



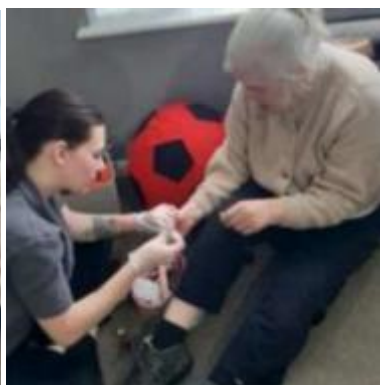
# Monthly Newsletter

February 2026

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



## 116 Barnhorn Road



This month, Maria W, Caitlin, and Julia have each taken some time out for some well-deserved self-care. They really enjoy their one-to-one sessions with staff to have a relaxing pamper session which includes having their nails cleaned and filed before choosing the perfect colour that suits their style. This has become part of each of the ladies' goals and an enjoyable routine that gives them time to relax, chat, and feel looked after. Each pamper session finishes with a gentle hand massage, which has quickly become a favourite part of the experience.





The ladies at 116 have been out and about this month, enjoying two upbeat lunch trips — one to the local pub and another to The Mill. Both outings offered a welcome change of scenery and a chance to spend some time together in a more relaxed setting. The meals were clearly a hit, judging by the empty plates all round! Most of the ladies enjoyed a classic fish and chips and others chose to stick to their healthy eating plan and continue to work on their personal goals, and as always, the ladies had a wonderful time in each other's company with lots of laughter and quality time with staff and each other!





This year for Valentine's Day, the ladies at 116 got creative and made their own pop-up cards for their families. Each person added their own personal touch, choosing the perfect picture to include inside the card and then decorating their cards in their own style. It was a bit fiddly at times, but everyone stuck with it, and the finished cards looked fantastic. The session was full of focus, conversation, and plenty of smiles as they saw their designs come together.





Caitlin and Maria D have been enjoying their daily walks around the community as they continue working toward their healthy-living goals.



They've become great at spotting local wildlife along the way, especially in the nearby woodland areas. On one of their routes, they even came across a lovely park they hadn't noticed before — a perfect spot for a picnic once the weather warms up.

Both Caitlin and Maria D have stayed motivated and consistent, and it's been great to see their enthusiasm grow each day.



This month at 116, the ladies have also been working hard on their meal planning and healthy-eating goals. They've been choosing their preferred meals, using the meal-card system, during house meetings and have taken a much more hands-on role in cooking and meal preparation. The kitchen has been a busy and social place, with everyone getting involved, trying new recipes, and enjoying the process together.

As you'll see in some of the photos, the ladies also treated themselves to a "fake away" pizza night, meaning they could have fun making it as well as still being able to enjoy their favourite food whilst keeping to a well-balanced diet.





# 102 Victoria Drive

On Tuesday 15<sup>th</sup> January Rachael decided to go into town on the bus to have a look around the shops. She bought herself a new travel mug and a Stitch hoodie. Rachael also stopped for a spot of lunch choosing a nice healthy chicken salad.



Chrissy celebrated his birthday at the end of January. In the lead up to his birthday he enjoyed going out and choosing decorations and a birthday cake and then staff helped him to decorate the house.



Chrissy chose to have a Chinese takeaway with his housemates and walked to the local Chinese to place his order and collect his food. He enjoyed his meal and got overwhelmed with emotion when everybody sang happy birthday as he blew out the candles on his cake. Chrissy enjoyed opening all his cards and gifts from his family members and spent time showing all the staff what he had received.



On Sunday 25<sup>th</sup> January Rachael and Matt chose to go to the Hastings aquarium. They enjoyed spotting all the different types of fish and Rachael was particularly impressed by the sharks there, pointing them out to Matt.



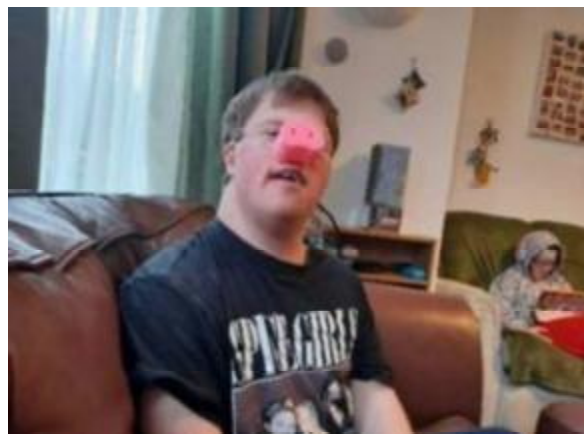
On Thursday 29<sup>th</sup> January Matt and Rachael chose to spend the day together. They went into town where they had lunch at the Deliciously Gorgeous Café, with Matt choosing a jacket potato and Rachael choosing a sandwich and crisps. After lunch they chose to have a bus ride to Bexhill. Matt and Rachael enjoyed playing games whilst on the bus, copying each other's funny faces. They spent time having a nice healthy walk along the seafront and through the town of Bexhill. Matt and Rachael then chose to get the train back to Eastbourne before returning home.



On Saturday 31<sup>st</sup> January, Matt, Chloe, Rachael and Pam chose to go for a local walk together, chatting throughout. They stopped at the supermarket to help complete a top up food shop, and worked together to choose items from the shelves, pushing and unloading the trolley and putting the items away in bags ready to carry home. Matt was then very helpful in carrying one of the shopping bags home, telling staff he was a "strong man!"



Pictured below, Chrissy received a game from his brother for his birthday called Snort Funny, and on Sunday 1<sup>st</sup> February Chrissy, Matt, Chloe and Rachael all chose to play this together in the lounge. They had to put pig snouts on and complete a variety of challenges to try and make each other laugh.



Some of the things they pretended to do included being a monkey, having a cold shower, sleeping like a pig, making the funniest wet fart sound, speaking in a funny voice, pretending to have a baby, being a robot, and laying an egg like a chicken! Everybody found the game very funny and did a great job of following the instructions.



On Thursday 5<sup>th</sup> February Matt had his monthly horse-riding session. This month Chloe also decided to join him for a trip to the stables to see the horses. She was impressed by how big some of the horses were, and cheered Matt on when she saw him mount his horse Romey.



Chloe chose to walk along the Cuckoo Trail a little way with staff, following Matt as he rode, but then decided to head back to the stables area when the path became very muddy.

Whilst Matt continued his session Chloe spent time making friends with the stable's cat. After the session both Matt and Chloe chose to get lunch together at the Polegate Harvester, both choosing the salad bar, a burger and a dessert. Chloe has been doing very well this month by not choosing fizzy drinks and on this occasion she chose an apple and mango J20 which she said she really enjoyed, whilst Matt chose a lemonade.





After lunch Matt chose to walk with staff along the Cuckoo Trail from Polegate to Hailsham.



## 374 Battle Road



On 10<sup>th</sup> January 2026 Cassie and Emma went bowling. Both enjoyed launching the bowling balls down the alley and getting competitive with their shots. Cassie gave up with the bowling aid and used her strongest arm, and even though she didn't win the game, it made her feel immensely proud. Well, done to both ladies! Staff enjoyed spectating and cheering you both on!



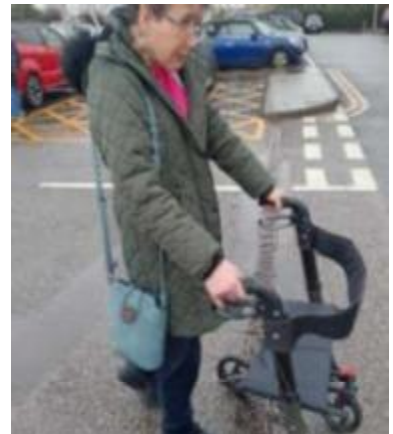
RESULTS	
Player	Game 1
Emma	96
Cassie	76
Team	
Pacer team	160
	0
	160



Hellen has a passion for animals and has made it her aim to seek work opportunities where she can fulfil her goal. Here is Hellen looking round a local cat sanctuary, Barby Keel. Hellen was made up when they welcomed her to the team and accepted her offer of voluntary support. Congratulations Hellen!



Elise and Emma went into Hastings town to do some shopping. Both ladies chose to stop for some lunch and a pot cup of tea, which they reported to staff was delicious.





Emma has been undertaking physiotherapy each week which is helping her gain strength in her mobility. Here is Emma making a cup of tea for herself and lifting the kettle. It's lovely to see you growing in strength Emma, keep going!!



On 12<sup>th</sup> January 2026 Cassie and Sarah went to the local park. Both enjoyed playing games and participating in a physical activity. Even on a rainy cold day, there's still fun to be had and Cassie and Sarah certainly made the most of it.



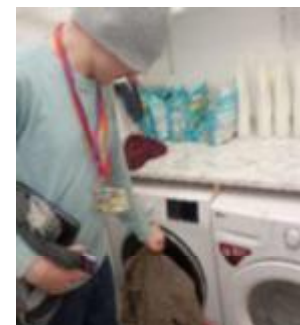
More photos from Cassie and Sarah's trip to the park.

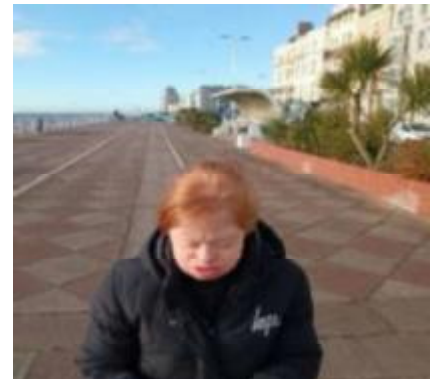


Here's Josh in the laundry room working with staff to understand the process of laundering his clothes. First Josh used his pec board to find the relevant pictures and then he was supported to put each step of the task in order.



Josh was weary at first but followed staff instructions brilliantly. Josh felt proud and so he should! Independent living is a new experience for Josh and the skills he is gaining are slowly stacking up. Great job Josh!





Sarah walked to Hastings Pier with staff and although it was a bitterly cold day, she enjoyed the exercise and scenery. Sarah enjoyed a nice warm drink upon returning home and appeared relaxed and content for the rest of the day.



On the 9<sup>th</sup> February 2026 everyone at 374 went to see The Greatest Showman. Everyone enjoyed their day, singing along to the soundtracks and dancing along to the music. Looking at the smiles on those faces, it's clear everyone had fun at their unanimously chosen weekend activity!





On 13<sup>th</sup> February Emma celebrated her 51st Birthday. Emma was extremely excited and had a lovely time. In the morning, she received her birthday presents. She celebrated her day with her peers and staff at 374 Battle Road. Everyone enjoyed the delicious party food.



*Happy Birthday Emma, we all hope that you had a great day!*



# Valley View Barn



This month Tanzy, Elaine, Casey, Jordan and Stephen all enjoyed an afternoon out to play tenpin bowling! They all did amazingly well and look forward to returning soon to see if they can beat their highest score!



Charlotte has been spending time relaxing and completing a variety of puzzles and has also done some colouring. These are both activities that Charlotte thoroughly enjoys! 😊



Julia and Clare ventured out to the local cinema, the Hailsham Pavilion, to watch the latest film being shown which was 'Hamlet.' They both were very much looking forward to watching this film and were both very happy that it lived up to their expectations! Both Julia and Clare are looking forward to returning next month to watch the new and upcoming film 'Wuthering Heights.'



Jamie continues to volunteer at the local charity shop 'Scope' in Hailsham. Jamie helps organise the stock room and tidies around the shop, as well as ensuring items are easy to find for the customers. Well, done Jamie and keep up the hard work!



Clare, David and Stephen enjoyed a walk around the local garden centre, seeing what they had on display. Before leaving, they all enjoyed a hot drink and a slice of cake in the café.





Billie-Jo and Julia both go out to the local Costa every Sunday, where they enjoy socialising whilst tucking into a slice of cake and loving their hot drinks.



Casey and Jordan also enjoyed a trip out to the local café, where they also had the opportunity to socialise and enjoy a hot drink and a slice of cake.



Jeremy, Tanzy and Jordan walked down to the local golf club for some fresh air and a nice hot drink. Unfortunately, the walk back wasn't the best due to the horrible weather!!



On a bit of a less windy and rainy day, Tanzy took the opportunity to have a walk around the harbour. Tanzy enjoyed her time, looking at all the different boats and saying hello to members of the public.

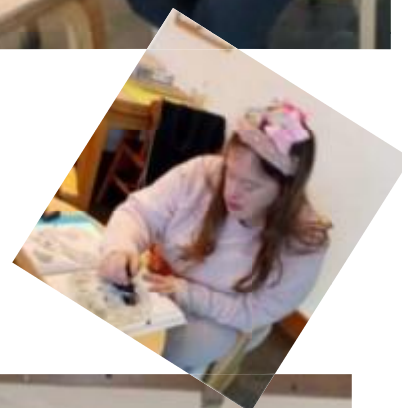
Casey pictured right has been assisting staff at night to complete some of the cleaning tasks. Casey was very helpful, making sure the dining tables were cleaned and asked staff to inspect after to ensure she had done a good job, which she had! Well, done Casey!



Every Tuesday and Wednesday we are visited by Sarah from 'Motivational Therapy.' Everyone takes it in turns to complete various activities, such as wordplay and bowling. All those who take part thoroughly enjoy Motivational Therapy and look forward to it every week!



Everyone took part in a colouring activity for Valentine's Day. All those who wished to, coloured in a picture of a love heart which was then displayed on the wall. Well, done to everyone involved.



This month we have celebrated two birthdays at Valley View Barn, Amy and Tanzy! Amy had a lovely day, which was first spent with family. Amy then returned to VVB, where she opened presents from friends and family before blowing out the candle on her lovely birthday cake. All of us at Valley View Barn hope you had a lovely day, Amy!



## Happy Birthday Amy! 😊

Tanzy had a visit from her mum on her birthday, which made her very happy. Afterwards, Tanzy went out for lunch with her peers Jeremy and Jordan. Upon returning to VVB, Tanzy also had plenty of presents to open from friends and family and she also enjoyed her birthday cake. All of us at Valley View Barn hope you had a lovely birthday, Tanzy!



## Happy Birthday Tanzy! 😊



Casey, Jeremy, Charlotte and Stephen all spent the afternoon completing cat puzzles and Jeremy and Stephen also spent time colouring in pictures of tractors and cars.



It is with deep sadness that we announce that Greta passed away peacefully on the 14<sup>th</sup> February. Greta lived a fulfilling life and was a very sweet lady, who was always cheerful, smiling, and was blessed with an amazing sense of humour. Greta will be missed by all. Rest in Peace Greta.





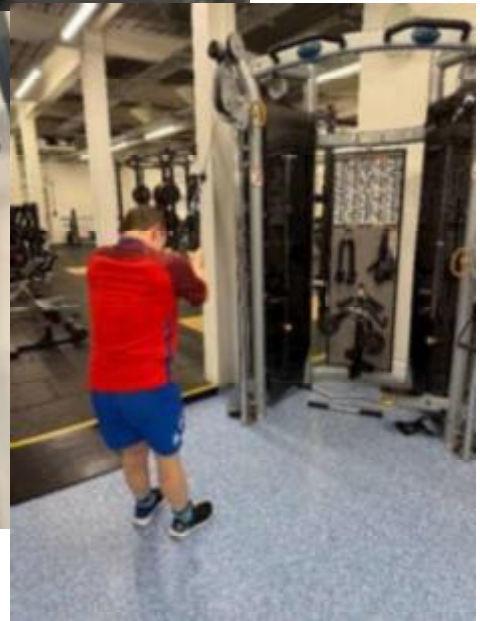
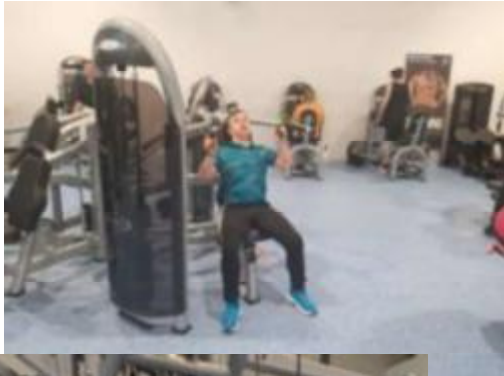
# *Lushington Road*

Louise has had a busy month here at Lushington! She has started going to the gym in a bid to get fit and healthy! Included in Louise's gym membership was a 'Kickstart' session. This was to introduce Louise to the various equipment in the gym, Louise tried out the rowing machine, treadmill and exercise bike showing some great effort.



Julie had a surprise visit from the Registered Manager and baby Zendaya. Julie enjoyed cuddling and spending time with her and hopes to see her again soon!

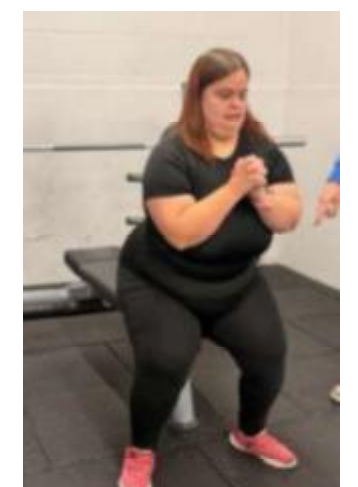
Alex has also been really enjoying his visits to the gym this month. He has tried using different types of equipment each time and has done very well, showing great enthusiasm and effort throughout each session.



Jonathan pictured below decided to take a trip to Eastbourne Pier where he enjoyed playing the different arcade machines. Jonathan was very excited at playing the coin drop machines where he won tickets, later exchanging them for some small gifts.



Louise showed great enthusiasm and determination to work her way through various fitness routines in her continuing gym visits this month. By using the various pieces of equipment and with the help of a friendly gym staff member, Louise is on track to complete a regular weekly session which will help her towards her health and fitness goal over the coming months.



Pictured below are Jonathan and Louise with their friends Sammy and Jo who enjoy coming over for dinner; all have a nice meal and a chat each week. Both Jonathan and Louise enjoy these regular visits from their friends.



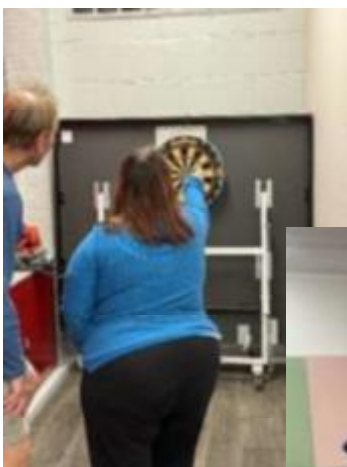
Jonathon enjoyed a lovely walk in the sunshine on a rare sunny day. Accompanied by support worker Pete he enjoyed a walk along the seafront, followed by a coffee and a chat in a local café.



Alex also enjoys going to the seafront and had a recent trip onto the pier. Alex likes all the attractions on the pier, and he especially likes the open space to practice his ninja moves!



On a Wednesday evening Phab club continues to be a popular activity with Louise, Jonathon and Alex attending each week. Whilst there, the trio complete a range of activities such as dancing, darts and socialising with other members of the club.





# *35 Barnhorn Road*



Evie and Amelia go to the Boathouse Theatre Arts Charity every Sunday. The Boathouse provides group performing arts sessions for adults and children with learning disabilities and autism. This term they are performing the musical CATS and have decorated their own masks for the performance.

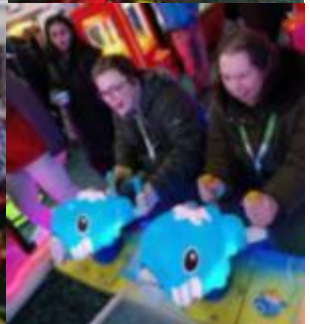


The ladies at 35 each prepared their own signature mac and cheese dish, with the staff setting out bowls filled with all the ingredients they would need to complete the task. It made for a fun, hands-on cooking experience and a delicious spread everyone enjoyed.





The ladies enjoyed a wonderful day out in Brighton. They spent time playing in the arcades, took a leisurely stroll along the pier, and stopped for a relaxing lunch together. It was a bright, cheerful outing, filled with fun and good company!





The ladies have also been busy in the kitchen this past month, lending a hand with a variety of cooking tasks. They helped peel potatoes and carrots, baked delicious cakes, and even made a hearty toad in the hole. Their enthusiasm and teamwork have made mealtimes extra special.





Most evenings, the ladies enjoy getting in some exercise. Lately, they've taken to completing 30-minute walking workout videos on YouTube, and it's become a fun and energising part of their daily routine.



Evie and Dani spent some lovely time together learning new Makaton signs. It was a meaningful and enjoyable activity, and they were proud of the progress they made.





Kiri returned from college in a wonderful mood and couldn't wait to share her latest achievement. She proudly showed off the artwork she had completed that day — a beautifully drawn cat that she was delighted with. Well, done, great work Kiri!



## *Meads Street*



On 30<sup>th</sup> January, Charlotte was supported by staff to attend her dental appointment. She started her day with a relaxing coffee at one of her favourite coffee shops before heading to the clinic. At the appointment, Charlotte was all

smiles and even posed for a few photos before seeing the dentist. She was praised for maintaining excellent oral hygiene and encouraged to keep up the great work. Charlotte was happy and in great spirits throughout the visit. Well, done, Charlotte!



On 2<sup>nd</sup> February, James was supported by staff to attend his activities. He started his day by taking the public bus from home to Tenpin, where he enjoyed lots of fun games at the centre. Afterwards, James visited the local

Sainsbury's to pick up his favourite meal deal for lunch. He was excited throughout the day and even shared some fun childhood memories with staff. A great day out for James!

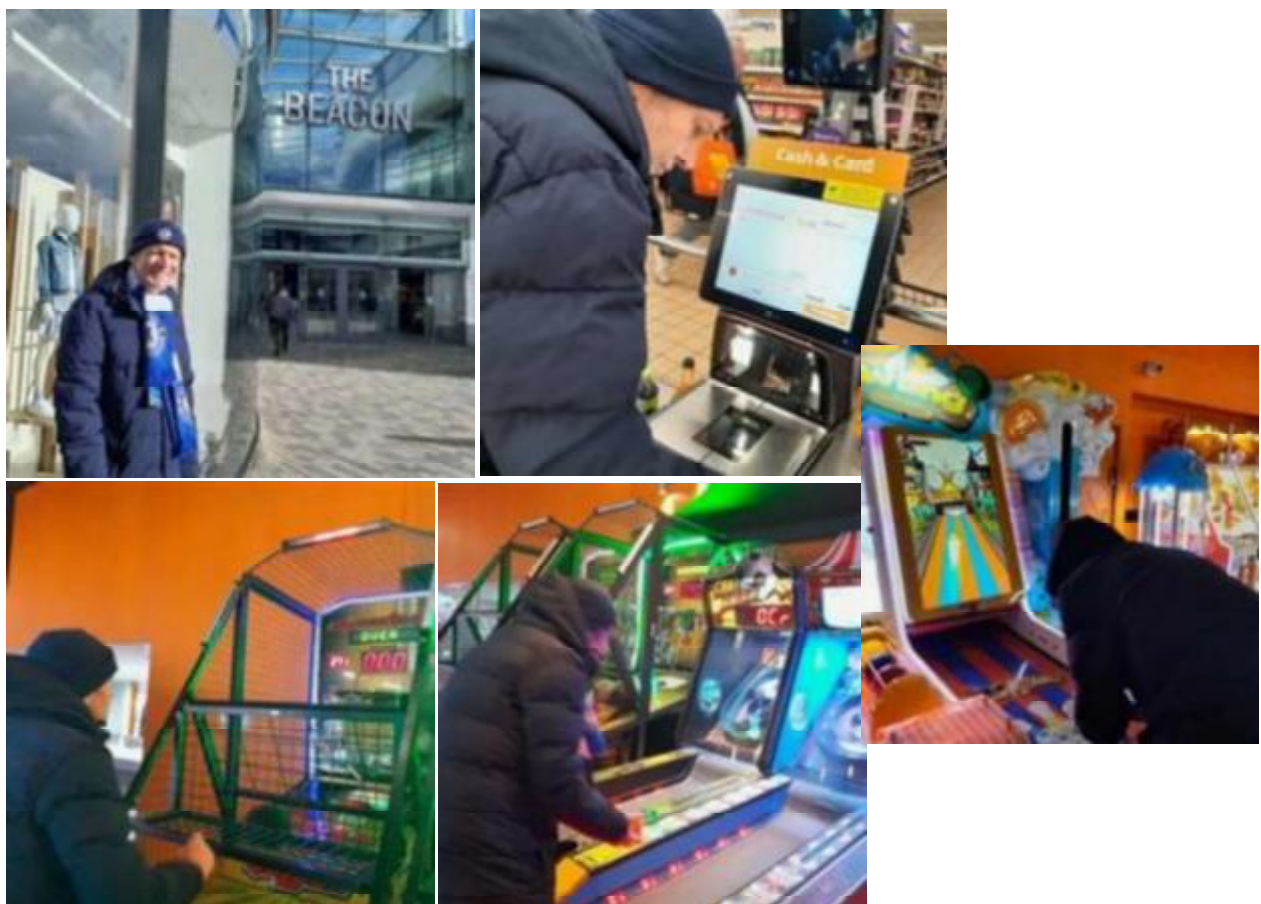


On the 10<sup>th</sup> February, Aaron was supported by staff to visit a local community ATM to withdraw his weekly budget. With gentle guidance, he entered his PIN and navigated the machine to complete the transaction independently. Aaron appeared happy and confident throughout the process.

Also, on the 10<sup>th</sup> February 2026, Glen was supported by staff to complete his weekly food shopping. At the local shop, he chose the items he needed for his meals and was guided to use the self-service checkout. Glen appeared happy throughout the process, and everything went smoothly.



On 16<sup>th</sup> February, James was supported by staff to enjoy a day out in town. He walked from home into the town centre, where he spent time browsing various shops. James then visited the Eastbourne arcade, enjoying several games before continuing his outing. He later went to a local shop to choose his favourite meal deal for lunch. James remained upbeat and engaged throughout the day, making it a positive and enjoyable outing for him.



Robert loves gardening and on a rare dry day this month he started to clear and prepare the ground ready for the spring.



To the right is Robert pointing out the flowering bulbs that he had planted in the autumn.



## Employees of the Month!

Each month the respective managers 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 February 2026:



**Qteesha Hagger;** Qteesha joined QRC Dom Care in July 2021, working predominantly at 116 Barnhorn Road. Qteesha has been working hard over the last month to improve her skills and completion of tasks. She has taken on many tasks such as implementing the goals and planning 1-1 activities. Qteesha is showing great initiative and working in a person-centred way with improved confidence and skillset. Qteesha has been able to allocate her time between completing her NVQ training and completing tasks on shift to a high standard. Qteesha supports

the service users well and has a great rapport with both them and members of the staff team.



**Stephanie Budinger;** Steph joined QRC Dom Care in November 2021. Steph has been working hard in her Team Leader role to improve her skills and learn new tasks and responsibilities. She has been splitting her time across a number of services, working with the staff teams by completing supervisions, care plan updates, and implementing changes as required. Steph has passion and determination for her role and supports her colleagues and the service users with dignity, respect and professionalism. Steph has been a great help and

support to the Deputy Manager by completing several tasks as and when required as well as covering shifts on the floor when needed.



**Adheena Baiju Anitha;** Adheena joined Valley View Barn in July 2023. Adheena has shown an incredible amount of initiative this month in respect of supporting an individual that has been requiring increased support due to deteriorating health needs, and she continues to provide this care with the upmost respect and dignity.

Adheena has demonstrated increased improvement through her creativity and her teamwork when working at Valley View Barn and has been supporting individuals to get more involved with in house activities and helping them to complete tasks around the home, thus helping them to improve their general self-esteem.

Adheena has a calm and reassuring influence on all those she supports, and this is demonstrated in the care that she provides and the positive comments that she receives.

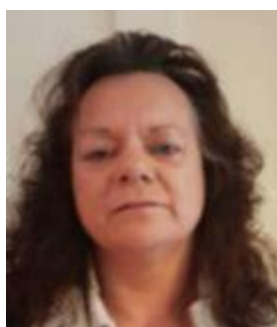
# Long Service Recognition

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



Tonya Varley – 3 years service on 3<sup>rd</sup> January

Tonya is a very caring, person-centred member of the team and her main focus is to support individuals at Valley View Barn in a way that supports their growth and well-being ensuring that they are at the centre of her care. Tonya has moved from working on nights where she excelled in her role and has now transferred to days where she is supporting individuals to access the community and with their daily lives. Individuals residing at Valley View Barn are always very complimentary of the support that Tonya provides and she is highly valued by her line manager.



Teresa Ali – 13 years service on 15<sup>th</sup> January

Teresa has been a valued member of QRC Dom Care for 13 years, working predominantly at 374 Battle Road. Throughout this time, she has consistently demonstrated her exceptional experience, dedication, and a genuine commitment to ensuring the service users' best interests are always at the heart of her support. Teresa provides thoughtful and meaningful input that plays an important role in delivering person-centred care. Her professionalism, compassion, and reliability make a real difference every day. Thank you, Teresa, for everything you do. Your hard work and dedication are truly appreciated.

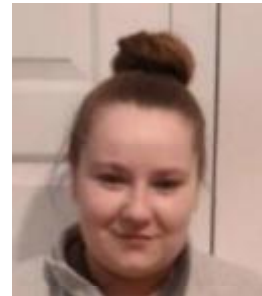


# *Staff Training*

A massive well done goes to Josh for completing and achieving his Level 4 Lead Practitioner Apprenticeship. Josh has worked tirelessly over the last few years to complete assignments and observations in preparation for his End Point Assessment to finally achieve this certificate. Well, done Josh, what a fabulous qualification to have achieved!



Congratulations to Ruby for completing and achieving her Care Certificate. Ruby joined the QRC team in November and has worked hard to learn her new role ever since. Ruby has learnt the service user's unique preferences and offers high quality care to all. Well, done Ruby, keep up the good work!



During the past month Amy has delivered the following training courses to staff throughout the organisation: Epilepsy and Buccal, Record Keeping, First Aid, Medication and Key Worker training.

In addition, Amy has been completing annual medication competencies with staff and probationary supervisions with new staff, all of which help to support the managers in their respective roles. Thank you, Amy, for your hard work and continued support.

Amy would like to thank staff for continuing to complete online training whilst on shift and at home.



# Puzzle Time

This month we celebrated love and friendship on Valentines Day. Valentines Day is about sharing love with anyone in your life, it could be a friend, a colleague, a pet or a family member!

Why don't you see if you can find all the love related words below?

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

Valentines  
Cupid  
Fourteen  
Flowers

Heart  
Card  
Red  
Hug

Love  
Chocolate  
Pink  
Romance

Friendship  
February  
Propose  
Sweets

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