



Monthly Newsletter

August 2025

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

QRC Summer Party 2025



What a fantastic time we had at this year's QRC Summer Party! A huge thank you to everyone who came along – your smiles, laughter and good vibes made the day truly special.









The ring toss was a favourite game — lots of cheering, laughing, and happy faces as people tried to land the rings. Some were spot-on, some bounced away, but everyone gave it a go!



Dancing!

Some people danced in pairs, some in groups, and some showed off their favourite moves. It didn't matter how — it was all about having fun and feeling the rhythm. Staff danced too, clapping along and making sure everyone felt included. The music brought everyone together, and the hall turned into a happy dance floor!





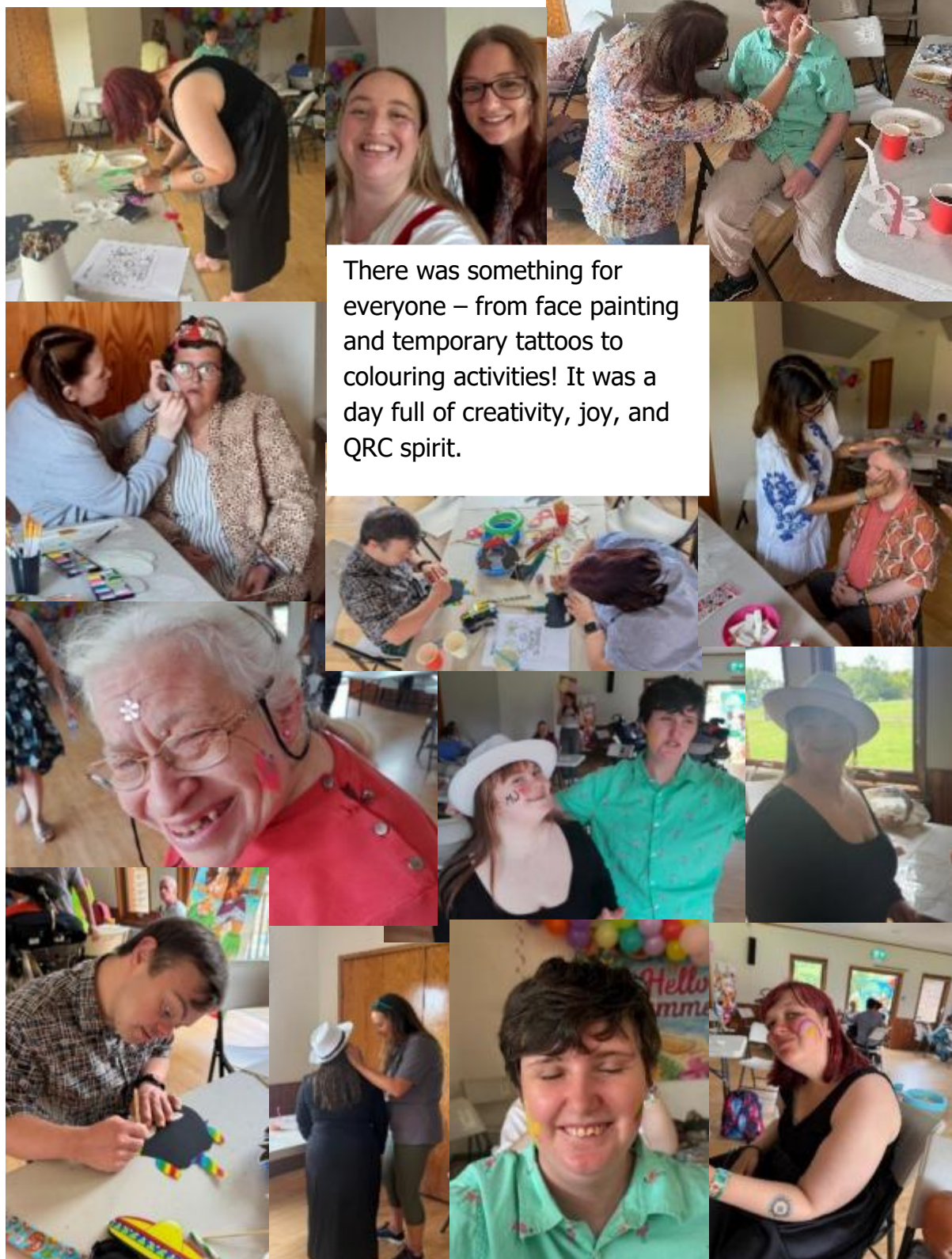
Party Food!

The party was filled with fun and excitement for everyone. Everyone enjoyed a delicious spread of party food, including sandwiches, sausage rolls, pizza, and plenty of fizzy drinks to keep everyone going.





Face Painting, Tattoos, Arts & Crafts!





Ice Cream! 



An Enormous Thank You to Our Dream Team!

A massive and very special thank you to Charlotte for masterminding such a fantastic event — your vision, energy, and attention to detail made everything come together so beautifully. It was a truly memorable day, and it simply wouldn't have happened without you.

To Amy, Steph, Lauren, and Sia—you were absolute superstars when it came to setting up the party! Your teamwork and enthusiasm helped everything run so smoothly, and we're so lucky to have had your support.

A heartfelt shoutout to Charlotte's mum, Dianne, and sister, Soph for your incredible help with preparing all the party food. Not only did everything taste amazing, but your kindness and tireless help during clean-up afterwards didn't go unnoticed.

And a huge high five to Charlotte's son, Tyler, who was a total legend from start to finish. Whether it was setting up decorations or helping to tidy up, Tyler brought the energy and dedication that made everything easier for the team.



Thanks again to everyone who contributed and attended – you made it a summer party to remember!

Thank You!



35 Barnhorn Road



Dani had an unforgettable time at the HYPER JAPAN Festival in London, the UK's largest celebration of Japanese culture. Held at Olympia in London, the event was bursting with energy—from dazzling cosplay and live music performances to hands-on workshops in calligraphy, sweet-making, and traditional arts. Dani explored the bustling food hall filled with authentic Japanese dishes, browsed unique handmade goods in the Hyper Market, and soaked in the vibrant atmosphere that brought a slice of Tokyo to the heart of the city of London.

Evie enjoyed a cozy date with her boyfriend Eddie at The Wheatsheaf, a welcoming pub in Little Common, Bexhill-on-Sea. They shared drinks, food and laughter together.



Evie, Amelia and Izzy spent a blissful afternoon at Hampden Park where they enjoyed feeding the ducks and taking a lovely stroll.

Amelia, Dani, and Evie spent a magical day at Scotney Castle, a National Trust gem nestled in the Kent countryside.





The ladies explored the romantic ruins of the medieval moated castle and wandered through the elegant Victorian mansion, soaking up its rich history and picturesque charm.



Kiri, Izzy, and Evie spent a memorable day at the Royal Pavilion, Brighton's dazzling seaside palace built for King George IV. They wandered through its rooms adorned with Indo-Saracenic architecture and Chinese-inspired interiors, marvelling at the grandeur of the Banqueting Room and the elegance of the Music Room.





Amelia, Dani, and Evie spent a delightful day exploring Standen House and Gardens. A beautifully preserved Arts and Crafts family home nestled in the Sussex countryside near East Grinstead. They wandered through the elegant interiors, admiring the intricate designs and period furnishings, before strolling through the vibrant hillside gardens.



Evie, Izzy, and Pinar spent a captivating day at Hever Castle & Gardens, the enchanting childhood home of Anne Boleyn situated near to Edenbridge, in the Kent countryside. They explored the castle's lavishly furnished rooms and admired Tudor-era artworks, soaking in centuries of history. Outside, they wandered through the award-winning gardens.

More pictures from the ladies' trip to Hever Castle and Gardens



Dani, Amelia, and Pinar spent an exciting day at Wingham Wildlife Park, Kent's fastest-growing zoo and home to the largest variety of animal species in the region. They wandered through the park's lush grounds, encountering everything from majestic tigers and playful meerkats to moon bears and red pandas.





Lushington Road

On July 18th – July 21st Louise, Jonathan and Robert supported by Warren, Maxwell and Sia spent a great weekend away at Butlins Bognor Regis. A fantastic weekend was had by all, a weekend full of fun activities, great shows, nice food, drink and lots of laughter.



The weekend started with a train journey down to the resort, once reaching Bognor all took a short taxi ride to the holiday resort arriving around teatime. After booking in and finding all the respective accommodation, the group of holiday makers headed off for a nice meal followed by a show in the evening. A late night was had, and after the full day of excitement and travelling, all were ready for bed!



Saturday started with everybody heading down to the 'Deck' restaurant to enjoy a cooked breakfast and to discuss plans for the day ahead.



Butlin's

An extra special addition to the holiday was the arrival of Alex and Julie, supported by Sukhi and Pete who travelled down for a day visit. All enjoyed their own personal choices throughout the day which included the onsite fun fair, bowling, table tennis, lunch at burger king, fairground games, the arcades and a visit to the town of Bognor.

Group picture from left to right- Alex, Pete, Robert, Maxwell, Jonathan, Louise, Sia, Warren, Sukhi and Julie.





Butlin's



After saying goodbye to Alex, Julie, Pete and Sukhi, it was all systems go again as Jonathan and Maxwell watched a live wrestling show and Robert and Louise watched the Butlins Redcoats entertain all for the evening. Again, a late night with all heading back to the accommodation sharing their days experiences.

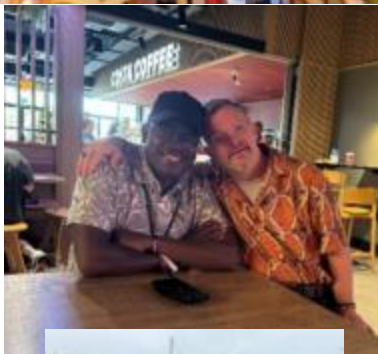


Sunday morning was another early start and another cooked breakfast! With the day ahead bringing more fun, laughter and activities. All participated in a bowling tournament which became very competitive! A win for holiday organiser Warren, who was congratulated by his competitors!



The group then spent some more time at the fair before all retiring to their chalets for a well-deserved rest! The evening was great with a special show from television's Stephen Mulhern who entertained us with a fantastic magic and illusion show. Back to the chalets again where another late-night saw everybody sleep very well!







Monday morning arrived too soon and it was time to pack up and head back home. Very special thanks to Maxwell and Sia who did an amazing job on their first service user holiday. A special mention also to Pete for taking the time to drive to and from the resort in one day, and Sukhi for supporting Julie on the journey and throughout the day.

A big 'thank you' goes to Warren for his efforts in organising the holiday for the three service users.



116 Barnhorn Road

Our recent trip to Wingham Wildlife Park was a day full of excitement, laughter, and discovery. The service users enjoyed exploring the park and seeing animals from all around the world – from cheeky meerkats and playful penguins to majestic lions and gentle tortoises.



Everyone loved learning fun facts about the animals, and there were plenty of smiles as we watched them up close. Lunch was enjoyed in the picnic area, with plenty of chatter about favourite animals of the day.



It was a wonderful opportunity to spend time together outdoors, enjoy new experiences, and make lasting memories. The journey home was filled with stories and happy reflections – a sign of a day well spent!



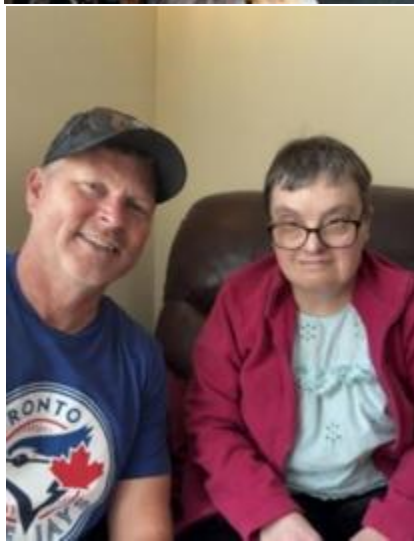
The weather may have been wet, but it certainly did not dampen our spirits! Our family BBQ with service users and their families went ahead as planned — we simply moved the party indoors and kept the atmosphere warm and cheerful.





The smell of sizzling burgers and hot dogs filled the room, and everyone enjoyed tucking into delicious food while catching up with friends and family. Laughter and chatter replaced the sound of the rain outside, and the cosy setting made it all the more special. We shared stories, played ball games, and proved that a little rain can't wash away a good time. Thank you to everyone who helped make the day such a success — come rain or shine, we know how to celebrate together!







Meads Street

On 17th July, James had a lovely time celebrating his 52nd birthday. He opened his presents in the office and enjoyed a takeaway lunch from Pizza Hut, selecting his favourite toppings himself. He also shared a cheerful moment with friends while cutting his birthday cake. It was a special and memorable day for James.



Glen had a great day out with his parents at Newhaven Fort. He explored the exhibits, watched some videos, and enjoyed walking through the trenches. He looked engaged and happy, and it was lovely to see him spending quality time with his family.



On 12th August, James had a lovely day out visiting Seaford Beach, supported by staff. As part of his monthly goal to visit a new place outside Eastbourne, he was all smiles, enjoying the sunshine, tucking into his favourite fish and chips, and relaxing with a nice ice cream. He seemed happy and engaged throughout the visit.



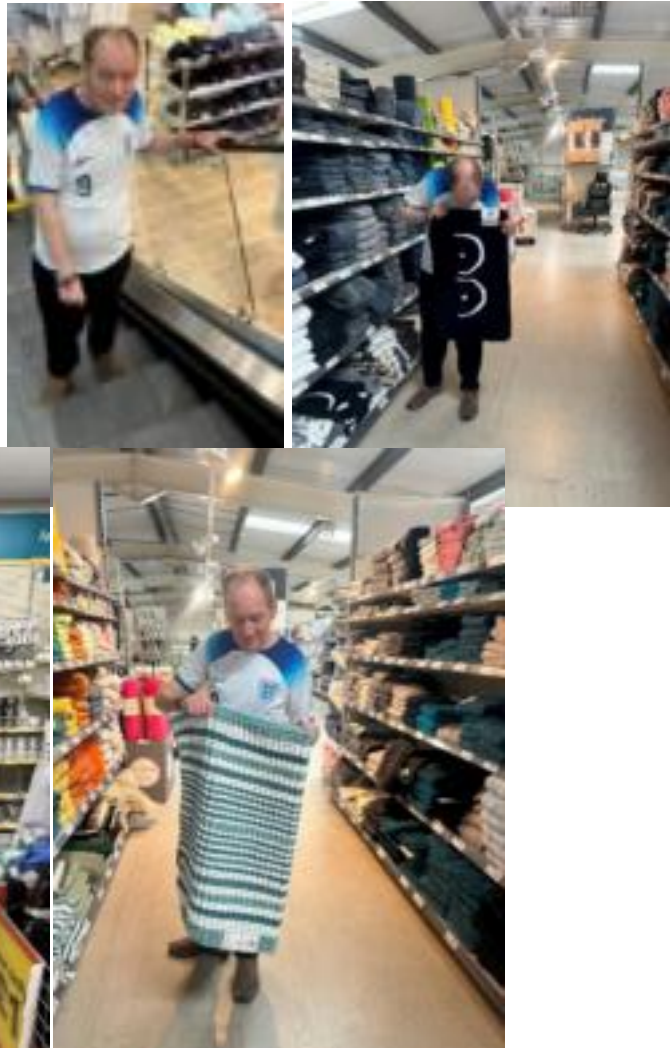
On 23rd July, James was supported by staff to attend his monthly blood test, which he enjoys going to. He had a nice walk to the surgery and waited patiently for his turn. After his appointment, James continued the walk to one of his favourite community playgrounds, where he had fun on the swings. He shared with staff that it reminded him of time spent with his mum, making it a meaningful and lovely day for him.



On 31st July, Glen had staff support to go shopping at the supermarket. He confidently picked out some household items and his weekly magazine. Glen then used the self-checkout machine independently to scan and pay for his shopping. Great job, Glen!



On 7th August, James was supported by staff on a shopping trip to The Range to pick out a new bathmat. He explored the store, found one he liked, and was supported to pay at the checkout. James seemed really happy with his choice and enjoyed the outing from start to finish.



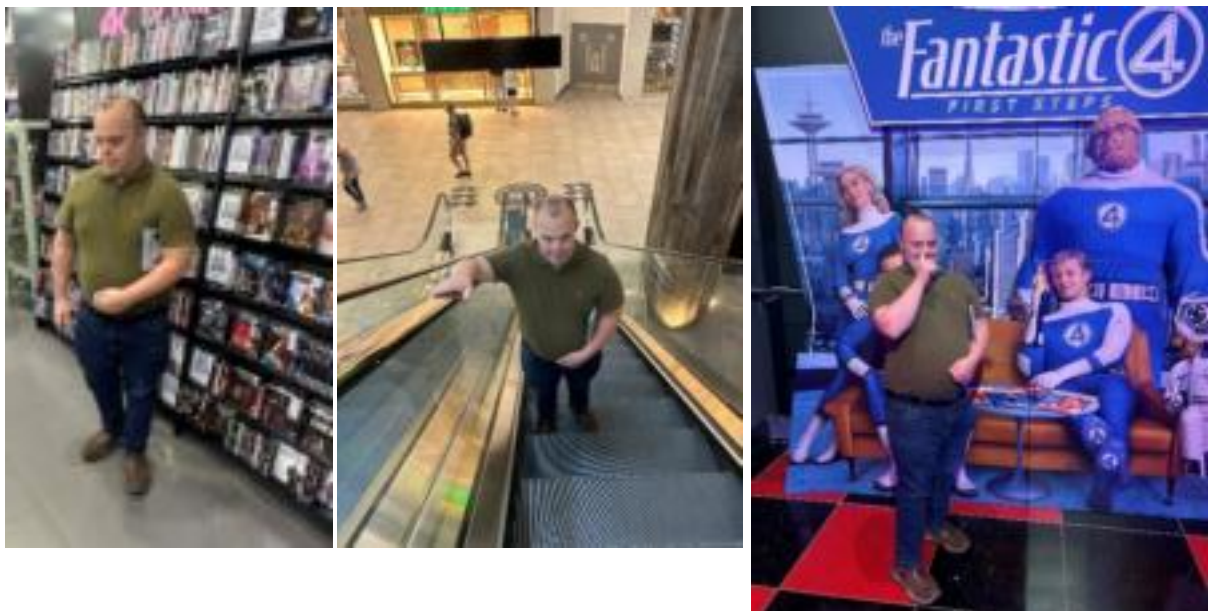
On 23rd July, Charlotte treated herself to a fresh new hairstyle at her favourite salon in town. She picked the look she wanted and was really pleased with the results, smiling proudly after her appointment. A lovely bit of self-care that left her feeling great!



On 5th August, James enjoyed a nice community walk and chose to visit the local park near Seaside Road. He was engaged throughout and really made the most of the lovely summer weather.



On 11th August, Glen was supported by staff for his usual Monday outing. He visited HMV in town and picked out a CD he liked. Afterwards, he went to Cineworld to watch 'Weapons'. He told staff he really enjoyed the film and remained engaged throughout the movie. He also happily posed for a photo at the cinema.



On 8th August, James had a lovely day out with staff. He chose to get a meal from KFC and enjoy it at his favourite spot, Helen Gardens. He treated himself to a chicken burger, chips, and a cold drink while soaking up the summer sunshine.

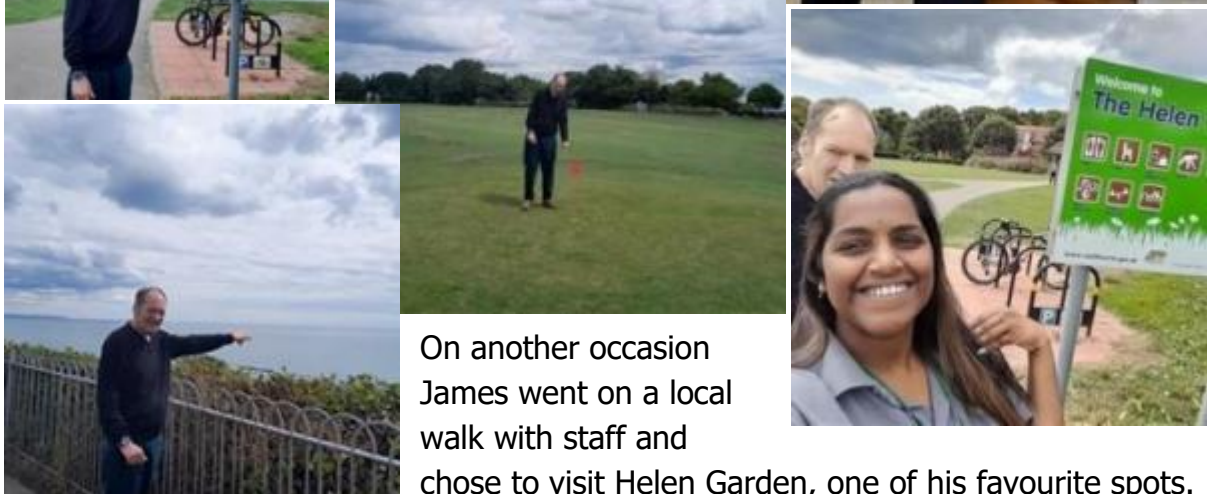
Glen was supported by staff to visit the Congress Theatre in Eastbourne to see the London Symphonic Rock Orchestra. He posed for some photos outside before heading in to enjoy the show. Afterwards, he told staff he had a great time.



On 19th July, Aaron got a new phone while out with his dad. When he returned home, he was excited to unbox it with Charlotte in her flat, whilst being supported by staff. They posed for a happy selfie together with the new phone.

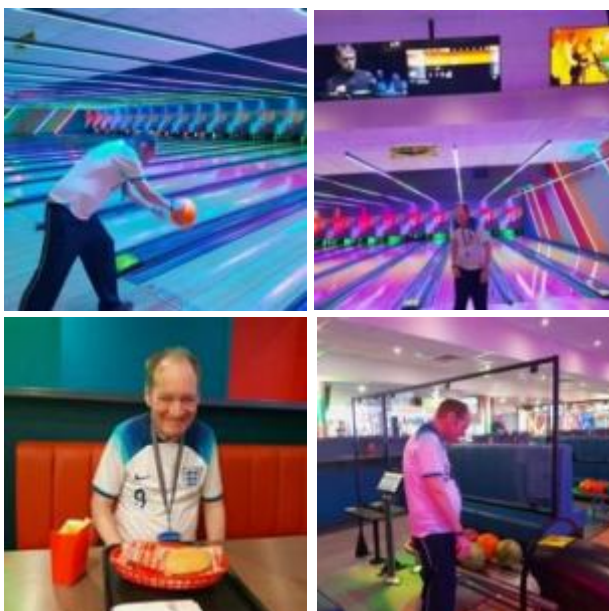


On 21st July, James was supported by staff on a trip into town, where he picked up a meal deal from Sainsbury's which he enjoyed. Afterwards, he had a stroll around the shops and was seen smiling while enjoying live music from a street performer. It was a relaxed and enjoyable outing for James.



On another occasion James went on a local walk with staff and chose to visit Helen Garden, one of his favourite spots.

He enjoyed the lovely summer weather and stopped along the way to take some photos with staff. It was a calm and cheerful outing.



On 13th August, James was supported by staff for an activity at Tenpin Eastbourne, where he enjoyed a fun game of bowling. He was excited and engaged throughout, and afterwards treated himself to a cheeseburger with chips and a Pepsi Max. Well done, James!



374 Battle Road



One of Hellen's favourite crafts she likes to do is embroidery. She completed this incredibly intricate piece of art at Art Shake, an activity that she attends once a month. Hellen was excited to show her work to staff and her peers and will cherish it forever more. Well done, Hellen!

Josh's favourite ball game is marble madness. The magnificent runs he has built for his marbles are amazing. Cassie was blown away by Josh's building skills and both had hours of endless fun. We are all very impressed!





It was a lovely sunny day on Saturday 26th July, so Sarah, Cassie, Josh and Elise decided to go to Raystede Animal Welfare Centre. Sarah and Cassie were fascinated by the tortoises and were surprised at how slow they move. Josh was super happy at finding a new ball in the charity shop. Elise enjoyed the walk in the sunshine and a well-earned cup of tea at the end.



On the 1st August, Elise and Emma went to the Hastings Museum to have a look at the Agatha Christie – The Queen of Crime exhibition, spotlighting her iconic characters and works. Emma found the Poirot's dinner setting on the Orient Express very interesting. After a walk around the beautiful gardens, Emma and Elise finished the trip with lunch at Weatherspoon's where they both chose to sit in the garden to have their lunch as it was such a beautiful day.





Sarah and Cassie decided to spend quality time in Hastings town centre. It was a lovely sunny day, and the ladies decided to walk together alongside the road and enjoy the lovely sunshine. Both enjoyed the long walk around the town centre and a street music show. Cassie chose and bought a lovely dress from a roadside shop. They were very pleased and happy after their day out!



On Saturday 9th August it was the Hastings Carnival and Cassie was invited to perform on stage along with her peers from the Makaton group she attends at her day centre. Cassie certainly gave it her all on the stage, she performed the three songs effortlessly. After dancing her socks off with other performers, she treated herself to a much-needed ice cream to cool down.



On Sunday 10th, some of the service users from 374 enjoyed lunches out at the seaside. After a long walk and plenty of fresh sea air, everyone tucked into their chosen food from the menu. Cassie said it is the best fish and chips she's ever tasted! It is safe to say that this restaurant has very happy customers by the huge smiles on everyone's faces!!



102 Victoria Drive

On Sunday 13th July, Rachael and Matt chose to go to the cinema together to watch the new Superman film. They took a meal deal lunch and drink with them to enjoy whilst watching the film. Rachael said the film was "good" when asked by staff.



On the 13th July, Pam decided to take advantage of the sunshine, enjoying a walk along the seafront and an ice-cream. She chose to go to the Emergency Services Day being held on the Western Lawns on Eastbourne Seafront. Pam spent time looking around all the different vehicles and even choosing to climb inside some of them. She also chose to spend some time on the fairground stalls, winning herself a teddy.



On Saturday 19th July Matt, Rachael, Chloe, Chrissy and Pam all chose to attend SwooveFest4 at Eastbourne Sports Park. Swoove is a singalong fitness class and SwooveFest4 had a variety of different instructors there running dance classes throughout the day. Everyone got involved, showing off their best dance exercise moves and showing great concentration when following the instructor. They all said they really enjoyed the afternoon of music and movement.





As they enjoyed the afternoon so much, they all decided to go to the local Swoove Club night on Thursday 24th July, and all the residents (and staff) were awarded a certificate for their enthusiasm and dance moves!

The residents all decided to chip in together this month and purchase a new handheld hoover for the house. On 20th July, Chrissy and Rachael took delight in learning how to use the new hoover, and Chrissy even showed off his dance moves hoovering along whilst everybody sang the Queen classic I Want to Break Free.



On Wednesday 23rd July, Matt attended a Yoga Shambhu session which combines movement, chanting, breath work and relaxation. Matt enjoyed the session, especially using the singing bowls, and said he found it relaxing. The staff supporting him also said they could see Matt visibly relax whilst participating.





On Wednesday 6th August, Chloe and Chrissy decided that they would like to try the Yoga Shambhu session. They both participated well, and the instructor even said Chloe was a natural asking her if she had done it before!



On 20th July Chloe chose to attend a Pink Tribute act at the bandstand. She thoroughly enjoyed listening to the music and dancing along from her chair. It rained at the start of the show for about 3 minutes which Chloe found hilarious, then brightened up into a lovely warm evening.



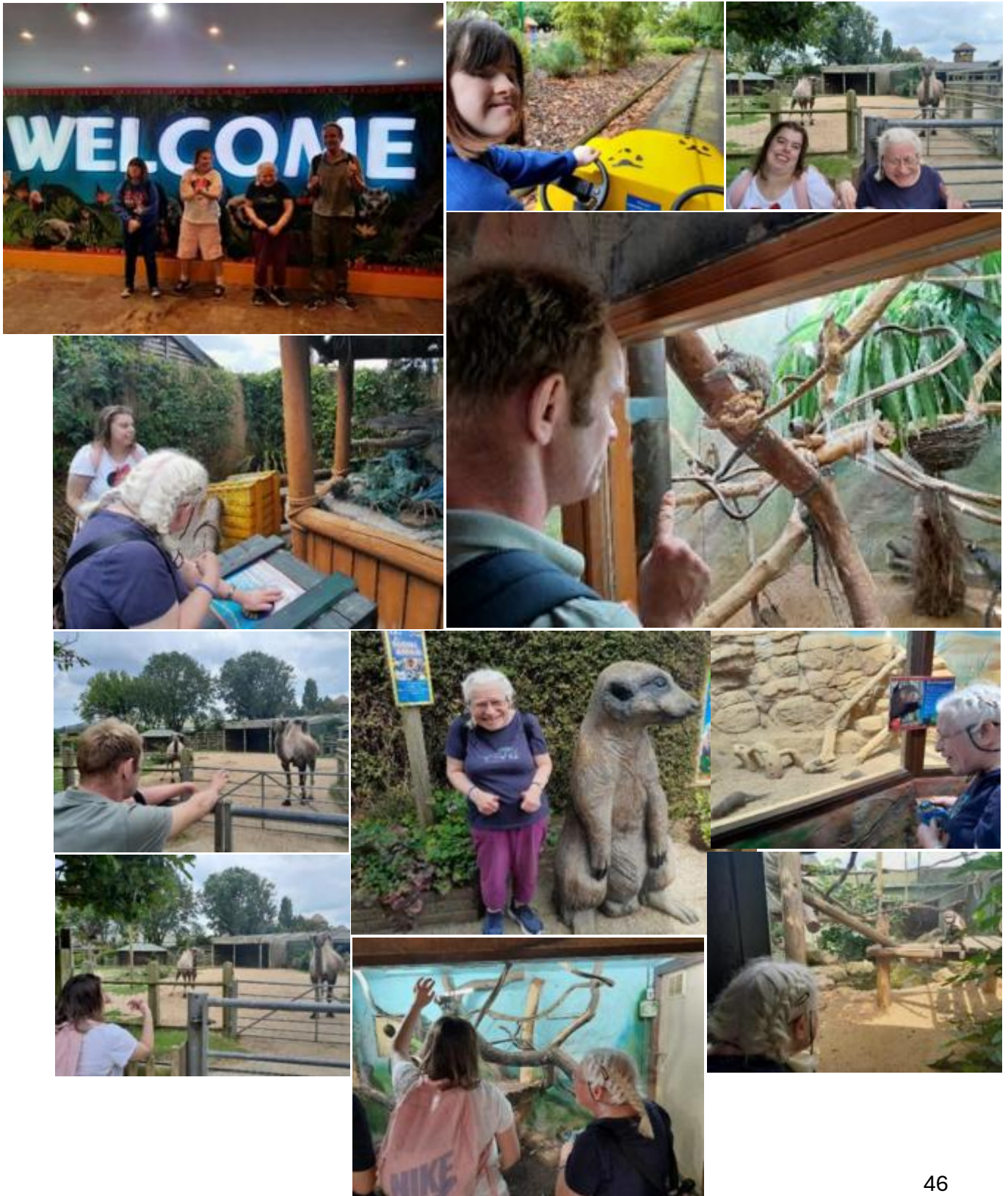
On the 25th July Chloe went to the bandstand again to watch 'Girl Band Night' where there were a variety of different songs from lots of girlbands. Chloe enjoyed the music but was very tired after all the excitement of the QRC Summer Party in the afternoon, so she chose to leave early and head home to bed!



On 27th July Matt also went to the bandstand where he watched a Michael Jackson Tribute. Matt really enjoyed his time, dancing along to several of the songs. Whenever the singer left the stage for a costume change Matt asked for more music as he was concerned the show had finished! Matt chose to have some crisps and two drinks whilst there.



On 27th July, Pam, Matt, Chloe and Rachael all chose to go to Drusilla's Zoo. Pam and Matt really enjoyed looking at all the different animals there. Chloe enjoyed looking at the animals but found the interactive machines more exciting, pressing the buttons to watch the mechanical animal's dance; whilst Rachael showed interest in the fairground rides and play park. They all decided to take a meal deal lunch with them to enjoy. Pam bought herself a new orangutan teddy which she named Fred.





On 2nd August Pam, Matt, Chloe and Rachael chose to attend the Inspire4All charity day, where Matt's dad was playing in his band. They all enjoyed dancing to the music, as well as looking around the different stalls and having a go at the tombola and beanbag toss. Pam and Matt also chose to try the hook a duck. Everybody enjoyed a drink and Pam and Chloe also chose to have an ice cream.





On 3rd August Chrissy, Pam and Chloe chose to go to the Barby Keel Animal Sanctuary open day. They enjoyed looking at all the different animals, having a vegan burger, crisps and slice of cake with a drink for their lunch, and playing lots of games on the various stalls. They all came home with lots of prizes and appeared happy with their winnings!





Valley View Barn

David, Jordan and Charlotte made the most of a lovely day and visited the RNLI in Eastbourne, where they had a look around the museum and shop, fascinated by what there was to see! They finished the day with a nice and well-deserved drink.



Elaine, David and Jeremy have kept up with their weekly walks around the community. It's a great opportunity to spend some time outside getting some fresh air and keeping up with their exercise routines!

David was also very happy to see the Dotto train pass him on their walk!



Tanzy and Jordan pictured to the right went on a shopping trip where they bought some new items which they were both very pleased with! After the shopping trip, they both enjoyed a well-deserved hot drink in the café



Jamie and Clare have been making good use of the garden, especially when the weather is lovely. It's a good opportunity for them to talk to each other and enjoy the fresh air.

This month we helped Jordan celebrate her birthday. Jordan ventured out to the community on her birthday with her family and explained to staff that she had a lovely day and was overjoyed with the presents she received. All of us at Valley View Barn hope you had a lovely day celebrating Jordan!



Happy Birthday Jordan!



Jamie and Jeremy spent time at a local café this month after completing their weekly shopping.



Clare attended Glyndebourne for a performance and was accompanied by her friend Nikki and her husband. Clare dressed up for the occasion and looked lovely! Clare was very happy with the performance and cannot wait to visit Glyndebourne again soon!

Billie-Jo also celebrated her birthday this month. She decided to have a meal at the harvester and was



joined by her peers Julia, Clare, Jamie and Jeremy. On her return to the barn, Billie-Jo opened her presents and blew out the candles on her cake. Billie-Jo was very pleased with the presents she received. Billie-Jo finished the day, having a kick about in the garden with Jamie! All of us at Valley View Barn hope you had a lovely day Billie-Jo!



Happy Birthday
Billie-Jo! 😊



Stephen pictured below is busy watering some of the plants, helping them to survive during the very warm weather.



Clare pictured to the right is seen admiring the sunflower and other plants in the planter outside of her room.

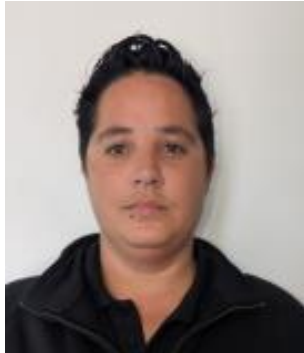




Employees of the Month!

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 August 2025:



Fay Denyer: Fay joined QRC Dom Care in April 2023. Fay recently organised a family BBQ for service users at 116 which was attended by several of the relatives of those residing in the service. Fay ensured that there was plenty of food, all needs were catered for, and the day was a success. It is evident from the pictures taken of what a wonderful time was had by all who attended. Fay has good organisational skills as a senior and ensures she completes her duties when required as well as supporting the service users and the staff team. Fay has a good rapport with the service users and is a great advocate of their needs, ensuring that medical issues are followed up and any appointments are well allocated in the diary for staff to be aware of. Thank you, Fay, for your hard work!



Warren O'Brien: Warren joined QRC Dom Care in October 2015. Warren recently arranged a group holiday to Butlins for service users who live at Lushington and at Meads. Warren supported the staff team and service users very well by planning and organising the whole trip including completing risk assessments and organising finances. Warren ensured that everyone's needs were very well catered for and met, including the staff team for their first service user holiday support. Warren supports the staff team well in the service, completing senior duties well and in a timely manner and always communicates well with management and the staff team. Thank you, Warren, for your hard work!



Charlotte Clark: Charlotte is the deputy manager of the QRC Dom Care Service and has worked for the organisation for a number of years, initially as a senior support worker, then as a service coordinator before being promoted to her current role. Charlotte is very hard working, diligent and committed to her role. She has a great rapport with the service users, the staff team and is well respected by all. She was instrumental in organising the first QRC Summer Party which due her organisational skills, creative ability and dedication was a roaring success. Thank you so much Charlotte for your hard work, which is greatly appreciated by everyone in organisation!

Long Service Recognition

Here at QRC we like to recognise long service within the staff team, celebrating 3, 5, 10, 13 & 15 years of employment.



During the month of July, Jeanette, Solomon and Qteesha all passed their third year of employment with QRC Dom Care. All three staff members make a big difference to the lives of the people they support, and the organisation is very grateful to all three for their commitment and continued hard work. Thank you all!



Staff Training

All staff at Valley View Barn have completed a refresher in first aid skills training with Amy. Amy covered basic emergency first aid skills such as choking, CPR, using an AED, bleeding, stroke, heart attack and sepsis. Staff were able to practice CPR on Annie who gives live feedback on how accurate the CPR is including depth, rhythm and breaths. Amy also taught staff how to use the Restore2 tool to recognise physical deterioration in service users. Restore2 is used in GP, paramedic and hospital settings and therefore is a universal communication tool for all involved in a service users physical health.



Amy is currently in the process of teaching first aid skills to staff working in the QRC Dom Care services over the next few months.

Amy would like to thank staff for continuing to complete online training at home and on shift. Throughout August over 80 online courses have been completed by staff throughout the QRC services.



Puzzle Time

August has had its fair share of summer days and heat health alert weather warnings! Service users and staff have been enjoying the weather and coming up with ways to cool off. See if you can find all the summer related words in the wordsearch below!

B S U M M E R E M O M A F L M
F B H C A E B C Q U A U M P A
B N M N E L T S A C D N A S E
N C O R R C H N S R W U U M R
M U B E C I A E E E I N A I C
P C S E E E C L S E S C S S N
I S H L C B F B I H M F S E U
C N E T I N E O I S C L T T S
N L M M A S C N S A P O S O N
I A A F E H E C A G G W H H Q
C C T U B A R B E Q U E U D G
S A N B C L M B M L N R S B U
M B A R A B M S T C C S E L L
E S W I M M I N G B I M B A R
L E S C E W N U S A A I I H N

Summer
Beach
Sunshine

Icecream
Sandcastle
Barbeque

Suncream
Hot
Picnic

Swimming
Fan
Flowers

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