



NOVEMBER 2018 | ISSUE 2

THE ORCHARD NEWS

A Monthly Newsletter by Orchard Vale Trust



ORCHARD VALE TRUST HEADLINES

- Orchard Cafe Opening
- Halloween
- News from our homes
- Our Voice!

November News

Sensationally Seasonal Updates

With a change in season, we're welcoming autumn in with a blast of orange.

Our orchard is bright with autumnal leaves and the pumpkins in our gardens are still growing! They have been great as decoration for our Halloween Party as well as keeping us warm with rich and nutritious pumpkin soup.

We've also been busy adding new day service activities to offer adults with learning disabilities in Somerset, like drumming, dancing and cookery classes.

A change in season means we've also seen a change to East Court, with a new building donated to us by Life With Arts. We've been adding the final touches to get it up and running as a new space for our ever-growing day services and can't wait to use it.



The Orchard Café

A path to independence

We've had a busy month in the new Orchard Café, based at the CCG in Yeovil, where we've been testing new recipes and experimenting with lunch combinations.

We're really proud to be working alongside the extraordinary people at the CCG who make such a difference to the community. On top of this we're extremely grateful to the Big Lottery Fund for their generous donation in supporting the Café for the year.

With this support and encouragement, we are able to serve nutritious and delicious lunches, as well as offer adults with learning disabilities work experience opportunities.

This is really important for adults with learning disabilities who are transitioning from school into adult life. Work experience is often hard to come by, especially in the jobs and careers they have specific interests in.

Having a job means gaining independence, learning new skills, interacting with the public and being part of something you really enjoy. This builds confidence, eliminates stigma around learning disabilities, and above all, allows people to live life to the full!



Halloween Haunt

Fundraising for Cancer Research UK

Every year we host a Halloween Party for everyone at Orchard Vale Trust, and every year the costumes get better!

This year we saw ghouls and ghosts, vampires and zombies, and even some scary looking skeletons.

We also took the opportunity to raise much needed funds for a charity that is close to our hearts, Stand Up To Cancer. As part of Cancer Research UK, it is an annual fundraising campaign that speeds up the progress in life saving cancer research.

We held a raffle and a tombola to get everyone involved in raising the funds and managed to raise around £70.

We hope next year will be filled with as much dancing and a chance to give back to other charities that make such a difference to our lives.

If you know of any charities that you think we should consider at the next OVT Halloween Ball, please get in touch at info@orchardvaletrust.org.uk



East Court

Life with Arts

The charity Life With Arts donated a beautiful new wooden building which now nestles in the wooded area at East Court. We are currently putting the finishing touches to the decorations before we move in.

The new building provides a space that can be used by individuals and some of our Day Services groups and we would like to say a massive thank you to Life With Arts for the very generous gift.



Northcroft

A Memorial

It is with heavy hearts that we say goodbye to one of our resident's foster parent this month.

As a gesture to the kindness and support he has given Philip throughout his life, Philip has built a beautiful memorial in his garden. It is close to his bedroom where he can visit anytime.

We would like to extend our condolences to all the family and would like to thank them for all the support they have given Philip and Orchard Vale Trust.



Ferndale

City break

Diran has had a great city break to Cardiff staying at the Holiday Inn Cardiff Bay.

Diran says Cardiff is great for shopping with all the shops you want undercover in the St. David's Centre and even a few charity shops (Diran's favourite!) with a Welsh twist.

The other thing about Cardiff is lots of great places to eat!



St Chads

Three Strikes!

The guys at St Chads have been out bowling this month and have been on great form.

Two out of four got three strikes and were beaming all the way home.

Well done to them all - at this rate we will have to start our very own Orchard Vale Trust Bowling Champions League.





Our Voice!



Pat and Millie have been working hard at the Orchard Cafe this month.

They have been learning new skills, meeting new people and getting stuck in with all sorts of food prep.

We thought you'd like to hear straight from them about what they do and how much they love it!



I'm Millie and I love working at the Orchard Cafe.

My main jobs are making sandwiches and prepping the salads for the takeaway boxes.

I love coming here because I make new friends every day and love making them happy when I serve them their lunch.

My favourite sandwich is the Chicken and Avocado one. It's really yummy!

I'm Pat and I work in the Cafe every other week and I really love it.

I enjoy talking to the people who come here for lunch and I make sure they always have what they need.

I enjoy working on the tills and helping customers choose their meals.

I always serve them with a smile!

