

Vange Place Newsletter

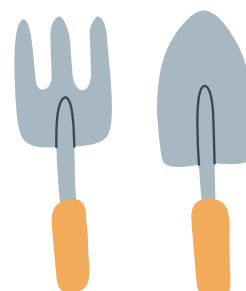


Vange Place

Edition #14

Planting strawberries at the allotments

They say green spaces and being outside in the fresh air are therapeutic and good for the soul. Matt and Sarah had a busy day at the allotment doing all sorts of jobs including digging the beds and planting strawberries.



Spring Fayre at Jimmy's Farm

When we heard there was going to be a Spring Fayre at Jimmy's Farm, we knew it would be right up our street, and we weren't wrong. We enjoyed wandering around, checking out the different stalls and chatting with the lovely stall holders from across East Anglia before stopping for a drink and some delicious scones.



Once we finished our mid-morning snack, we began our adventure at the Wildlife Park and met all sorts of friendly animals and different species, including lizards, ducks, peacocks, pigs, goats, and even horses. One of the best parts of the day was getting to feed some of the animals on the farm. It was a truly memorable experience for us all.

After getting up close and personal with the animals and giving them some food, we were getting hungry ourselves, so we all grabbed a pizza at one of the on-site eateries. It was the perfect fix after a long day of exploring the exciting array of stalls at the fayre and meeting lots of new animal friends.



An afternoon at Clare Country Park

What's better than relaxing outside with a picnic in the park? Both Matt and Sarah jumped at the chance to spend an afternoon enjoying a picnic and the beautiful weather at Clare Country Park with support workers Laura and Sarah. Nestled in the pretty town of Clare in Suffolk, the park is a hidden treasure and the perfect place to visit on a sunny day.

After their picnic, Matt and Sarah had fun on the swings and the train in the playground area, then stopped at the nearby café for some cake and a drink before heading home.



Joan Mann Special Sports Day at RAF Mildenhall

The Joan Mann Special Sports Day is dedicated to disabled adults and children from surrounding local communities, and we were all very excited when we were invited to attend this event, which took place on the 9 May 2024.

The programme was formed in 1981 when Joan Mann, a Ministry of Defence employee who worked in the public affairs office on RAF Mildenhall, sought out to establish a way to bring local community and military members together to work with special-needs people.

Held in an aircraft hangar, the event began with an opening ceremony which featured an Olympic style torch and included lunch and static aircraft displays. After the ceremony, we were invited to take part in 12 different games and sporting activities, including bowling, basketball shoot, tennis ball bounce, frisbee toss, ring toss, tennis ball shuffle run, football kick, obstacle course, American football throw, 50-yard run, 100-yard run and the wheelchair slalom.

Matt won a medal in ring toss, Emma won a medal in bowling, and Matt and Molly won medals in basketball shoot. However, we all received a participation medal and t-shirt and felt like winners at the end of the day as each and every one of us had an absolute blast attending this incredibly special event.









Holiday essentials

When the sun comes out, we like to get out and about too, especially if it involves getting ourselves a little treat. The real reason behind popping to the shops was to get Tom some essentials for his holiday, but as it was so hot out, we all decided to get some ice cream to cool off!



Girlie shopping day

The formula for the perfect girlie shopping day includes giggles, trying on potential new outfits and purchasing your favourite finds. Don't you agree? Well, we know someone who does, and that someone is Molly! With support worker Sarah by her side, Molly thoroughly enjoyed her day out in Bury St. Edmunds, where she purchased lots of lovely new items, including 2 dresses, 2 pairs of shoes and a pretty handbag.

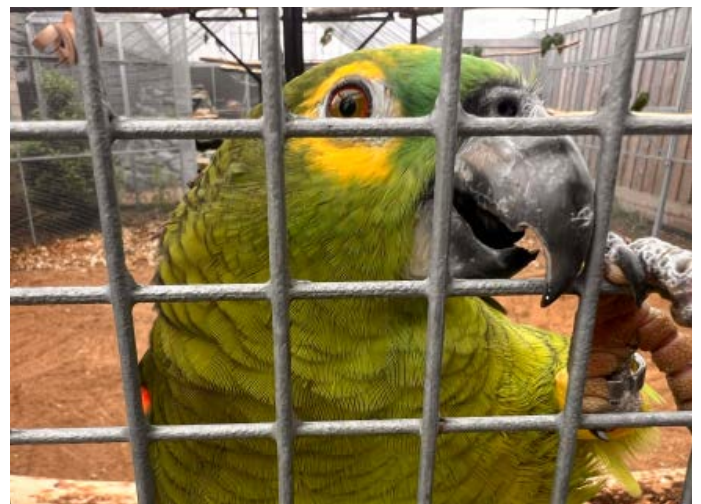


Tom's Butlin's Skegness Holiday

We waved Tom off and wished him the most amazing time as he headed off on his holiday to Butlin's Skegness.

Tom's getaway included trips to the beach, a day at the Wildlife Park, and all things fun, such as tenpin bowling and traditional fairground rides and attractions.

With lots of entertainment venues on his doorstep, Tom also enjoyed a variety of exclusive live shows and incredible headline acts that helped to make his holiday just that little bit more spectacular.





It's safe to say that Tom thoroughly enjoyed his Butlin's holiday, which was jam-packed with exciting adventures and activities throughout each day and night.

Matt's Arsenal Emirates Stadium Tour

Matt is a massive Arsenal fan, and it was no surprise that he was very excited when he got to explore the phenomenal home turf of Arsenal FC with support worker Laura. His day at the Emirates Stadium included a behind-the-scenes tour and access to the dressing rooms, players tunnel, and the director's box, plus entry to the Arsenal museum, where he browsed the many items on display. Matt loved walking in the footsteps of legendary Arsenal players and gaining access to areas normally reserved for the team and officials. To finish his trip, Matt visited the official Arsenal shop, where he purchased his own kit.





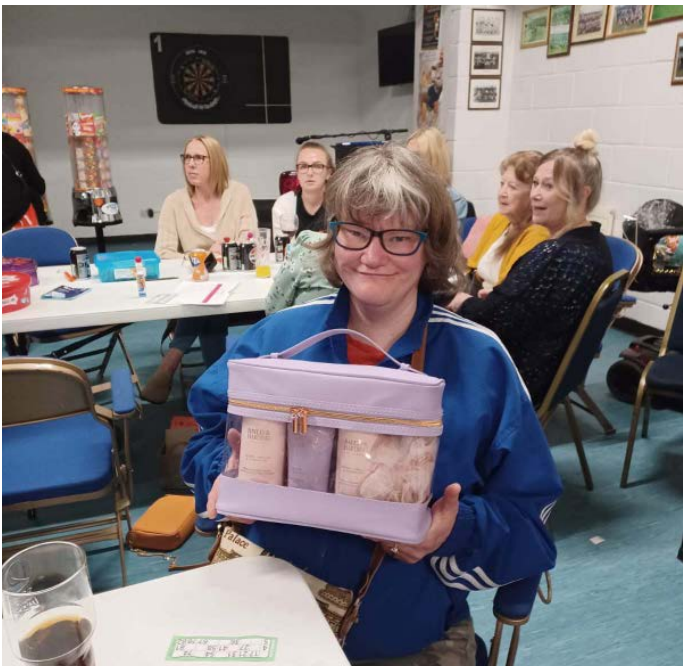


Bingo Night

We love the buzz of a bingo night at our local rugby club, as we are always guaranteed an evening filled with suspense and laughter, as well as the chance to walk away with some brilliant prizes. Once settled into our seats, it was all eyes down and dabbers at the ready, hoping that luck was firmly on our side.

Although there were no bingo wins on the night, Tom was only one number away from winning the big one. However, both Emma and Sarah won prizes in the raffle.



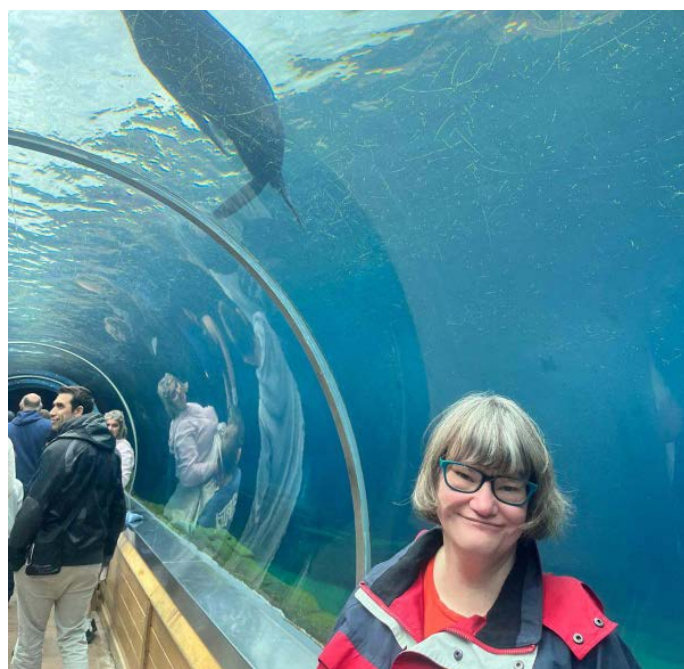


Colchester Zoo

We released our wild side by spending a day at Colchester Zoo, visiting different habitats, and seeing many beautiful animals from around the world. With over 155 species to discover, we embraced every second and met some new animal friends, including rare and endangered species, and their dedicated keepers.

We enjoyed walking through the sea lion tunnel, which enabled us to see them underwater. We also got to watch the sea lions show off some of their amazing skills in their daily show.









Here is a list of events that will appear in our next newsletter:

- Shopping trip to Cambridge
- Emma's 50th birthday
- Matt's Benidorm holiday
- Family afternoon cream tea
- Tom's birthday
- The Greatest Showman
- Outdoor Cinema
- JLS at Newmarket
- Tom's musical theatre classes

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