

**Vange Place  
Newsletter**

# Vange Place

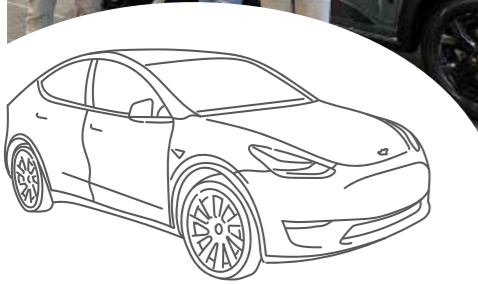


**Edition #12**



## Tom's new car

Tom was thrilled to be accompanied by his brother Will and support worker Laura to pick up his new car at the beginning of the year. The new car drives like a dream and makes trips out more comfortable than ever before, whether Tom is taking short journeys to the shops or travelling out of town.



## Love to bake

Vange Place has been smelling heavenly on and off these past few months, which is all thanks to those of us who love to bake. Molly treated us to some rather scrumptious chocolate chip cookies with a little help from the Thermomix. She found a terrific recipe, and the aroma of Molly's bakes left us all feeling happy.



Molly's cookies were such a hit, she decided to make more on another occasion as well as some citrusy and very pretty lemon cookies. Molly also teamed up with Emma to make a beautifully decorated sponge cake, topped with colourful chocolate treats. Not forgetting Matt and his cool, multi-coloured space cupcakes, all of which were finished with a galactic burst of silver stardust.



## Master chefs

In addition to being enthusiastic bakers, we love to cook and have recently served up some top-notch meals. Matt made a classic corned beef hash, and Molly made a delicious lasagne from scratch using an easy-to-follow recipe. And, of course, Shrove Tuesday would not be the same without homemade pancakes, and it's safe to say we thoroughly enjoyed our pancakes and all the yummy toppings.



## A winter walk and lunch in Sudbury



When Matt took a stroll around the market town of Sudbury he wasn't alone. Amber the dog kept Matt company during his walk on what was a chilly but beautiful clear and sunny day. Matt then popped into Ray's Retro shop to take a look at all the retro goods on display and enjoyed a delicious lunch at Huffers Café in the town centre before returning home.



# Valentine's ball

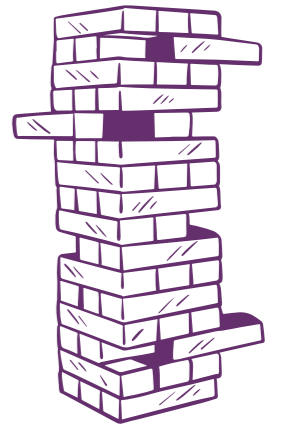
Love was in the air on 14 February when we attended the Valentine's Ball. The DJ kept us all singing and dancing and the smoke machine created a special atmosphere and took the party to the next level. It was fabulous to see everyone all dressed up and having such an amazing time.



# Games evening

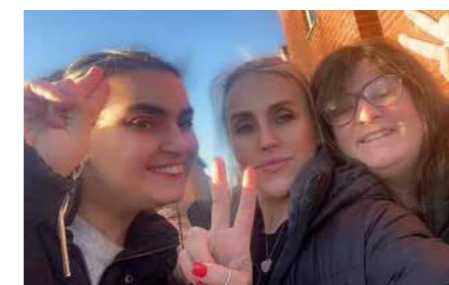
No matter what kind of games we choose to play, the rules are simple. Everyone is to enjoy themselves and have a good time, and that's exactly what happened on our latest games night at Vange Place.

We love how tense Jenga gets as the tower gets higher and higher. It's such a blast to play! Frustration is another one of our favourite games to play together, and this time Tom was the winner.



# Girlie trip to Cambridge

We all love to shop till we drop, right? Molly and Sarah certainly do! They both had a wonderful time together during their girlie day out in Cambridge where they hit the streets in style with support worker Sarah. Not only did they have the best time trying on their favourite finds, they also made time to stop for a bite to eat and, of course, make several purchases.



# A night at the movies

What do you call a duck's favourite movie genre? Quacktion films.

Emma, Molly and Tom enjoyed a night out at the pictures, and their movie of choice was the thoroughly entertaining and action-packed Migration, which is about a family of ducks that spread their wings and embark on an adventure beyond their pond.

We always jump at the chance to go to the local cinema and watch a film on the big screen, and we have to admit this animated family-friendly film made us laugh and was enjoyed by all.



# Eating out

Eating out is one of life's simple pleasures, and it's even more enjoyable when we hit our local dining spots together. So far this year, we've treated ourselves to a McDonald's, visited the Flying Shuttle more than once for a hearty lunch, and spent an evening at our local Lithuanian inspired restaurant, Baltic Amber. We also received a warm welcome when we visited Petals Tea Room, the perfect spot to relax and enjoy a pot of tea with sandwiches and homemade cakes.



## Shopping trip to Bury St. Edmunds

Molly and Sarah aren't the only ones who love a bit of retail therapy. Emma and Linda enjoy a good shopping trip too. They both had a lovely time when they went to Bury St. Edmunds to browse some of their favourite high street stores and found a nice relaxing place to chat and have a drink.



## Molly volunteering at Cleves

A new year offers exciting opportunities, and Molly embraced the chance to try something new and begin her volunteering journey at Cleves Place care home.

Molly gives up some of her time each week to Volunteer at Cleves Place where she chats with the residents, helps serve tea and cakes and gets involved in leading the care home activities, which include bingo and crafts.

All of us at Vange Place would like to say a big well done to Molly for doing something so worthwhile and playing her part in making a difference to the lives of others.



## Bury Bowl

We love a bit of bowling and enjoyed a fun-filled Friday night when we headed to one of our nearest tenpin bowling alleys, Bury Bowl, in Bury St. Edmunds. When there, we visited the Bowl Side Diner and treated ourselves to some tasty food and some irresistible milkshakes before hitting the lanes where we bowled the night away.

Everyone engaged in a bit of friendly competition, but there could only be one winner, and that was Matt.





## Bagging bargains at Matalan

The original plan for the day was to head to the centre of Bury St. Edmunds but the manic bank holiday traffic soon put a stop to that. However, Linda wasn't complaining when she instead decided to visit Matalan away from the busy town centre.

A lovely lady at the door gave Linda a discount voucher to use at the store, and it's safe to say that the discount she received at the checkout made her shopping experience much better!

Linda bagged herself some real bargains at Matalan, then stopped off at Sainsbury's to grab some lunch before heading home.



## Impressive 'Toad in the Hole'

Want to know the secret to making the perfect Yorkshire pudding batter? Just ask Matt who recently whipped up his airy, crisp and delicious toad in the hole. Nothing beats a good Yorkshire pudding rise, and Matt totally nailed this classic British dish.



# A Trip to Suffolk Owl Sanctuary

We wanted to make the most of the bank holiday weekend and opted for a day out at the Suffolk Owl Sanctuary in Stoneham Aspal. Our day started with a full English at home, then we set off shortly after having breakfast to meet the owls, meerkats and armadillos.



When we arrived at the Suffolk Owl Sanctuary, we were excited to see the owls and birds of prey in their living quarters and enjoyed listening to the staff talk about the birds and their behaviours and personalities. We then visited the fascinating armadillos and grabbed some lunch at the on-site café.

After lunch, we headed for the meerkat encounter to meet the cheeky mob of meerkats and watch them be fed before ending our time at the sanctuary having a good look around the gift shop.





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- Bank Holiday Monday in Clacton-on-Sea
- Linda's Birthday Meal at Prezzo
- Lambing Weekends at Kentwell Hall
- Spring Faye at Jimmy's Farm
- Family Afternoon Cream Tea
- The Greatest Showman Outdoor Cinema Sing-A-Long at Audley End House
- 80's Theme Summer BBQ
- Tom's Butlins Holiday
- Matt's Benidorm Holiday
- Tom's Birthday
- Emma's Birthday and much more!

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