

March 23



Welcome

to our 'new look' newsletter

There are always stories to tell and fun things going on in our residential and supported living services. As we develop this newsletter we hope to bring you more news in an easier to read format and share more information about all the things which go on across Whitmore Vale

We hope you will also share your news, celebrations and stories with us, we are always keen to hear from the family and friends of those living in our community.



Hello from Sonja

Signs of Spring are finally springing and its joy can be felt across Whitmore Vale.

We are so lucky to be surrounded by the countryside, those who know me will know how much I enjoy getting out and about and 'climbing every mountain' (or the South Downs).

I hope you'll enjoy reading about what everyone else has been doing.

Sonja Jones, CEO WVHA



Year of the rabbit
Celebrating
Chinese New Year



Feeding the birds
Making tasty fat balls



Birthday time
Who did we sing
'happy birthday
to?'



San Nin Fai Lok

Chinese New Year was a great excuse to get together with our families



On the 2 February almost 30 of us met at URC to celebrate Chinese New Year

Chinese New Year is also known as Spring Festival and Lunar New Year. It is celebrated in January or February every year. The date Chinese New Year celebrations start changes each year. The start date of the new year depends on the date the new moon appears. The celebrations end when the full moon appears.

The festival marks the end of the Winter and the start of Spring. The 15-day festival is celebrated by Chinese

people wherever they are in the world.

People wear red, decorate their houses, visit friends and have feasts together. Celebrations often include fireworks displays.

This year almost 30 Whitmore Vale staff and residents celebrated Chinese New Year at URC on 2 February.

We gathered together to decorate the URC with festival couplets and window stickers.

We had lots of fun making Chinese fans in our own different styles. Take a look

“We wish you four seasons of peace and a year filled with smiles and laughter”

at the pictures of our pretty fans and all our smiling faces!

One resident even spoke Chinese to wish everybody a happy new year - ‘San Nin Fai Lok’!



We also had fun making cakes, going out for dinner and watching the wrestling in Aldershot!

The Pines.

We celebrated Chinese New Year by making dumplings and celebrating the new year together. We all had a really fun time and the dumplings were delicious!



Gowri and Carlos made a trip to Sainsbury's to choose some gifts for all the residents in The Pines. They chose some lovely roses and chocolates which made us all feel loved and happy. There was a lot of love in the air!

Billy and Jen also had an outing to the shops. They had a great time greeting everyone they met. We look forward to hearing about the books they bought, maybe you could do a review for us Billy and Jen?

Carlos and Jen had a very cold visit to the seaside. The weather meant they couldn't enjoy a walk outside but they enjoyed watching the waves and looking at the beautiful scenery.



Don't forget the disco in Bordon on 18 April.

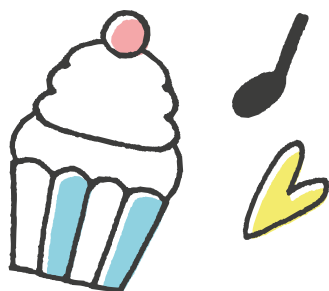
Happy Birthday



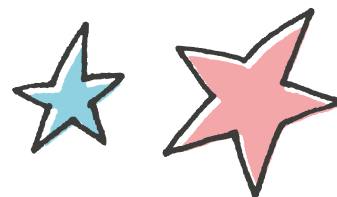
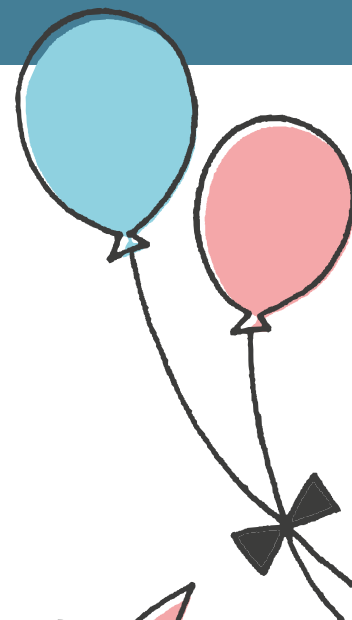
We love celebrating
birthdays at
Whitmore Vale.

Congratulations to the
following, who celebrated
birthdays in March

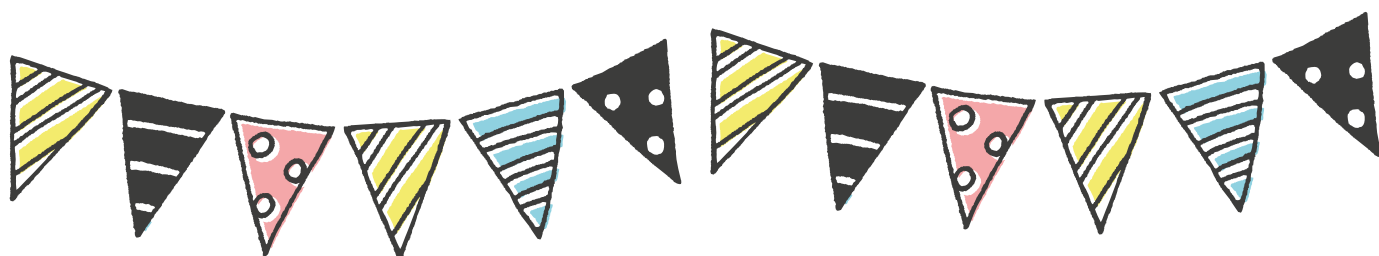
- * Phillip 3/3
- * Philip 3/3
- * Kyle 4/3
- * Gary 6/3
- * Philippa 12/3
- * Sara 14/3
- * Sue 14/3



- | | |
|----------------|----------------|
| * Karen 15/3 | * John 28/3 |
| * Lee 16/3 | * Artur 29/3 |
| * Jo 20/3 | * Richard 31/3 |
| * Chris 22/3 | * Ernest 31/3 |
| * Francis 23/3 | * Sharron 31/3 |



And a huge congratulations to Turner Court which celebrated its 30th anniversary this year! More on this on the next page.



Hellos & Goodbyes

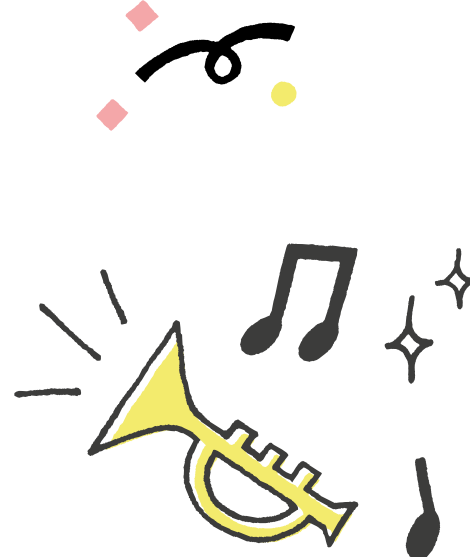
Welcome to our new starters:

- * Jo Reddin – HR Manager
- * Lee Smales – Maintenance Officer

and a fond farewell to:

Long term staff member and senior secretary, Chris Pullen, who will be moving to Bank staff to cover holidays from the middle of March.

Thank you Chris for your hard work, dedication and commitment to Whitmore Vale over the past 16 years.



Turner Court activities & 30th Anniversary

Turner Court recently celebrated it's 30th Anniversary

Take a look at the photo on the right, it shows the now Baroness Virginia Bottomly when she attended Turner Court's official opening and had the pleasure of meeting Stanley.

The third photo shows how much Stanley, pictured with Sue, has changed over the 30 years. To complete the story the middle picture shows Sue 30 years ago too! Don't they look fantastic!



Here's Lucy playing guitar and John with his ukulele. Lucy's favourite singers are Ed Sheeran and James Arthur. John's favourite singers are Dolly Parton and Johnny Cash.

Turner Court have provided us with one of their favourite recipes from the recipe folder - fajitas! Check out the recipe on the next page and photo of Chris making fajitas in the communal kitchen.



Monthly Recipe

Fajitas & guacamole

Fajitas don't require a lot of ingredients so they're perfect for if you don't want to buy too many things to cook. They also make lots of leftovers so you don't have to cook every day to have tasty meals. You can have the fajitas on their own but having a homemade guacamole will blow your taste buds away!



20 mins



Easy



Serves 2



Ingredients

For the fajitas:

- 1 tbsp Sunflower Oil
- 2 chicken breasts, diced
- 2 mixed peppers, sliced
- 1 onion, sliced
- 2 garlic cloves
- 1 tsp chilli powder
- 1 tsp cumin

- 1sp paprika
- 1 packet of tortilla bread

For the Guacamole:

- 2 ripe avocados
- 1 onion, finely chopped
- 1 lime



Method

Step 1

For the guacamole, use a fork to soften the avocados in a bowl or tupperware box until they become almost like a paste.

Mix in the onions. Use the same fork to help you squeeze the juice of one lime into the bowl or box. Mix and add in the salt and chilli to taste.

Store in the fridge for later use.

For the fajitas, heat the oil in a large frying pan. Fry the chicken until nearly cooked all the way through.

Add in the peppers and onions and fry until soft.

Add in garlic and fry for 30 seconds.

Add in chilli powder, cumin and paprika and stir thoroughly.

Serve in tortilla wraps and top with the guacamole.



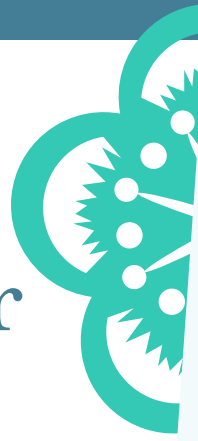
The month in pictures

Can you spot yourself in our gallery of fun?
What a great time we had!





Feeding the birds in Winter



The residents of Haven House love birds

To help our feathered friends get through the cold winter days and nights we put lots of love and care into making a bird favourite, energy rich fat balls.

We simply mixed some grated cheese, breadcrumbs, dry porridge oats, raisins and seeds with melted lard. We made a hole in the bottom of yoghurt pots and threaded through a twine, then packed the pots with the warm fat mixture. We placed them in the fridge overnight, then cut through the pots and peeled them away. All we have to do now is hang the fat balls in a tree and wait for the birds

to come and feast.

Last year we even spotted squirrels snacking from the home-made fat balls. We are looking forward to seeing what kind of animals we can tempt into our garden this year with these tasty treats.



Stay in touch

To keep up with what's happening at Whitmore Vale please visit whitmorevale.co.uk or join us on social media.

If you know anyone who would like to receive our newsletter, please ask them to contact us.



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