

Lifeline Support Service
Day Centre Family Meeting



Location: Retford Day Centre

Date: 24.10.25

Attendees:

Lesley, Amy, Della, Jade, Tia

PB, CS, JB, BE, JF, JB, TB

Anne, Nigel, Margaret, Dot

Topics:

- 1) Meals,
- 2) Activities,
- 3) Fundraising
- 4) Betty's donation
- 5) Family meeting venues.

1

Lesley asked if people preferred to keep the 4 choices plus jacket potato each week or if we should have just one meal choice each week.

It was agreed that we keep the multiple choice menu as usual.
Everyone is happy with the portion size and meal taste / quality.

Everyone at the meeting had the choice of meal types and preferences to influence the next menu which will run from November to January at both Centre's.

The group has chosen the following menu options – chicken hotpot, chicken, tomato and basil pasta, cottage pie, chicken korma with rice. Jacket potatoes with a weekly filling will continue.

Lesley will draw up a paper copy of the new menu.

2

Amy requested some materials for the upcoming craft activities at both Centre's. A request was made for families and staff to bring in empty toilet roll tubes that will be needed for advent calendar making.

Christmas party arrangements are being made and entertainers have been sourced. There will be a Christmas party for families at each Day Centre venue in December.

Carlton's party will be on Tuesday 16th December with a singer in the morning.

Retford's party will be on Friday 12th December with a ukulele band in the morning.

Please could any family members wishing to attend the party let Lesley know by the end of November. There will be a buffet lunch and numbers will be required for catering.

Activity ideas brought forward by the group today included: summer park picnics, board games, seated exercise (movement to music).

Lesley spoke of the need for GP contact for each service user to ensure they are able to carry out physical activity. Lesley will be contacting each family to request consent for Lifeline to contact GP's regarding exercise consent.

3

We revisited possible fundraising ideas. Lesley plans to do a sponsored microlight flight in 2026 to raise funds.

4

Betty's donation money discussed. It was agreed the remainder of the donation is to be used for large piece jigsaws, board games, etc. at each Centre.

5

The venue of our family meetings will continue to rotate between Carlton and Retford now that we have two Centres. This will enable families from both Centres to have the opportunity to attend and contribute.

Next Meeting:

1030am Tuesday 20th January at Carlton. Invitations will be sent out via poster, social media, text message and face to face.