

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



**Location:** Carlton In Lindrick Day Centre

**Date:** 22.4.25

Attendees:

Lesley, Amy, Gemma, Sam,  
JS, CC, CB, SM, TB, EH, KH, JT, MB  
David, Jackie, Wendy, Ian

Topics:

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

1

Lesley has been looking at alternative suppliers for our meals, to improve taste and quality of meals served at the Centre's.

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

It was agreed to reduce the menu choices to make it more concise and easier to choose weekly options. From the next menu, there will be a choice of 4 meals plus a jacket potato option.

The group has chosen the following menu options for May to July – Sausage and mash, chicken korma with rice, macaroni cheese, lasagne and jacket potatoes with a weekly filling.

Puddings were discussed with people offering their favourites, including cheesecake, fruit salad, trifle.

## 2

The group gave examples of activities they would like to see at the Centre in the future:

- Nature themes activities - Bird feeders (different types), bug hotels, birdwatching, walks in the local area.
- Themed days – Jackie has fancy dress and decorative items for a Mexican Theme Day. We will plan this for the coming weeks. Taco's can me made as part of the activity for this.
- Crafts / Activities – rock painting, wicker working, model aeroplane kits / airfix models, woodwork crafts.  
A movie afternoon, relaxation afternoon and afternoon tea were suggested.
- Music – musical memories sessions (favourite songs and meanings for each person), musical sessions and entertainers.
- Items for the Centre's: Train set – Lesley to look at sourcing and PAT testing requirements.
- Outing's – Transportation needs to be identified that is suitable for all. Local bus companies may have accessible minibuses. Bassetlaw Action Centre have a bus to hire but it is costly so alternatives to be looked at. Moxons?, GBD travel? taxi firms?  
Suggestions for outings included a picnic at Langold Lakes, a visit to Barrow Hill,
- Visiting speakers – Mr Straw's House – visits were on hold when last contacted but we will retry this, model aeroplane club.

It was agreed that an activities timetable would benefit the Centre's. It was suggested a rolling 6-7 week timetable that incorporates the chiropodist visits would be the most suitable. Lesley will discuss this with Vicki and a timetable will be drawn up.

## 3

A daily timetable for each Centre has been drawn up to provide structure to the days. This includes designated timings and roles to ensure the smooth running of each Centre.

## 4

We discussed possible fundraising ideas, primarily to fund a bus for a outing. Suggestions included a summer / Christmas fair, lotto, smartie tube donations (fill with 20p's).

5

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

#### Next Meeting:

1030am Tuesday 22<sup>nd</sup> July at Carlton.