Vange Place Newsletter



Edition #18

#### Linda visits the Knife Angel in Haverhill

When Linda heard that the Knife Angel was on display at the Market Square in Haverhill, she decided to head into town and view the huge statue up close and witness its powerful message of hope and change.

The 27ft-tall monument is made from over 100,000 seized blades and was created to highlight the negative effects of violent behaviour on our communities. Also designed to educate and inspire social change and act as a memorial for those who have sadly lost their lives due to violent acts, the Knife Angel is the UK's most travelled monument and visits different cities and towns each month.







### New month, new hair

The start of a new month is the perfect time to refresh your locks and, at the beginning of September, Sarah waved goodbye to the old and embraced a new haircut and colour. After visiting her favourite hairdresser in town, Sarah left the salon feeling her absolute best and ready for her upcoming holiday.

But Sarah wasn't the only one who gave her hair a refresh in September. Molly also decided to visit a local hair salon, only she opted for a keratin treatment to help give her locks a shinier and smoother appearance.











# Sarah chooses a new carpet

Choosing the right carpet is a difficult decision, and Sarah knows this all too well. She recently had the task of selecting a new carpet for her home and, whilst doing so, learned about the different carpet types, padding and colours available. After much deliberation, Sarah finally decided on the perfect carpet and is now preparing her home for when the fitters arrive.

#### 80s theme BBQ

In September, we took our loved ones on a nostalgic trip to funky town by hosting the best 80s theme BBQ ever! We went all out with the decorations and put on our finest 80s gear to help create a totally awesome party atmosphere.

We even took a nostalgic journey back to the past with the food and put together some retro nibbles and snacks to serve alongside our tasty BBQ dishes.

Not forgetting our rad 80s quiz and the non-stop tunes that transported us back to one of the best decades for pop music. When the music started we were up and dancing faster than you can say, Wham!



















































#### Food, glorious food

We all love a good English fry-up every now and then. It's a real treat. Plus, we enjoy cooking and eating breakfast together as it gives us a chance to sit down and chat about the day ahead.

Matt and Sarah also enjoy spending time in the kitchen cooking tasty evening meals. Just take a look at Matt's homemade lasagne and Sarah's very cheesy sausage pasta bake. Both meals look absolutely delicious.







#### Games and Karaoke at Vange Place

After visiting the Shuffle Board Game Café in Bury. St. Edmunds, we were inspired to play board games more often at Vange Place. From epic Uno and Frustration, to the classic Connect 4, we dug out our collection of games and thoroughly enjoyed spending time together indoors. We also grabbed our microphones and had a complete blast singing our hearts out to our favourite karaoke songs.



















#### Sarah's Butlin's Bognor holiday

Sarah was super-excited when she got picked up to go on her holiday to Butlin's Bognor Regis. This getaway was all about fun and dancing, not forgetting the brilliant evening shows and original entertainment at the resort.

In addition to making the most of everything the resort had to offer, Sarah enjoyed trips to the seaside, visits to the amusement parks and going on all sorts of traditional fairground rides.







































#### **Emma's Mediterranean cruise**

Emma had the perfect end to her month when she spent 7 nights onboard P&O Cruises Azura sailing the Mediterranean and visiting stunning destinations, such as Ajaccio in France and Rome in Italy. After fun days of exploring spectacular cities, Emma enjoyed discovering the range of dining venues and lively entertainment on board the ship.

Not only was Azura a social paradise at sea but also the ideal place to unwind, enabling Emma to take some time out to relax in between port days.









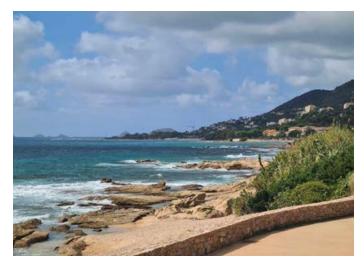




































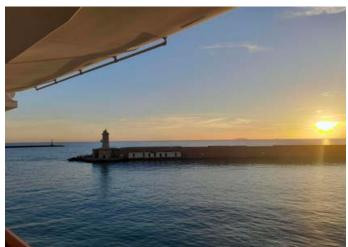














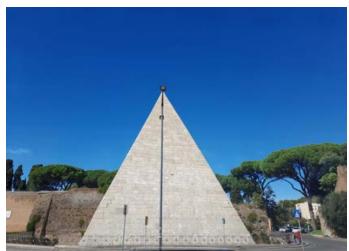


























## Here is a list of events that will appear in our next newsletter:

- Tom's posh meal night
- Linda's holiday
- Ladies night and much more!

## Supporting disabled people to be seen for who they are.



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