

Vange Place Newsletter

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Edition #16

Super vegetable soup in the Thermomix

Molly loves to cook and decided to make a warm and comforting vegetable soup using our Thermomix. She chopped all of the vegetables by hand, popped them into the Thermomix with a few other ingredients and then let our clever kitchen gadget do the rest of the work.

Not only was her vegetable-loaded soup very tasty but it was also healthy and super quick and easy to make.



Molly volunteering at Addenbrookes

Since becoming a volunteer at Cleves Place care home in Haverhill, Molly knows how important volunteering is when it comes to giving back to her community and making a difference in people's lives. She thoroughly enjoys volunteering at Cleves, and so decided to also take on a volunteering role at Addenbrooke's hospital in Cambridge where she now goes every week with support worker Amy.

Molly began volunteering at Addenbrooke's in July and her current role involves giving out activity packs to the patients on the wards. Well done Molly for being a brilliant volunteer and helping to make one of our local hospitals even better.



Cheering on England during Euro 2024

Watching England during Euro 2024 was a tense and nervous affair, but an exciting one nonetheless.

Tom was thrilled when Ollie Watkins scored late and sealed victory over the Netherlands in the semi-final, sending England into their second successive European Championship final.

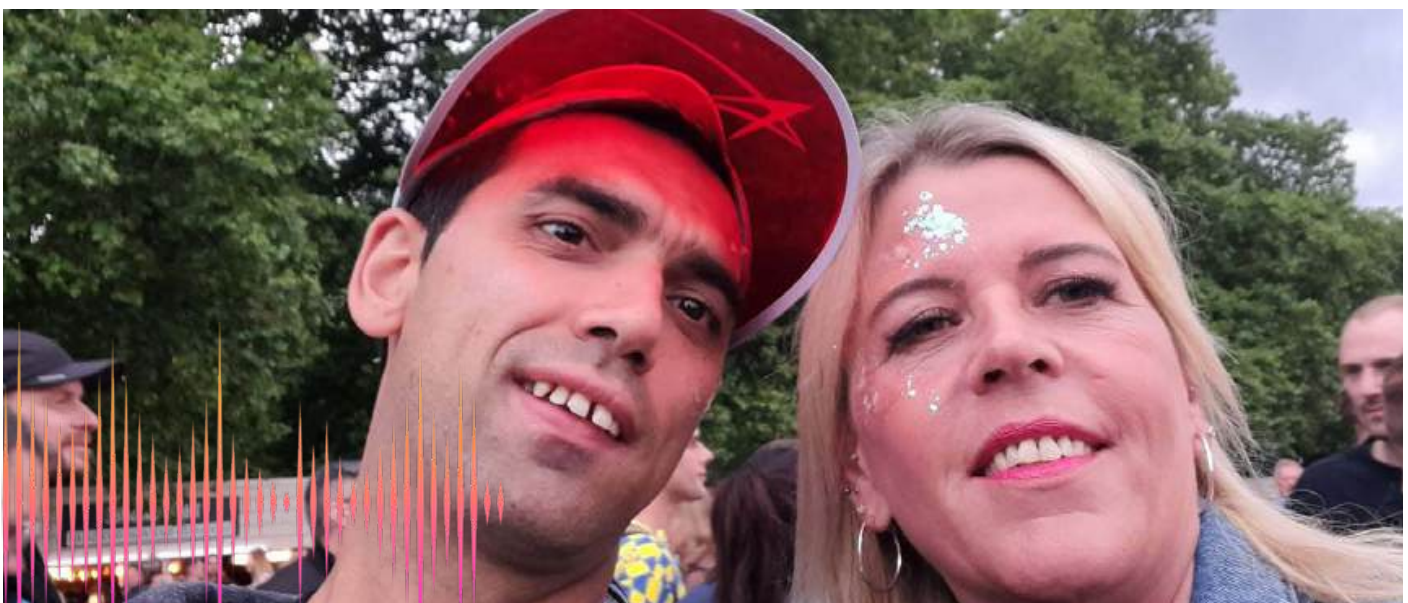
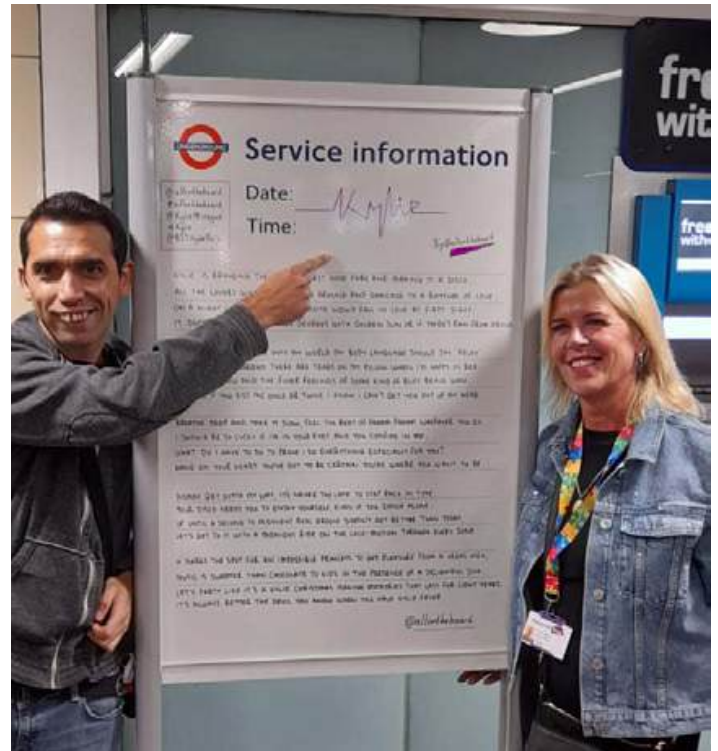
On finals day, Tom enjoyed tucking into cake and nibbles whilst he watched the game. Although Spain beat England 2-1, Tom had lots of fun cheering on the Three Lions during the nail-biting match.

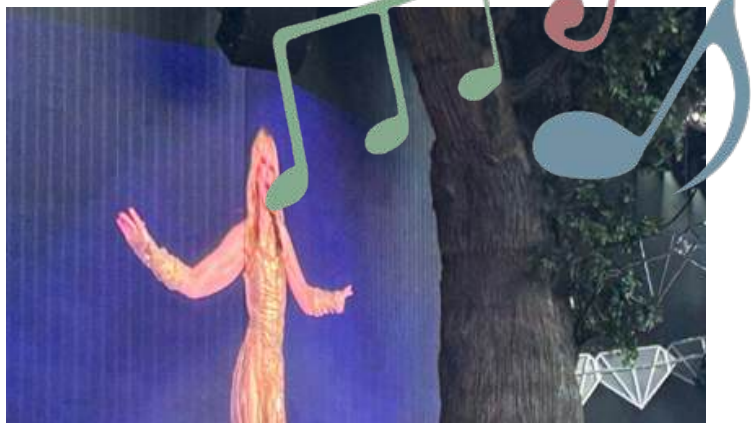


Kylie at Hyde Park

When Matt heard that music icon Kylie Minogue and several special guests were going to perform at London's Hyde Park in July, he thought 'I Should Be So lucky' to get myself a ticket to see one of the best popstars on the planet. Well, you'll be pleased to know that Matt's luck was in as he managed to grab himself a ticket as soon as they went on sale.

Matt attended the gig with support worker Joanne, who provided the face glitter and made sure Matt had as much fun as possible at Hyde Park. Kylie had both Matt and Joanne 'Spinning Around' whilst she delivered a dazzling performance and a glorious celebration of her pop hits.





Thrive and Shine Talent Show



Disability pride month is celebrated in July, and the Thrive Hub in Haverhill invited us all to take part in a talent show to celebrate the talents and achievements of our local community. We all attended and some of us even signed up as performers!

Emma sang The Rose by Westlife, Matt sang Another Part of Me by Michael Jackson, and Sarah sang Waterloo by Abba with a friend. Tom was originally going to just watch the performances, but felt inspired to join Molly on stage as she danced to a song by Beyoncé.

It was a night filled with art, dance and music, and we all had an amazing time sharing our unique talents with the audience.



Evening racing and Busted concert in Newmarket

We all know that Sarah Wright loves boy bands, and it came as no surprise when she told us she was going to watch Busted live in Newmarket after an evening of racing.

Sarah had a great time watching the horse racing for a few hours, but seeing Busted take to the stage and play some of their biggest hits was, without doubt, the best part of her day out.



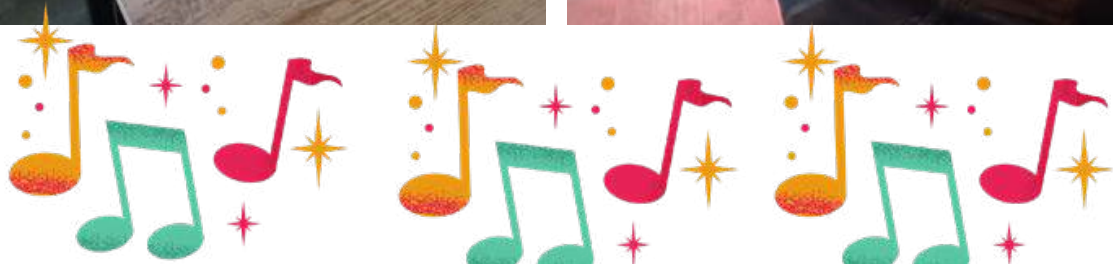
Rock 'n' Roll evening



In addition to inviting us all to take part in their talent show in July, the Thrive Hub in Haverhill hosted a rock 'n' roll evening filled with retro fun and fabulous music. Our local rugby club was transformed into a music-lovers paradise with carefully selected decorations and inflatable instruments, all of which helped to create the perfect atmosphere.

We all put on our dancing shoes, hit the floor and rocked around the clock to iconic tunes that left us grinning from ear to ear. It was a brilliantly fun evening with lots of memorable moments and a real rock 'n' roll vibe!



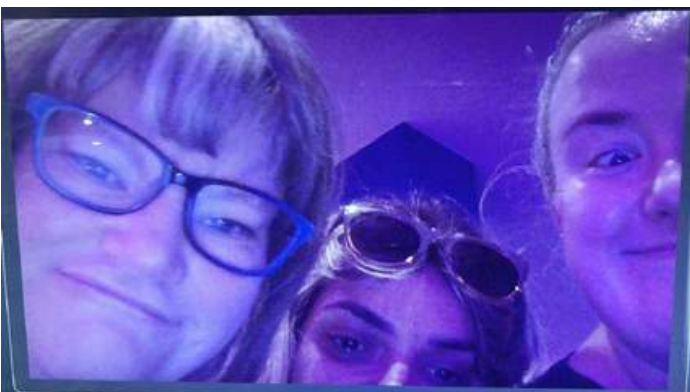


Molly's birthday



When the time came to celebrate Molly's birthday, she invited us all to join her for a meal at Nines Golden Buffet and an evening of tenpin bowling in Cambridge. After exploring a range of dishes at Nines with support workers Grace and Laura, we headed to the bowling alley for a game with a healthy dose of competition thrown into the mix.

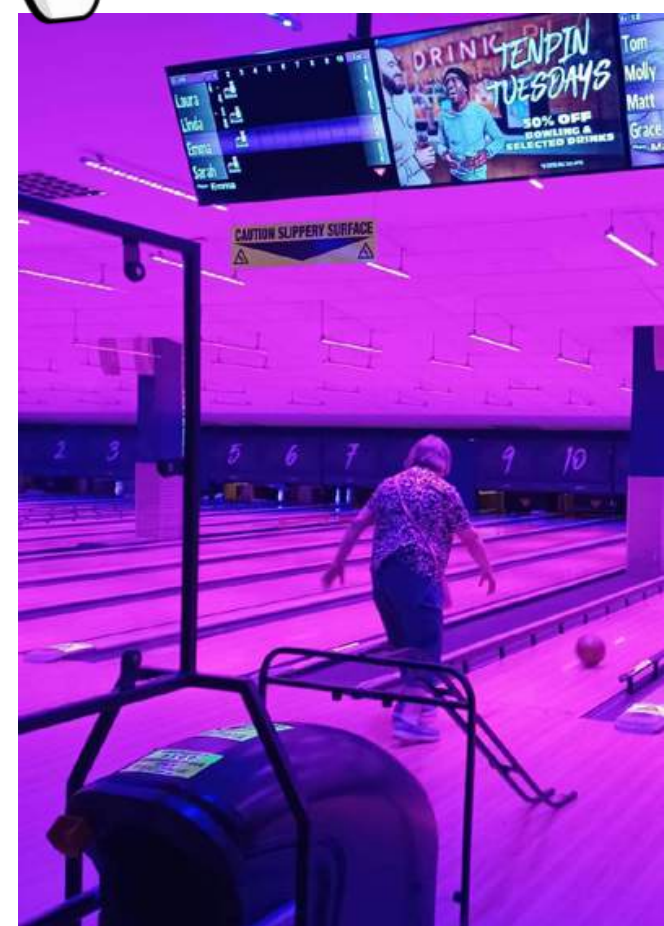
We all battled it out for victory, but it was Tom who was 'bowled over' to be crowned the tenpin bowling champion. The bowling alley was the perfect place for an evening of laughter and entertainment, and It's safe to say that Molly had the best time celebrating her birthday with us all.



Molly's birthday



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

- Thrive afternoon tea
 - Molly's fashion makeover
 - Picnic and lawn games in the park
 - Andre Rieu: Power of Love at Haverhill Arts Centre
- and much more!

Supporting disabled people to be seen for who they are.



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