

# BEHIND THE VALE

Supporting adults with learning disabilities to live life to the full

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## TOGETHER AGAIN



It was lovely to see so many people getting together at the recent Garden Party at East Court and it provided a great opportunity to thank staff for all their dedication and hard work.

As well as great food and company, there were a range of activities to enjoy. It was interesting to see how people expressed their thoughts and feelings at the art station with a range of styles across a shared canvas. Some discovered a hidden musical talent at the drumming tent before heading over to the high tea buffet.

Thank you to everyone for joining us, and the staff and practitioners who helped make the day as special as it was.





# GOING THE DISTANCE

**Marathon Runners making a difference for OVT**



At the start of October, ten brave runners took on the famous London Marathon for Orchard Vale Trust, including Josh and Ben Sudell who have such close family ties with the Trust. The group had a variety of distance running experience, and everyone gave their all to finish the challenge that they had spent many months preparing for. With many members of the team smashing their fundraising targets, they came together to raise an unbelievable total of over £15,000. We are truly grateful to these amazing people for representing us and giving so much time and energy.

*"Running the London marathon has been a long time ambition for us both, and having started going out for runs together in 2021 we felt 2022 was the year to give it a go! We set ourselves some real challenges throughout the year, starting with the Weston Super Half Marathon in March, this was our first mass participation running event together. We are also due to do the Prudential Ride London 100 mile cycle in May, something which Jamie has done before, and we will then finish off with the London Marathon in October.*

*As well as being a personal ambition it is a great opportunity to raise money for charity, with OVT being a smaller charity we both felt it would really benefit from the funds raised. The fact that OVT is local to us as well give us a sense of pride to be able to give back to local community's." - Hannah & Jamie*



**Contact us now and join Team OVT!**

**Limited spaces for the 2023 London Marathon are available now!**

**23/04/23**

**[daniel.cheney@orchardvaletrust.org.uk](mailto:daniel.cheney@orchardvaletrust.org.uk)**





# THE HIVE AT EAST COURT

New sessions and new opportunities



The Hive has seen a lot of excitement over the last few months. We have welcomed some new staff members who have integrated into the team with ease. They have also helped us broaden our session delivery to increase the amount of hours spent with community 1:1 sessions as well as the largest change...

The Hive have returned to East Court with a new look. Sessions take place here twice a week and ensure there is a wider range of options and opportunities for people across the trust.



As the Autumn colours have bloomed, the group have done an impressive job working on the garden and building boxes for the birds to flourish around the grounds.

On Wednesdays, creativity thrives as designs and ideas come to life with the in the pottery and the studio. There have already been so many impressive creations and we can't wait to see more.

## TEAM 39 TOTAL

The amazing Masters students who worked hard over the summer raised an amazing £1,412 for OVT! A big thank you to the team and to everyone who donated and bought OVT-Shirts. A final big thanks to Geoff who designed the t-shirts that were so popular. We couldn't end the project without giving him his own shirt as a thank you and reminder of his success!





# 2023 OVT CALENDAR

**Beautiful to Me - Available Now**



Thank you to everyone who submitted photos to this years Beautiful to Me photography competition. There were some truly stunning snaps and it was so hard to whittle the submissions down to a top three. The winners of this years competition were:

**1st - Cassie | 2nd - BC | 3rd - Gill P**

Although the choice was tough, it made putting together this years calendar a real joy. We are super happy with how the 2023 Beautiful to Me calendar has turned out and we hope it is beautiful to you as well.

**So, to get your calendar and give as you gift this Christmas please scan the QR code or contact Dan Cheney.**



**07483126839**



**daniel.cheney@  
orchardvaletrust.org.uk**



**SCAN ME!**



## Silent Auction

This December we will see the return of the silent auction, and we're looking for donations! We're looking for a range of prizes and no donation is too big or too small. If you would like to donate, please get in touch:

email: [daniel.cheney@orchardvaletrust.org.uk](mailto:daniel.cheney@orchardvaletrust.org.uk)

