

The Vale Newsletter



*Welcome to The Vale's September 2026
Newsletter, we hope you enjoy!*



*Birthdays we celebrated
In August this month.*



Pam



Yoshiko



A decorative border of colorful balloons (blue, orange, and pink) with black strings, arranged in a repeating pattern around the edges of the page.

*We would like to
welcome Jacqui
to The Vale as a
volunteer.*

*We appreciate all your
help.*

Thank you.

*We have been cruising down the
River Medway on the Kentish
Lady each week*



[illegible]

Designing Fabric Bags



Daily activities to include:

Armchair exercises

Arts and crafts

Nail care/hand massage

Puzzles

Bracelet making

Painting

We have planted some new seeds in our Green House,



*Big thank - you to our local [Co-Op](#) for your generous donations
which has made this possible.*



Arts and Crafts





*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

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