



FEBRUARY 2019 | ISSUE 5

# THE ORCHARD NEWS

A Monthly Newsletter by Orchard Vale Trust



## ORCHARD VALE TRUST HEADLINES

- Cooking Mondays to Singing Sundays
- Residents
- Our Voice

## Stepping Stones

### On a path to independence

From cookery classes to horticulture qualifications we're really excited to be offering an extended timetable to our Day Service users this year.

All of our activities aim to make a difference to people's lives by building and developing skill sets and confidence.

But we couldn't do all this without our local community, who help in so many ways.

We'd like to say a special thank you to our Drumming teacher who has given our day service users a chance to develop communication skills, build confidence, but above all enjoy themselves. We look forward to drumming lessons every week!

We've also had an incredible response from a local business who have supported OVT with a whopping donation towards a brand new van - we want to say thank you to Epoch Wealth Management!





## Cooking Mondays

### On a path to independence

We've launched a brand new life skills cooking course this year.

Held at the Connect Centre in Wells we have full use of an incredible kitchen and all its facilities. Led by one of our support workers who used to manage her own cafe, its a great opportunity to learn top grade cooking!

Adults with learning disabilities are involved at every level of the experience. This means designing the menu, going to the shops and choosing ingredients, and of course cooking.

Choosing healthy meals and being able to cook them yourself are the type of steps to independence we are focusing on this year. We love seeing people thrive and enjoy themselves at the same time.

As well as a chance to learn new independence skills, the cooking class also acts as a stepping stone to gaining work experience at the Orchard Cafe.

Supporting adults with learning disabilities to live life to the full is our main objective. We hope to cater to everyone by providing a variety of opportunities for a variety of skills.

## Singing Sundays

### Sweet songs and new friends

Singing Sundays are back with a force to be reckoned with!

This time our friends from Street Farm joined us to enjoy the musical extravaganza held at Northcroft every other week. There was singing, dancing and lots of new friends to be made.

The singing went from the deep tones of Frank Sinatra to the singing sensation that is Dolly Parton! No song is untouchable when you're at Singing Sunday!

Singing warms the soul and charges the body with energy. It's a great way to stay happy as well as meet new people who love the same things as you.

We love hosting this event and who better to lead it than our very own Victoria. She brings incredible energy to every session and has her own incredible repertoire!

If you would like to join us for Singing Sundays, get your vocal chords warmed up and get in touch at:

[elainna.teare@orchardvaletrust.org.uk](mailto:elainna.teare@orchardvaletrust.org.uk)





# East Court

## Magical Birthdays

One of our most notable residents is celebrating her birthday this month.

Her wish came true with a Harry Potter themed party, with all her friends and enough party food to feed to whole of Hogwarts. To really get the magic flowing everyone sat down together to watch Harry Potter for the evening and was left dreaming of muggles and sorting hats!



# Northcroft

## Challenge accepted!

Two of our energetic residents have completed some amazing challenges already this month.

Linzi has smashed a 5 mile swim and Rich was close behind with an impressive 2 miles. They even won personalised wine glasses!

A new years resolution has brought the household together in completing fitness challenges and it looks like they are all doing really well!



# Ferndale

## A clean machine

The bad weather's given way to a bit of sunshine, so Stephen has been cleaning his new wheels this month.

Living in rural Somerset means any trip out can leave the car in a bit of a mess, so it's a good job we all like washing cars at Orchard Vale Trust.

There's really nothing better than cruising around in a new car that is sparkling all over. It is one of Stephen's favourite pastimes and who could blame him!



# St Chads

## Boogie Nights

Keeping fit has been a key focus at Orchard Vale Trust since the beginning of the year.

There have been lots of creative ideas and fun ways to keep fit spreading through the Trust, but St Chads has taken it to another level and have introduced 'Boogie Nights' every Thursday.

Showing off their moves, keeping fit and having a good time with everyone is going down a treat.



# Our Voice

## Our New Year's Resolutions

### Furniture Restoration Project

We've been working really hard on our furniture restoration project at Orchard Vale Trust.

We rescue unloved and sometimes broken furniture that is no longer needed and turn it into something beautiful. We love giving old objects new life and really enjoy putting a bit of a personal touch on some of our favourite pieces.

We have built a partnership with a local furniture store who are helping us sell the pieces we restore. By selling the furniture we can invest the money made into new materials, like paint and wood glue.

It's really good to see the furniture going to a new and much loved home!



To find out more or to get your hands on one of these beauties please go to our website:

[www.orchardvaletrust.org.uk](http://www.orchardvaletrust.org.uk)



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Company number: 1946592, Charity number: 326940.