and Young Adults coming

3 Do you like staying at Kilcoy so close to your work?

Yes it has good points and bad points. I do not have to commute to work!

It is great when on call as it is very convenient to all residences and the station.

When on holidays it is not so relaxing, although all staff and Young Adults respect that we are not at work and do keep away!

4 What are the plans for the future of Nansen?

Our plans for the future are very exciting!

We hope to develop our Housing Support. As more Young Adults get their own tenancies and move on, they still want to be supported by people they know and trust, Nansen hope to fill that position.

We are also working on our Poly Tunnel and Gardening.

Aigas pond dipping and fire making.

On the 10th April, we had a trip to Aigas. In the morning we were in pairs and we were doing tracks and signs.

We went into the woods and made footprints and marked them with plastic cutlery.

We blindfolded some of the staff and young adults and we had to creep up on them without making a noise. We then had to smell different trees that had horrible perfume and disgusting vinegar smell and we had to try and figure out which tree was which. We also did pond dipping where we went to the loch side and fished out different water creatures with nets.

Aigas staff helped us figure out what they were and we found newts and beetles. We had an early lunch and after lunch we were all taught how to make fire

Aigas staff taught us how to dig a hole in the ground and to make the fires out of moss and twigs, starting it with a flint and spark. It was great fun with Roderick getting the fire going first. Once the fire was going strongly, Aigas staff showed us how to cook bread wrapped round a stick. It was strange but really good. Aigas staff then showed us how to put the fire out and replace the turf that we dug out at the start and stamped it down so that nobody knew we had been there or what we had been doing.



The Vives Visits

On the 25th of March we had our visitors from Vives .

Vives is the name for ipsoc which is our Belgium students Visits.

The students are studying Social work in Belgium and come and see how things are done and set up here in Scotland. Each night they go over what they have seen and learned that day and to discuss if they can use it in their future studies in Belgium.

We broke into 5 groups Football / food prep/ First Aid/ walk/ some went to Fram house. All the students had a great time at their activities. They all came back to the station for a BBQ and soup. As the weather was great we were outside. We had made shortbread for them as well and we all talked to each other and got to know them better. By the time they had to leave we were all laughing and sharing and telling jokes. We were sad to see them go.



Aigas day at Nansen.

On 5th June, Aigas came for the day. We got explained what was going to happen on the day and then we chose between 4 groups. Each group did different activities. One was pulling out old flowers from the pots and keeping the bulbs so that we can re plant them, another group was pulling out saplings from the nature trail and re potting them in the pots and the last two groups were working together on making a plan for the nature trail. One group was looking up pictures of different plants while the others were drawing out the plan. Once we got as many pictures as possible, we placed and stuck them down where we thought would be a nice area to have them.

We all helped each other out and the Aigas staff were so happy with the work we all put in.



Your voice counts: Redcastle Station

We have prepared the results of Nansen Highland Internal Quality Assurance including our 2015 Annual Stakeholders' Questionnaire and Internal Quality Audit. Below you will find a summary of the key findings.

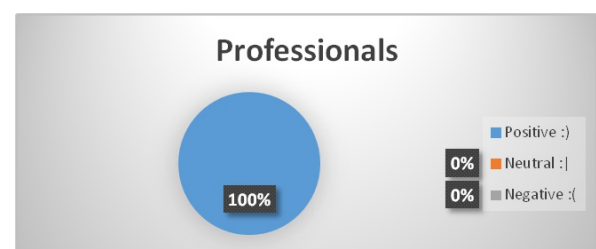
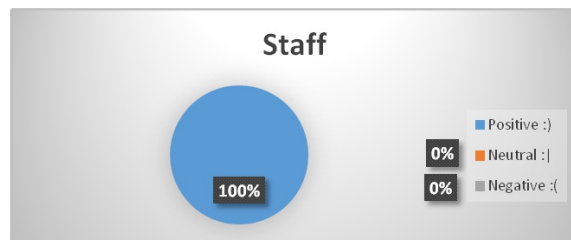
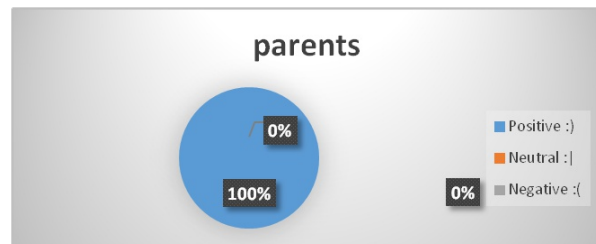
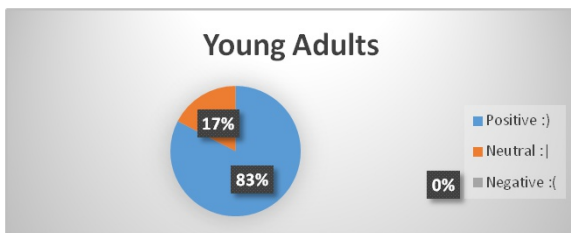
This year we received responses from:

23 young adults

14 parents

6 staff members

8 professionals



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

- We will upgrade the administration office in the best way possible (Winter 2015)
- We are currently exploring possibilities in the Westcoast area to open another daycentre (Summer 2016)
- If the work project gets funded, we will look into more employment experience opportunities and add SQA awards like employability into the mix to prepare the young adults as well as possible for a work experience. (November 2015)
- Explore a sign language course for young adults with an interest in sign language. (September 2015)
- We will continue the effective communication, e-mail and face to face contact with everyone involved at Nansen Highland (ongoing).

All these findings, suggestions and requests are in the process of being implemented throughout the service.

Thank you for your input and feel free to contact us with any ideas that can improve the daycentre at Redcastle Station and Nansen Highland even further. Please check the next issue of Nansen Newsletter for Annual Questionnaires' results for Tign Na Cloich

Employment event

On the 17th of April we left Redcastle station. We had 3 vans and Bart and the rest of staff went to Killearnan Church Hall. Bart said he needed help with new staff positions. This meant he wanted all the young adults help on deciding on how new members of staff were interviewed and what questions could be asked.

We got put in groups of 4 with two members of staff. We answered the questions in our group. We thought about what sort of people we should have at Nansen Highland. Trustworthy, fun, chatty etc. Also what questions we could ask them in their interview and how we could be more involved in the choosing of the new staff.

We listened to the other groups and to what they said, some suggested coming for lunch, so we could talk to them, coming to sports or walking and lots more!

It was a good day and it was very interesting



Invergordon Swimming Gala

Beth, Danielle, Eve, Cameron, Charlie, David, Hannah, Mary, Ionutsa, Julia, Sim and Robbie all went to the swimming gala on Wednesday the 15th of April. There were other teams there as well. HDS, Cantraybridge, Key housing, Caithness, Caberfaidh and, our selves, Nansen highland, to name a few. We all swam very well and then we collected our medals. We won 34 medals over all!

We had a group photo before changing and afterwards we all had our lunch and we all felt very tired. That day was a very good day all around.

Building Shelters

One day we went up to Aigas it was nice day not too hot or cold. We had lot fun making makeshift shelters out of wood, moss and sticks. Then we made models out of things we found in the wood. It was a fun day out. Everyone had lots of fun.



Work week at RCS

Every year everyone helps to make Redcastle Station look nicer on the inside and outside!

We were split into groups because there were many tasks that needed to be done. It took us a whole week but we got there in the end.

Here are some tasks we have done in the work week:

- 1) Painted the Oak house
- 2) Weeding and planting + cutting crass.
- 3) Painted the bridge
- 4) Fresh soup was made every day.
- 5) The two houses did some work in their house and gardens.
- 6) The work shop was finally sorted out
- 7) There were also work inside to be done.

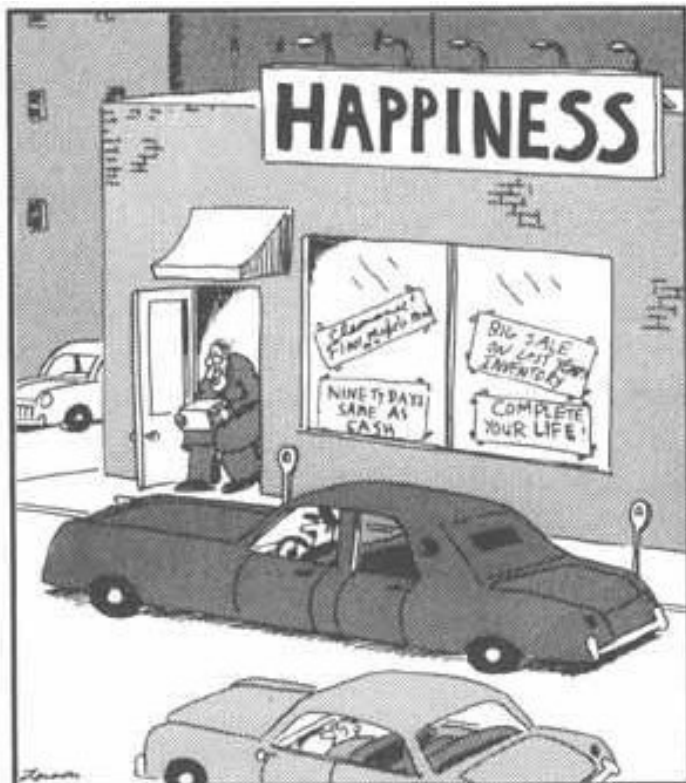
Everyone worked hard,
Well done everyone!

Writers

Beth, Anna, Mary, Ryan,

Editor

Iain



His few friends had told him he could never buy it, but Mr. Crawley surmised that they just didn't know where the store was.