



# THE ORCHARD NEWS

A Monthly Newsletter by Orchard Vale Trust



## ORCHARD VALE TRUST HEADLINES

- Spring has Sprung
- London Marathon
- Community Drumming
- Projects
- Our Voice: Signing Songs in Makaton

## Spring has Sprung

Growing in all directions!

It's not only the beautiful gardens that are growing at Orchard Vale Trust this month, but a whole load of new projects are too.

This April we've been gearing up for a new Gardening Project to take place, have seen developments at our Cafe in Yeovil, and have started using a new building at our East Court site!

The building was donated to us last year by Life with Arts, and is now in full swing, being used for all sorts of workshops, meetings and art displays.

As well as adding to the productivity of our Day Service groups, it has also created a beautiful outdoor space. Backing onto a woodland area, it is the perfect spot to sit back and watch nature come to life.

For more pictures and more updates follow us on Facebook!  
[Facebook.com/orchardvaletrust](https://www.facebook.com/orchardvaletrust)



# London Marathon



The fantastic runners of the month!

We are so lucky to have the amazing supporters we do!

Every year we see dedicated runners take part and raise crucial funding for adults with learning disabilities at the Virgin Money London Marathon.

This year we had 6 incredible people run the 26.2 miles in London and we couldn't be more grateful.

Running a marathon takes weeks of training. From building up the strength both physically and mentally, as well as making sure you're staying fit and healthy.

As if all that isn't enough, our dedicated runners also take on their own fundraising.

Raising thousands of pounds every year, people running the London Marathon for Orchard Vale Trust are supporting adults with learning disabilities to live life to the full.

This means ensuring adults with learning disabilities get the right and personalised support they need, but also new and exciting opportunities that can be life changing on so many levels.

From everyone at Orchard Vale Trust we cannot thank you enough!



## CONGRATULATIONS



# Community Drumming

## Being part of the community

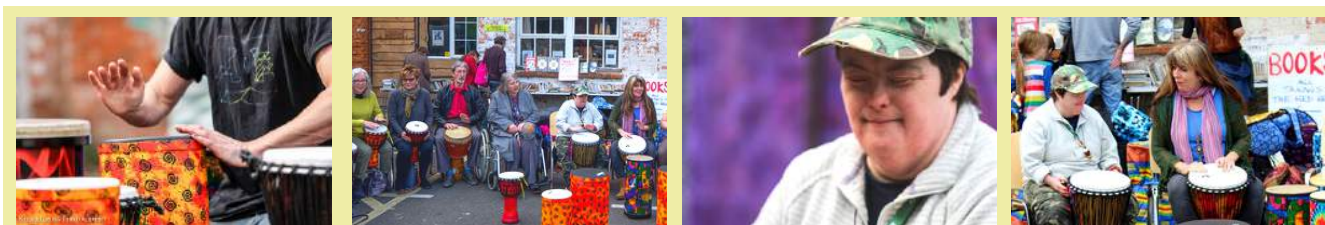
We love being a part of the Glastonbury Red Brick Building Community and regularly hold drumming sessions and conservation sessions for adults with learning disabilities there.

This month we were invited to take part in an Open Day to celebrate their efforts of bringing together a Community.

We gathered up all our amazing drummers and hosted a drumming session for everyone at the event.

It was so much fun to show off our skills and bring everyone together with a bang and can't wait for the next one!

Thank you for having us Red Brick Building.





# Willow Weaving

## Pretty hobbies

We love willow weaving here at East Court.

It has been proven that having a hobby is good for you and your mental health. It can help reduce blood pressure, stress levels and helps sharpen the mind.

So, what could be better than having a hobby and making really beautiful decorations out of natural materials?

# Doing Our Bit

## Cleaning up the Community

The Northcroft gang have been doing their bit for the community and the planet too!

Following a national push for improving the world we live in, we've been involved in helping out by clearing the litter and waste that is so damaging to our environment.

Everyone had a great day despite the amount of rubbish that was actually found!



# Orchard Cafe

## Not just a cafe

We absolutely love providing the Somerset CCG with lunch every day!

It's an amazing opportunity for adults with learning disabilities to gain experience in the catering industry as well as meet the remarkable people in our community who work in healthcare.

As part of our collaboration in providing this experience, the CCG have opened up a space for us to showcase the other brilliant work that happens here at OVT.

As well as that yummy sandwich, people at the CCG can now also get their hands on some beautiful needlecraft, pottery or potted plants and herbs. These have all been created, designed and grown by adults with learning disabilities who take part in our Day Service activities.

As you can see in the picture, Sally is sporting the new Cafe Uniform and has been working hard to bring a warmer atmosphere to the Conservatory. The flower arrangements and new table cloths have been a great hit so far!

# Our Voice

## Makaton

Because communication is key

### What is Makaton?



Makaton is a form of communication.

It uses signs, symbols and speech to help people communicate.

Makaton is very flexible, so it can be personal to whoever is using it.

### How are we using it?



Orchard Vale Trust uses Makaton to communicate every day

We are even learning a song in Makaton

We will make a video of us singing in Makaton soon

