



Newsletter

Colebrook

Inspiring people, supporting communities

Issue 44 October 2024

Contact Your Voice for Quality: Email yvfq@colebrooksw.org or telephone 01752 205210

YvfQ "catch ups"



We usually meet at Colebrook Offices for our catch ups with some people joining us via Microsoft Teams. However, once a year we meet in a different venue. This year it was near the City Centre.



In the pictures you can see Darren, Harvey, Trevor, Miles and Kris.

Some information about Your Voice for Quality Catch Ups

We meet every month on the 4th Tuesday usually at the Colebrook Office. If members of the group find it hard to travel or prefer to stay at home they can join the meeting using Microsoft Teams if they prefer. We usually meet for around 2 hours and try to make sure we have plenty of time for discussion. We get involved in lots of different things.

At our last Catch Up on Tuesday 24 September we looked at the final plans for our car wash, reviewed the SAT Welcome leaflet and our Terms of Reference and began to plan a social event. We hope there will be more information about this in our next newsletter.

If you are interested in being part of the group please do let us know. We are happy to have a chat with you about the group if that would be helpful. If you are interested please email yvfq@colebrooksw.org or speak to your support worker.



The YVfQ fund raising car wash went ahead as planned on Tuesday 1 October. We started at 10.00am. and were very lucky with the weather. In total we washed 7 cars and raised £50.00.

The picture shows Darren and Harvey working hard.



Client of the month nominations in August



Azrael supported another client to cook a meal as the other client was nervous using the equipment. The other client also ate their food in the kitchen for the first time with Azrael.

PBI joined the gym 6months ago and has been cutting down on their sugar intake. At their recent health assessment, it was confirmed they had lost 1 stone in weight since they started attending the gym. Also last week, they had built up the courage to attend the gym on their own.

Client of the month nominations in September

MF has adapted well to their structured support plan on a weekly basis and achieving so much in their support time. Well done.

Remember Anyone can nominate someone who has achieved something no matter how big or small. People who are nominated receive a certificate. On an annual basis there is a prize draw for those people who have been nominated throughout the year.