

**Lifeline Support Service**  
**Day Centre Family Meeting**



**Location:** Carlton In Lindrick Day Centre

**Date:** 21.1.25

Attendees:

Lesley, Vicki, Amy, Gemma, Sam, Caitlin, Della  
JS, CC, DL, SM, TB, BH, EB, EM,  
David, Pat, Janette, Julie

Topics:

- 1) Meals,
- 2) Activities,
- 3) Structure of the day,
- 4) Retford Centre.

1

Lesley read through new menu options from the supplier catalogue. Individuals had the choice of meal types and preferences to influence the next menu. The new menu will run from February to April.

Lesley will draw up a new menu, including a large print / photo menu to aid choices. This quarters choices included corned beef hash, lamb hotpot and chicken korma with rice.

2

Past activities were discussed and people's preferences were highlighted. Many people enjoy the different craft activities and particularly like to take something home they have made.

The group said they would like to revisit the bird feeders activity in the spring. The group also spoke of possible gardening and woodwork ideas such as building hedgehog houses, bug hotels, bird boxes.

Wicker working was suggested, Lesley has access to some plant pots and a small wicker trellis could be designed to support a potted climbing plant – flowers?, container tomatoes?

Music / Entertainment sessions have been popular and Lesley is to look at entertainers for upcoming events such as VE Day. Musical instruments (shakers, tambourines, bells) to be sourced to encourage more interaction during music sessions.

We are awaiting delivery of a karaoke machine!

Suggested other activities included musical bingo, themed days (Hawaiian, Mexican), afternoon tea, knitting, textiles, plate weaving.

Della is trained in seated exercise and will offer sessions.

3

We have been trialling different timetables for the day. It was agreed that from 10am – 1030am is to be an informal catch up with drinks and biscuits to ensure everyone is settled at the Centre before the main activity begins.

The main activity will then take place between 1030am and lunchtime, which is usually at 12.15pm.

A more relaxed session in the afternoon, such as bingo, quizzes, balloon tennis, etc will take place until 2pm.

Banksie and Pippa visit each Tuesday afternoon at Carlton which proves popular.

4

We are opening our Retford Day Centre soon. It will run each Friday from 10am to 2pm in the same format as the Carlton Centre. All are welcome.

Next Meeting:

Tuesday 22.4.25 at Carlton