

**Vange Place
Newsletter**

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Edition #31

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Inspire in Bury St Edmunds

Matt, Molly and Sarah decided to head to Bury St. Edmunds to try a session at Inspire, which is known for being a relaxed space for growth and connection. All three of them were treated to full access to a range of fun activities and experiences designed to enhance life skills and help increase confidence. They also thoroughly enjoyed socialising with new people in a safe environment and being part of a community that cares. Matt and Molly enjoyed their taster session so much, they have been attending every week since.





Moyse's Hall – The Art of Cinema



Both Matt and Sarah had a wonderful time at the Art of Cinema exhibition, which enabled them to get very close to many iconic pieces from blockbuster hits, such as Batman and Star Wars. The exhibition at Moyse's Hall in Bury St. Edmunds also displayed historical collections and production-used art and clothing from various sci-fi and action movies like Jaws, James Bond and Lord of the Rings.



Sarah's new sofa

Sarah decided it was time for 'out with the old' and 'in with the new' when it came to updating her sofa. She chose a gorgeous brown reclining sofa and a foot stall to match, giving her multiple options to put her feet up and relax in her flat.





Pamper and movie night

Never let it be said that Emma and Molly don't know how to relax and unwind after a busy day. They both recently enjoyed spending time together at home sharing giggles and having facials and using face mask treatments to restore their natural glows. Once they'd finished their mini pamper session, they curled up on the sofa and watched movies until their beds were calling their names.



A winter walk with Betty and Mavis

Matt has always loved getting out in the great outdoors and so he jumped at the chance to join senior support worker Trina on a walk with her two dogs for a few hours. Betty, Mavis and Matt decided to take a walk on the wild side and visit West Wickham's wildlife area to breathe in the fresh, crisp air and catch glimpses of sunshine, which they all found refreshing and rejuvenating.



Coffee with friends

None of us need an excuse to stop for coffee when we're out and about in town, and it's even better when we meet up in a group. We, of course, make the most of our coffee shop visits with friends by also having some lunch or indulging in a slice of cake to give us more time to have a proper catch up.



Sarah's birthday

What better way to spend your birthday than to go out with some of your favourite people. Well, that's what Sarah decided to do. She invited all of us out to the bowling alley where we enjoyed playing on the amusement machines before tucking into a delicious meal at Bella Italia. But, of course, no birthday is complete without a few candles on an indulgent cake, which was devoured by us all.





Forbidden Nights

Linda had a truly spectacular evening at the Haverhill Arts Centre where she enjoyed a show stopping performance by the Forbidden Nights team. It was the perfect excuse to let loose and enjoy some laughter and excitement. Linda said the live show kept her entertained from beginning to end and there were lots of shirt rips and plenty of muscles on display throughout the night.





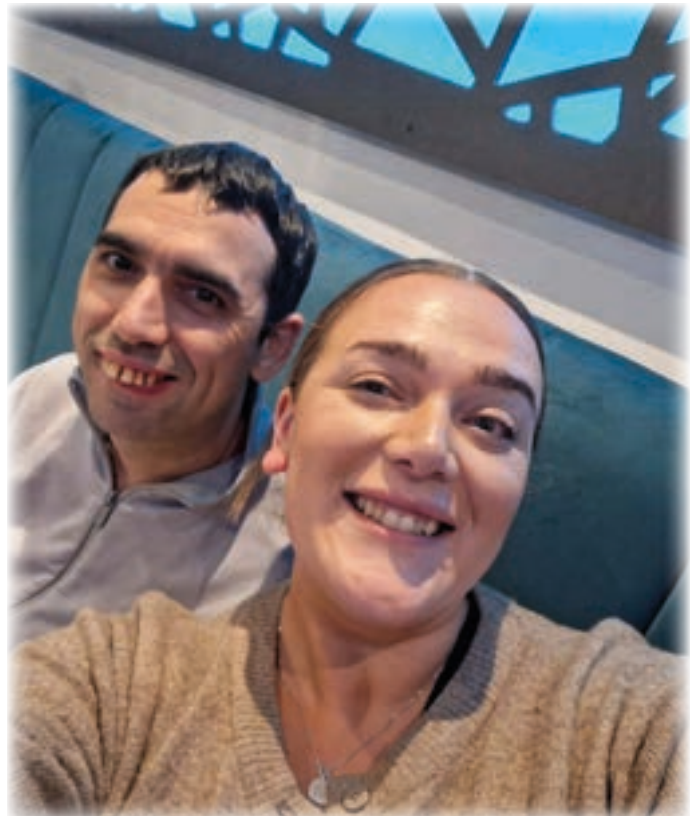
Mothers Day meal

Linda thought it only right to treat her mum to a delicious home cooked meal on Mother's Day and so she invited her over for a scrumptious roast dinner on Mothering Sunday. She purchased a nice bottle of wine for her mum to enjoy with her meal, and both were rather impressed by the glorious rise on the homemade Yorkshire puddings.



Indian night

We love going out to eat together in the evening and try to do so at least once a week. One of our favourite dining spots is our local Indian restaurant where we're made to feel welcome and with a menu that caters to all tastes. When we recently visited, Linda stepped out of her comfort zone and tried butter chicken for the first time, and it's safe to say she loved it!



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