

June 2023



Welcome

June has been full of fun in the sun, visits to our old favourites and new places. We had a great big summer party; enjoying garden games, ice cream and a hog roast together with our family and friends.

Our Registered Managers held a Strategy Day sharing ideas on how they can improve our work at Whitmore Vale.

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



Sunshine
SKA and
scrumptious food
Our Summer Party



**Riding through
the glen**
Look out Robin
Hood, here we
come!

Hello from Sonja

What a full month we have had!

The managers have been working hard on planning for the future and thinking about how we might improve our services.

I have been listening to your views to hear what you love about our service and what you would like us to change.

The highlights for fun this month must be the Surrey Outdoor Learning and Development Session (with thanks to Andy W from Surrey County Council), and our Summer party to mark the end of Learning Disability week where we celebrated the hard work and achievement of all the people we support, staff and volunteers. A wonderful day was had by all and special thanks go to the organising team, Sam K, Lee S and Emma T, to Stuart M and John C for their drink pouring and car parking attendant skills, The Southern Ska collective choir members who came to get us singing, the caterers; Simply Hog Roast and Rose Ice Cream Bike, and to all our family and friends that joined us in this celebration.

Looking forward to next year.



Summer Party fun

On 26 June we invited family, friends and everyone who makes Whitmore Vale special to join us for our summer party.

It is no secret that we love a good party and we have all been very excited about preparing everything needed to make sure the day was a success. Before the party started there was lots of important jobs to do, we were all very busy.

We prepared party decorations to make everywhere look extra warm and welcoming. Knowing so many people were coming we had to make sure the fantastic food suppliers had parking spaces and that the newly formed parking attendant team were in place to show our visitors where to park their cars.

Thanks to Simply Hog Roast who came along to feed us, the food was absolutely delicious, we all had full bellies by the end of the afternoon.





There was, of course, still space for ice-cream, a much needed cool down on a warm day. Thanks to Rose ice-cream bike for serving us the creamiest, most tastiest ice-creams!

We had a fabulous day full of friendship and laughter, and delicious food. We had a great time singing along and dancing to the fabulous music from members of Southern Ska Collective.

Thank you to everyone for making it such a memorable day.



Activity Week

Activity Week is an important week at Whitmore Vale. We spend the week together doing team building activities and enjoying time together. We were delighted that the sun was shining for this year's activities week as we had lots of outdoor adventures planned.

Surrey Outdoor Learning & Development helped us to find our inner Robins Hoods and Maid Marians with exciting team building and woodland activities.

Archery was one of our favourite activities. We learnt how to hold the bow and arrow correctly to maximise our chance of hitting the targets. It isn't as easy as it looks!

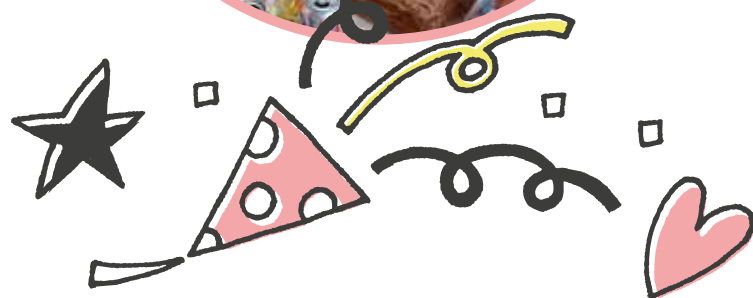


Did you know:

Archery has been around for tens of thousands of years. It was an important skill for hunting and fighting enemies. In England, in 1252, it was law that all men aged 15-60 were trained in archery. When gunpowder was invented archery just became a fun sport, with competitions held for enjoyment.

We certainly enjoyed giving it a go!





We love celebrating birthdays at Whitmore Vale.

Congratulations to everyone who celebrated birthdays in June

- * **Reece M 19/06**
- * **Christopher L 19/06**
- * **Paul W 21/06**
- * **John W 22/06**
- * **Stephen T 24/06**
- * **Peter G 26/6**
- * **Daryl E 26/06**



Hellos and Goodbyes

Goodbye and Good luck to:
Hayley, Regina and Bashir.

Hello and Welcome to:
Georgina at The Old Manse

We also welcomed **Sue Baxter** who will be working with WVHA on housing for the next 6 months. Sue says:

'I want to make sure that your home is safe and secure, and every resident gets good housing services. Two of my main areas are clear guidelines on how WVHA look after housing and tenancies and licences so we all understand including what you pay for. I may see you from time to time or you may hear from me through email. I will let you know how I am getting on.'



Turner Court

There's nothing better on a rainy day than playing games! Sometimes we don't even need the excuse of a rainy day to get the games out. Sue and Lucy had great fun chasing each other's counters around the snakes and ladders board. Why do those snakes always pounce when you're about to win!

Has anyone ever met a bigger music fan than Terry? Terry loves nothing better than wiling away an afternoon listening to The Beatles, The Rolling Stones and Elvis. Using his love of music as inspiration Terry recreated Elvis' Graceland during his art class. What an amazing piece of work Terry, we're All Shook Up by your talents!



Hindhead Supported Living

The Ferns had a great time at the fair winning prizes and crashing bumper cars. We also enjoyed meeting green gorillas and playing basketball. We featured in Wanted posters. What was our crime? Having too much fun of course!

Stuart spent a day in the tranquillity and natural beauty of Waggoners Wells enjoying quiet time walking and looking at the trees and the ponds.

Stephen headed to the capital to enjoy the different sights and sounds of London. One minute you are in amongst the noise of traffic and lots of people, and the next on top of the world looking down quietly on all the people and buildings. The M&M store was high on the list for places to visit, we managed not to eat ALL the chocolate!



The month in pictures

Can you spot yourself in our gallery of fun?

What a great time we had!





Whitmore Vale House

The sun was out, so we went out!

When the sun is shining there is no better place to be than surrounded by the wonderful colours and smells of a summer garden. We visited the garden centre to take a look at all the different types of plants and flowers and to enjoy lunch together.

Nicholas went to one of our favourite places, Wisley. He had a very enjoyable day visiting the collection of plants in the greenhouse, looking at the beautiful lakes views and stopping for a tasty bowl of soup at the café.

Some members of Whitmore Vale House headed to Woking for the day. We spent the day ambling around the town looking at the different old and new buildings, doing some shopping and pigeon spotting!

We always love a day by the sea so with blue skies and the sun shining we headed to Brighton. We had great fun people watching and ambling along the promenade. We also went to the Sealife Centre to experience underwater life. Spotting all of the sea creatures was very exciting but also quite relaxing.



Monthly Recipe

Coronation fruit salad



Prep 10 mins



Easy



Serves 4



Ingredients

- 2 kiwi
- 1 mango
- 150g pineapple
- 100g grapes
- 400g mixed berries, we used strawberries, raspberries and blackberries
- 1 large orange
- 2 tsp honey (optional)

Method

Step 1

Prepare the fruit with a small serrated knife. Cut the top and bottom off the kiwis, stand it up on one of its flat surfaces and cut away the skin, keeping the knife as close to the skin as possible. Slice in half, following the core through the centre, then cut each half into slices. Put in a bowl and repeat with the other kiwi.

Step 2

Carefully cut the skin off the mango and slice off each cheek, running your knife as close to the stone as you can. Cut each piece into slices. Remove any remaining fruit from the stone in long thin slices. Add the mango to the kiwi.

Step 3

Top and tail the pineapple, then in a similar way to the kiwi, cut away the skin. Use your knife to go around the pineapple, taking out the divets or eyes, two to three at a time, you'll be left with a spiral pattern weaving around the outside of the fruit. Take off a circular slice, roughly 1.5cm, quarter, remove the core then cut into chunks. Add to the bowl.

Step 4

Halve the grapes and add to the rest of the fruit along with the berries, you may want to slice or halve strawberries if they're large. Remove the peel from the orange using the same method as the kiwi and pineapple. Holding the orange over the bowl of fruit, remove the orange segments by carefully cutting between the membrane and the fruit. The pieces should fall out into the bowl along with any juice. Squeeze the membrane over the fruit to extract the juice, add a drizzle of honey, if you like. Mix everything together and leave in the fridge for 30 mins, if you have time.



Haven House

We had so much fun enjoying the Coronation (more photos here) that we carried on partying. We've had lots of birthdays celebrated in Haven House recently, so lots of cake and singing!

Gardening is a full-time job. With each season we have more planting and potting to do to keep our fingers green. Now is the time to start planting for winter; cabbage, broccoli, carrots and lettuce.



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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