

**Vange Place
Newsletter**

Vange Place



Edition #25

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Bowling in Cambridge

We wanted to make the most of the weekend and so decided to head to Cambridge for a fun evening of tenpin bowling. It was a night full of laughs, and everyone had a great time socialising and engaging in some friendly competition before enjoying a delicious meal at a nearby restaurant.



Recycling hero

Tom enjoys keeping Vange Place tidy and always makes the effort to recycle anything he can, whether it be paper and cardboard or plastic and metal containers. He even gathers all our empty glass jars and bottles, thoroughly rinses them, then takes them to our nearest glass bottle bank every week.



Eating out

With so many restaurants on our doorstep, we're spoiled for choice but it's safe to say that Ceo's Kitchen has become a favourite of ours when choosing where to dine out. It has a menu full of Turkish dishes and alternative options to suit all tastes, and we've enjoyed eating here on several occasion over the last few months.





Shine bright like a diamond

Linda was over the moon when Matt brought her a diamond art kit featuring two cute kittens for her birthday. We all know Linda loves cats and creating diamond art masterpieces, so he couldn't have made a better choice! The kit has kept Linda entertained for hours and we can't wait to see what pretty picture she chooses next to adorn with diamonds.



Beach Luau party

When the Thrive Hub invited us to attend their Beach Luau Party, we grabbed our tickets right away as we knew it was going to be non-stop fun. And we weren't wrong. As soon as we arrived, we were transported to an indoor tropical paradise and treated to a top night of island vibes, beachy tunes and lots of hula dancing.



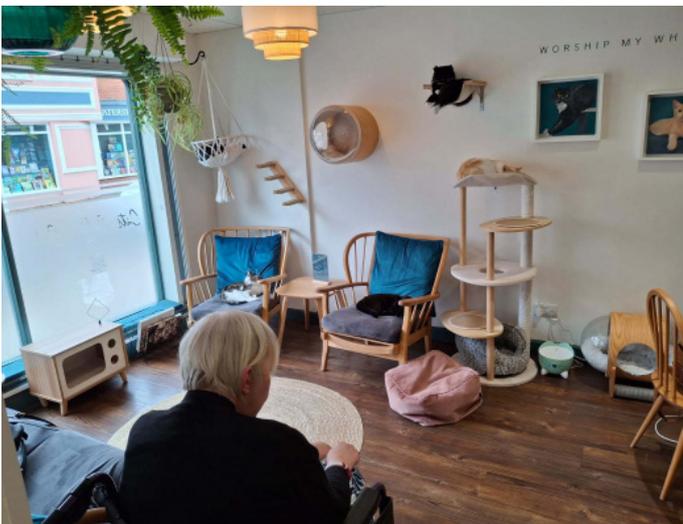
Holiday shopping

Sarah's excitement levels were through the roof in the run-up to her holiday to Memphis, and she couldn't wait to choose some new outfits to pack into her suitcase. Her shopping destination of choice was Cambridge where she spent a lot of time browsing the rails in her favourite stores before trying on her favourite finds and selecting which ones to purchase.



Cat Café

Linda had the best time when she made lots of paw-some friends at Finnigan's Whiskers cat café in the heart of Sudbury town centre. She spent lots of time with all the cats and had fun getting to know their unique personalities whilst enjoying a coffee and some cake. Linda also really loved seeing pictures of all the cats that once lived at the café and have now found their forever homes.



Homemade ice lollies

Why go to the supermarket to buy ice lollies when making your own at home is much more fun and satisfying? We've been beating the heat and keeping ourselves hydrated with homemade ice lollies, and you can trust us when we say they are absolutely delicious, especially on a scorching hot day. Best of all, they're super-easy to make!



Willow Tree Farm

Great days out are sometimes best when they are planned last minute, just like when we decided to visit Willow Tree Farm in Glemsford. It was our first time visiting the farm where we had a wonderful time meeting all the animals and exploring the locally sourced goods on display in their shop. We also spent some time relaxing at their new café whilst enjoying a drink and a bite to eat.



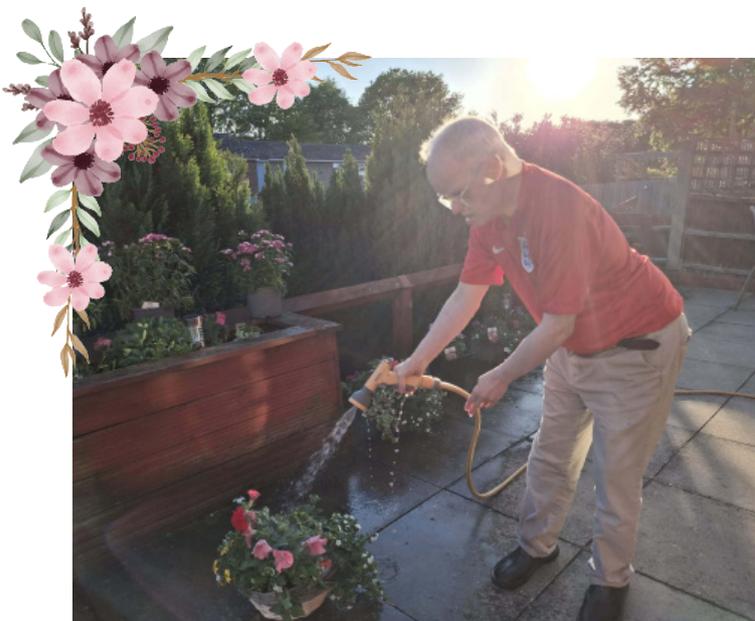
Sunday roast dinners

A perfectly cooked roast dinner never fails to bring us all together around the dining table, which is why we choose to cook one at home most weekends. We've even treated Linda's mum Pat to a few of our home cooked Sunday roasts, and we always make sure to leave just enough room to squeeze in a delicious dessert.



Vange in bloom

Our garden at Vange Place is looking a lot more cheerful and colourful these days, which is thanks to a lovely gentleman called Bob who is the uncle of support worker Danielle. Bob grows plants for supermarkets and garden centres and very kindly donated lots of plants to us to help make our garden extra beautiful. We would like to take this opportunity to say a big thank you for your generosity, Bob!





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

- Joan Mann Sports Day
- Sarah's Memphis holiday
- Emma's birthday and much more!

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