

**Vange Place  
Newsletter**

# Vange Place



**Edition #24**

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# Linda's holiday

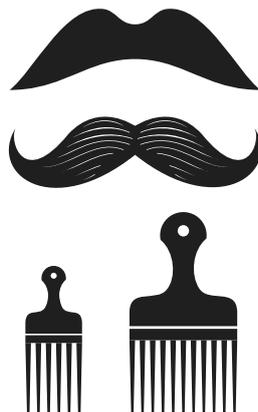
At the beginning of April, Linda packed her bags and went on a Warner holiday to Gunton Hall in Lowestoft. She had a fantastic time at the coastal resort and enjoyed stunning scenery, fine dining and a top-notch programme of daytime and evening entertainment. It was the perfect seaside break for relaxation, plus Linda was able to indulge in all the fun the resort had to offer.





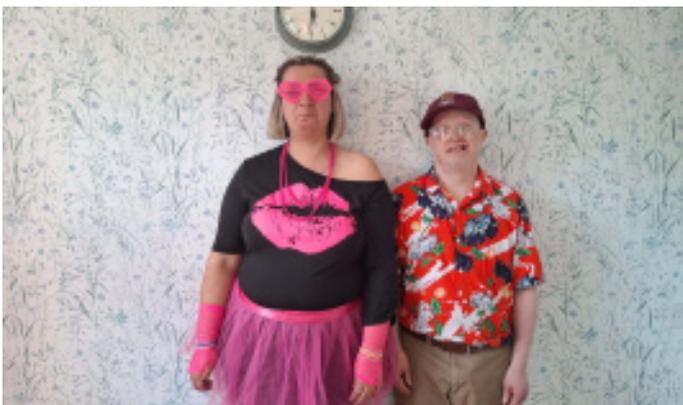
# Tom's favourite barber shop

Tom has been enjoying visiting our local barbers, Cookie Cutter and Co, for haircuts and weekly beard trims, mainly because he finds it relaxing and appreciates the friendly environment. He always leaves feeling his absolute best and quite enjoys a browse around the shops and a cake stop before returning home.



# Fancy dress party

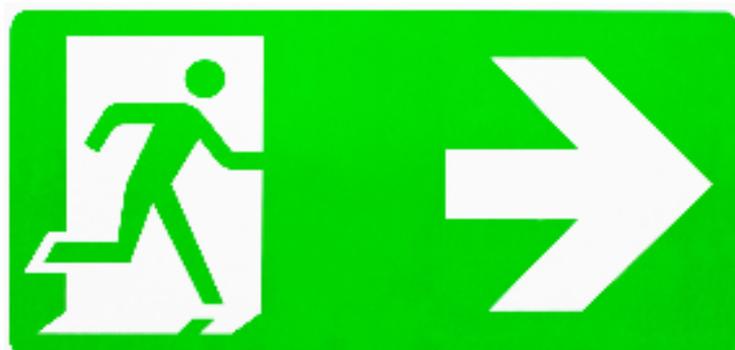
The Thrive Hub in Haverhill invited us all to join them for a fancy dress birthday party to help them celebrate turning 2 in April. It was a night full of dancing, laughter and a real sense of community, and we all had a blast dressing up and sharing a slice of the joy with the Thrive Hub and all those who attended.





# Soggy socks

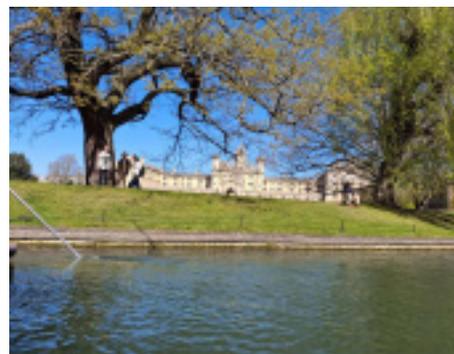
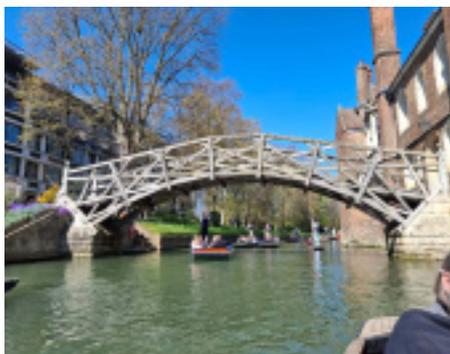
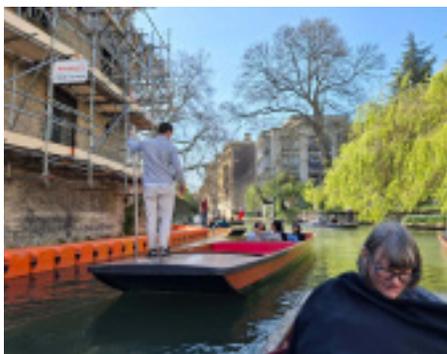
It was a quiet Tuesday morning until suddenly the fire alarm sounded and we all had to evacuate the house as quickly as possible. The fire drill was unannounced and so we assumed it was a fire and prioritised immediate evacuation over the need for shoes and proceeded to the designated assembly point. Thankfully, it was a false alarm and the only harm done was to Emma, Molly and Sarah's socks which ended up rather soggy from the rain-soaked paths outside.



# Punting in Cambridge

After looking for things to do on a sunny day and narrowing down our options, we all agreed to head to Cambridge for a gentle punt down the River Cam. Our guided punting tour enabled us to relax and explore the famous city attractions and learn about the history and anecdotes of the renowned Cambridge University Colleges. We had the best time soaking up the atmosphere and gliding along the river with our friendly chauffeur before treating ourselves to a delicious lunch in one of the nearby pubs.





## Linda's birthday

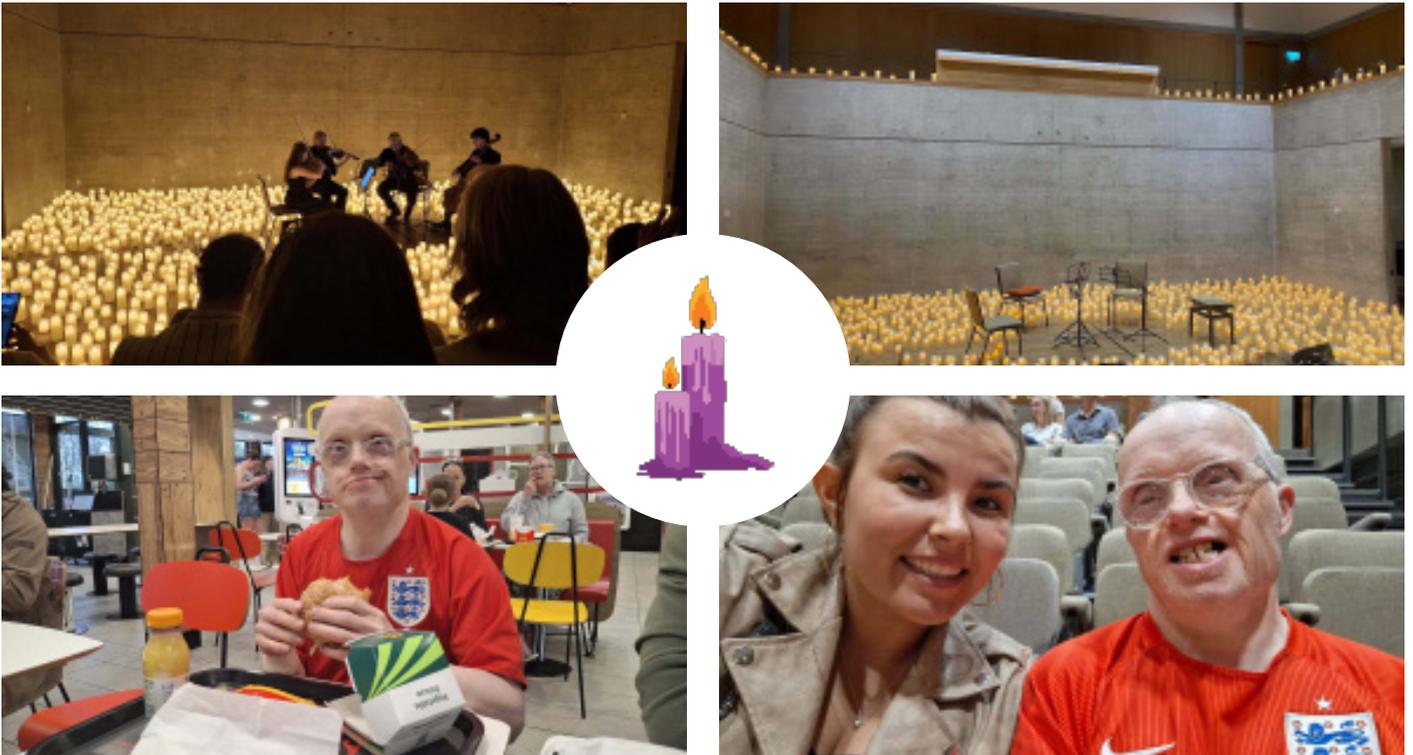
Linda came back from holiday and celebrated her birthday. As soon as she arrived home from her trip, she opened her presents, including her cute cat toy gift from her fur baby Twinkle, and invited us all to join her for an evening meal at the Flying Shuttle. We had a lovely evening together hearing all about Linda's time away and made sure the birthday girl's special day ended on a high.





# Candlelight Concert: A tribute to Taylor Swift

When Tom found out that the Fitzwilliam College in Cambridge was hosting a Taylor Swift tribute concert by candlelight, he was quick to purchase a ticket, and you can trust us when we say he was glad he did. Tom got to experience music in a whole new light and was blown away by the beautiful candlelit setting and the magical performance by the Norfolk based string quartet, Chaos Collective.



## Getting creative in the kitchen

Matt never needs an excuse to get creative in the kitchen and enjoys baking and cooking all sorts of meals from scratch. He recently made some super rich and moist chocolate chip muffins and a delicious chicken curry bursting with flavour. But Matt isn't the only one who has been enhancing his culinary skills. Linda treated us all to some homemade garlic bread that was perfectly crisp on the outside and soft on the inside.

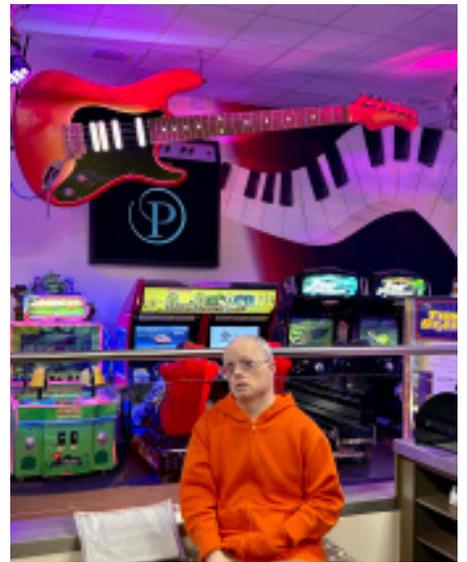
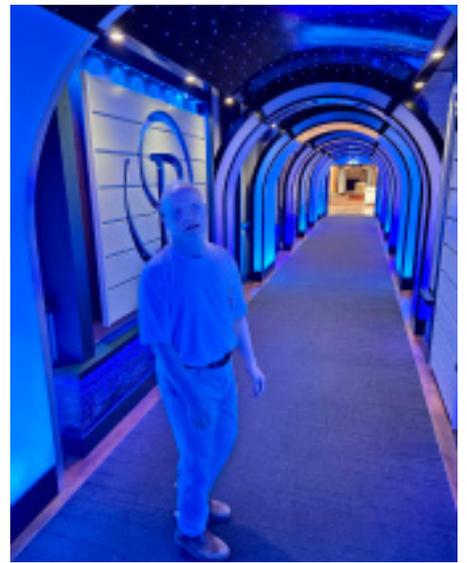




# Tom's holiday

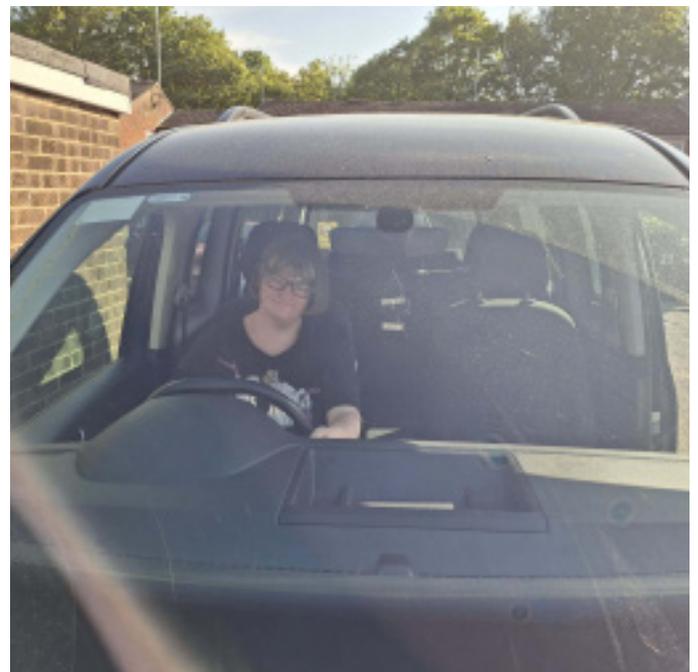
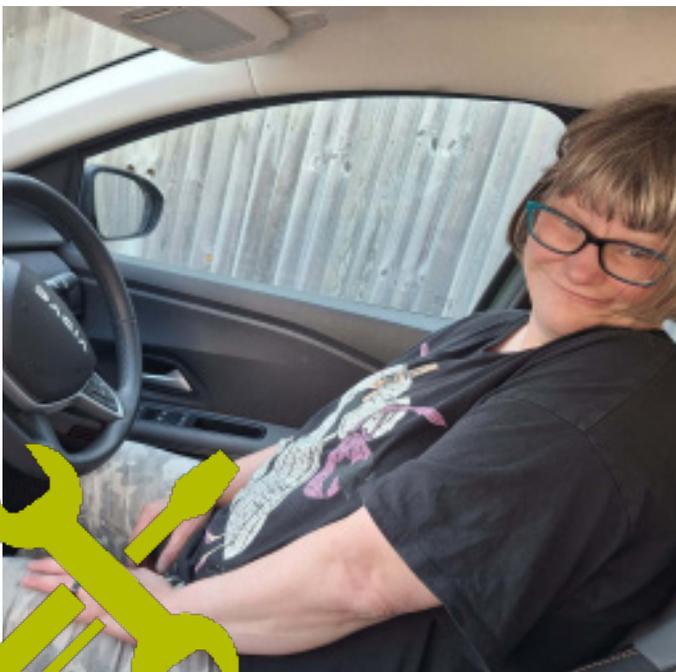
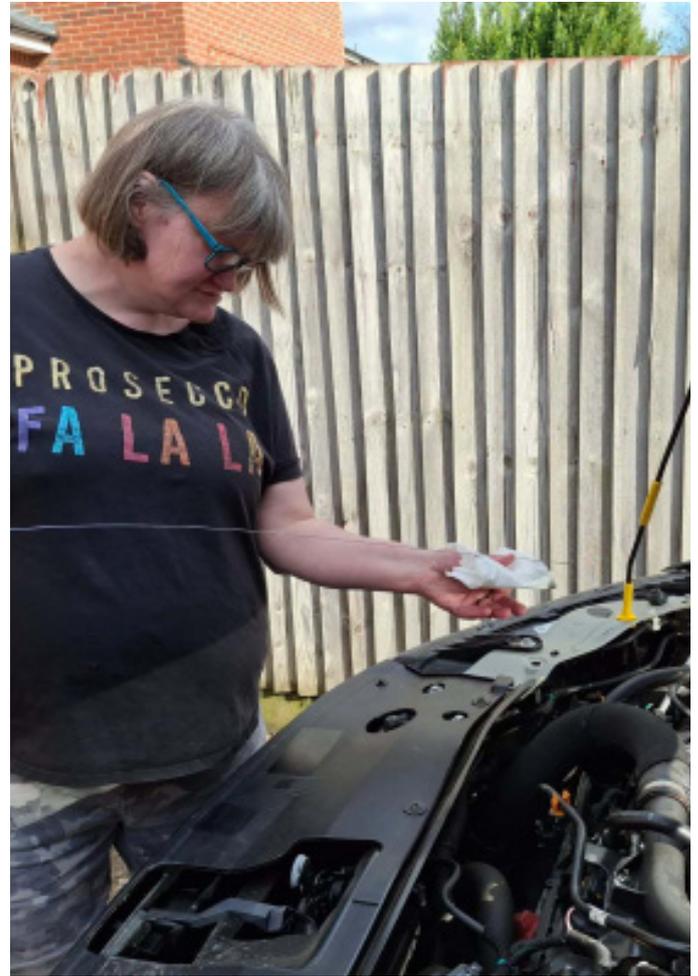
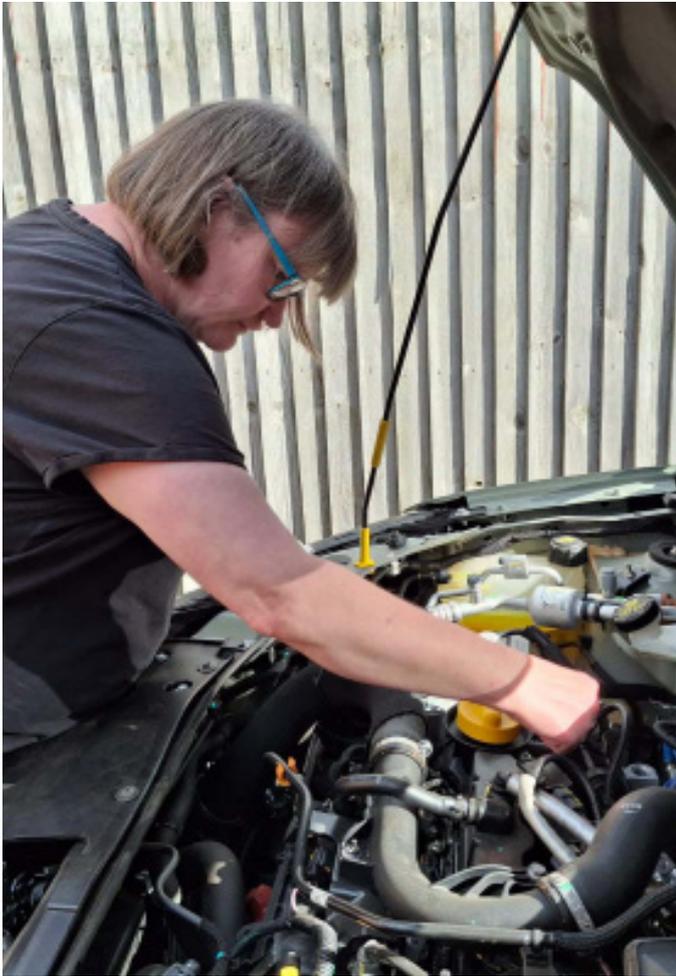
Nothing quite beats a seaside holiday, especially when you're staying at a fully inclusive five-star resort, just as Tom did when he recently enjoyed a short break at Potters Resorts in Hopton-on-Sea. He was treated to delicious food, countless activities and West End-quality shows, plus he made time to relax and soak up the stunning landscape and beautiful Norfolk coastline.





# Completing car checks

Emma loves joining in with carrying out the weekly car checks on Linda and Tom's cars, and enjoys helping staff identify potential problems early and ensure both vehicles are clean, tidy and safe to drive. Weekly vehicle checks include everything from recording the current mileage to checking mirrors, steering and brake fluid levels, but Emma's favourite things to check are the oil and lights.



# St Edmundsbury In Tune Concert

Tom had the best time attending his first St Edmundsbury In Tune Concert at the community centre in Horringer. He thoroughly enjoyed a first-class keyboard performance by Daniel Watt and was even given free refreshments and a jam tart during the interval. The concerts take place once a month on a Friday evening and always with a different performer, and Tom can't wait to attend all the concerts scheduled for the rest of the year.



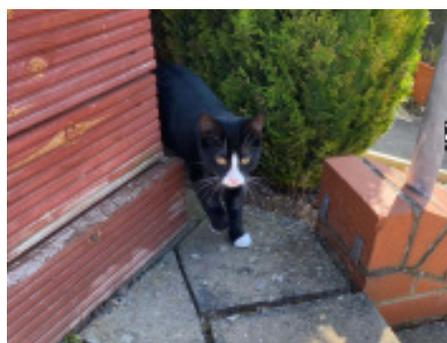
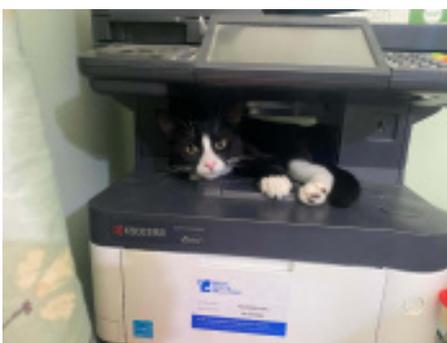
# Volunteering at East Town Park

Matt, Molly and Sarah recently became conservation volunteers at East Town Park in Haverhill and now spend their Wednesday mornings helping the park rangers manage the area. They get involved in all sorts of jobs, including weeding, painting, litter picking and raking leaves, and are enjoying learning new skills and supporting the rangers to keep the park in great condition.



# Twinkle update

Whilst Twinkle is Linda's fur baby, we have all played our part in helping him settle into his home at Vange Place. Twinkle has quickly become a confident cat and likes finding unusual, snug places to hide and sleep around the house. Although Twinkle seems to prefer the comforts of home at the moment, he has now been introduced to the outside world and enjoys both indoor joy and outdoor freedom.





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

- Bowling in Cambridge
- Vange in bloom
- Beach luau party and much more!

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



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