

Winter Edition 2024/25



Welcome...

Welcome to our newsletter, please take a peek inside to see what we have been up to over the Winter.

To share your news, stories and photos for the Spring edition please send entries to emmat@whitmorevale.co.uk.



Dementia Friendly
Co-producing dementia friendly living spaces



Swimathon
Stuart's swimathon

Hello from Sonja

I am thrilled to begin this 'hello' with a huge congratulations to everyone who was involved in the recent project to adapt and improve Wishing Well Cottage. Wishing Well Cottage is a service for people living with dementia who also have a Learning Disability and/or Autism. This co-produced project has been a huge success in creating a dementia-friendly place to live. Thank you to all involved it looks great and the changes are already making a real difference!

We were delighted that Lord Lieutenant of Surrey, Mr More-Molyneux, accepted our invitation to come and learn more about the important work we do at Whitmore Vale. During his visit we discussed Our Vision, Values and ambitions for the future, and demonstrated to him what co-production can achieve by taking him on a tour of the recently refurbished Wishing Well Cottage.

Our 2025-2026 Co-Produced Business Plan will soon to be published on our website. It sits alongside our Strategic Five-year Plan. Thank you to everyone who joined discussion groups, completed questionnaires, made pictures, and helped us think through what our priorities should be next year. We got some great feedback and some brilliant ideas. It really shows the power of Co-Production, and we really appreciate the trust you put in us.

One final piece of news from me, a welcome to the team to Jonathan Seller who joins us as our Human Resources Manager. Welcome Jonathan.

Have a wonderful few months - I for one am looking forward to seeing and feeling the first signs of Spring!

Sonja Jones, CEO WVHA



Dementia-Friendly living spaces

We were delighted to welcome The Lord Lieutenant of Surrey, Mr Michael More Molyneux, to Whitmore Vale in January.

He visited to see the refurbishments we have made and learn about the process we went through to create a Dementia-Friendly living space at Wishing Well Cottage.

The success of the Wishing Well Cottage refurbishment has really shone a light on the importance of co-production and collaboration which has been, and will continue to be, a focus for everyone at Whitmore Vale. By working in partnership together the People We Support, development, and estates teams have created areas which help people with dementia (and by happy coincidence also those without dementia) to navigate the house with more ease. Staff worked with the People We Support as part of their person-centred care plan, to establish what might work for them as individuals. We then researched what sorts of changes we could make, for example, how to make bedroom doors more recognisable. Each resident chose their own bedroom door design, and we added a wall mounted memory box to help people identify their bedroom. We also transformed our corridors to make them more appealing, and we now look forward to rainy day or evening strolls around the house. We are all proud to have worked together on this exciting project and are very happy with the results.



Co-production

Making co-production a key priority.

One of our key priorities for the year ahead is to keep improving co-production with the People We Support. The refurbishment of Wishing Well Cottage is a great example of how much more can be achieved, with better results, than if each team of people involved had worked in isolation.

Another great example of co-production has been during a recent review of some of our policies. Stuart, Stephen and Lucy joined with John (Estates Manager) and Jacqui (Housing Manager), in the Whitmore Vale House meeting room to discuss some of the policies which were due for review. The team were able to look at the policies from their own unique perspectives and consider changes to the policies which would benefit everyone.



Stuart's Swimathon

Our intrepid swimmer Stuart is at it again, and this time he's brought a friend along. Stuart has been an avid swimmer for many years and has taken part in many swimming challenges.

He recently gained a medal for swimming a mile at Herons Leisure Centre in Haslemere, which served as extra encouragement to enter this year's annual Swimathon. This will be the seventh time Stuart has entered the Swimathon and he is delighted to be accompanied this year by Dave R.

Swimathon is a nationwide event which encourages people to swim and raise money for charity. This year Swimathon will be supporting two charities which are close to Stuart's heart; Marie Curie and Cancer Research UK. Stuart has set himself the challenge of beating his previous fundraising attempts and would love you to help him reach his goal of raising £300 before the Swimathon event in April. He is almost 25% of the way there, but he needs all the help you can give to get him to that huge £300 target. So please check down the back of the sofa, fore-go your weekly Costa, or just tell as many people as you can about Stuart's challenge, together we can help him to smash that £300 goal.

To donate head to Stuart's Swimathon fundraising web page:

www.givengain.com/project/stuart-raising-funds-for-swimathon-foundation-92368



Club at the Hub

What a fun and interesting time we had with the team from SOLD - Surrey Outdoor Learning Development Team. We participated in a fascinating workshop on the subject of numeracy. We took part in lots of indoor and outdoor activities to explore numbers including archery, making a long drainpipe for balls to roll down, counting twigs to make a fire, and working out how many cups of water were needed to put the fire out.



Christmas fun

Wheelchairs and dancing shoes at the ready...

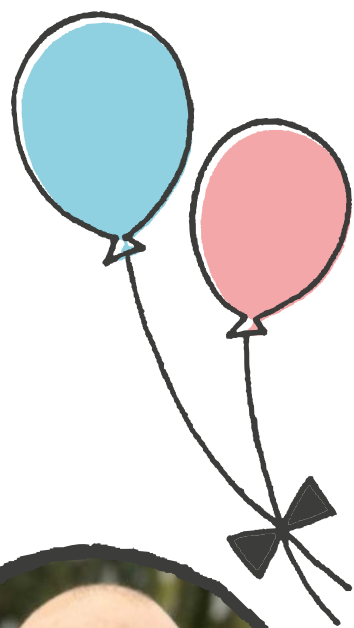
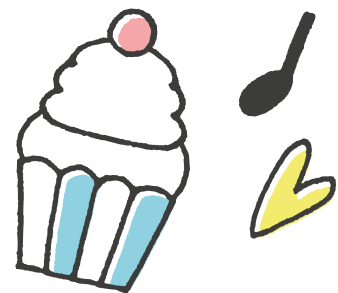
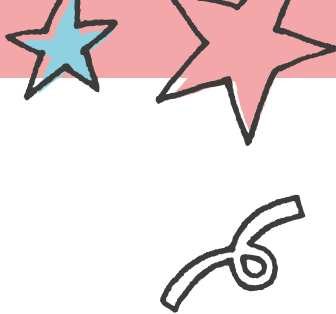
... we had lots of fun boogying the night away at our Christmas disco! We gathered as many of the People We Support and Staff together as we could muster and headed to the Millennium Hall in Liphook for an unforgettable afternoon of fun. We had a fantastic time singing and dancing to our favourite tunes and soaking up the Christmas spirit. It was a great opportunity to socialise together whilst dressed in our best Christmas outfits, silly hats, Sonja even came dressed as a Christmas tree!



The Ferns have also shared a photo of them enjoying their Christmas dinner together. There was fierce competition for the title of longest worn Christmas hat and winner of the most crackers pulled. We had a lovely dinner together and had a giggle at the silly Christmas cracker jokes..



Happy Birthday



October

- Michelle H – 01/10
- Dave R – 03/10
- David S – 11/10
- Dominic W – 12/10
- Rebecca M – 17/10
- Chen – 20/10
- Tosin A – 21/10
- Elizabeth W – 24/10
- Gowsh B – 31/10

November

- Ikenna – 02/11
- Nick C – 03/11
- Lincoln T – 06/11
- Sarah H – 09/11
- Victoria G – 11/11
- Dan A – 11/11
- Ranita C – 13/11
- Dierdre A – 14/11
- Susmita G – 18/11
- Amanda G – 16/11
- Janina P – 09/11
- Victoria G – 20/11
- Jonathan C – 21/11
- Adriana N – 23/11
- Andreea B – 25/11
- Kim B – 28/11
- Ezster T – 29/11

December

- Lubna R – 01/12
- David M – 03/12
- Martyn T – 06/12
- Charlie P – 11/12
- Edwin K – 14/12
- Larry M – 21/12
- Stanley E – 22/12
- Tanaka M – 30/12

January

- James S – 01/01
- Adriana Q – 03/01
- Ngima R – 05/01
- Brian W – 05/01
- Tobi O – 06/01
- Kalpana L – 07/01
- Elizabeth F – 08/01
- Jane K – 08/01
- Angela C – 09/01
- Alan L – 13/01
- Penny M – 16/01
- Louise S – 18/01
- Emily C – 20/01
- Jane W – 22/01
- Erzebet V – 22/01
- Mark B – 27/01

Welcome to the team

We recently welcomed Jonathan Seller to the WVHA team as Human Resources Manager. He has lots of experience working in the not-for-profit and charity sector as an expert in HR and Training. We are proud that we really impressed him at his interview with our healthy culture and great working environment. If you haven't yet met Jonathan make sure you find time to say hello and welcome him to Whitmore Vale.





Who's been to Wisley?

Wisley has long been one of our favourite places to spend time.

With lots of cold weather, wind, rain, and even some snow, we haven't visited as many times as we would like, but Wishing Well Cottage chose a dry day, wrapped-up warm and headed out for a Wisley adventure.

As part of their Winter of fun Nick and Arthur visited Wisley, as well as admiring Chichester Cathedral's impressive stained-glass windows. Nick also headed to Portsmouth to visit the Spinnaker Tower.



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 pa@whitmorevale.co.uk