



# QUALITY EYE

**Colebrook**  
inspiring people, supporting communities

# NEWSLETTER

Issue 6

January 2017

*Quality Eye would like to wish all of our readers a happy and peaceful new year*

## Quality Eye Updates

### New core group members.

We have two new members in our core group Sean and Ian. This is what they said about Quality Eye.



#### Sean

I joined Quality Eye three months ago after hearing about the games day and Quality Eye in the newsletter. I attended the games day

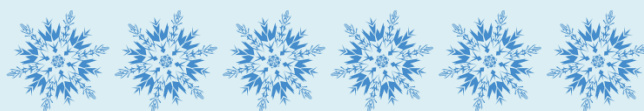
and was asked if I wanted to join Quality Eye. I enjoy the meetings very much and have met interesting people; it is very rewarding.

#### Ian

Quality Eye was very new to me and I came to the group after my support worker told me about it. I find it difficult to go to the meetings but try hard to attend. Going to the group gives me something to do and another interest.

## Quality Eye car wash

We had the first quality Eye car wash on the 10<sup>th</sup> October that included chill and spills. However, we did raise just over £100.00 for the Colebrook's promoting independence fund (a fund aimed at supporting people to be independent in their homes and day-to-day lives). The car wash coincided with world mental health day and a Colebrook cake competition.



## Contact Us

**Tel: 01752 205210**

Quality Eye is a voice in Colebrook for people who are receiving or have received support from Colebrook. We also get feedback from people actively volunteering for Colebrook. This is why it is important to hear from you. If there is anything you would like brought up at a meeting please email [qualityeye@colebrooksw.org](mailto:qualityeye@colebrooksw.org)

## Quality Eye and the Games Drop In

**Question** - Have you heard about the Colebrook games drop in?

**Answer** - the Colebrook Games Drop In happens on the fourth Monday of every month. A chance to meet people, have a chat and perhaps play some games.

**Question** - Have you heard about Quality Eye?

**Answer** - Quality Eye is a voice in Colebrook for people who are receiving or have received support from Colebrook. We also have a staff member and a member of the Colebrook board.

If you did not know the answers to these questions please come along to the Quality Eye Games Drop In on the fourth Monday of every month and find out more. This is a chance to meet new people have a drink, have a chat, have fun and have a say about Colebrook's services. The next meeting is on Monday 23 January at 2.00pm at HQ building, 237 Union, Street, PL1 3HQ

*We need you!*

## Colebrook SW Quality Survey

Quality Eye undertakes a survey every year asking people how they feel about the services they receive. We will be sending survey forms out in January.

It is very helpful if you are able to complete this survey as it helps Colebrook look at how services can be improved and what they are doing well.

## Opportunity Knocks

What is happening with the Opportunity Knocks Project ....

We have lots of drop-ins that happen every month....we will be at:

**Plymstock Library** from 1.30 – 3.30 on Monday 9<sup>th</sup> January (this is a new drop-in)

**Pavillion Park Café** in Devonport Park on the 16<sup>th</sup> January from 2.00pm -4.00pm,

**Plympton Library** on Tuesday 17<sup>th</sup> January from 10.30 – 12.30,

**Crownhill Village Hall** on 18<sup>th</sup> January from 10.30 – 12.30 and then **Café in the Park**, Freedom Fields Park on Thursday 19<sup>th</sup> January from 10.30 – 12.30.

Our craft group runs on the first and third Fridays of each month (6<sup>th</sup> and 20<sup>th</sup> January) from 1.00pm – 3.30pm at Crownhill Village Hall

OK Growers meet every Monday morning from 10.30 – 12.30 and Wednesday afternoon from 1-3.30 – the venue varies so please give us a call to find out where we are.

Check Facebook for Opportunity Knocks Timebank, OK Growers and OK Support Groups for more information on what we are doing.

## Shared Lives Drop-In

The Shared Lives mentors are holding regular drop-in sessions for people who are looking to join the project or to find out more about the project.

The drop-ins are very fun and light-hearted. There is no commitment to becoming a mentee if you attend.

For more information, email

sharedlives@colebrooksw.org or telephone 01752 261978.

The Quality Eye core group would like to thank Pam Parr for all of her hard work in helping to get the group established and wish her well in her new job.

