

# Dryden District Peer Support Drop-in Centre

## Membership Meeting minutes from June 21 2017

**Our Vision** - Mental health and wellness in all communities

**Our Mission** - to be a leader in the provision of advocacy, education, research and client-centered recovery-based services in the Kenora and Rainy-River District

**Our Values** - collaboration, empowerment and self-determination, diversity and social justice, accountability, integrity and transparency and innovation

With the summer solstice brought upon us, we all have a few plans for the summer. This includes the Drop-in Centre's summer activities listed in the following.

### Garden Update

The community garden boxes have been planted, number 46 and 39. We would like interested people to contribute their time, and those that participate can take home fresh produce. Weeding the common area chore weeks are June 28 and August 9, this needs to be done for us to get our deposit back at the end of the season.



### Summer BBQ's

We all like BBQ's and for the summer and we will have Birthday BBQ's every month instead of the bi-weekly breakfast. These will be Lunch and Learn, so before we eat a short education or information session will take place by a special guest. We have new patio chairs and table to enjoy the summer BBQ's outdoors. And once the fall season hits we will go back to the breakfast activities. However, Participation is mandatory to make any food related activities possible. In general this is one example of a skill development program which is one of the Drop-in Centre's main goals and purpose. If there is no participation, any skill development related activities could potentially be discontinued. Get Cracking! and participate so in the future we continue these very nice activities.



Member Driven Activities. We are encouraging members to plan, organize and facilitate activities with the supervision of staff. An idea's sheet has been posted in the Drop-in Centre. And we would meet with members to discuss organization. An example of this the baking activity, during the weeks we don't have regular meals. The Drop-in is for members to shape and mold into their own.



### Conference

The annual consumer and family conference is in Dryden on Sept 13 and 14. The theme is "Get Involved". Registration forms are available. We ask everyone to take a nomination form so on your own time you can decide the recipients. "Hosts" sign up will be in a few weeks. "Hosts" help the conference run smoothly by providing support during workshops, direction to where the workshop is held and various other duties. Sign up now!

### Changes in the Drop-in Centre

Most of us don't like change, well not a major change. But some are required to move forward into the future. With that note. Haircuts are still 5 dollars and once a month, however Megan is being replaced with a different hair dresser Kristen. We will all have to offer her a warm welcome on July 10.

Cooking is not for everyone but food safety is another topic for another time. If your cooking for someone other than yourself, you need to wear either a hairnet or a hat. This is a minor inconvenience and not stylish.

The Drop-in is no longer helping facilitate the hospital group. It will still continue independently.

To protect everyone's private information, members and staff alike. The office door will be closed more often. And please do not enter the office if the door is open without asking, there could be confidential information open on a computer or desk.

Taking home food from meals and baking is possible, but you need to ask staff to approve. Staff can determine when its ok and what is appropriate to take home. And drink items are not to be taken home.

We would like tobacco rolled at home or outside. Do not roll tobacco in the Drop-in Centre, it is very dirty and unsanitary. A suggestion is pre-roll all your cigarettes at home for the day.



Yoga and Fitness Programming is Tuesday's during the lunch hour for the summer at the Rec Centre. We have passes to admit members, for the entire facility also. For the summer starting July 13, "Yoga In the Park". In partnership with Metis Nation will be held Thursday mornings 10am to 11am at Cooper Park.

## Reminders

Smoking has to be away from the entrance. Many people have issues with cigarettes and the smoke they give off. The designated area is by the picnic tables and butt disposal container. That area is ideal for rolling tobacco rather than inside the Drop-in Centre. Also take into consideration that some members are ex-smokers or trying to quit and even seeing people smoking or them offering one can be a trigger. We want to assist those people in succeeding.

**Put used DISHES into the dishwasher and not the sink please!**

## Rules Just a refresher of the Drop-in Rules Statement

“The Drop-in Centre is designed to be a safe place, where people can respectfully support each other, while maintaining confidentiality. In order to ensure a safe environment for all, intoxication or threatening behavior will not be tolerated.”

What is Confidentiality? - It means to hold information a secret, unless the person has given their consent for you to disclose it. Example: You don't ask who was here, or talked about what was learned in the Drop-in from someone else.

Respectfully Supporting each other - This is the desired practice of the Drop-in Centre and something we all need to strive for. This does not mean you have to agree with someone or share the same views, but it does mean need to tolerate them. Also as needed, give space for people to cool down. We need to remember that everyone is at a different stage of recovery and not everyone has as much wellness as the next person and we need to respect that.

That concludes our membership meeting minutes, the next scheduled meeting will be in the fall season.



Wellness is not a 'medical fix' but a way of living - a lifestyle sensitive and responsive to all the dimensions of body, mind, and spirit, an approach to life we each design to achieve our highest potential for well-being now and forever. -Greg Anderson