

THE ORCHARD NEWS

A Monthly Newsletter by Orchard Vale Trust



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Awareness Raising

The importance of being part of a Community

As a Learning Disability Charity we know how important it is to raise awareness of the issues adults with learning disabilities face in society.

Awareness raising is one of the most important ways to engage with the community, but also to make a change!

That is why we actively support our community and other charities that work so hard to make the changes that improve our lives.

With everyone talking about Comic Relief and Down Syndrome Awareness Day, March is full of the incredible work we do as a community.

This months Newsletter brings you all the amazing things we have been involved with that make us proud to be part of Somerset and the communities we live in.

Red Nose Day

Fundraising for Comic Relief

Every year we take part in Red Nose Day and raise money for Comic Relief.

Our Service Users are always up for a party and that's just what we did this year. A tombola, music and plenty of good cheer helped raise over £80.

This year was also the first time we hosted a drumming workshop at the Red Brick Building in Glastonbury, to raise awareness and money for Comic Relief.

Drumming has been a huge hit this year and brings with it an extraordinary amount of energy that helps develop communications skills. We've never seen some of our attendees have so much fun before!



A Race to Prague

An unforgettable fundraising challenge

Two brave Edinburgh students set out on a hitch hiking race to Prague in a mission to raise funds for Orchard Vale Trust.

Clad in Orchard Vale Trust jackets the boys set off from Edinburgh at record speed and after a number of successful hitch hike offers they managed to get as far as the M25 Maidstone Service Station. This is where it got a bit tricky... It wasn't for another 17 hours that they would get a lift over the French border. Finally through the Euro tunnel and a few hitches later, including a bus, they made it to Prague in around 58 hours.

Not only did they make unforgettable memories, but they also managed to raise a whopping £950!!!

This all goes towards supporting adults with learning disabilities to live life to the full and we couldn't be more grateful!



Golf Day

The Toby Charnaud Memorial Golf Day 2019

We hold a Memorial Golf Day every year and this year is no different!

It is a great opportunity to raise funds for holidays and activities for adults with learning disabilities and share out stories with our supporters.

This year it will be held on the **14th of June** at the Kingsdown Golf Club.

We are welcoming new teams to play as well as our longstanding committed players! If you'd like to play on the day or would like to sponsor a hole or a prize please get in touch at:

lisa.schimetat@orchardvaletrust.org.uk

East Court

Wellness Walk

East Court is close to some of the most beautiful parts of Somerset and we make sure to make full use of it!

We have started 'Wellness Walks' which allows adults with learning disabilities to experience the outdoors in an active and safe way, Here is our group of walkers on one of the warmest days we've had so far this year - you can imagine the stunning views!



Northcroft

An ironing entrepreneur

Our resident Martine has set up her own ironing business.

She takes care of everyone's ironing in the house and has now started to offer her services to staff and other residents across the Trust.

She is trustworthy and reliable, not to mention offers great prices!

If you would like lighten your ironing load - why not get in touch with someone from Northcroft.



Ferndale

A clean machine

Stephen is an incredible artist and was approached by Mencap a few years ago to design a Christmas Card series.

This year they been in touch again and have asked if he would like to design a birthday card for them. This will get sent to all their supporters!

The original art work is due to be completed by the middle of May and we can't wait to see it!



St Chads

Harry Potter World

Pulling into Platform 9 3/4 is a lifelong dream for almost all of us, but it was the lucky lot at St Chads that got to enter the world of Harry Potter this time.

Being wizards for the day is tiring work, but also an experience they will never forget!

They got a chance to fly around on brooms and enter the Great Hall and have many photos to prove it!



Our Voice

Ups and Downs

Down Syndrome Awareness Day 2019

We love celebrating Down Syndrome Awareness Day with Ups and Downs Southwest.

They always come up with great themes to get everyone involved, and this year it was called 'Lots of Socks'. We all wore brightly coloured socks!

We even had a little visitor who inspired us even more to support causes that are so close to our hearts.



Families' Meeting

Our families and friends come together every year for a meeting to talk about everything that is happening at Orchard Vale Trust.

It's a really lovely chance to meet old friends and make new ones, as well as get a real feel for what life at Orchard Vale Trust is like. There's always lots to talk about, as well as a chance to brainstorm new ideas.

This year it will be held next month on the 13th of April and we're really excited!



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