

May 2023



Welcome

May has finally provided more of the sun we are used to and we have all felt energised into having more fun, keeping fit, cooking and doing more activities and outings.

We had lots of fun celebrating the King's Coronation, with cake of course!

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



Above: Left to right
Sonja, Mark L (Board Member) and Adam W (Cloud and More)

Hello from Sonja

We were very pleased to agree a partnership with Cloud and More who will become our IT department, supporting us with everything digital. We welcome all their team to Whitmore Vale and look forward to working closely with them.

In the office we said happy birthday to Emma and celebrated her special day with cake and gifts.

What a busy few weeks!

Here's what everyone else has been up to.

Sonja Jones, CEO WVHA



Just keep swimming
Stuart's Swimathon



Bingo calls goodbye
James retires after 39 years at Buzz Bingo



Birthday time
Making time for cake

King Charles III Coronation

The 6th May saw a historical event which the majority of us have never before experienced; the Coronation of a Monarch.

King Charles III was crowned King at Westminster Abbey in London. Guests from around the world were invited to attend this very special event and thousands of people headed to London to see the King, many people even camped out in the streets overnight. After the service the King and Queen travelled back to Buckingham Place in a golden coach and bands from the armed forces played.

When the King reached the Palace there was a fly past which included helicopters and the Red Arrows.

Over the weekend lots of people held coronation parties as part of the Big Coronation Lunch and took part in the Big Help Out, a day which encouraged us all to give volunteering a go. The next day there was also a music concert at Windsor Castle.

We enjoyed celebrating and watching the Coronation on TV. Stephen made a coronation cake and Eileen even organised a coronation party which was great fun!



Stephen made a red, white and blue cake with a crown on top to celebrate the Coronation.

Whitmore Vale House

We have been very busy bees
at Whitmore Vale House.

Some of us from Tree Tops and Rose Flat went to the cinema to see the new Mario movie, there were lots of funny bits, noisy bits and it was very colourful, just like playing Super Mario on the Nintendo. We also went for a walk and enjoyed lunch together. What a Super (Mario) day!

A few of us headed to Newlands Corner in the beautiful Surrey hills for a spot of nature exploration. We listened for birds, looked for butterflies and spotted some of the delicate spring bluebells. We had a great day exploring.

Rose Flat headed to Bird World for a fun day out. We particularly loved the pink flamingos. The shop was full of lovely things, we enjoyed looking at all the realistic birds on display.

Tree Tops and Rose Flat have been cooking, making healthy and tasty dishes for dinner with lots of colourful fruit and vegetables. David made some yummy fajitas with salad.

We also enjoyed a lunchtime trip to the pub for some delicious food, all under the watchful eye of a greedy dinosaur, don't worry, he didn't get any of our chips!

With all the lovely food we've been eating we also focussed on keeping fit with some fun exercise sessions.





We love celebrating
birthdays at
Whitmore Vale.



Congratulations to everyone
who celebrated
birthdays in May

- * Demi 01/05
- * Nicholas 02/05
- * Arthur 05/05
- * Peter 07/05
- * Kate 11/05
- * Susan 12/05
- * Sally 16/05
- * Paul 16/05
- * Philip 17/05
- * Kirsty 24/05



John C enjoyed a football themed
birthday party.



John B celebrated his 82nd birthday with
all his housemates.

Emma in the office also had fun celebrating
her special birthday.

Turner Court

It is an end of an era for James who celebrated his retirement from Buzz Bingo in Aldershot.

After 39 years of working in the bingo hall, surrounded by the buzz and excitement of people enjoying themselves with big dabber pens and shouts of house, two fat ladies and top of the shop, James has hung up his bingo boots and is looking forward to his retirement.

Jane asked James, who was presented with a fabulous watch to mark his long career at Buzz Bingo, to talk about his plans for retirement for inclusion in this newsletter, he said he is most looking forward to 'quality time relaxing and lots of day trips out'. We're looking forward to doing all those things with you James!



Jan loves her craft work and is always working on something special.

This time she has made a gorgeous purple owl to showcase her needlework skills.



Westlands

We had a fantastic open day at Westlands to show everyone what life here is like, we played lots of games, sang, listened to music and had picnic food.



Fun at the Hub

The Hub is a great place to enjoy time together, we had a great time creating music with all the instruments and also playing bingo – eyes down!



Hindhead Supported Living

Swimathon is an exciting swim challenge which raises money for charity in May each year. Participants set themselves a swim challenge and then ask other people to sponsor them.



Stuart is an avid swimmer, and this is the fifth time he has taken part in Swimathon. Knowing his talent and ability he set the challenge of swimming an exhausting 200 lengths!

His challenge was of course successful and he raised over £300 for Marie Curie, Cancer Research UK and the Swimathon Foundation. Well done Stuart!



Care and support
through terminal illness



Chessington World of Adventures is a great place for a day out, especially to see the 1000+ amazing animals who have a home at the zoo. John chose Chessington for our day out and we had a fantastic time looking at all the animals. The rainbow lorikeets were particularly friendly, they came to sit on our arms as we fed them.





Join the fun at the Whitmore Vale Summer Party

This summer we'll be getting together to enjoy garden games, live Karaoke with volunteers, 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! (We only have a small number of tickets left). Residents, staff, family, friends and Board members are all welcome, but we do need to know you are coming for catering purposes.

E-mail: pa@whitmorevale.co.uk to book.

See you on the 24th June.



Monthly Recipe

Macaroni Cheese



Prep 10 mins
Cook 40 mins



Easy



Serves 4



This perfect baked macaroni cheese recipe comes with a creamy cheese sauce, a hint of mustard and uses leftover French stick for its crunchy topping

Ingredients

- 50g baguette, cut into small chunks
- 2 tbsp butter, plus 1 tbsp melted
- 350g spiral or other short pasta
- 1 garlic clove, finely chopped
- 1 tsp English mustard powder
- 3 tbsp plain flour
- 500ml whole milk
- 250g vegetarian mature cheddar, grated
- 50g parmesan (or vegetarian alternative), grated



Method

Step 1

Heat the oven to 200C/180C fan/gas 6. Spread the baguette chunks over a baking sheet, drizzle with the melted butter and season. Bake for 6 mins until crisp, then set aside.

Step 2

Boil the pasta for 2 mins less than stated on the pack, then drain. Meanwhile, melt the butter in a saucepan. Add the garlic and English mustard powder, cook for 1 min, then stir in the plain flour.

Step 3

Cook for 1 min more, then gradually whisk in the milk until you have a lump-free sauce. Simmer for 5 mins, whisking all the time until thickened. Take off the heat, then stir in the cheddar and half the parmesan.

Step 4

Stir the pasta and some seasoning into the cheesy sauce. Tip into a large ovenproof dish, or four individual dishes..

Step 5

Scatter over the bread and the remaining parmesan, then bake for 20 mins until crisp and golden. Can be frozen before baking – defrost thoroughly before cooking.



The month in pictures

Can you spot yourself in our gallery of fun?

What a great time we had!





Haven House



On Easter Sunday Haven House had a day out at the fun fair.

As the weather is getting warmer we are even more eager to go out and have some fun, and the Haslemere Fun Fair gave us the perfect opportunity to enjoy the sunshine on Easter Sunday. First, we took a stroll in the park, and some of us couldn't miss the opportunity to have fun in the playground, before heading to the fair. The variety of entertainment astonished all of us. It was very hard to choose



which rides we should give a go. Some of us tried the train rollercoaster and loved it, others tried out the bumper cars, and felt unlimited happiness. We also challenged ourselves in card darts and laughingly collected our prizes. The name fun fair implies fun, did we have fun? We think photos speak for themselves!

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.



Whitmore Vale Housing Association, Churt Road, Hindhead, Surrey GU26 6NL
T: 01428 604 477 E: office@whitmorevale.co.uk

