

Summer Edition 2024



Welcome...

We are so excited to share the summer edition of our newsletter with you. We have had an amazing time enjoying the outdoors in the warm sunshine, exploring new places and returning to some of our favourite spots on our days out.

The next newsletter will showcase our autumn antics and will be out close to Christmas, please share your news, stories and photos by sending any entries to emmat@whitmorevale.co.uk.



Party time!

We had a fantastic summer party



Holidays

Tree Tops had a fun packed holiday in the New Forest

Hello from Sonja

What a Summer we've had!

It has been a wonderful Summer full of events and celebrations as you can see throughout this newsletter.

I want to thank all of you for embracing the positive changes, and here are some of our highlights:

We are now fully staffed; we have welcomed new residents, and we have had our first Tenants' Committee meetings.

The Tenant's Committee have worked really hard on the Maintenance and Allocations policies and have really helped us understand how to make these policies easy use.

Now tenants can report their own maintenance directly.

Our five-year plan is about to be published, and I would like to thank everyone who was involved in creating it.

I hope you have all had the invite to the Annual General Meeting on 27th September. I am looking forward to seeing all the stalls that you are putting together to showcase all the amazing work you have been doing throughout the year.

I would also like to say a very warm welcome to Nathalie, our new Director of Care and Support. She is very busy at the moment getting to know you all and is going through the Support Worker Induction. So welcome to the Team, Nathalie.



See you all soon!

Sonja Jones, CEO WVHA



Summer Party 2024

The whole community came together for the summer party and we had a fantastic day together.

Many residents and members of staff were involved in making this enjoyable summer celebration so special, from pre-party planning to completing important jobs on the day of the party itself. Thank you to everyone who contributed to making the day so wonderful.



The Hindhead team set up and ran a very busy bar area. They served a selection of cold drinks to keep us all hydrated throughout the day.



As the music was playing many of us decided to sing along to our favourite songs. JC and DW chose 'message in a bottle'. Sonja and Deborah chose a tune that many of us love; 'Mamma Mia' especially JW the Birthday Boy.



We enjoyed a feast, with our hog roast taking centre stage, and of course birthday cake! Thanks to JW for his cake cutting mastery.

It is safe to say we ended the day with a warm, happy feeling inside, and we were all exhausted from the partying!



Hindhead Supported Living

June sees the annual celebration across the world, including the UK, of pride month. This colourful and fun filled month reminds us of the history, struggles and achievements of the LGBTQ+ community.

We had our very own medal winner this summer, not from the Olympics, but the Swimathon@ Haslemere Leisure Centre. Congratulations to Stuart for setting and completing his swimming challenge.



Gordon had a busy summer tending to the garden. Like any gardener he was delighted to have the sanctuary of his shed to return to, in case of rain showers or just for a quiet cuppa.



The first official UK Pride march took place in London in 1972. Since then, Pride Month has grown in significance, with cities across the UK hosting vibrant parades and events. Pride is a great way to remind everyone in our own community to celebrate diversity, who we are, and to be who we want to be. Here's Stephen enjoying this year's Pride.

Peter decided to take a trip to the cinema for an 'epic night' at the flicks. With a huge choice of films on offer it was hard to choose which one to watch, so we might have to have another visit, or do a movie night at home. But the hardest decision to make... which snacks to choose!



Wishing Well Cottage

We started the summer early with a May bank holiday BBQ at Whitmore Vale House.

We might have needed our jackets as the weather was a bit cloudy, but it was delightful to feel the warm sun on our faces. We enjoyed eating outside with a delicious BBQ of sausages and burgers.

This year has provided perfect growing conditions in the garden, lots of rain, followed by sunshine, more rain and then more sunshine! Ever ready to capitalise on nature's gifts we assembled the gardening 'A' team and got busy planting our pots. When they came into bloom they made our terrace look fantastic with beautiful flowers for us all to admire over the summer.



Vicky was keen to help with the shopping so we checked the cupboards and fridges, wrote a list and headed to the supermarket.

Rose Flat

With so many of us sharing interests in history, gardening and nature we think Guildford Castle is a great day out.

The castle dates back to Norman times, it has been used as a royal palace, a prison and as a private residence (maybe we could all move in?!) and has beautiful gardens to explore. There is even a statue of Alice Through the Looking Glass for those of us who enjoy reading. When Robin needed a trip to the barbers we decided to visit the castle to make our day a little more interesting. Here's Robin with some of the ancient walls. Did you decide you were a royal prince or a prisoner that day Robin?

We're going to Marwell zoo, zoo, zoo, you can come too! We had some burning questions to answer before we went:



Q - What kind of socks do pandas wear?

A - They don't, they have bear feet.

Q - Why did the hyena sit in the shade?

A - He didn't want to be a hot dog.



Q - Why should you never play cards at the zoo?

A - There are too many cheetahs.

Q - Why are leopards bad at hide and seek?

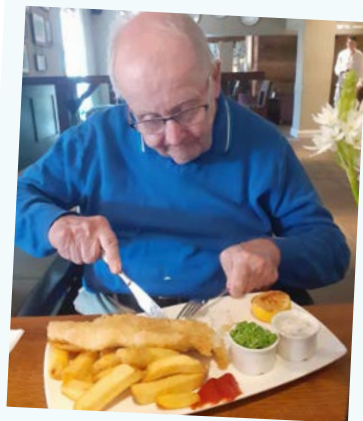
A - They are always spotted.

Q - Why are tigers bad at story telling?

A - They only have one tail.

A few of us are really interested in learning about different animals and how they are looked after so visiting the zoo was a great way to see their habitats and watch the animals. We didn't get to see the baby giraffe, so we'll have to visit again soon.

Arthur decided that he fancied dinner out and Inn on the Lake was his first choice. He enjoyed a huge piece of fish with chips and plenty of ketchup. Yummy!



In amongst the beauty of Surrey's landscape you'll find the sad story of a trusting 18th century sailor who met his end in the Devil's Punch Bowl. We took a wander to the gravestone, known as the Sailor's Stone, to read the story of the unknown sailor whilst admiring the stunning countryside.



Tree Tops

When you need to go shopping make sure you do it in style!

These three dapper chaps donned their Panama hats and headed out for a day of retail therapy. They looked so stylish that they could have been personal shoppers. Rumour has it that they may have also stopped at the Golden Arches, one of the shopping centre's most distinguished eateries.

Summer just isn't complete without a visit to Arundel Castle. With our maps in hand we made it our mission to explore every inch of the castle, including the grounds. The Canaletto and Gainsborough paintings gave us inspiration for our next art projects and the gardens were the perfect place to relax and breathe in the calming fresh air.

At the Bignor sunflower maze we found sunflowers of all sizes, some as tall as us and some even taller! We were worried we might get lost so we carefully planned our route so we didn't have to spend a night amongst the flowers.

The sun was shining so there was one destination of everyone's minds - the beach! We had a lovely time ambling along the seafront with the sun on our backs and the crunch of the pebbles under our feet.



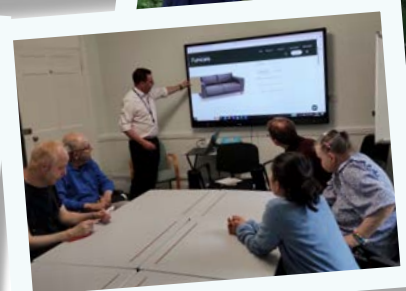
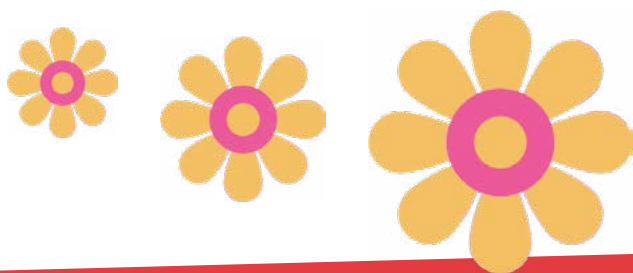
Did you know?

In Spanish the word for sunflower is 'girasol' pronounced 'hear-a-sol'. Which means turn to(wards) the sun.

We're all going on a - summer holiday' we spent a few nights in a charming thatched cottage. It was a lovely place to relax in the middle of the New Forest, it felt very peaceful and we had new places to visit and explore. The most exciting experience was our time with the hawker and getting close to the majestic birds he works with.

We had a day immersing ourselves in history with a day at Hampton Court Palace. We found out about the lives of King Henry VIII and his wives and visited the maze.

We also had lots of our usual day-to-day jobs and errands to do; visits to the barbers, assisting Surrey County Council inputting out the bins and heard about the exciting plans to refurbish the activity rooms.



Haven House



We were very excited to hear that the fair was coming to town.

We all thought about how we would cope with the noise, smells and how busy it can be and then made an super important plan - which rides we wanted to go on! Marika loved the twisters and Sally, Lizzy and Vicky showed off their skills at the tin can alley game.

Summer 2024

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



Happy Birthday



May

- Demi H – 01/05
- Arthur L – 02/05
- Kate C – 11/05
- Susan C – 12/05
- Sally B – 16/05
- Phillip A – 17/05
- Kirsty S – 24/05

June

- Ediline K – 04/06
- Mary Ann – 06/06
- Agnes S – 10/06
- Viola O – 12/06
- Chris La – 19/06
- John W – 22/06
- Peter G – 26/06
- Derry Mc – 27/06

July

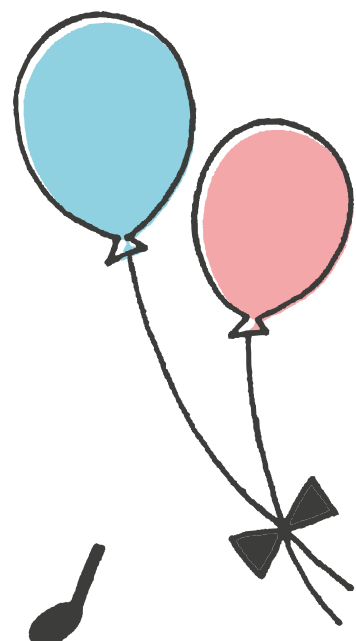
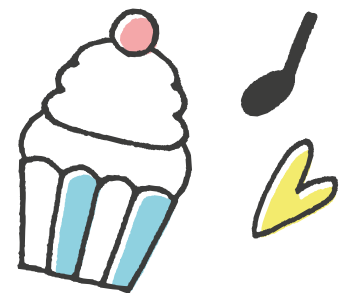
- Lewis D – 02/07
- Shirley Z – 03/07
- John H – 03/07
- Wellington C – 04/07
- Lucy M – 07/07
- Gowri K – 08/07
- Vicky M – 10/07
- Christine P – 12/07
- Itohan U – 15/07
- Michael C – 18/07
- Pabitra G – 20/07
- Katarzyna R – 20/07
- Madeleine P – 20/07
- Isabell B – 21/07
- Omumunwi O – 23/07
- Jaqueline C – 24/07
- Terry F – 26/07
- Helga O – 30/07

August

- Scott S – 02/08
- Olusola O – 02/08
- Elohor A – 06/08
- Agatha O – 08/08
- Delmore M – 09/08
- Linda C – 10/08
- Stuart M – 10/08
- Rosslyn G – 13/08
- Edith N – 14/08
- Timson N – 16/08
- Mr Shaw – 19/08
- Jade G – 19/08
- Chris Lo – 20/08
- Julie D – 22/08
- Winnie M – 23/08

September

- John V – 01/09
- Saraswoti G – 03/09
- Jennifer Z – 08/09
- Jacqui D – 12/09
- Ugochi N – 14/09
- Lee S – 20/09
- Phil S – 24/09
- Sam C – 24/09
- Jeffery A – 25/09
- Eileen W – 25/09
- Sheila Mc – 26/09
- Trudi W – 29/09



The Pines

Here we come...London Baby!
We had an epic time in London
taking in all the sights..

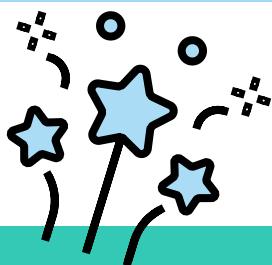
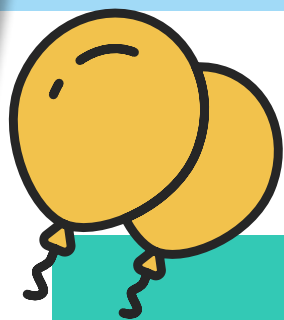
We were set the challenge of spotting as many London landmarks and icons as we could. We loved seeing the London buses, the horses at Horse Guards Parade and the London Eye.

In contrast to the chaos of London we also enjoyed a more calming day on a river barge ride on the canal. The ride was very peaceful, and we enjoyed spotting all the wildlife living on the canal.



Move over Torvill and Dean and the Pittsburgh Penguins because the Porcu-Pines are in town! We hit the Guildford ice rink and showed everyone that we are the best ice-skaters and ice-hockey players in town.





Club at the Hub

Our Hub days are very varied, and we do lots of different activities from arts and crafts to music, acting to games and everything in between. Over the summer Music for Health came to the Hub and we had a great music therapy session which we all really enjoyed. We used plates and batons to create different sounds and ribbons to add a splash of movement and colour.



JC and the Sunshine band



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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Got a story to share email emmat@whitmorevale.co.uk

TRANSPORT CHAMPION

PARK AND RIDE BUSES



Hi! My name is Phil and
I'm the Whitmore Vale
Transport Champion.

Check out my interview
on our website:
whitmorevale.co.uk

GUILDFORD BUS STATION TO PARK AND RIDES

Onslow park and ride	Merrow park and ride	Artington park and ride
First Bus 7:20 am	First Bus 7:50 am	First Bus 8:05 am
Every 20 minutes	Every 20 minutes	Every 20 minutes
Last bus at 7pm	Last bus at 7pm	Last bus at 7:35pm

PARK AND RIDES TO GUILDFORD BUS STATION

Onslow park and ride	Merrow park and ride	Artington park and ride
First Bus 7:00 am	First Bus 7:45 am	First Bus 7:35 am
Every 20 minutes	Every 20 minutes	Every 20 minutes
Last bus at 6:45pm	Last bus at 7:42pm	Last bus at 7:07pm