

Your Voice  
For Quality



# Newsletter

Colebrook

Inspiring people, supporting communities

Issue 22 August 2022

Contact Your Voice for Quality: Email [yvfq@colebrooksw.org](mailto:yvfq@colebrooksw.org) or telephone 01752 205210



## Competition Create a Birthday Card

Every person Colebrook supports receives a birthday card on their birthday.

If you would like to design the birthday card people receive here is your chance!!

You can enter a design for the front of the card or a short poem to go inside (or both).

The card should be A5 size (21cm x 14.8 cm) and the design should be suitable for all people we support and include Happy Birthday or Birthday Wishes.

The poem should be four lines.

The winner will have their card or poem printed and sent to all people we support on their birthday.

Closing date is 31 August 2022.

Please give your entry to your support worker or email it to [yvfq@colebrooksw.org](mailto:yvfq@colebrooksw.org)



### Client of the Month May Winner and Nominees

**Winner:** Sophie was highly recommended because she has been engaging well with staff and other clients at the project; getting in-

involved in activities, house meetings, room assists and accessing the community.

**Nominee:** Curtis was highly recommended for engaging well with support; regularly cooking, attending a drama group at the Theatre. Royal Plymouth and being accepted in Duchy college for an animal welfare level 2 course.

**Nominee:** Trystan was highly recommended for engaging in support to manage his alcohol intake and regularly attending Hamoaze House, Harbour and Merryhue Farm. Also linking in with an IPS worker with an aim to look into some type of employment or work like activity.



### Client of the Month June Winner and Nominees

**Winner:** Louise was highly recommended for engaging in support over the last month, having a positive attitude and signing up to

a health and wellbeing course

**Nominee:** Zac was highly recommended for Keeping the kitchen clean in his supported accommodation and working hard weeding the garden

**Nominee:** Gabs was highly recommended for hard work and determination to make their garden a sanctuary despite the pain they were in following recent operation



### Harvey's gardening tips

Place eggshells around small plants to prevent snails eating them.

### Can we come and chat?

Your Voice for Quality group members are keen to come and meet people living in projects. If you would like us to visit please tell your support worker or email [yvfq@colebrooksw.org](mailto:yvfq@colebrooksw.org) and we will arrange a convenient time.

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## A New Project at Routeways

Routeways is a local charity that supports children, young people, families and individuals to overcome disadvantage.

They have set up a new project on Tuesdays and Fridays at Devonport Park, Fore Street, Plymouth, PL1 4BU called **Routes To Grow**.

The project opens Routeways garden to anyone, particularly young adults with learning difficulties who suffer from loneliness and social isolation, to do some gardening and meet new people (we also provide free tea/coffee and biscuits). For more information telephone the office: 01752 856725 or Mobile: 07594690269.

## Great Priced Food

Every day, delicious, fresh food goes to waste at cafes, restaurants, hotels, shops and manufacturers; just because it hasn't sold in time. The Too Good To Go app lets you buy and collect this food - at a great price - so it gets eaten instead of wasted. You won't know exactly what's in your order until you pick it up - it's all part of the surprise. Download the app to get started. <https://toogoodtogo.co.uk/en-gb/>

## Fit and Fed on tour

We are taking the Fit and Fed Programme on tour by holding 6 free community events at a number of different parks and green open spaces across the city.

The events, which are being coordinated by the Council's Sports Development Unit will take place every Tuesday during the summer holidays between 10am and 2pm.

There will be a range of fun family activities including: *inflatables; mini-golf; football darts; archery; slime and bubble creating; art & crafts.*

Locations

Fit and Fed on tour will visit the following locations. All activities are free and CATERed will be providing lunch between 12 noon and 1pm.

Tuesday 2 August - North Down Crescent, PL2 2AQ

Tuesday 9 August - Ernesettle Green, PL5 2SY

Tuesday 16 August - Tothill Park, PL4 9HF



Tuesday 23 August - Knowle Battery Playing Pitches, PL5 3RX

Tuesday 30 August - Central Park, PL2 3DG



Don't forget Your Voice for Quality Private Facebook Group email:

[yvfg@colebrooksw.org](mailto:yvfg@colebrooksw.org) to join