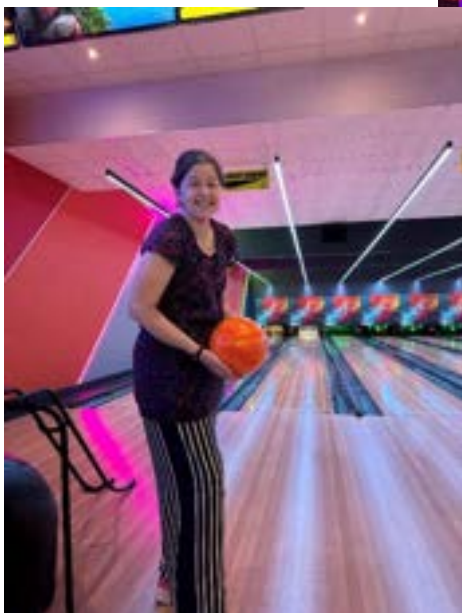


Welcome to the QRC Newsletter for June 2025; as always thank you to all service users, relatives and staff for their contributions to this edition.



Lushington Road

Alex and Julie are pictured below on a recent visit to Tenpin where a great morning consisting of two competitive games was enjoyed. On this occasion Alex came out victorious, winning both games. Both Julie and Alex enjoyed a drink after the games.



Alex is pictured left and below on a recent visit to the crazy golf course and then at the arcades, and finally on a visit to the pub with his flat mates, Louise and Jonathan.



Alex and his family kindly shared pictures of a wonderful family holiday to Lake Orta in Northern Italy. Alex informed staff that he had a great time, kayaking, sightseeing and enjoying the lovely food and drinks.



Julie is pictured below taking a sightseeing tour around Eastbourne on the open top bus.



Julie is pictured again below on a recent trip to Pevensey recreation ground where she had a nice walk and enjoyed playing with some local dogs.





To the left are Julie and Sukhi enjoying the sun whilst catching up on some reading.

Despite it not being the warmest of days, all the residents from Lushington along with Pete and Sukhi braved the elements and enjoyed the annual Eastbourne carnival.



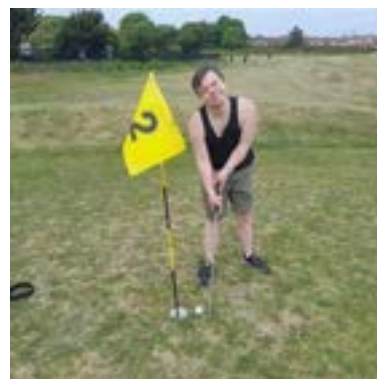


To the left is Louise pictured being very brave whilst attending a recent blood test.



To the right are Louise, Jonathan, Alex and Julie pictured attending the monthly in-house service user meeting. All four like to attend the meetings and appear to enjoy putting forward ideas for forthcoming activities.

Below Alex is pictured enjoying an 18-hole round of pitch and put at Prince's Park putting course. Alex challenged Warren to see who could go around the course with the least number of shots. The game was very close with Alex only being beaten by a very narrow margin!





Valley View Barn



Jeremy has recently returned to the gym to help maintain his fitness and has been doing incredibly well! This month Jeremy has focused on his cardio and was able to beat his record, achieving 7k in under 20 minutes! Well done, Jeremy, keep up the good work!

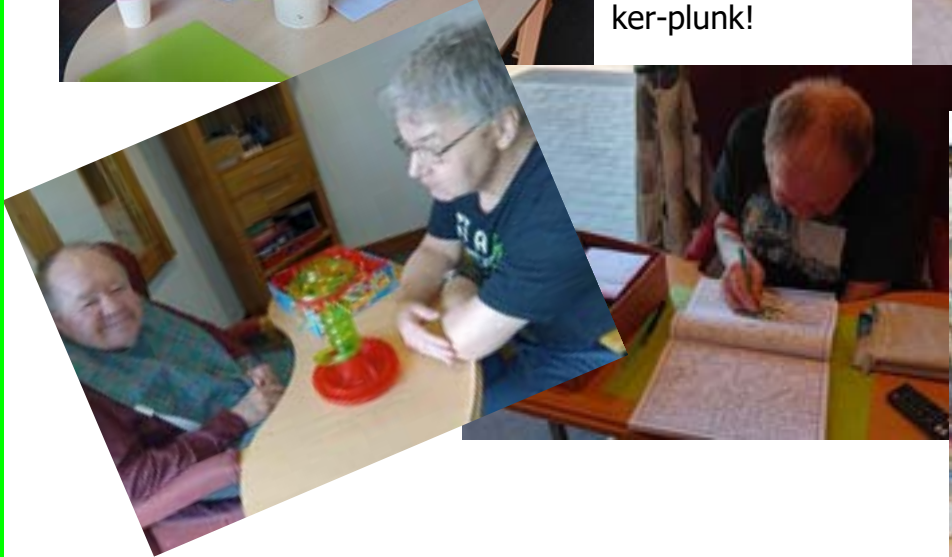
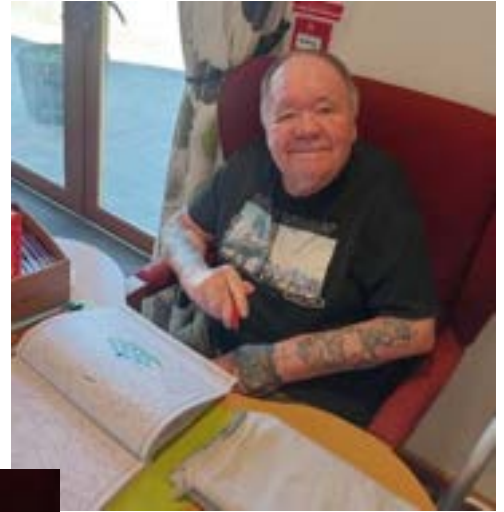


Jamie attended another Brighton match! This time round, it was Brighton against West Ham! The match had a lot of chances, with Brighton coming away 3-2 winners! Jamie and staff member Josh decided to follow the crowd and exit the stadium before the end of the match. As they were doing so, they thought West Ham had scored a late winner. However, after exiting the stadium, Brighton scored a late equalizer and then a winner in the very last minute! Jamie was gutted to of missed the excitement as they were right behind the goal which Brighton were shooting towards. However, Jamie was quite glad he didn't get caught up in the mayhem after the match!





David, Stephen, Jeremy, Charlotte and Casey have all enjoyed partaking in various activities this month. From colouring to completing puzzles, to even a game of ker-plunk!



Jordan and Clare pictured below enjoyed a trip out to Staverton's nursery where they both thoroughly enjoyed the look of the lovely plants, ready to purchase for their patios!





Jordan has also spent time accessing the garden this month, enjoying the lovely outside space and on this occasion having a nice conversation with staff member Gurjeet.



Charlotte has also spent time in the garden this month, having a jump around on the trampoline, which made both Charlotte and the manager, Kat very tired! Charlotte very much enjoys the trampoline as you can see by the big grin on her face. 😊





Every Wednesday morning (depending on the weather) Jeremy and Elaine are supported by Jo and Bryan to take a nice brisk walk along the seafront at Eastbourne.



Clare, Tanzy, Jeremy and Elaine ventured out to the local golf club for a drink and a chat amongst themselves. On this occasion they were joined by Elaine's mum.

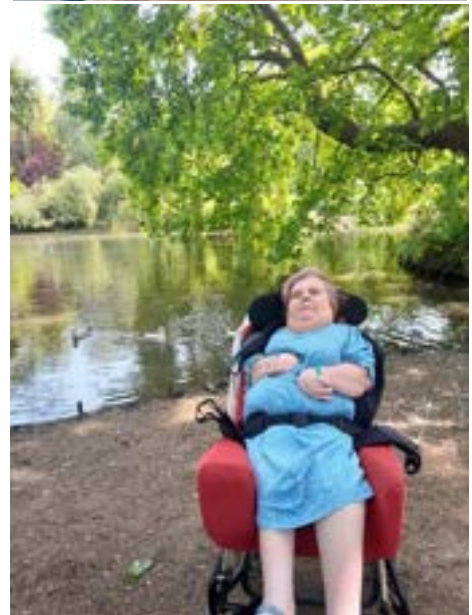




Billie-Jo and Julia enjoyed their weekly trip out to a coffee shop of their choice. They both decided on going to Costa where they enjoyed a hot drink and a slice of cake



Jeremy, Jamie, David and Tanzy were supported to visit Hampden Park to spend the afternoon in the sunshine. They all enjoyed a nice walk around the park and finished off the trip with nice drink and even an ice cream!



Julia and Clare were supported to attend the Devonshire Park theatre where they watched the musical Annie! Both Julia and Clare thoroughly enjoyed the production and look forward to watching a different production soon.



Jamie has been out to The Beacon Centre in Eastbourne this month to browse around some of the charity shops and purchase a few CD's and DVDs



This month at Valley View Barn we celebrated Stephen's Birthday. Stephen had a lovely day, spending it with his peers. Stephen was also very happy with the gifts he received.



Happy Birthday Stephen!





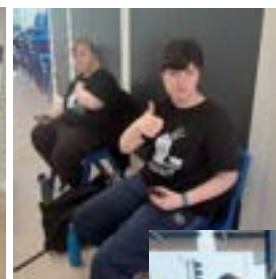
35 Barnhorn Road



Dani chose to have a full-on spa day, starting with a new haircut, after which she decided to get her nails done and this time she chose a bold and beautiful red colour. Before returning, Dani bought her favourite matcha bubble tea!



Amelia and Evie pictured below had a great time at the boathouse! They've been practising hard for their upcoming show, and it shows! After their session, Evie headed over to her aunt's house, while Amelia decided to treat herself to lunch. What a lovely day!



Amelia and Kiri spent a delightful afternoon at the local pub, and they played a spirited game of pool. Between friendly banter and competitive shots, they enjoyed some tasty snacks that perfectly complemented their fun-filled afternoon!



The ladies at 35 gathered once again in the kitchen and this time they decided to whip up their all-time favourite: delicious, homemade pizzas! The aroma of freshly baked dough and bubbling cheese filled the air, creating an atmosphere buzzing with excitement and laughter.



Pinar decided to prepare a flavourful chicken curry for her friends at 35 Barnhorn Road. The enticing aroma filled the kitchen, promising a delicious meal for her peers.



Amelia and Pinar eagerly retrieved their photo books, ready to share their cherished memories and adventures with their friends. There was excitement in the air as they flipped through the pages, each a snapshot and sparking stories and laughter.



Izzy pictured below has been exploring her neighbourhood, captivated by the vibrant colours of the flowers blooming in front of the beautifully maintained houses and gardens. She delighted in the sight of the different flowers, their fragrant scents filling the air.





After her stroll around the local area, Izzy went to the play park where she enjoyed spending time on the park equipment.



Amelia, Dani, Kiri and Evie visited the Eastbourne Carnival. It was a little wet and windy, but they all had an amazing time, seeing the different costumes and people in the parade.



Every evening, the ladies at 35 love to come together for a fun dance and a joyful sing-along, all in good spirits to shake off the day's stresses. Sometimes, if they're lucky, the staff will join in with the fun too!

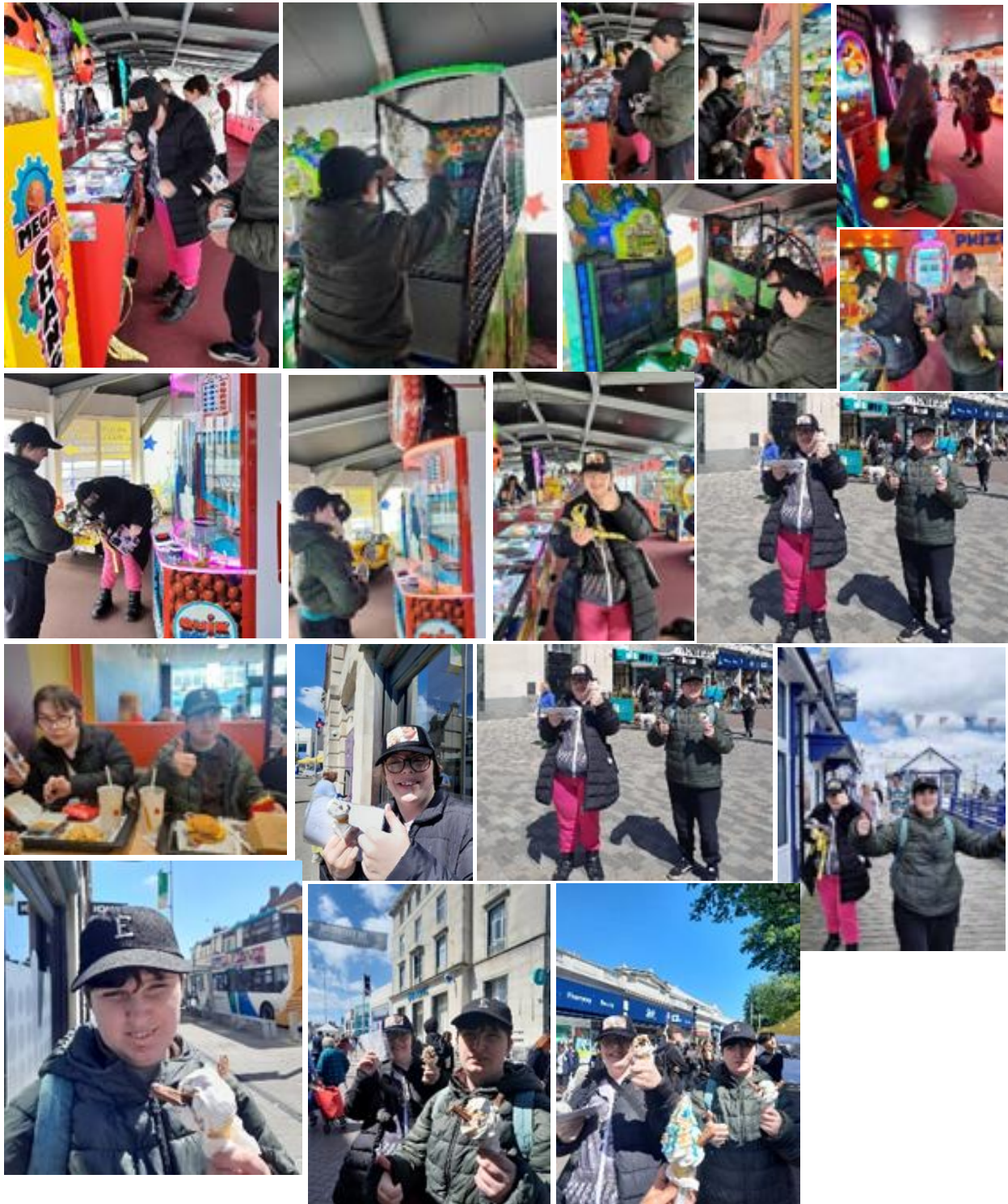


Dani has thoroughly enjoyed the experience of making strawberry cheesecake from scratch. With fresh strawberries, creamy cheese, and a buttery crust, she put a lot of effort into each step of the process, from mixing the ingredients to carefully crushing the biscuits.

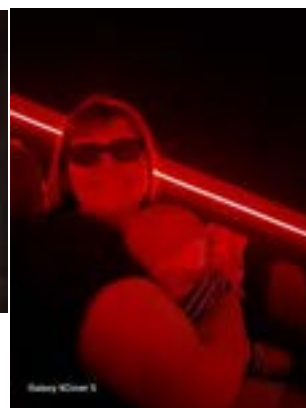


It was a delightful afternoon filled with laughter and creativity in the kitchen. According to Dani, her mum was impressed with the outcome and loved the dessert, though it's hard to tell if that's just Dani's excitement speaking!

Kiri and Evie enjoyed an exciting day out in Eastbourne. They started their adventure by trying their luck at the arcade, where they played on the slot machines and cheered each other on as they won. Afterwards, they strolled through the town centre, taking in the sights of the shops and lively streets. Eventually, they decided to take a break from their exploration and stopped at McDonald's for lunch.



Dani had an amazing time seeing the film 'How to train you dragon', she also enjoyed dinner out and spending time with staff!



Kiri had a lovely time swimming with staff member Naga and was very happy with how well she had done!

Dani, Izzy, Pinar and Amelia took a trip to Treasure Island in Eastbourne for a fun day of crazy golf! Each of them claimed victory when asked who won the game – so in true sporting spirit, we'll call it a draw. A fantastic time was had by all!





Kiri, Izzy, Evie and Amelia all went to the fun fair in Eastbourne. Amelia and Evie enjoyed going on all the rides while Kiri and Izzy enjoyed watching them!



Over the past month, the ladies have been busy making the garden look lovely. They started by going to the garden centre, purchasing some plants and then planting the plants once home! Well done, ladies, the garden looks great!



Dani had the best time at the Adele tribute act at the White Rock Theatre! She loved singing and dancing along with the performance. A big thank you to Kirsty for taking her—she really appreciated it!



Ameila and Pinar excitedly planned a trip to the gym in Eastbourne to see if they could sign up! When they arrived, they were warmly welcomed and given a tour of all the awesome gym equipment. After the tour, Amelia couldn't resist heading out to shop for some new, stylish gym clothes. It was a fun day filled with great plans!





102 Victoria Drive

On the 17th May, Matt attended a Beatles Tribute night at the Bandstand in Eastbourne. He really enjoyed listening to the music and chose to dance along to several of the songs. Matt chose to have a packet of crisps and a drink whilst there, which he was supported to purchase from the bar. He asked staff if he could go back again another night!



On Friday 30th May, Matt went back to the bandstand, this time to see 'Sounds of the 80s'. Matt recognised all the songs and thoroughly enjoyed his evening of singing and dancing along to the music.



On Sunday 18th May, Pam, Rachael, Chloe and Chrissy chose to go on a ride on the open top bus. They decided to get off at Birling Gap and have a walk along the cliffs. Everyone made a packed lunch to take with them, and they all enjoyed eating this whilst overlooking the sea.



On 18th May, Rachael went to Specsavers to have her eyes checked. She did really well throughout her appointment and got to choose a new pair of glasses. She decided to get some with black frames and bright pink arms. On Saturday 24th May her new glasses were ready to collect. Rachael excitedly collected these and couldn't wait to facetime her sisters to show off her new glasses.

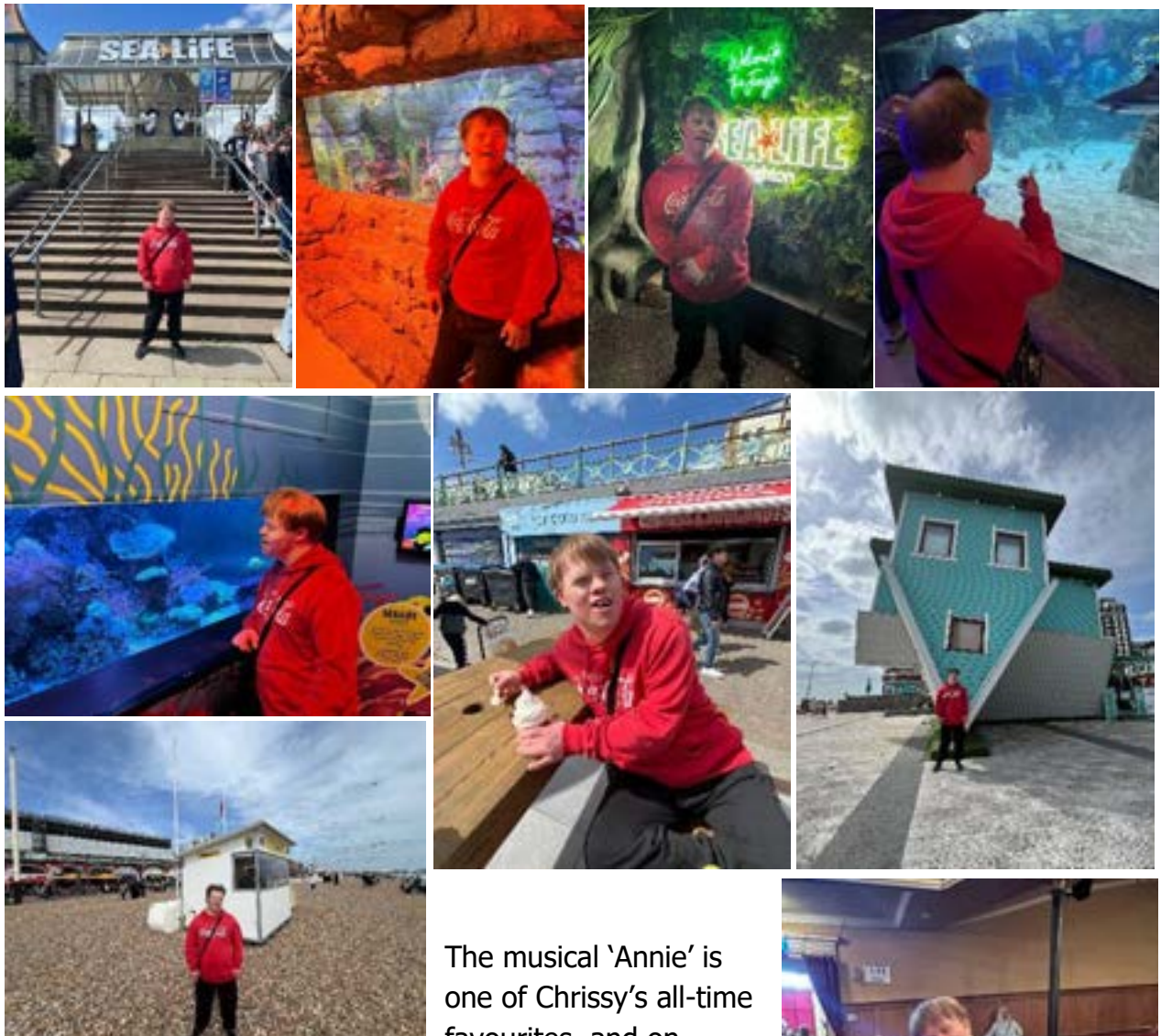


This month at college both Matt (on May 16th) and Chloe (on May 19th) have spent time exploring Hampden Park, looking at the different wildlife and conducting surveys. They both seemed to thoroughly enjoy their sessions, with Matt saying he saw lots of squirrels, and Chloe appearing more excited about the ducks on the pond.

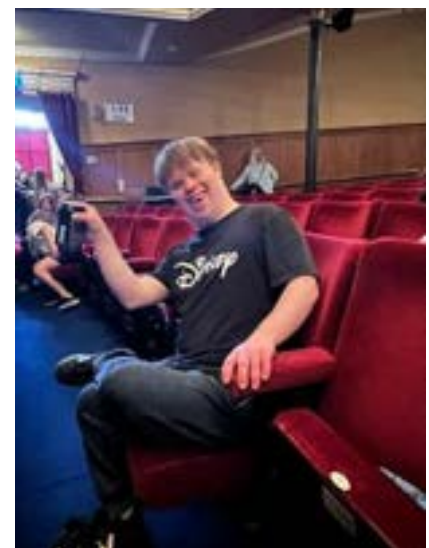


Rachael on 22nd May; and Chrissy, Chloe and Pam on 24th May chose to go to the cinema to watch the new Lilo and Stitch film. Rachael said it was very funny, and she laughed all the way through it. She said she would like to go back another time to watch it again. Chrissy, Chloe and Pam also all really enjoyed the film.

On Sunday 25th May Chrissy chose to go on the bus to Brighton to the Sealife Centre with his keyworker, where he enjoyed looking at all the different fish. In true Chrissy fashion he named some of the fish after people he knows! Whilst there Chrissy spent time watching the turtles being fed and also bought himself a Nemo bracelet which he was excited to show staff. Chrissy also had lunch of fish and chips which he thoroughly enjoyed. Chrissy then chose to go for a walk along the seafront, stopping for an ice cream and a picture at the upside-down house before getting the bus back to Eastbourne.



The musical 'Annie' is one of Chrissy's all-time favourites, and on Saturday 31st May he chose to go to the theatre to watch a performance of this which he thoroughly enjoyed. Chrissy knows all the songs and danced along in his seat throughout the performance.



Pam, Rachael, Chloe and Matt all chose to go to the pub for a drink and chat. They chose to go to their local The Lamb Inn and sat outside enjoying the sunshine and slight breeze. Pam had a cappuccino whilst Chloe, Matt and Chrissy all chose a nice refreshing diet coke.



On Sunday 1st June Chloe attended a Bruno Mars Tribute at the Bandstand, which she thoroughly enjoyed. She said he was a very good singer and dancer, and she enjoyed dancing along with some of her PHAB Club friends who also attended. Chloe also chose to have a drink and some crisps whilst there to keep her hydrated and top up her energy levels after all the exercise.



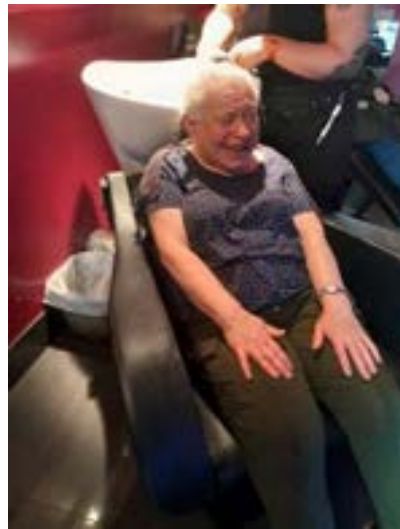
On Sunday 1st June Pam, Rachael, Chloe, Chrissy and Matt all chose to go to the funfair together, where they enjoyed going on some of the rides. Pam was excited to win a sparkly teddy whilst there, and Matt said he really enjoyed the "big black ride".



They all enjoyed a drink and spending time together, chatting, laughing and supporting each other on the rides.



On Saturday 7th June Pam attended a hair appointment that she had been supported to book earlier in the month as part of her monthly goal. Pam enjoyed a hot chocolate with cream and marshmallows whilst she discussed with the hairdresser what cut and style she would like. She then enjoyed relaxing whilst her hair was washed, cut and styled, almost nodding off in the seat as she was so relaxed! Pam was very happy with the outcome and was excited to show staff the hair braids that her hairdresser had given her upon her request.





116 Barnhorn Road

Maria W, Maria D, Julia and Caitlin recently enjoyed a lovely outing to Barby Keel Animal Sanctuary. The ladies spent time with many different animals, especially the cats, where Maria W had everyone laughing by making fun of the cats. Julia and Maria D enjoyed stroking the cats gently and spent time interacting with the horses.





The ladies at 116 spent the day in the kitchen and decided to make their own strawberry jam and sweet chilli chutney. Everyone got involved and went shopping for all the ingredients first and then the hard work began.....everyone helped to cut up the ingredients but of course we couldn't cut them without tasting them first, to make sure they were just right! The ingredients were then transferred into a pan and everyone kept on top of the stirring until they were ready to cool. Maria D, Maria W, Julia and Caitlin then chose to pour them into jars as gifts to their families. Well done everyone!



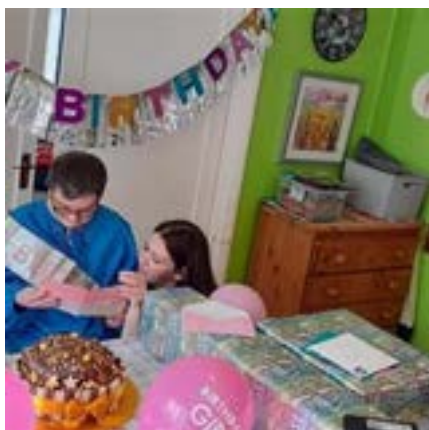


Julia celebrated her birthday this month!

Happy Birthday Julia!

Julia enjoyed opening her cards and presents from her family and friends and got thoroughly spoilt. She was very excited to open her foot spa which she cannot wait to use. Julia would like to thank her family and friends for all the

lovely gifts she received and cannot wait to go on a girl's shopping spree to spend all of her lovely vouchers.



Julia celebrated her birthday with her peers and chose to visit Brighton for the day. Julia, Maria W, Maria D and Caitlin all chose to visit the Harvester and enjoy a meal together to help Julia celebrate; everyone enjoyed a delicious meal, but it did not stop there...a trip to the Sealife Centre was the next stop, where the ladies posed for a group photo and then spent time looking at all the different fish, star fish, turtles and so much more. The ladies had the best time and were so intrigued with what they might see next...and there it was, A SHARK!!!





After an exciting and fun day out, everyone returned home and sung

Happy Birthday to Julia. Julia also received some lovely flowers from her family in Canada which really made her day. Julia and her peers then enjoyed a beautifully homemade cake from Michelle. A MASSIVE thank you goes to Michelle for all the hard work that went into making this wonderful cake! Everyone thoroughly enjoyed tucking into it!





Meads Street



To the left is James, having a chat with a neighbour about sport and other topics before making his way into town.

When in town James visited the Beacon Centre and the HMV store where he was supported to purchase a DVD



Before returning to Meads James stopped at a mobile phone store to browse the various models on display. James said that he had enjoyed his trip into town.



Robert, Aaron, Charlotte, and James took part in the regular Sunday communal meal, where they enjoyed pizza and drinks together. These shared mealtimes offer an opportunity for service users at Meads to engage in conversations, reflect on their week, and share plans for the week ahead.



On 20th May, with staff supervision Glen prepared his own breakfast of toast with butter and marmite, as part of a long-term goal of promoting independence.

Later, he attended and participated calmly in his annual eye examination. The optician noted no significant changes in his eyesight since the previous visit.



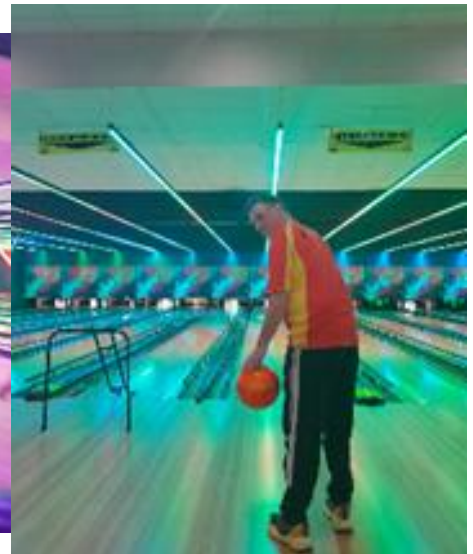
On 1st June, Glen travelled to London from Battle with his parents to visit the Tower of London. During the trip, they explored several other popular sightseeing spots as well as the Tower. Glen and his parents kindly shared some photos with staff so that they could be included in the newsletter, for which we are very grateful. The pictures reflect how much he enjoyed the day, and the time spent with his parents in London.





To the left is Glen pictured at his recent chiropody appointment.

On a Thursday Aaron attends a cycling activity after which he enjoyed a cup of tea before heading to Tenpin to practice his bowling skills.



Robert is pictured below spending some time in the garden. He checks over his plants and gives them a good watering, as part of his usual gardening routine. It is something that he takes great pleasure in, and his efforts are really starting to show as the garden is looking lovely just in time for summer. Well done, Robert!



374 Battle Road



The ladies at 374 have been very busy sowing seeds and planting up their containers.

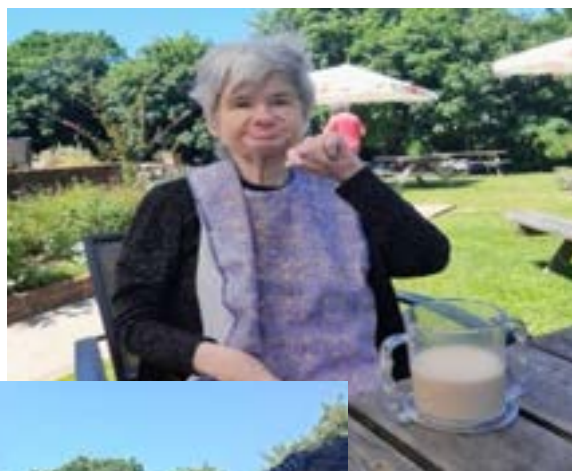




The 26th May was a bank holiday, so Cassie took the opportunity to complete the house shopping with staff support at Tesco's. Cassie was very pleased to choose the groceries and other household items and proved to be very good at using the handheld scanner to scan items before placing them in the shopping trolley. Well done, Cassie!



Elise and Emma visited the beautiful country pub called the 'Two Sawyers' at Pett where they enjoyed some lovely home cooked food. Emma decided to have a chicken burger and a drink of J2O and Elise chose a lighter lunch of scampi and chips which she really enjoyed. Both loved to sit and relax in the garden area.





Each month the service users are invited to share their ideas, opinions, likes and dislikes etc., in order to make plans for the forthcoming month. Staff use pictures and communicate using Makaton with service users where appropriate.



Above is Josh doing a fantastic job of documenting ideas and opinions from Sarah, Cassie, Elise, Hellen and Emma.

On 19th May, Hellen and Emma were supported by Carole to complete their Disability Distress Assessment Tool which is designed to help identify and understand distress in individuals who have limited communication abilities.



Cassie and Sarah went to Eastbourne theatre to enjoy a show called 'Annie' which is an adventurous story of a brave young girl Annie who is forced to live a life of misery at Miss Hannigan's orphanage. Her luck soon changes when she's chosen to spend a fairytale Christmas with famous billionaire. Cassie and Sarah enjoyed the show very much.



On the 2nd of June, Emma and Elise caught the bus into town and went to Greggs for lunch. Emma chose to have a chicken baguette, and Elise enjoyed her sausage roll. Emma also enjoyed chatting and laughing with staff while Elise was just happy to people watch!





After lunch at Greggs, the ladies decided to explore the town and visit some shops. Both were really happy and helped to choose items required for the house.

On Monday the ladies at 374 Battle Road have the opportunity to attend the local Gateway Club and to participate various activities.

On 2nd of June Hellen and Cassie went to the Gateway Club together. Cassie was very excited to make new friends there. Cassie decided to start the evening with some dancing; she then sat and independently decorated a pebble.





Hellen chose to sit and make a beautiful bracelet with the name of a member of staff as part of the design.



Employees of the Month!

Each month staff and service users are asked to recognise and nominate colleagues and care staff respectively, who have gone the extra mile whilst at work. The Group Manager and Managing Director read the nominations and then select a member of staff from each area within the organisation to receive this award.

Congratulations go to these staff who were selected in June 2025



Margaret Percival; Maggie joined QRC at Valley View Barn in October 2012 and is now one of the longest serving members of staff within the organisation. Maggie was nominated by her colleagues for her continued hard work, her honesty and openness in all professional relationships, for treating all service users with dignity and respect, and for promoting their independence, choice and inclusion. Not only is Maggie a great cook but she arranges activities for the service users on a weekly basis such bingo and quizzes which everyone enjoys and love the prizes that she produces to support the activities. Maggie is a great asset to the staff team at Valley View Barn. Well done, Maggie, and thank you for your hard work and commitment.



Natasha Howlett; Natasha joined QRC Dom Care at Battle Road in August 2024. Natasha has been nominated by her colleagues for her hard work in creating many activities for the services users to participate in. She provides great support and shows lots of enthusiasm in her interactions with the service users. Natasha works in a person-centred way and promotes independence and choice. She is learning the ways of the service and constantly improving in her abilities. Natasha is

always happy to help, completing activities and outings and is always keeping busy. Natasha recently supported a service user to transform her room and completed trips to the household waste site to remove rubbish and arranged collection of the other items of furniture showing great initiative. Well done, Natasha, keep up the good work!



Natasha BurrIDGE; Natasha joined QRC Dom Care at Victoria Drive in March 2022. Natasha works diligently to ensure the smooth running of the service at Victoria Drive. She implements strategies and support plans to ensure that the service users are well supported. Natasha has come a long way in her role and adapted her working methods to support her team in the best possible way. Natasha has been a mentor to the staff as well as to the acting senior. Natasha has worked very hard on her diploma and despite her doubts, has passed this with a distinction which demonstrates her knowledge and skills that she has and applies to her role. Natasha is a great asset to the team. Congratulations and well done Natasha!

Google Review Competition

QRC staff were invited to leave a Google review for the staff at Bates & Co in recognition of their work in respect of the maintenance of QRC managed properties and other landlord related issues. As an incentive to staff to leave a review a prize draw was created and the names of staff who left a review were put into a draw and the winner, received a luxury tea hamper.

Below is a photo of the winner, Shams Tabassum who was presented her prize by the managing director, Ian Bates.





Staff Training

Congratulations to Solomon for completing and passing his Level 2 in Team Leading. Solomon has recently received a promotion to Acting Senior Support Worker. This Level 2 course in Team leading covers 8 units including how to develop working relationships with colleague, managing conflict, communication and equality and diversity in the workplace. These are all skills and knowledge that will help Solomon in his new position. Well done Solomon for your hard work and good luck in your new role!



A massive well done to Natasha for completing and achieving her Level 4 Health and Social Care Diploma. Natasha has put in endless amounts of effort to complete all her assignments on time. She took time to prepare fully for the End Point Assessment, which resulted in Natasha achieving a Distinction! This is incredible and one of the hardest grades to achieve! Natasha you should be very proud of yourself, well done!



Congratulations to staff at Valley View Barn for taking part in a Mental Health Awareness Course. This course went through various types of Mental Health Conditions and how these can present in individuals. The course also looked at ways support workers can help individuals to maintain good mental health, recognise deterioration in mental health and support current service users with their own mental health conditions.

Staff throughout all QRC homes have continued to complete training online and face to face. Amy would like to thank all staff for continuing to complete online courses whilst on shift and at home.



Puzzle Time

Did you know that the 3rd June was World Bicycle Day? Hidden in the wordsearch below are different types of bicycles, old style and new! Did you know that there was this many different types of bicycles?

C	R	O	D	Y	Y	N	L	Y	N	I	A	E	O	T	H	I	R
A	P	E	N	N	Y	F	A	R	T	H	I	N	G	T	Y	C	R
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C	E	C	C	R	S	L	O	M	O	I	D	L	Y	D	L	T	L

Penny Farthing

Road

Tandem

BMX

Roadster

City

Cruiser

Lowrider

Mountain

Tricycle

Cargo

Racing

Hybrid

Utility

Electric

Unicycle

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