

Welcome to the QRC Newsletter for July, as always, a big thank you goes to all service users and staff for their contributions to this edition.



Valley View Barn



This month at Valley View Barn, Jeremy, Jamie and Clare chose to visit the Broyle Farm Show where they got to relive their old memories of working on a farm and living in the countryside. Jeremy paid particular attention to the tractors and other farm vehicles, and took pleasure in providing Jamie with all the necessary information about each piece of machinery, giving him agricultural lessons and passing on his vast knowledge!



Clare was grateful to staff for negotiating the uneven terrain whilst pushing her around in her wheelchair so that she could enjoy seeing all of the animals that were on display.





To the left is Jeremy pictured next to a smart Ford Escort from the 1970's

The party enjoyed stopping for a bite to eat and a cheeky ice cream at Gelato's on the journey home as it was a very warm day.



Due to the warm weather, a few days were spent inside Valley View Barn keeping cool. Above are Jordan, Casey and Amy who took part in some sensory activities using different oils, guessing the smells and feeling the different textures, surprisingly all preferred the cold sensation, but this was probably due to the 28 degrees Celsius!!



Casey completed some Shrink Plastic Art supported by Sharon. Casey coloured in some beautiful butterflies and completed the work by putting them in the oven. They look lovely Casey!





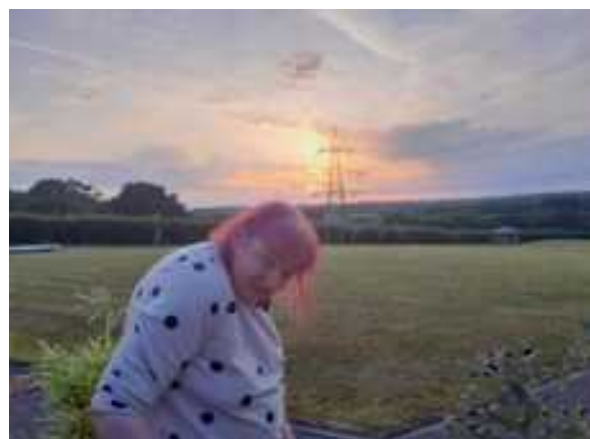
Stephen pictured to the left continues to enjoy building his Lego models and states that they can help with his thinking due to the precise nature of the assembly.



Julia and Billie Jo visited Hilliers Garden Centre this month for a nice coffee and cake, taking time after to have a nose around at the plants.



Pictured below you can see Billie Jo taking on her latest competitors at a game of scrabble and taking an evening stroll in her garden for a little bit of fresh air.





Julia and Clare enjoyed a look around Staverton's Garden centre and stopped there for a bite to eat. Nice cake Clare!!



Pictured above are Tanzy and Jordon enjoying a day out, getting some much-needed fresh air on a much cooler day!



Above, Amy has been continuing to attend her physio sessions at the Chaseley Trust in Eastbourne, where she is making steady progress, keep up the hard work Amy!



To the left Casey is pictured making sure Bertie the pet rabbit keeps up with eating his 'greens'.

To the right Charlotte is keeping up with her exercising this month by using the swing



Above Jamie can be seen attending a local boot fair with Gurjeet; Jamie had a good rummage around the items and grabbed himself a bargain!



Since Amy's surgery, she has had to learn a lot of new skills and this month Amy has been working really hard on her hand and eye coordination skills! Well done, Amy!



To the right Casey and Jordan can be seen watering the plants. They have been kept busy this month due to the extremely hot weather, congratulations girls on keeping the plants well-watered in this heat.



Elaine, Jeremy and David like to go for a walk along the seafront once a week together and this week they walked all the way to the skate park. David looks very happy with himself, maybe he was showing off his skills on those ramps!

Below Charlotte and Elaine can be seen looking around the garden centre, where they like to stop for a milkshake. Charlotte dressed in pink was trying to blend into the flower display!





Congratulations to ALL the staff and residents for completing the 1000-piece jigsaw this month – that was amazing teamwork! 😊

Last but not least, Greta is seen to the right saying a big hello to all at QRC. Greta likes to relax, read her novels and complete crosswords when she is at Valley View Barn. Greta has a busy social life with her family, and it is hard to keep up with her. Hope you've had a lovely month, Greta!



35 Barnhorn Road



Izzy spent an enchanting day at Drusilla's, where she delighted in seeing an array of animals, enjoyed an old-fashioned mini train ride, and savoured a delicious fish and chip lunch that perfectly capped off her adventure.





Above are more wonderful photos of Issy's day out at Drusillas.



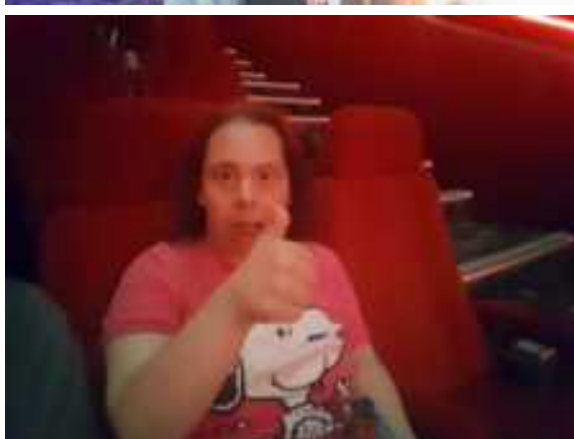
Amelia wrapped up her final day at college on a high - she proudly received her certificate and celebrated by making a delicious banoffee pie. It was a sweet ending to a meaningful chapter!



Amelia's been loving her time at boxing lately—her skills are noticeably improving, and she's feeling even more confident and comfortable in her new gym clothes. It's brilliant to see her getting so much out of it!



Pinar, Amelia, and Evie went to see the new Jurassic World movie and had a fantastic time! They really enjoyed the action-packed storyline and especially loved seeing all the dinosaurs - big, small, and ferocious. It was a brilliant experience that left them buzzing with excitement!



Some of the ladies from 35, pictured below and on the next page had a brilliant time at the 999 Festival in Eastbourne, enjoying the chance to see and learn about the various emergency services. From police and paramedics to fire crews and rescue demonstrations, they were fascinated by all the action and loved getting involved in the day's events.





Evenings in the garden have been full of fun and energy, with the ladies coming together to sing, dance, and put on lively performances—just like their very own girl group! Their laughter and creativity have turned the garden into a stage, making each night feel like a mini concert!





The ladies have been soaking up the sunshine and making the most of the hot weather! They've had a blast with water fights—cheekily making sure to splash the staff too—and have been cooling off and relaxing in the paddling pool. It's been full of laughter, fun, and great summer memories!





Dani enjoyed a lively outing in the community, exploring the shops and treating herself to a little spending spree! It was a fun and engaging day out, giving her the chance to browse, buy, and soak up the atmosphere.



Kiri had a fantastic time participating in her college show! She really embraced the experience, and it was wonderful to see her enjoying the spotlight and being part of something creative and collaborative.



Dani, Amelia, and Evie have been loving their time at Gateway over the past few months!





They've made some fantastic new friendships and really look forward to the monthly disco - it's definitely the highlight, full of music, dancing, and unforgettable fun with their peers.



Izzy, Kiri, and Pinar enjoyed a lovely day out at Scotney Castle, exploring both the historic house and the picturesque estate. They strolled through the beautiful gardens, admired the romantic ruins of the old moated castle, and took in the charm of the Victorian mansion nestled above the valley.

This month Pinar celebrated her birthday. *Happy Birthday Pinar*, hope you had a fantastic day celebrating with your brother and friends!



July has been a great month for Pinar as she also hit her 3 stone weight loss mark at Slimming World. Well done, Pinar, your hard work has paid off!



102 *Victoria Drive*

On Sunday 22nd June, Pam, Chrissy, Rachael, Matt and Chloe all chose to attend the funfair together. They had a great time enjoying a variety of rides. Chloe, Rachael, Matt and Chrissy all braved the fast, high, spinning rides; whilst Pam enjoyed some of the gentler rides, choosing not to go on the faster ones, but having a great time spotting her peers on them as they spun around. Pam also enjoyed the hook-a-duck stall, winning herself a new teddy to add to her collection. Everybody chose to sit and relax with a nice cold drink from the refreshments stand before heading home.





On the evening of the 22nd June, after her fun day out at the funfair, Pam attended a Sound's of The 60s music act at the Bandstand. She enjoyed listening to a lot of songs that she knew and she danced the evening away. Pam said she had a nice time.



On the 10th July Matt enjoyed a swim at the Sovereign Centre. After his swim and some lunch Matt asked if he could go on a long walk to Pevensey. He enjoyed battling his way through the tall grass and across the large open fields towards Pevensey Church. Matt said he had fun on his walk and was understandably tired when he got home.

On 25th June, Matt and Chloe attended their final Sensory Cooking session of the year at college. To celebrate, the class chose to have a picnic and ice-cream at Hampden Park. Their tutor brought along some sensory toys, games and mini microphones for them to use, and they also both chose to have a walk and see the ducks on the lake. Both received a certificate to celebrate their hard work throughout the year and brought home their workbooks full of recipes which Chloe has chosen to keep in the kitchen to inspire her to do more cooking at home!



On the 28th June, Matt, Chrissy and Pam all chose to attend the Chalk Farm Summer Fayre. They spent time looking around the various stalls and chose to purchase some cakes and drinks to enjoy outside in the sunshine.





They all then had fun dancing and singing to the music that was being played by the DJ, using the hill as their stage. Chrissy was also excited to show Pam, Matt and the staff the work he has been doing in the gardens every Tuesday.

On Sunday 29th June, Matt, Pam, Rachael, Chrissy and Chloe all chose to go on a day out together to Brighton on the bus. They chose to have their lunch and an ice-cream on the beach and then went for a walk on the pier and spent some time on the rides. They all bought themselves some drinks to stay hydrated in the hot weather before getting the bus back to Eastbourne.



On 5th July, Chrissy and Rachael participated in their annual drama production which they have been rehearsing for all year. They appeared in the chorus of Mary Poppins, and both performed fabulously. Chrissy was excited that his parents had come to support him, and ensured he did his best to show them his talents. Well done to both Chrissy and Rachael!



On Sunday 6th July Pam chose to visit the Cat Café in Eastbourne. She enjoyed spending her time watching and interacting with all the different cats there, especially 'Marmalade' her favourite ginger tom cat. Pam reminded staff to maintain their personal hygiene and washed her own hands before tucking into a Belgian waffle and cappuccino! Pam said she had a nice time at the café.





116 Barnhorn Road

Maria W, Maria D, Caitlin and Julia was supported to visit Blackberry Farm, where the ladies chose to feed and interact with the different animals & birds there, like the donkeys, horses, goats, chickens, peacocks, pigs, rabbits and many more. Maria D also chose to challenge staff to a game of chess. All the ladies chose to enjoy lunch sitting on the picnic benches before returning home.





Julia has been enjoying shopping with the lovely birthday vouchers that she received for her birthday, she was spoilt for choice on the perfumes and body sprays but managed to choose one she liked and then chose to buy a cake with some of the change. Julia has also been enjoying the foot spa that her family got for her birthday, which has been helping her to relax.



Each week at 116 we receive a food delivery from Asda; Maria D is always keen to collect the shopping and help staff put the items away.



On this particular day, the delivery driver asked Maria if she would like to help load the empty boxes back in the van and help him lock the door. Maria was very excited to do this and enjoyed learning how to pack the boxes away! Well done Maria!



All the ladies were supported to visit Hampden Park, where they had a walk around the park, fed the gulls, ducks and pigeons. They also enjoyed a glass of coke and some ice cream during the outing. It was thoroughly enjoyable trip for everyone.





The ladies at 116 decided to prepare their own dinner and chose to make pepperoni pizza. With guidance and support from the staff, they successfully completed the cooking process. Caitlin, Maria W, Maria D and Julia appeared cheerful and engaged as they enthusiastically added the toppings to their pizza. The activity brought a sense of teamwork and enjoyment. Later that evening, they all gathered to share the freshly baked pizza, enjoying a warm, communal dinner filled with laughter and conversation.





Maria W and Julia decided to enjoy a movie night together by watching a film on Netflix, and to make the evening extra special, they planned to prepare some caramel popcorn with assistance from the staff. They followed the steps carefully, making it a fun and engaging an activity. Julia was particularly enthusiastic, actively taking part in each stage of the process, while Maria seemed to really be enjoying the experience.



Along the way, Julia couldn't resist sneaking a few bites of the popcorn as it was being made. To enhance the flavour, they added marshmallows, giving the popcorn a sweet and gooey twist. Once the popcorn was ready, they all settled in comfortably and shared the treat together, enjoying the warm, cozy atmosphere as they watched the movie.



Meads Street

On 16th June, James was supported by staff on a walk from Meads to the seafront, where he took a ride on the local sightseeing bus. The route offered views of Eastbourne Pier, Beachy Head, and Birling Gap, and the warm weather made it a good day to be out. During the trip, James also stopped for an ice cream and chose his usual favourite. He seemed to enjoy the outing, and the time spent in the community.





On 13th June, Aaron attended his routine dental check-up with support from staff. While waiting for his appointment, he took a moment to pose for a photo in the waiting area. He was calm and cooperative throughout the visit. Well done Aaron!

On 18th June, service users from Meads had a great time catching up with friends from other services at the Phab Club. It was a lovely evening filled with chats, laughter, music, and dancing. Everyone enjoyed sharing what they had been up to over the past week and talking about their plans for the days ahead.



On the 3rd June, Glen, pictured left chose to walk to his planned activities thus making the most of the current warm weather.



On another very sunny day here is Glen making his way back from Tesco's in Meads, where he went to purchase some grocery items.

James pictured below was supported by staff on a lovely outing to Eastbourne Pier. He enjoyed browsing the gift shop and picked out a few items that caught his interest. For lunch, he chose some Greek traditional food along with a can of diet coke, which he seemed to really enjoy. He also had a nice walk around the pier and appeared happy and relaxed throughout the visit.





Here is Glen again, getting in the exercise before his cycling session at Eastbourne Sports Park. He appeared relaxed and engaged, enjoying the fresh air and sunshine. The walk served as a good warm-up for his cycling, and he interacted positively with staff throughout.



James was supported by staff on his community activity, which began with a walk from Meads to the Eastbourne Seafront. While there, he went on the Dotto train to Holywell whilst taking in the sights and sounds of the seaside. To round off the day, James treated himself to an ice cream.





On another day, James was supported by staff to visit Hampden Park, where he enjoyed a nice walk around the park and fed the birds which is an activity he always looks forward to.



On 5th July, James was supported by staff to attend a cinema outing to watch Jurassic Park. He appeared fully engaged throughout the film and shared that he found it very entertaining. While at the cinema, James enjoyed a refreshing drink, which added to his overall experience. He seemed relaxed and happy, and it was a successful and enjoyable activity that he clearly appreciated.

Aaron and Charlotte had a lovely day out supported by staff. They started with a cycling session at Eastbourne Sports Park, followed by a walk around the area. Afterwards, they headed to Tenpin, where they enjoyed a fun game of bowling together. The day was rounded off with a nice meal out, making it a truly enjoyable experience for both.





Charlotte pictured left was supported by staff to go for a walk around the local area, whilst taking advantage of the lovely summer weather.



On another occasion Charlotte walked from Meads Street into the town centre.

Robert invited his girlfriend over to Meads and proudly prepared lunch for the two of them to enjoy together. He also gave her a little tour of the home, showing her the flowers, he has been caring for in the garden as well as some of the decorations he has put up in his flat. It was a meaningful and special moment for Robert, as this visit formed part of his personal monthly goal to cook lunch for his girlfriend; a goal he was proud to achieve. Well done, Robert!



As part of Aaron's regular routine, he has been volunteering at a local charity shop. On 6th July, Aaron spent time organising and sorting books on the shelves, as seen in the photo to the left. He remained focused and engaged throughout. Well done, Aaron!

Robert was supported by staff to attend his audiology appointment. Before going in, he happily posed for a photo outside the building, clearly excited about the visit.



During the appointment, the audiologist showed Robert how to use his new hearing aid device. Robert remained keen and engaged throughout, and it was lovely to see how pleased he was with the experience.



Glen pictured below was supported by staff to attend his annual health check at the GP surgery. He chose to walk there with staff, which was great for keeping up with his fitness goals. After the appointment, which included a blood test, he went to his usual Friday bike session at Eastbourne Sports Park. To round off the day, Glen enjoyed lunch at Kenitos which he likes to call the "Chicken Shop" where he had his favourite cheeseburger, chips, and a diet coke.





Charlotte was supported by staff to attend the Chicago show at the Congress Theatre in Eastbourne. She appeared excited and even posed for some photos outside the theatre before the show began. It was a wonderful experience for Charlotte and marked a special moment, as attending the show was part of her monthly goal to earn a reward for demonstrating positive behaviour. Well done, Charlotte!



On another day Charlotte was supported by staff to go for a walk in the community, which she chose as part of her daily activity. During the walk, she had fun taking selfies and posing for some lovely photos with staff. It was a cheerful and engaging outing, and she appeared to really enjoy the experience.



374 Battle Road



Elise and Emma went to Blackbrooks Garden Centre on 14th June. They both enjoyed walking around looking at the different species of beautiful flowers and plants on display. Emma then decided to buy some tops for the summer. Both enjoyed their cups of tea and Emma chose a big scone which was so big that she couldn't finish it and therefore brought it home!



Cassie cleaned her mobility vehicle with staff support. Cassie vacuumed the interior of the car, she removed the mats, vacuumed underneath, she also vacuumed the boot and cleaned the dashboard, doors, etc. Cassie followed instructions and prompts well, worked hard and appeared to have enjoyed herself at the same time!



The 16th June was a lovely sunny day and Elise took the opportunity to use her bus pass and visit Hastings town centre by public transport. Elise, supported by staff enjoyed a lovely walk around Hastings town centre and had a look in some of the shops.



Cassie and Sarah pictured below like to spend quality time in the garden in the sunny evenings. Cassie likes to use the trampoline which is good exercise for her, while Sarah likes to walk around the garden and sometimes use the garden swing with Cassie.



On the 19th June Elise and Emma went to Bexhill Ravenside retail park. They decided to have their lunch at McDonalds.



On the 17th June Cassie and Sarah chose to have their hair cut. Cassie was very excited, Sarah was in a good mood and allowed the hairdresser to cut her fringe. At the end they both were very happy about the results.



On the 26th June, Sarah accessed the community via public transport, and she appeared to enjoy the experience of the journey. Afterwards, she strolled through the town centre of Hastings taking in the sights of the shops. Eventually, she decided to take a break and stopped at one of the restaurants for lunch. She chose to have jacket potato with tuna and a cup of tea.



Every Monday, Hellen and Cassie go to Gateway together in the evening. On the 7th of July, Cassie started with a little dance, did a puzzle and played bingo. Cassie independently chose and bought her tuck, a can of diet lemon and a packet of crisps.



Hellen loves sitting with her friends and participates in colouring and playing bingo and always enjoys her cup of tea with some biscuits.



Cassie, Emma and Hellen watched 'How to train your Dragon' at Hastings Odeon Cinema on the 6th of July. Cassie met her friend and decided to sit next to him while watching the film. They all really appeared to have enjoyed the film and were very focused and spent quality time with each other.



On the 14th July, 374 Battle Road welcomed Josh to the service.

Josh loves playing with his marble track, spending time in the garden on the trampoline, videoing multiple track games for his toy cars and balls to go down and is a very happy smiley young man.

Welcome Josh, and we look forward to seeing more of what you get up to each month!





Lushington Road



Pictured above are Julie, Alex and Louise who all went to Pizza Express to celebrate Julie's birthday.

Happy Birthday Julie!

Julie decided it was time for a change of her hair colour and took a trip to the hairdressers where she had a cut, colour and blow dry.





Julie went for blonde streaks which she was very pleased with.

Good choice Julie, your hair looks great!



Jonathan is pictured right proudly showing off a new suit he has purchased this month in preparation for his evenings out at Butlins later in the month.



Jonathan and Alex are pictured below enjoying a nice afternoon together at tenpin bowling.



Julie celebrated her birthday this month and enjoyed some time away with her family. Julie went for a meal at the Green Man in Ringmer.



Julie enjoyed a lovely meal and a few drinks.

Julie is pictured to the left with her brother and sister.

Julie is also pictured below on a recent day trip to Brighton.



Alex enjoyed a fun filled day at the local fair this month, managing to go on all the rides, on a lovely sunny Sunday.



Alex is pictured on a visit to the newly opened 'Jumpin Fun' which has just opened in the Arndale centre, replacing the previous Ninja arena which recently closed. Alex loved the afternoon session he attended which was a great form of exercise.



Louise is pictured at her work placement, the Marie Curie charity shop completing the cleaning of DVD's before they are put out for sale.

Jonathan and Louise wanted to do something special to remember their dad by on this Father's Day and decided on releasing a balloon each, to which they attached a personal message. Both appeared to enjoy this lovely moment and said a few words to their dad before releasing the balloons.



It was fancy dress week at Phab club on 18th June and Louise dressed up as Alice in Wonderland along with Jonathan who went as a 70s disco dancer!



To the left is Julie who met up with Charlotte from another QRC service whilst in town.



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 July 2025



Josh Skingsley; Josh joined QRC Dom Care in February 2019. Josh supports all service users at 374 with enthusiasm and in a person-centred nature. Josh has a good rapport with both staff and service users and is always looking for ways to improve and develop his knowledge of his role. Josh recently received some great feedback for his support of a service user at her day activity due to his engagement with her and support to encourage her to complete tasks. Josh communicates well when needed with others and completes everything as asked of him. Well done, Josh, keep up the great work!



Sarah Relf; Sarah joined QRC Dom Care in June 2013. Sarah always provides person centred support and works hard to promote independence for the service users. Sarah has a great rapport with all the service users she supports and has excellent knowledge of their needs and preferences. Sarah has a wealth of knowledge of her job role and the service in general and works with ease and confidence. Sarah is an asset to the team and is well liked by staff and service users alike. Congratulations Sarah, thank you for your ongoing commitment to QRC.



Christine Hammond; Christine joined Valley View Barn in November 2017 and is employed as a cleaner. Christine works very hard, completing all tasks asked of her and always to a very high standard. Christine is very respectful of both the service users and staff colleagues. She takes great pride in her work and always has time for the service users, treating them with kindness. Everyone at Valley View Barn is grateful to Christine for her hard work. Thank you, Christine, for your ongoing commitment to Valley View Barn.



Staff Training

Congratulations to Michelle for completing and passing her Level 2 in Autism Awareness. Michelle said that the course was very informative, and she thoroughly enjoyed working her way through the assessments to increase her knowledge and skills in understanding and supporting the service users. Well done Michelle for spending so much time working hard to pass every assignment.



Congratulations to Sarah, Raman and Sukhchain for completing the 3 Day Positive Behaviour Support Course with East Sussex Adult Social Care. This course gives staff the skills and knowledge to identify behaviours that challenge in service users with learning disabilities. It helps staff to implement primary, secondary and reactive strategies to discourage the behaviours and how to manage the behaviour should it occur.



Staff throughout all homes have been taking the time to read and complete a workbook on Environmental Sustainability to gain knowledge on global warming, ways to reduce greenhouse gasses, being aware of their own carbon footprint and identifying ways in which QRC employers and employees can help improve environmental sustainability.

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

This month the Women's England Football Team have been fighting to defend their reigning title after winning the Euro competition in 2022. Teams have battled it out in Switzerland to win the cup. See if you can find the 16 teams who qualified to play in the Women's Euro 2025 competition in the puzzle below.

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

Switzerland
Spain
Germany
France

Norway
Portugal
Poland
England

Iceland
Belgium
Denmark
Wales

Finland
Italy
Sweden
Netherlands

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