

# Vange Place Newsletter

# Vange Place



**Edition #22**

# The perfect pamper day

Sarah chose to start the new year right by treating herself to a pamper session, which included an eyebrow waxing treatment and stunning new nails. She had a great time at the beauty salon exploring the range of treatments on offer, and left looking gorgeous and feeling ready to take on the year ahead.





# Matt's winter walk in the sun

The weather in January wasn't all bad. There were some bright spells and when the sun decided to make an appearance, Matt went for a winter walk with Support Worker Trina and her dog, Betty. They met some lovely horses along the way and thoroughly enjoyed being outside in the fresh air without battling any wind or rain.

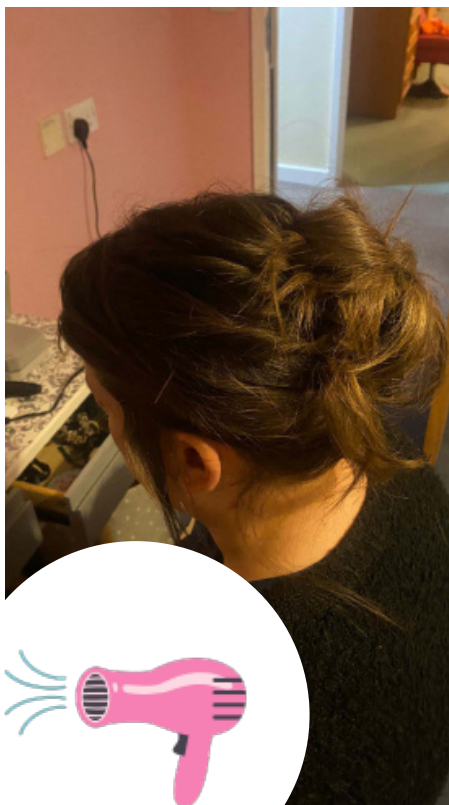




# Molly tries out new hairstyles

Molly loves trying out different hairstyles and was very excited when she found out that support worker Danielle is an NVQ 2 trained hairdresser. So, on a cold and windy day in January, Molly asked Danielle if she would help her transform her locks, and Vange Place's very own styling expert was only too happy to oblige.

Danielle ending up creating several different looks to help Molly find the perfect hairstyle for a masquerade ball we are all due to attend in February. We think they all look fabulous!





# An evening at The Flying Shuttle

We never need an excuse to go out for an evening meal together at The Flying Shuttle, mainly because we love the food and cosy atmosphere. It was such a great night catching up about our days whilst enjoying our meals, plus we shared lots of giggles when taking photos on our phones using the fun feature on the camera app.





# Girlie shopping trip to Cambridge

After receiving our invites to the masquerade ball, Molly and Sarah wanted to treat themselves to new glamorous dresses for the big event. They jumped on a bus to Cambridge together for a girlie day of browsing different clothes stores and trying on lots of gorgeous outfits. Both Molly and Sarah managed to find the perfect dress for the ball and made time to grab lunch and milkshakes before heading back to Haverhill.





# New look Vange Place

When we heard that Vange Place was getting a makeover in January and we could help choose new paint colours for some of the rooms, we were all very excited to say the least. The decorators visited us with their colour charts, then got to work the very next day and transformed our living space with fresh licks of paint.

All of the bathrooms and communal areas, including the lounge, kitchen and dining room have been given a new look. But that's not all. Tom decided to update his bedroom (and bathroom) with a bright orange paint colour and is thrilled with the results. Check out our Vange Place before and after photos.



**Before**



**After**





Before



After



Before



After



Before



After





**Before**



**After**



**Before**



**After**



**Before**



**After**



# Games night

Linda often chooses to play traditional board and card games when staying in for the night. In addition to using this time to chat about her day, Linda loves to put on her favourite songs and encourages everyone to sing along to enhance the gaming experience.





# Linda's kitten, Twinkle

On 26 January, Linda officially became a cat mum to her wonderfully loving and playful fur baby named Twinkle. Linda and Twinkle have been inseparable ever since and enjoy lots of cuddles and play time together in between kitten feeds and naps. Twinkle and his bubbly personality have already brought so much joy and laughter into Linda's life, and we couldn't be happier for her.

Congratulations on becoming a cat purr-ent, Linda!







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

- Masquerade Ball
- Baking at home
- Drag bingo and much more!



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



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