

August 2023



Welcome

Congratulations to seven members of our staff team for their academic achievements this summer.

Gold, Elvina, Lubna and Omole received their MA in Business Communication for International Leadership.

Sam and Beatrice celebrated an MA in Project Management and Dr Ugochi gained a PhD in Area Studies, History, Politics and Literature.

Well done everyone!

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



On top of the World!
Nick went to the Spinnaker Tower.



John's Winter warmer,
cooking-up the ultimate cottage pie



Hello from Sonja

We are very lucky at Whitmore Vale to be surrounded so many amazing people. We all work hard to create an environment where everyone who spends time here, whether working or living, feels comfortable and supported. It feels fantastic when the external people, whose job it is to check that we are creating a safe, caring and continually improving environment, recognise our work. So, whilst it is sad to say goodbye to people like Shabina, the Registered Manager and one of the fabulous people who made such a huge contribution to Whitmore Vale House and The Pines receiving a CQC Good rating, we also feel happy that they get to go and enjoy a new adventure.

Shabina, we'll all miss you and we know that the amazing team who supported the achievement of a Good CQC rating will continue to make improvements to make Whitmore Vale House and The Pines increasingly more amazing. We all wish you well for the future, we'll miss you very much and are looking forward to you coming to visit us.

Sonja Jones, CEO WVHA



With a name which includes the words 'world of adventures', Haven House's hopes for the day are always high when we visit Chessington.

The history of Chessington goes back a very long way, all the way back in history to the medieval period and the time of the Plague. In 1348 the original mansion, thought to be named Chessington Lodge, was built. In the mid-1600s the mansion was burnt to the ground by Oliver Cromwell's supporters and the new building became known as 'Burnt Stub'. The site was then used as an alehouse, a farmstead and when a new mansion was finally built, it also suffered fire damage. Maybe it is just as well the new owners chose to return to the original Chessington name when the zoo first opened in 1931!

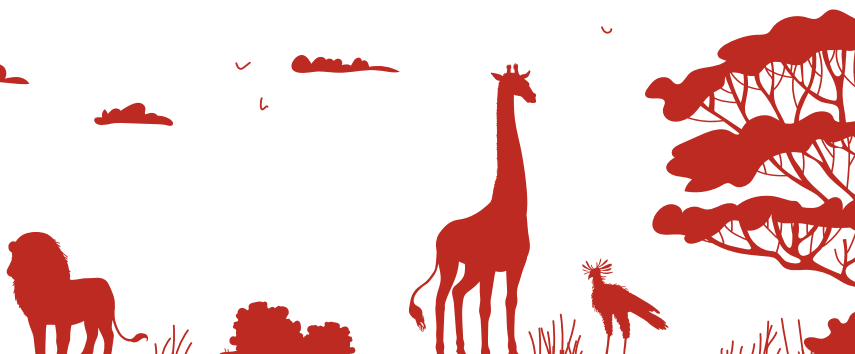
From the 1980s onwards Chessington Zoo added the even more adventurous elements we see around the site today, the rides and rollercoasters.

The zoo and Sea-Life centre are now home to more than 1000 animals.

Haven House visited on a drizzly August day but there was no way we were going to let the rain stop us having fun. There is so much to see and do that we always try to pick some of our favourite things and concentrate on enjoying them. We decided to visit the 'Room on the Broom' enchanted library in the old mansion. We enjoyed a magical journey through the pages of the story of Room on the Broom by author Julia Donaldson. We followed the witch, her cat and her hat on their adventures, meeting talking frogs and a huge hungry red dragon along the way. There was colour and smoke and sounds everywhere!

We also spent time looking around the zoo and the Sea Life centre. With cheeky monkeys, enormous lions and gigantic gorillas to admire it was hard to pick our favourite, but we finally decided that our favourite of the day was the humboldt penguins. We loved watching them swim around in the water and waddling on the edge of the pool.

There was time for some of us to try a ride and enjoy an ice-cream treat and then it was time for home, the day sped by. We had a wonderful time!



Whitmore Vale House



A tower, a bus ride, artwork and summer Olympics.

A bus ride is a great way to travel; you get to meet new people, see the world through the big, high-up windows and listen to bus noises and the hustle and bustle of people. Jane G felt sad that she had become anxious about getting back on a bus so she has been working towards going on a bus.

Congratulations to Jane for achieving her goal, here she is, back on a bus wearing a big smile to show how happy it made her! We're looking forward to hearing about where your bus travels take you Jane.

Nick B visited the 170m high Spinnaker Tower in Portsmouth to take in the 23 miles of views across the port and the sea. Nick enjoys painting and drawing, he recently drew Whitmore Vale House, showing the size of the house (see the picture in the photo gallery)! We hope the visit to Spinnaker Tower will inspire Nick's next art pieces.



The Pines sensory room is an important space, it gives us a dedicated area to help us to focus on specific skills or areas we want to work on together, engage our senses or to provide us with a safe space to feel calm and relaxed. The room has recently been refurbished and we love the changes.



After joining us for our summer Activities Week we couldn't wait to invite SOLD (Surrey Outdoor Learning & Development) back for another fun-filled day. This time it was for our summer Olympics. All we're going to tell you for now is that we had a great day, we'll share more details and photos in next month's newsletter.



The month in pictures

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





August Birthdays



- | | |
|-------------------|------------------------|
| * Scott S – 2nd | * Stanley P – 18th |
| * Agatha – 8th | * Jade – 19th |
| * Linda C – 10th | * Christopher L – 20th |
| * Stuart M – 10th | * Julie – 22nd |
| * Rosslyn – 13th | * Winnie – 23rd |
| * Edith – 14th | * Matthew – 23rd |

The Old Manse celebrated John S's birthday with pizza, snacky bits and of course, birthday cake.



Goodbye and Good Luck

We said a very fond farewell to Shabina, Registered Manager for Whitmore Vale House and The Pines. We celebrated Shabina's time with us with a multicultural feast of delicacies and a special cake, all absolutely delicious.

Club at the Hub!

The hub had a summer holiday theme throughout August, so we practised a fun summer hobby – fishing!

We played fishing games and recognised sea creatures under the blanket. We also used our art skills to decorate our own fish. To finish our fun packed summer holiday theme day in style we all enjoyed a piece of delicious cake!



Monthly Recipe

John's Shepherd's Pie



Prep time:
1 hour



Easy



4 portions



Ingredients

- 1 tbsp sunflower oil
- 1 large onion, chopped
- 2-3 medium carrots, chopped
- 500g pack lamb mince
- 2 tbsp tomato purée
- large splash Worcestershire sauce
- 500ml beef stock
- 900g potatoes, cut into chunks
- 85g butter
- 3 tbsp milk



Method

Step 1

Heat 1 tbsp sunflower oil in a medium saucepan, then soften 1 chopped onion and 2-3 chopped carrots for a few mins.

Step 2

When soft, turn up the heat, crumble in 500g lamb mince and brown, tipping off any excess fat.

Step 3

Add 2 tbsp tomato purée and a large splash of Worcestershire sauce, then fry for a few mins.

Step 4

Pour over 500ml beef stock, bring to a simmer, then cover and cook for 40 mins, uncovering halfway.

Step 5

Meanwhile, heat the oven to 180C/fan 160C/gas 4, then make the mash. Boil the 900g potato, cut into chunks, in salted water for 10-15 mins until tender. Drain, then mash with 85g butter and 3 tbsp milk.

Step 6

Put the mince into an ovenproof dish, top with the mash and ruffle with a fork. The pie can now be chilled and frozen for up to a month.

Step 7

Bake for 20-25 mins until the top is starting to colour and the mince is bubbling through at the edges. (To bake from frozen, cook at 160C/fan 140C/gas 3 for 1 hr-1 hr 20 mins until piping hot in the centre. Flash under the grill to brown, if you like).

Step 8

Leave to stand for 5 mins before serving.

Hindhead Supported Living Services

Haven House weren't the only ones to enjoy a day out at the zoo, the HSLS crew had a grrreat time visiting Marwell Zoo.

With 140 acres to explore we couldn't fit everything in in one day, but we tried our best, we even went on a train ride! We managed to see lots of animals, we watched them relaxing, eating and playing. Watching the meerkats stand to attention guarding their homes and looking out for danger was fascinating. We enjoyed seeing the Humboldt penguins swimming, the way they dart and dash through the water is mesmerising! We also saw tigers, addax, zebras and the super tall giraffes.

We also made a summer visit to one of our favourite places; Bird World. We saw the flamingos, Macaw parrots, some black cheeked lovebirds and popped into the gift shop.

Gibbet Hill is the second highest hill in Surrey and a great place to admire views over the countryside, which is exactly what Peter did when he went for a walk there this summer.



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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