



# Inform

## The Cedar Foundation User Forum Newsletter June 2009



### Suzanne Teer

The members of the User Forum were very sad to hear of the death of their friend & colleague Suzanne, who had a long association with The Cedar Foundation.



She was 18 years old when she 1st came to Cedar & was able to get around with the aid of crutches. As her illness progressed she became confined to a wheelchair, but it didn't stop her enjoying life & continuing her role as an enthusiastic & willing volunteer. She was a dedicated & supportive member of the User Forum who regularly attended meetings & events. The Cedar Foundation played such a large part in her life the she was volunteering in Balmoral until 2 days before her death.

Her radiant smile & cheery banter will be sadly missed.

### Departures

There have been many changes within the User Forum recently, not least the resignation of our Facilitator Anne McAleer. Anne worked tirelessly for The Cedar Foundation for many years & had a real passion for the User Forum which she helped to set up.

Hazel Rodgers, our chairperson for the past 3 years, decided it was time too for her to move on.

The Office Bearers & members of the User Forum want to thank them immensely for all their dedication & hard work & wish them both good health & happiness for the future.



### Bouncing babies

Everyone at Balmoral were delighted to hear the news that 2 new babies had been safely delivered. Our congratulations go to both Michelle Bolton who had another little daughter, Eve and also to Joanne Barnes who had a little boy called Caleb

## Brain Injury Awareness Week

To celebrate Brain Injury Awareness Week the trainees & staff within Brain Injury Services decided to put on their walking shoes and 'Walk the distance.' The total distance walked was 240 miles—the same distance it would take to make a round trip to each of the 6 Brain Injury Service office locations—Balmoral, Ballymena, Foyle, Newry, Enniskillen & Lisburn. With the help of some family & friends, each service walked 40 miles in one of their local parks and, thanks to some good weather that day, great fun was had by all!



## Robert Watsons story

My name is Robert Watson, I'm 25 years old and I live in Lisburn. I am a member of The Cedar Foundation User Forum. My occupational therapist referred me to the floating support. Terry is my support worker & he helps me with my shopping, cooking & how to best look after my money.

I have been with The Cedar Foundation for over a year now & I have changed a lot of things in my life. I feel I can do things better now!

Cedar helped me move home recently & I feel a lot safer. I have made new friends where I live now & I feel that I'm making a new start; there is a lot less stress in my life. I feel that my life is getting better & I look



forward to each day as it comes. I feel that I still need floating support as I still have things to achieve eg going on a holiday or maybe getting a different job.

The Cedar Foundation have been good for me & I hope it continues for a long time yet.

## The Green Team event

I was invited to the 1st Green Team Event in May 2009. it was really interesting & informative.

Kerry Nicholson welcomed us & explained that the aim of the Green Team is to make Cedar more environmentally friendly.

We then had a tour of Balmoral & were shown all the steps that have been taken to achieve a greener unit.



All the stationary is from FSC (Forestry Stewardship Council) paper & the pens are made from cardboard. We are encouraged to send emails instead of letters, & each office has a recycling bin. All tea & coffee used on the premises are fair trade & the boiler in the staff room is super efficient. The water in the cooler is piped from the mains which saves the use & transportation of plastic bottles. We have changed our electricity supply to Airtricity (for domestic use contact NIE eco energy). The bulbs are all energy saving & those in the toilets are movement sensitive, which mean that they only come on when someone enters & go off when shortly after they leave. A 'Dyson airblade', the most efficient available hand-drier has been installed in all the washrooms, thus cutting out the need for paper towels.

We even had a look at the urinals which also have a censor. They used to refill constantly but now they only refill when the water in the cistern is at a certain level. There are 'Hippo' bags in every cistern which save 3 litres of water with each flush.

After our tour Robert Wilson & Stella Maguire gave short presentations & then Kerry closed the event by giving us all Hippo bags containing fair trade chocolates, tea bags, stickers reminding us to turn off electricity & a pen made of corn starch (the same cereal as Doritos). We were then invited to a delicious lunch.

I left the event realising there are many simple steps we can all take to save energy & help the environment, eg;

1. Switch lights off when you leave the room.
2. Don't leave electrical appliances on standby.
3. Don't waste water—only use as much as you need; don't fill the kettle for 2 cups of tea.
4. Send emails instead of letters.
5. Recycle rather than dump.

Maybe we could all think more often about the effects our actions are having on the environment & show a better example to our family & friends.

### **Twisel Lodge & Ballymacoss residents & their homes**

Recently the residents at Twisel Lodge & Ballymacoss have seen their homes refurbished & extended. Everything is new & feels good.

Twisel Lodge has a new sun room, which functions as the office. The open planned living/dining room has been appreciated by all residents as it makes it easier to move around & has a great feel to it. The respite bed is now well established & is used by numerous families.

Ballymacoss was officially reopened on 15th June. Residents have newly refurbished bedrooms with great ensuite bathrooms. Each resident had the opportunity to choose their own curtain & bedclothes to make it



'their space'. All the furniture in communal areas is also new. The residents kitchen has been upgraded & gives great pleasure to use. Everything has been updated, modernised & individualised. Residents are settling back into their home after having lived elsewhere for 2 months whilst the refurbishment was taking place.

### **Good bye!!!**

This is your local champion/storywriter.

During the last few years I have enjoyed being a Local Champion for Living Options. I thoroughly enjoyed my time with the User Forum. I had fun with all my various duties, such as team building in Keswick, doorperson at the fashion show, storywriter for the Inform magazine and suggestion box opener and User Forum notice board up keeper.

In July I'm off for a years career break. I will leave the Northern Irish shores behind me and anchor in Nova Scotia, Canada. Here I will be working in a L'Arche Community home, which provides homely living space for adults with learning disabilities.

I'm hoping to gain some life experiences and come back a changed person.

**So long, farewell,  
auf wiedersehen,  
good bye**



## The Cedar Foundation User Forum Making a Positive Difference

The User Forum wish to thank all those who donated their Tesco for 'schools + clubs' vouchers with which we are hoping to help purchase equipment for Fleming Fulton School.



## User Forum Future Events In 2009

The User Forum hope to have at least 4 events each year covering the whole of our service user areas these include:

- A Halloween bash
- Christmas Lunch
- Easter Egg Hunt
- BBQ's

The areas for these events have still to be decided and all service users are welcome.

### To find more details please contact:

The Social Agenda Sub Group  
The User Forum  
The Cedar Foundation  
Training & Resource Centre  
1 Upper Lisburn Road  
Belfast BT10 0AP

**Tel:** (028) 9061 2424 and ask for the User Forum Office.

**Email:** [userforum@cedar-foundation.org](mailto:userforum@cedar-foundation.org)

## Suggestions

As you know we have suggestion boxes all over Cedar, but some of you don't have access to a suggestion box, we want input from as many people as possible so we have attached your very own Suggestion form which you can cut out and post to us at the address above.



### The User Forum Suggestion Box Form

Date..... Name.....

Contact Information.....

SUGGESTION.....

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Information provided will be treated with confidentiality at all times