

Inform!

The Cedar Foundation
User Forum Newsletter
Spring 2007



The New User Forum

*Anne McAleer - Facilitator
Hazel Rodgers - Chairperson
Alex Nesbitt - Vice Chairperson
Monica Acheson &
Deborah Cassidy - Acting Secretary's*

Committee Members

*Hugh Brannigan - Deborah Hoey - Sean
Hurrel - Geraldine Johnston - Conor
Heatley - Deborah Cassidy - Monica
Acheson - Brian Thornton - Linda Kelly
- Marshall Mooney - Michelle McGinley
- Alex Nesbit.*



Welcome to our Newsletter

*We hope you enjoy this edition and
please let us know what you thought of
it. We will be hoping to produce a
newsletter*

*every quarter and will be asking you to
send us in any projects you are working
on or anything you think the rest of us
would like to hear about.*

*Deborah H, Deborah C, Conor,
Raymond: Inform Committee.*

Recognising Achievements

Although there are many trainees at The Cedar Foundation we can only enter a few every newsletter. Pamela Bailie and Larry Anderson have successfully completed BIC's cleaning operative training, incorporating Level 2 award in food safety in catering, communication in work and emergency first aid in the work place. The training finished with mock interviews at the Royal Victoria Hospital, which both Larry and Pamela attended.



Welcome To Claire Ward

The User Forum would like to welcome Claire onboard as the new clerical officer.



About me

My name is Geraldine Johnston. I came into respite to Ardkeen Residential Home for a few times in 2004. During one respite stay my mother passed away. I found it hard to be at home as I wasn't as independent as I used to be. I didn't want to rely on my family, so I finally moved to Ardkeen permanently in September 2004. The staff at Ardkeen were caring and understanding, which helped me through this difficult time.

At first I found it hard to settle into my new surroundings, I never had to share my home with other people, but I soon got to know everyone and it became my way of life. I attend a Day Centre five days a week and go out to my nieces' house every weekend. We had a few parties in Ardkeen which strengthened our communal spirit. Then there was the 'big move' in June 2005 and all my belongings were packed away and everyone moved to Minnowburn. This has been my home for approximately 18 months until the new Ardkeen flats are completed. Thankfully, settling in this time didn't take as long, as I knew all the residents and staff. At the beginning I would sometimes get lost in the long

corridors, but now everything is OK. We had a big summer party in August and this was the beginning of a new period in my life, as now everything is happening. I have recently chosen furniture and colours of utensils for my new flat in Ardkeen. I am getting training in how to be more independent and information on all the services I can avail of. What will it be like living on my own, having to budget my money? What will I buy when I have to go shopping? What will I cook for dinner? Will I be able to do my cleaning and laundry? What about staff, are they still going to be there? Will my family come visit me? What about the Day Centre - will I have to prepare my own sandwiches? Will I be lonely? Will I be able to keep in contact with other residents? What will it be like?

Well Wishing



The User Forum would like to wish Sean Hurrell well as he is leaving the User Forum and will be missed.

Joke Competition

Have you any good jokes? Please send them in and the best one will be printed in the next Inform with the winner getting a £10 HMV voucher.

The User Forum
Teambuilding Weekend at The
Calvert Trust, Keswick
20th - 23rd April 2007



Everyone met very early at the HSS Stena terminal on Friday 20th April for our departure to Stranraer. Some of the younger members of the group were particularly excited as it was to be their first trip away from home.

We all got seats beside the windows and some of us proceeded to the on-board cafes to get breakfast.

We were met at Stranraer by the coach. It was great as the coach was large and roomy with plenty of space for the 3 wheelchairs as well as the rest of the group and our luggage. The journey to Keswick took about 2.5 hours and we had a break in the middle for a cup of tea and a sandwich.

When we arrived at The Calvert Trust we were met by our instructors Lou and Jill for the weekend. We were shown our rooms and told to meet at the store room to get our "kit" for the weekend's activities. This was hilarious as we all had to try on wellies, rain coats and various other items to keep us warm and dry over the week-end. The rest of the afternoon was spent getting familiar with the site and its amenities, for some of us it was our second time at the centre so we just had a cup of tea and chilled out for a while.



Everyone got together again for the evening meal which was very enjoyable. After the evening meal some of us decided that we would have a swim in the centre's swimming pool.

On the first day the group was subdivided as there were too many people to for one instructor to work with. We had the Barf group and the Dodds

group. The first morning was spent horse riding and doing archery with a short break for lunch. In the afternoon the group switched: Barf group went blind orienteering, where we had to guide people with blind folds through the forest and over obstacles.



By the time we got back to the Calvert Trust everyone was exhausted and Conor Heatley asked if any of the group would like to take part in a short tai chi lesson to relax.

The second day brought more excitement with the entire group going down onto the lake for sailing and canoeing. Most of the guys that came from the canoeing were soaked from the water fight where the guys that went on the sailing boat came back dry and relaxed. Everyone enjoyed this

activity thoroughly.

In the afternoon the groups broke up into Barf and Dodds again, with Barf going off to do an 80ft abseil and Dodds went off to do orienteering. Our last activity of the weekend was a disco with another group of young people staying at the Calvert Trust!! A great night was had by all as everyone joined in and some of the other group even dressed up.



The team building weekend was a great success and was thoroughly enjoyed by all User Forum members, staff and support care.

***BRING ON NEXT YEAR'S
TEAM BUILDING WEEKEND!!!***

Congratulations

To Martha Logan
from Ballymena
who won the last
Inform's Sudoku
puzzle and got a
£10 HMV
voucher.

