

The Vale Newsletter



Welcome to The Vale's July 2026 Newsletter

We hope you enjoy!



*Birthdays we celebrated
this month*



JEFF & BARBARA



A Trip to the Pub



A Great Time In The Garden



Daily Armchair Exercises



Buying New Slippers



AND A DONKEY BAG

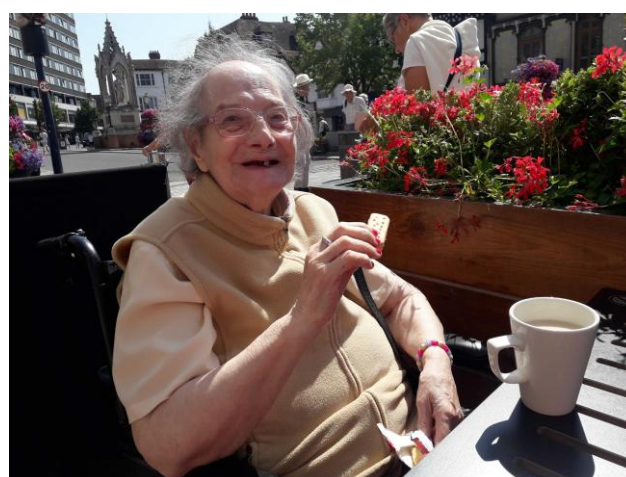
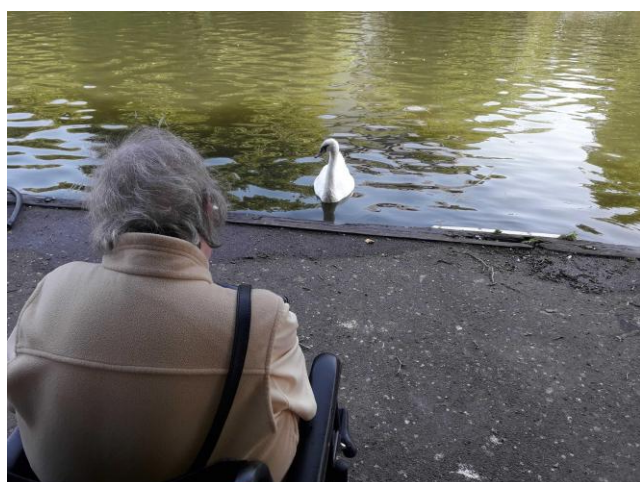
A Shopping Trip to TENTERDEN for June.



We had fun doing some flower arranging



A visit to Maidstone and River Medway for Valerie





Daily Activities to Include:

Arts and Crafts

Nail Care/Hand Massage

Puzzles

Bracelet Making

Painting

Armchair Exercises

A visit to Mote Park



We all had a great time



*Becky and Sharon's door is always open should you
need to speak to one of us*

Thank you for your continued support

The Vale Care Home

191 Willington Street

Maidstone Kent

ME15 8ED Tel: 01622 762332

Email: thevale@charinghealthcare.co.uk