

April 2023



Welcome

As you'll see from this newsletter April has been a time of planting and partying. We celebrated lots of birthdays, ate lots of cake and enjoyed time putting together our floral displays.

Billy and Jenny had a fabulous time at Wisley, hopefully we can make our planters and gardens look like Wisley!

We always welcome your news, stories and photos, please send any entries to pa@whitmorevale.co.uk.



Hello from Sonja

When the Easter bunny called asking for help to wish all the lovely Whitmore Vale staff a happy Easter I couldn't resist donning some bunny ears and hopping into action!

Everyone received a tasty chocolate treat to say thank you and show them how special they are to us.

I hope you had a lovely Easter and that your chocolate stores were sufficiently replenished. Here's what everyone else has been up to.

Sonja Jones, CEO WVHA



Springtime displays
A visit to Wisley



Vogue!
Creating our own
hair accessories



Birthday time
Making time for
cake

Wisley RHS

Wisley is one of the Royal Horticultural Society's (RHS) gardens and is described by many as one of the great gardens in the world.

The RHS has gardening at the heart of all the work it does.

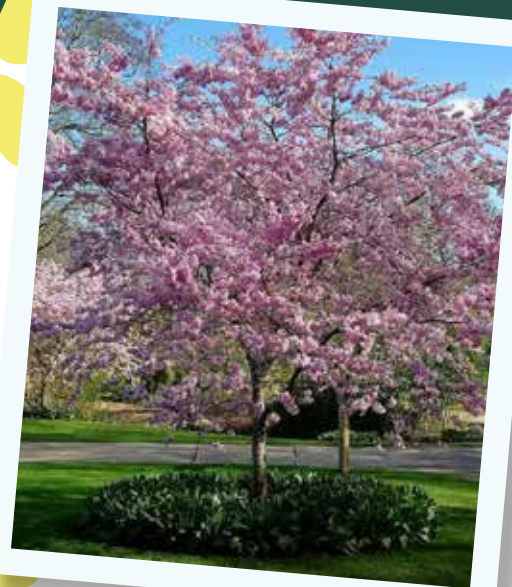
Many experts are connected with Wisley as it offers opportunities for research into many important areas to do with plants and their impact on the world.

Springtime always brings beauty and colour to Wisley, daffodils sprout up everywhere and the magnolia and cherry blossom trees wake from their sleep. Wisley's beautiful cherry blossom trees win the springtime show every year. Wisley has an

avenue of 140 Yashimo magnificent cherry trees meaning we get to enjoy their beauty without the long journey to Japan!

The next amazing display at Wisley will be their tulips. Again, the gardens save us the need to travel to Amsterdam to see rows of beautiful tulips. This April and May Wisley will have more than 270,000 tulips sprouting up in a multitude of dazzling colours from dark purples to pastel pinks.

Billy and Jenny from the Pines enjoyed a visit to Wisley and definitely enjoyed the many beautiful garden displays.



Louise spent time doing one of her favourite activities; diamond art.

The Pines.

March was a super fun and busy month at the Pines.

We started the month with a wonderful trip to RHS Wisley. Billy particularly loved being around lots of people and greeting everyone we came across with his usual friendly 'hello'. Jenny and Billy wandered through the beautiful gardens spotting lots of flowers they'd like to plant in our own gardens. Our visit certainly inspired us!

Billy and Gowri visited Haskins Garden centre where they enjoyed learning about lots of different plants. To finish the day in style we drove around Frensham pond looking at all the ducks and wildlife.



Carlos and Jen visited Bird World and adored seeing all the different birds. Carlos laughed every time he interacted with them.

What a delightful month!



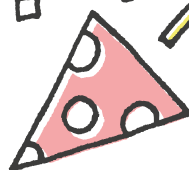
Don't forget to book tickets for our hog roast on 24th June!

Happy Birthday



We love celebrating
birthdays at
Whitmore Vale.

Congratulations to everyone
who celebrated
birthdays in April



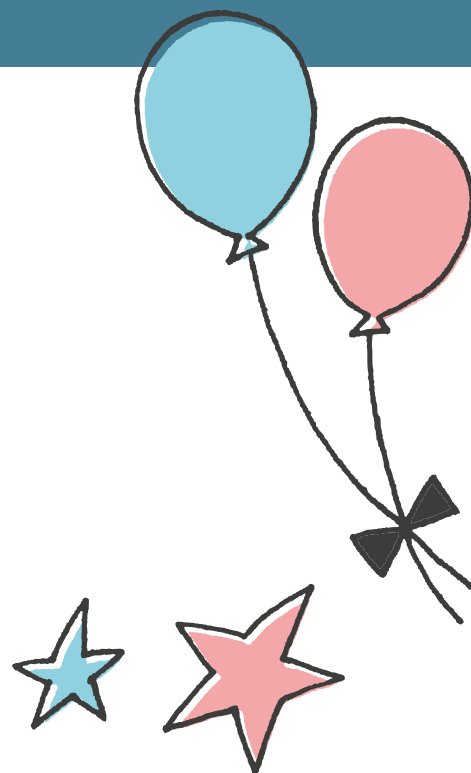
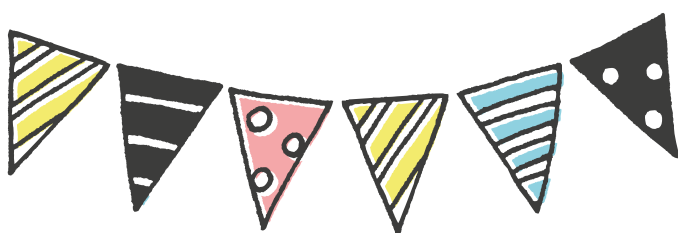
- * **John** 14/04
- * **Jane** 05/04
- * **Noel** 30/04
- * **David** 06/04
- * **Nikki** 19/04
- * **James** 25/04



Hellos & Goodbyes

Welcome to our new starters:

- * **Winnie** – Whitmore Vale House
- * **Rufaro** – Haven House
- * **Viola** – Westlands
- * **Erika** – Beaufort House



Whitmore Vale House

In Rose Flat we got ready to welcome the first day of spring by planting some flowers for the hanging pots.

Jane celebrated her birthday in celebrity style with a visit to the nail salon – choosing a colour is so hard!





Join the fun at our Hog Roast

This summer we'll be getting together to enjoy garden games, ice-cream and a Hog Roast.

Did you know that enjoying a Hog Roast dates back to the days of cavemen and women? When humans discovered bronze and iron we then learnt better methods to keep the meat off the fire and the hog roast as we recognise it was created. The first sauces were added to the hog roast feast in the Renaissance period, a time known for art and, it would seem, cooking!

Don't forget to book your ticket to join our hog roast! Residents, staff, family, friends and Board members are all welcome, but we do need to know you are coming for catering purposes.

If you can please book online:

www.eventbrite.com/e/623482863027

Alternatively e-mail: **pa@whitmorevale.co.uk**

Or ask your Service Manager to book for you.

The deadline for bookings is 17th June. Remember, if you don't book - we can't feed you, and no one wants to miss out on ice-cream!



Monthly Recipe

Coronation Cupcakes



35 mins

30 mins cooling



Easy



Serves 12



Ingredients

For the Cupcakes

- 12 Great British Baking Cases
- 125g Unsalted butter (softened)
- 125g Caster Sugar
- 2 Large Eggs (beaten)
- 1 tsp Madagascan Vanilla Extract
- 140g Self-Raising Flour

For the Decoration

- Red, White and Blue sprinkles
- 120g Strawberry Jam
- 400g Tub Vanilla Butter-cream Style Icing



Method

For the cupcakes

Step 1

Pre-heat the oven to 180°C/160°C /Gas Mark 4. Line a muffin tin with the baking cases. Place the butter and sugar in a large bowl and cream together until light and fluffy.

Step 2

Add the eggs and Vanilla Extract and beat together until smooth, if the mixture begins to curdle add a spoonful of flour. Fold in the flour until combined.

Step 3

Divide the mixture between the baking cases and bake for 15-20 minutes until risen and golden brown. Allow the cupcakes to cool in the tin for 10 minutes and then transfer to a cooling rack to cool completely.

To decorate

Step 4

Once the cupcakes are cool, take a sharp knife and cut a circle out of the top of each cake at an angle about 2cm from the edge. Remove the circle of sponge and place a small spoonful of jam in the hole in the sponge and place the piece of sponge back on top. Repeat to fill each cupcake.

Step 5

Place the butter-cream in a piping bag fitted with an open star nozzle. Pipe a swirl of butter-cream onto the top of each cupcake.

Step 6

Decorate your cupcakes with the sprinkles and Ta-dah you're ready to serve up your masterpiece!

The month in pictures

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





Haven House



We had a great time with this simple sewing project which used up small pieces of fabric and scraps of elastic. After sewing the headbands, the ladies were excited to personalise their own creations with buttons and some lace.

Thank goodness it wasn't a competition, every single headband looked amazing, and everyone was delighted to show off their new fashion accessories. Gorgeous!

We enjoyed getting ready for springtime in fashionable style!! Who wouldn't want to swap their cosy warm hats for lovely headbands? The residents at Haven House worked hard for days to make their own amazing hair accessories.



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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