

Winter Edition



Hello from Sonja

The last few months have been a busy time for us, we have welcomed many new people to live and work here and continue to develop what we do and how we do it.

We have refreshed, coproduced and agreed our five-year plan, it is a detailed document covering all aspects of the associations work to support our vision. We have been given a clear mandate to develop specialist services for people with learning disabilities.

- Who also have dementia
- To provide more services for those who need lifelong care.
- By bringing a deeper focus to developing independence and enablement.

The plan will be published on our website soon.

The picture of me is at our Christmas Disco, this is becoming a regular feature of our annual calendar and I never miss an opportunity for fancy dress!

Sonja Jones, CEO WVHA

Welcome...

What a year! We ended on a high with more fun days out, Christmas activities and plenty of plans for next year.

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



Up, up and away
Planes at
Tangmere



Awards season
Haven House
at the Oscars



Spooky goings on
Bats and
pumpkins



The Tangmere Military Aviation Museum is located on the former RAF Tangmere airbase near Chichester.

Tangmere started as a training base, with its most famous student being a young teenager called Charles, better known as Prince Charles (now King Charles). The airbase had previously played a hugely important role in the Battle of Britain having been tasked with defending the south coast against attacks from the Luftwaffe during World War II.

In 1982 a museum was opened on the former airfield by a group of aviation enthusiasts keen to share the stories of the base and promote aviation military heritage.

Visitors are able to see a unique collection of aviation memorabilia from the First World War through to the Cold War, explore interactive displays, experience simulators and most impressively see some of the aircraft which flew from the historic location. A memorial garden to over 200 people also gives the opportunity for quiet reflection remembrance.



In November Stuart, Jack, Lewis and Ashley visited the museum before it closed for the winter. It was really interesting to see real-life items from those different periods in times and learn about the people and planes who played important roles in our history. We were able to climb aboard the planes and imagine what it would have been like to fly in them. The interactive displays and simulators really brought history to life and we all had a great time. It was exciting to feel like we were flying the planes ourselves!

Maybe we'll return to the museum on 21 April for the Rotary Club rally car day.

Welcome to Amanda – Whitmore Vale's first volunteer!

We're very much looking forward to recruiting more volunteers over the coming months in what hopefully is just the beginning of a long and exciting journey for Whitmore Vale and our community.





Haven House

Haven House held their own version of the Oscars, the 2023 Haven House Awards Ceremony.

We took to our imaginary red carpet to celebrate all the fabulous people connected to Haven House, our many winners received stars and medals. With so much to celebrate and recognise it was a very emotional evening, we kept the speeches short so that we could enjoy a delicious 3-course meal cooked by our very own celebrity chef, Sam! We had even added decorations to the dining room to make it feel extra special. It was truly a special evening which made us all feel appreciated.



Happy Birthday



Our Birthdays

November

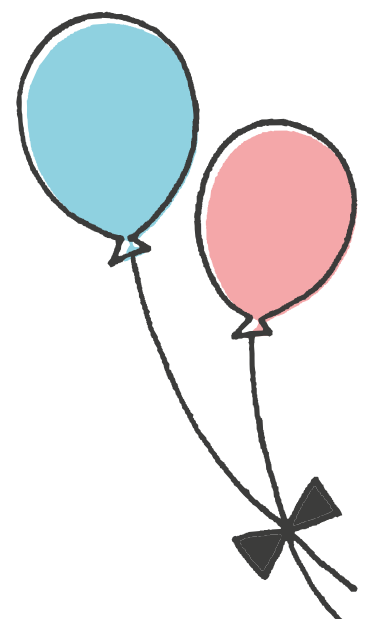
- Nick C – 03/11
- Lincoln T – 06/11
- Gordon L – 08/11
- Daniel A – 11/11
- Marijka C – 13/11
- James S – 13/11
- Susmita G – 18/11
- Janina P – 20/11
- Billy G – 20/11
- Jack I – 25/11
- Kim B – 28/11
- Eszter T – 29/11

December

- Lubna R – 01/12
- David M – 03/12
- Yanka K – 07/12
- Carlos S – 12/12
- Stanley E – 22/12
- Anca B – 26/12
- Tanaka Moyo – 30/12

October

- Adrian W – 05/01
- Kalpana L – 07/01
- Jane H – 08/01
- Angela C – 09/01
- Norah M – 13/01
- Alan L – 13/01
- Quentin C – 16/01
- Penny M – 16/01
- Louise S – 18/01
- Connie C – 18/01
- Emily C – 20/01
- Jane W – 22/01
- Erzsebet V – 23/01
- Philip L – 25/01
- Mark B – 27/01
- Jo R – 31/01



Monthly Recipe

Easy And Healthy Winter Vegetable Soup



Prep time:
15 mins



Easy



4 portions



Ingredients

- 2 teaspoons olive oil
- 1/2 medium yellow onion
- 1/2 cup chopped celery
- 2 teaspoons salt
- 2 cloves garlic
- 1 cup chopped carrots
- 1 cup chopped parsnips
- 2 cups chopped potatoes
- 1 tablespoon Italian seasoning
- 1/2 teaspoon pepper
- 4 cups of vegetable broth + 2 cups water
- 2 cups cooked brown rice OR wild rice mix
- 4 cups of Kale



Method

Step 1

Heat the olive oil in a soup pot over medium-high heat. Once warm, add in the onion, celery, and salt. Sauté until the onions are translucent, about 7-10 minutes. Add in the garlic and sauté for another 30 seconds.

Step 2

Add in the carrots, parsnips, potatoes, Italian seasoning, pepper, and broth and water. Bring to a simmer and cook until the potatoes are tender.

Step 3

Add in the rice and simmer until warmed through.

Step 4

Add in the kale and simmer until wilted. Serve.

Fun at the Hub



This fun activity created lots of satisfied smiles, and everyone felt a real sense of achievement.

We really enjoyed the challenge of making these doves of peace and we were all so proud of the results. We turned the doves we made into mobiles with which we have decorated our bedrooms and sitting rooms. Just looking at them makes us feel peaceful.

Our weekly Activities Club takes place at the Hub at the URC on Beacon Hill.



Halloween

We all enjoyed some spooky fun at Halloween.

Haven House designed and cut out faces on pumpkins which made everywhere look super spooky. We also made some delicious cakes which we turned into chocolate bats.

The Old Manse / Hindhead Supported Living Services held a Halloween themed Open Day. Everyone dressed up as different characters and we had an archery competition in the garden.



Christmas at Whitmore Vale



There was lots of Christmas themed activities across Whitmore Vale this Christmas and more than a hint of Christmas cheer!

We started our Christmas preparations early with a Christmas card and Christmas decoration making workshop. Sonja thought it would be a great way for absolutely everyone at Whitmore Vale to get involved and explore their creative talents. We all enjoyed ourselves and the results were a fantastic Whitmore Vale Christmas card and decorative gift.

Tree Tops, Rose Flat, Wishing Well Cottage and the Pines enjoyed a visit from a travelling theatre who brought panto to our door – oh no they didn't!!! Their performance of Jack and the Beanstalk was very amusing and did make us giggle.

Lots of us dressed up ready for a Christmas night out at the disco. We headed to Liphook Millennium Hall in our best party outfits and dancing shoes and boogied the evening away until we could boogie no more!

With Christmas almost here we were delighted to receive a visit from non other than Santa himself, accompanied by one of his elves. The brought a big bag filled with presents for everyone. We ho-ho-hope you had a fabulous Christmas like we did?



The month in pictures

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





The Pines

On the 12th November we celebrated the Hindu festival of Diwali in The Pines with a wonderful gathering of 40 friends , family , residents and staff.

Mrs Kandiah cooked a fantastic spread of delicious traditional recipes, everyone dressed up in bright radiant colours and Mrs Kandiah gave a very informative talk explaining why certain foods and particular colours were relevant.

Diwali is the Hindu festival which symbolises the spiritual victory of light over darkness, good over evil and knowledge over ignorance. Diwali is traditionally celebrated during the Hindu lunisolar between mid September and mid November.



Introducing our Transport Champion



In December, we appointed Whitmore Vale's first ever Transport Champion, Phil Lambert.

Phil knows an amazing amount about the local transport systems and has been imparting his wisdom for years! We are delighted that through this new role Phil will be able to share his knowledge with all of us and we look forward to everyone using public transport more because of Phil.



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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