



# Monthly Newsletter

April 2026

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



## 102 Victoria Drive

On Saturday the 14<sup>th</sup> March Matt, Pam, Chrissy and Chloe chose to go for a nice hour long walk in the sunshine to Hampden Park chatting along the way and pointing out all the flowers that were beginning to come into flower in the local area. They chose to stop at the café in the park and enjoy an ice cream or ice lolly whilst they rested their legs. After a nice rest and some relaxation in the sun, they all then decided to make the hour's walk back home again.



After seeing pictures of his housemates enjoying their time playing crazier golf at the Boom Battle Bar last month, Chrissy decided to give it a go this month and challenged his key worker to a game. He had a great time completing all the holes and remained competitive throughout.



On Saturday 28<sup>th</sup> March, Chloe chose to go to Curry's to purchase a new television for her room to replace one that had broken, so that she can spend time playing games on her PlayStation in her room. She enjoyed spending time with staff looking at all the different televisions on offer and choosing one that she liked. When Chloe got the television home, staff helped her to set it up. Chloe was happy that she could start using her PlayStation again, choosing to play the Grand Theft Auto game and laughing throughout.



On Sunday 29<sup>th</sup> March Matt chose to go for a walk around Pevensey Castle. He enjoyed watching the sheep in the field and even spotted a llama lazing about. Matt spent some time watching the trains go past whilst he was walking through the fields which he said he liked doing and told staff where he thought the trains were heading to.



On Sunday 29<sup>th</sup> March Pam chose to walk into town to book a hairdresser's appointment. Whilst in town she also chose to visit some charity shops, choosing to purchase some new colouring books and pencils. She finished her trip with a café stop to enjoy a cappuccino. Pam was excited to show all the staff her new colouring books when she got home and chose to start colouring these in during the evening.



Throughout the month everybody has been enjoying the warmer spring weather, choosing to go for local walks, spend time at the local park café and spend time in the garden soaking up the sunshine. The warmer weather has reminded them all that summer is fast approaching, and some of them have spent this time preparing by heading to the shops to purchase sun cream!





Pam, pictured below, has been working hard this month to become more independent with preparing her own breakfasts. She has mastered using the microwave to heat her beans and porridge, and has been preparing her own toast, slicing her fruit, and has been independently selecting all the correct ingredients for a much enjoyed 'cooked breakfast' that she enjoys at the weekend.



On Sunday 12<sup>th</sup> April Matt chose to go to a motorbike show at Sovereign Harbour. He enjoyed walking around the Harbour and looking at all the vintage and more modern bikes on show, saying his favourite was a green and black one.





# 116 Barnhorn Road



This month has been a wonderfully busy month for Julia. She enjoyed a special pamper day and chose to treat herself to a relaxing trip to the nail salon, where she had a soothing manicure and picked out some beautifully sparkly colours that she was thrilled with.

Next on her list was a visit to the Ravenside retail park to refresh her wardrobe for spring. Julia had a fantastic time exploring the new spring collections and selected some vibrant, colourful outfits that she couldn't wait to wear.



After shopping, Julia stopped at a café to unwind and reflect on her day. She enjoyed a lovely lunch, followed by cake and coffee, which she thoroughly appreciated.



When Julia arrived home, she was excited to try on her new clothes.

Afterwards, she was supported to tidy her bedroom and put on her brand-new duvet set, something she had been especially looking forward to using.



As the weather has begun to warm up, Caitlin and Maria D. have continued to enjoy their daily walks. They've loved spotting the first spring flowers coming into bloom and taking the time for a bit of bird-watching along the way.

Both Maria and Caitlin have done a wonderful job staying committed to their fitness goals, and they're looking forward to the brighter, warmer months ahead so they can visit more parks and make the most of their National Trust memberships.





Maria D, Maria W and Caitlin took the Stagecoach service bus to Eastbourne for a relaxed day out together. They started with their essential shopping, making sure they picked up everything on their lists before taking some time to browse the shops at their own pace.

There were a few fun moments along the way especially when Maria W. came across a display of soft teddy bears that she immediately took a shine to. The group enjoyed looking around, comparing items, and chatting as they went.

Once they'd finished their shopping, they headed to the café inside The Beacon Centre for lunch. It was a nice chance to sit down, unwind, and enjoy each other's company before making their way back home.

Overall, it was a simple but really positive outing, good company, a change of scenery, and all in one a productive trip.





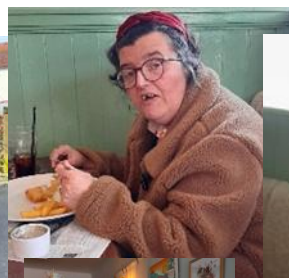
This month, Maria D. and Julia have really got stuck in and enjoyed experimenting with new recipes and making their own evening meals, not just for themselves, but for their peers as well. They've shown great independence, confidence, and teamwork in the kitchen, trying out new recipes and having fun experimenting together. It's been



lovely to see them building their skills and supporting one another along the way.



This month, all the ladies at 116 decided to head out to a local pub for dinner. It turned into a fun, relaxing afternoon, with everyone enjoying the chance to choose their own meals and spend time together outside of the house. There was plenty of chatting, laughter and a relaxed atmosphere throughout the evening. It was a great opportunity for everyone to get out, enjoy good food, and share a bit of time together in the community.





When the ladies at 116 aren't out and about in the community, they enjoy spending time together at home. Their favourite activities include watching films, listening to music, working on puzzles, and getting creative with lots of arts and crafts. It's a nice way for everyone to unwind, socialise, and enjoy each other's company in a familiar, relaxed setting.



Each month, the ladies at 116 take part in a service user meeting where they can share any concerns, discuss ideas with staff, plan upcoming activities, and help shape their weekly menu.



This month, everyone contributed plenty of suggestions. The group chose a variety of activities they'd like to take part in over the coming weeks, along with several meal ideas to add to the menu. It was a productive meeting and a good chance for everyone to have their say.





This Easter, all the ladies at 116 spent the day together enjoying some relaxed activities at home. They decided to start the morning by baking a batch of Easter-themed cupcakes, and everyone got involved in the process.

Caitlin took the lead on measuring out the ingredients to make sure the cupcakes turned out just right, while Maria and Julia helped with mixing everything together and choosing their favourite cupcake cases. Once the trays were ready, the cupcakes went into the oven, and the group waited patiently for them to bake and cool.

When Maria D. returned home from her Day Centre the cupcakes were ready and it was time for the best part — decorating. The table was set with toppings, icing, and plenty of colourful sprinkles. There was a lot of laughter, and it was very tempting for everyone not to eat the decorations before they made it onto the cakes.



And of course, it wouldn't be Easter without chocolate eggs! All the ladies at 116 were very excited to receive theirs and couldn't wait to crack them open!



## *Lushington Road*

Julie has made a couple of trips to Brighton during the past month. Julie chose to do some clothes shopping before going to watch the movie 'Mothers Pride', which she thoroughly enjoyed. Julie also had lunch out and a walk by the pier. She really enjoys her bus rides to Brighton and back home again.





Louise, pictured below, has continued attending her gym sessions every Tuesday with her private trainer. She is focused and determined to lose some weight before her holiday.





Keep up the good work Louise!



Jonathan continues to improve his level of independence by scanning items himself and completing his shopping by making the payment independently. Well, done, Jonathan!!



Louise and staff visited Starbucks, where she enjoyed an iced latte with no sugar. She was very chatty and excited while talking about her upcoming party. Staff then supported Louise to go for a walk around the shopping centre, and she did well throughout the outing.



Louise was supported to host 3-year residency anniversary party. She made very good food choices and, with the help of staff, prepared a range of healthy options. The party food included chicken salad, carrot, cucumber sticks with hummus, egg and mayo sandwiches and cucumber and cheese sandwiches, fruit salad, boiled eggs, low calorie corn nachos with guacamole dip along with baked crisps with tomato salsa. Louise also chose a small cake to celebrate with friends. She had a lovely time with her friends, enjoying singing and dancing.



Alex had a nice time at the Princes Park. He enjoyed his drink and spent some time exploring the area before heading home. He stayed involved and interested in everything he was doing. He also went on a long circular walk with staff around the park, all the way from the bus stop and back again. Throughout the walk, Alex remained engaged, attentive, and in good spirits. It was a positive and active outing for him.



Louise visited the hairdresser in Cornfield Road. She chose to have her hair cut short and was very pleased with the result. Louise seemed happy throughout the appointment and felt confident and satisfied with her new look afterwards.



Alex was supported by staff to visit the barbers. He chose to have a haircut and appeared very happy with the result. He seemed pleased with his new look and responded positively throughout the activity.



Julie was supported to visit a café after completing her walk. She enjoyed a milkshake and a cake while chatting with staff and appeared to be in very good spirits. Julie had decided to have a cake as a treat because she has lost some weight this month and felt happy about her progress.



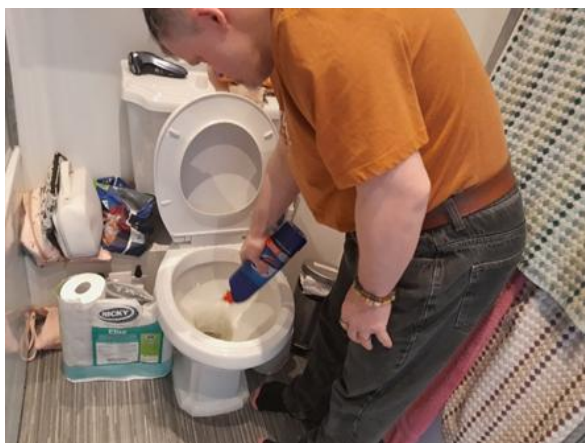
Alex chose to visit Knockhatch Adventure Park, where he took part in a variety of activities.



Alex really enjoyed mini golf, the water slide, rowing boats, air hockey, the penny arcades, and the jumping pillow. The visit lasted around 90 minutes, and Alex was fully engaged the whole time. The outing offered several positive benefits for him: it encouraged creativity, provided cultural and sensory experiences, supported his physical activity, boosted his self-esteem, and gave him opportunities for social interaction. Alex was very happy throughout the visit and clearly enjoyed the whole experience.



Louise and Jonathan have been completing their household tasks very well. They prepared their own breakfast with staff observing, and both showed good levels of independence. They also did an excellent job cleaning the lounge and living room, reorganising the freezer, taking the rubbish out and cutting fruit ready to top the morning porridge. Great work, Louise and Jonathan!



Louise, Jonathan and Alex had an amazing time at the Phab Club Easter disco. She enjoyed dancing with her peers and fully joined in with the activities. She appeared well throughout the event and really enjoyed the party food and music. Louise was clearly having fun, smiling, and engaging positively with others. It was a very enjoyable and uplifting experience for her.



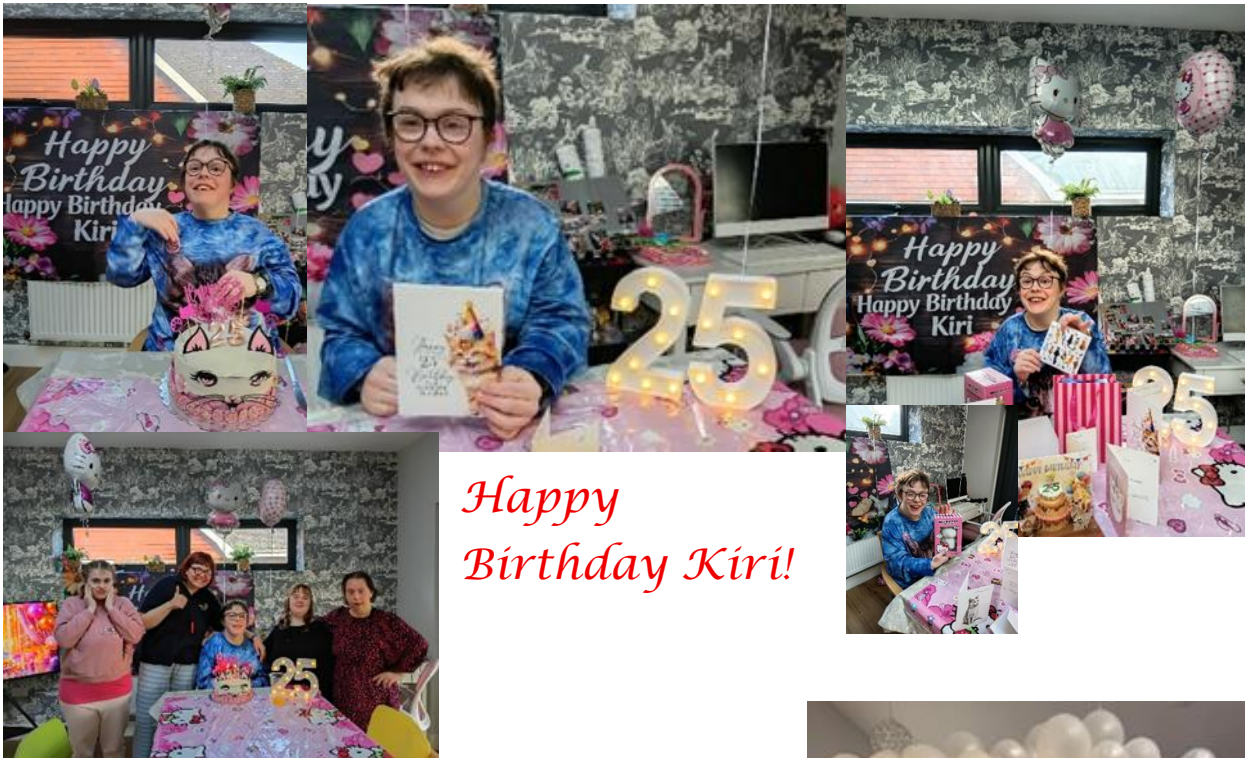
## *35 Barnhorn Road*

Dani had a wonderful birthday with a K-pop demon-hunters' theme, and the whole family enjoyed celebrating together.



*Happy Birthday  
Dani!*

Kiri had an amazing cat themed birthday! Kiri's Mum, Donna made an amazing birthday cake and Kiri had a great time celebrating with all her friends!



*Happy Birthday Kiri!*

Amelia's birthday pizza party was a big success. She gathered all her friends together, and between the delicious pizzas, the chatter and the birthday excitement, the whole afternoon felt full of joy. She couldn't have asked for a better celebration.

*Happy Birthday Amelia!*





A visit to Knole Park was a real hit — Amelia, Evie and Izzy had an absolute blast feeding the deer and running around like it was their own enchanted forest.



Amelia, Evie and Pinar went out for breakfast, enjoying the food and some quality time together.

Food, games and big smiles — Dani, Evie and Amelia had an amazing time at the Valley View Barn's Easter party.





Dani, Pinar, Kiri and Amelia spent the day at Raystede, wandering around the sanctuary, meeting the animals and enjoying the peaceful surroundings.



Dani had a fantastic day in London. She headed to Chinatown for an amazing lunch, taking in all the colours, smells and bustle of the streets. After exploring the area and soaking up the atmosphere, she made her way to the West End to see Matilda, finishing the day with a brilliant show and a big smile.



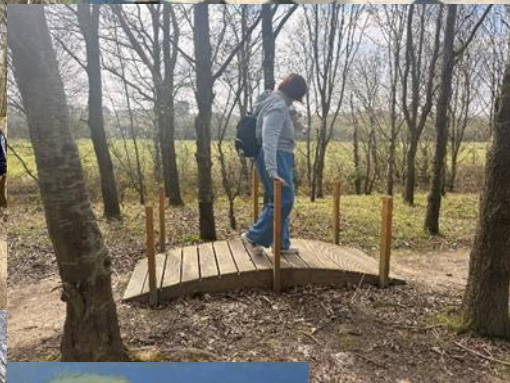
It was a brilliant day out for Dani, Izzy and Pinar at Washbrook Farm. They fed and petted the animals, explored the different parts of the farm and made the most of the open space and sunshine. With plenty to see and do — from the animals to the play areas — the whole day felt full of energy and fun.



Another lovely day out was had by all the ladies when they visited Sharnfold Farm. They saw so many animals as they made their way around the farm, stopping to watch, feed and chat about their favourites. Before they left, they went in the circle, touched their noses, spun around three times and each made a wish — a simple, magical moment that had everyone smiling.









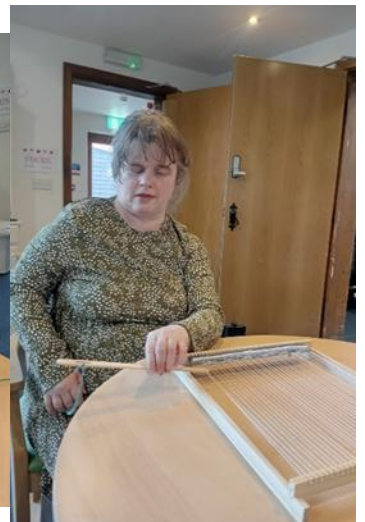
# Valley View Barn



This month Tanzy and Jordan have taken advantage of the improving weather. On two separate occasions they have decided to enjoy the sunshine and the views at the harbour and Eastbourne seafront. Tanzy and Jordan both spent time enjoying looking at all the different boats whilst at the harbour and both thoroughly enjoyed a stroll along Eastbourne pier.



Casey has spent time working on her knitting skills and now she has the hang of it, she is even showing staff and her peers how to use the knitting equipment. Well, done Casey, keep up the good work!





Last month Tanzy and Charlotte decided to make both their Mum's a Mother's Day card and were supported by



staff to pick out what to put on the card and then supported to produce them. The cards were beautiful and they were looking forward to seeing the reactions on their mum's faces. Well, done to you both!



During the month of March, Valley View Barn celebrated 4 birthdays! Firstly, it was Charlotte's birthday! Charlotte spent the majority of the day with her family, which she thoroughly enjoyed. On her return to the Barn, she enjoyed staff and her peers singing Happy Birthday to her before blowing out her candles on her cake. All of us at Valley View Barn hope you had a lovely fun filled day Charlotte!



Happy Birthday Charlotte! 😊

Secondly, we celebrated Jamie's birthday! A few days before his birthday, Jamie went to see the Brighton vs Arsenal match, where Arsenal won 1-0, which Jamie was ecstatic about, being it is the team he actually supports. Jamie was overjoyed to see himself in the birthday page in the Brighton programme. On Jamie's actual birthday, Jamie spent the day with his peers and staff. Jamie went out to the local café for a birthday coffee before returning to the Barn, where Jamie had quite a few presents to open, with the personal Arsenal top being his favourite. Jamie also had a lovely cake to share with everyone. All of us at Valley View Barn hope you had a lovely day, Jamie!



Happy Birthday Jamie! 😊



Thirdly, we celebrated Julia's Birthday! For her birthday, Julia decided to spend an afternoon out at the Beach Deck with her peers, Clare, Billie-Jo, Jamie and Jeremy. Julia said she had a lovely time at the Beach Deck, and the sun was shining which made it even better. Upon returning to Valley View Barn, Julia opened her cards and presents and had a scrumptious cake to

share with everyone. All of us at Valley View Barn hope you had a lovely day, Julia!



# Happy Birthday Julia! 😊

Lastly, we Celebrated Elaine's Birthday! On Elaine's birthday, she was joined by Tanzy and Jordan for a birthday lunch at Elaine's favourite place, McDonalds. Elaine enjoyed her meal very much. Once Elaine returned to Valley View Barn, she opened her cards and presents and was very happy with what she had received. Afterwards, Elaine enjoyed a slice of her birthday cake. All of us at Valley View Barn hope you had a lovely day, Elaine!



# Happy Birthday Elaine! 😊

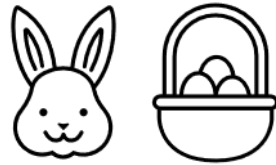
This month Valley View Barn purchased a pool table and Jamie and Jeremy were very keen to move into the lounge in order to play a few games. Jamie and Jeremy very much enjoyed this activity, improving their pool skills. Both were victorious in the many games they played against each other!



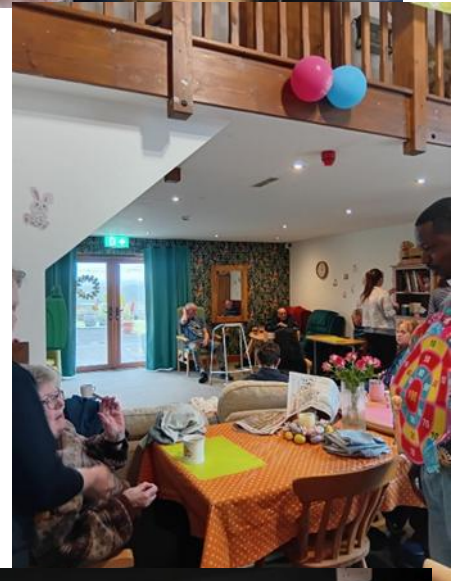
This month, Clare decided to go for a nice stroll along the Cuckoo trail. Clare enjoyed this outing, enjoying the weather and even came across a couple of dogs, which their owners were nice enough to let Clare make a fuss of them!



Clare, David and Stephen all enjoyed an outing to Eastbourne seafront, where they soaked up the sun and made the most of the lovely weather. Before returning to Valley View Barn, they of course enjoyed a refreshing ice cream!



This Easter, Valley View Barn put together an Easter Party on Good Friday, which was attended by some of the other homes from QRC. The day was enjoyable for all. Everyone involved themselves in the easter related activities, from throwing the ball at the easter bunny dart board (Well done Kelly for being the dart board) to the easter egg hunt! Afterwards, everyone relaxed and tucked into the buffet, which was enjoyed by all!



Once the party had finished and the other homes had departed, Charlotte was still in the Easter spirit and had a surprise for her peers. Charlotte very kindly gave all her peers a small Easter egg to enjoy! Charlotte very happily passed these around to her peers and wished them all a Happy Easter!





Lastly for Easter, Clare attended the Union Church on Easter Sunday for their weekly service. Due to it being Easter Sunday, Clare was kindly gifted small Jesus figurines and a handful of freddo chocolate bars to bring back and share with her peers. Everyone was delighted as they could enjoy even more chocolate!



Stephen and Clare decided to make the most of the lovely weather that we have had recently and ventured out again to Eastbourne seafront, where they took the opportunity to enjoy the weather and take a photo in front of the big wheel.



On another occasion, Jeremy and Elaine decided they wanted to see the big wheel on Eastbourne Seafront. They were both amazed by how big the wheel was and as you can see by the photos, they both picked a perfect day to be outside.





Jeremy enjoys going out into the community for long walks as it helps keeps him fit and mobile. On this occasion, Jeremy decided to walk along the Cuckoo Trail, informing staff of his knowledge of the surrounding areas and reminiscing about past memories that he has of this area. Jeremy is very much looking forward to going out for longer walks and is hoping that this lovely weather continues.



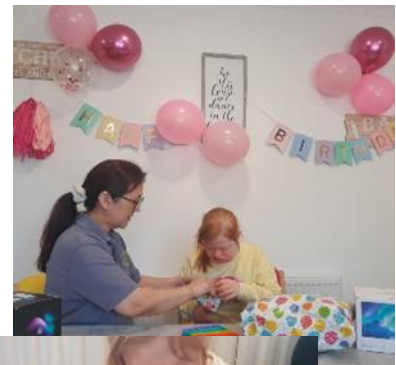
## *374 Battle Road*



Makaton is a wonderful tool that uses signs and symbols alongside speech, making communication more accessible and inclusive for everyone. Cassie pursued a big goal by helping a group of staff and peers at Mencap to have successfully completed their Level 1 Makaton training to strengthen the ways of communicating and support one another. Cassie was very excited to receive her Makaton training certificate.



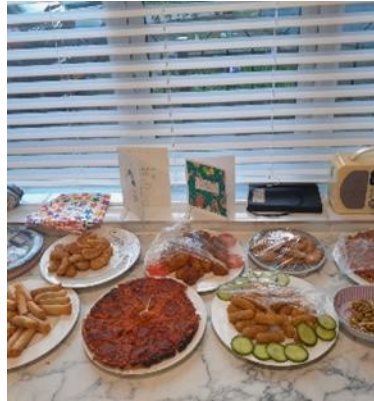
On 18<sup>th</sup> March Sarah celebrated her birthday and opened lots of presents.



Sarah's previous carer, Rosemary, surprised her with some new flapping toys



Sarah then chose to have a birthday tea party with her peers and staff at 374 Battle Road, where everyone enjoyed the delicious party food.



*Happy Birthday Sarah!*

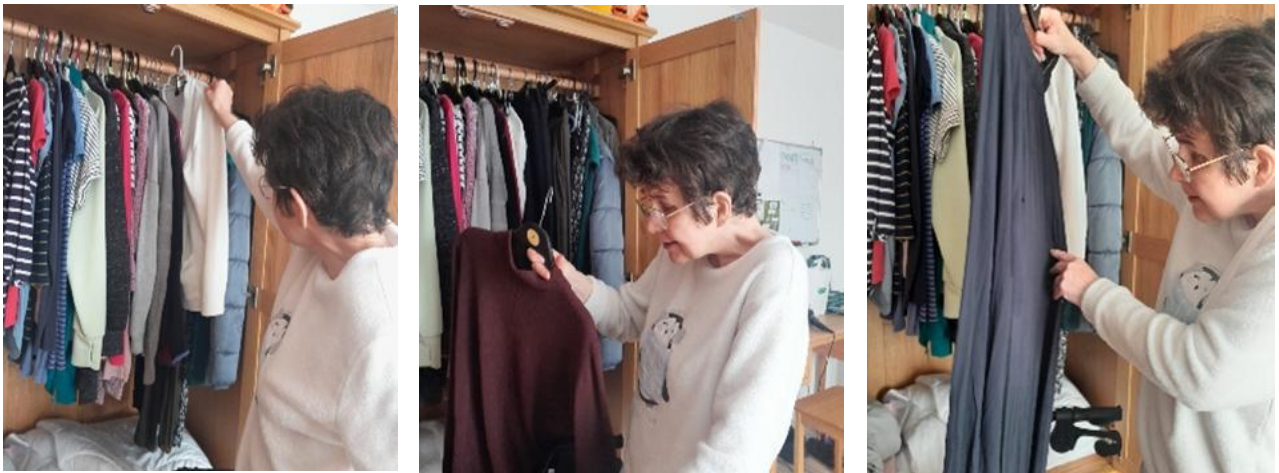


Cassie and Elise went to the National Trust property Batemans on 21<sup>st</sup> March. It was a beautiful sunny day, Cassie and Elise enjoyed walking around the grounds learning about Rudyard Kipling and family, who lived in the Jacobean House for a number of years. At the end of the day, they sat outside to enjoy the weather with a piece of cake and a cup of tea.





Emma is supported every week to put her clean washing away, as you can see Emma likes to keep her wardrobe very organised, making sure tops and trousers are hung separately so selecting what to wear in the morning is easier.



Hellen's talents are never ending. Hellen, pictured below has been working on 2 knitting projects recently, the first was a baby shawl which she kindly made for a staff members grandchild. The blanket is beautiful and will be treasured for many years to come.



In her second project, Hellen knitted herself a cardigan in a lovely green and black two-tone colour and as you can see from the photos, what a stunning cardigan and looks fab on Hellen.



374 Battle Road were happy to welcome staff member Kamana who visited with her new baby before returning to work after maternity leave. Pictured left is Kamana with her baby girl sitting with Elise.



On 4<sup>th</sup> April Cassie and Sarah went to the Royal Hippodrome theatre in Eastbourne to see the Easter Panto Rapunzel. Sarah purchased a light up wand to wave throughout the performance, Cassie sang and danced along to the music, and they both laughed at all the silly jokes. A great show enjoyed by all.



Elise went for a walk to the local community, as you can see by her smiles she loves to be out in the sunshine.



On the 12<sup>th</sup> April 2026 Cassie decided to meet her friend Alex at Eastbourne. They enjoyed the Dotto train trip along Eastbourne Seafront. Had a lovely stop off at the Cafe, where they enjoyed a bite to eat and a drink before heading back.





Everyday Emma completes her balance and posture exercises along with hip strengthening and coordination exercises according to exercise plan sheets. Staff demonstrate the exercises and encourage Emma as she carries out the exercises, and she manages the exercises well which include walking in a straight line with some breathing exercises to calm her anxiety. Well, done Emma. Keep it up!



On the 14<sup>th</sup> March, Elise, Emma and Cassie went and spent a nice time at Alexandra Park which is one of their most favourite places for an outing. The ladies chose to walk together through the park. Emma, Elise and Cassie looked at the lovely trees and enjoyed being out in the lovely sunshine.





# *Meads Street*

On the 11<sup>th</sup> April, Aaron, Charlotte, Glen and Robert enjoyed a full and exciting day out in Brighton with support from staff. The group travelled by taxi to Eastbourne town centre and continued their journey to Brighton by public bus with no concerns throughout. Once in Brighton, everyone explored the town centre and visited a variety of shops, independently choosing their favourite items. Staff supported the service users to visit a number of shops, and lots of photos were taken to capture the day. The group also visited the Brighton Sealife Centre, where Aaron, Charlotte, Glen and Robert had a fantastic time. They were very chatty, engaged, and enjoyed seeing all the sea creatures. Many more pictures were captured, and overall, it was a fun, smooth and enjoyable day out for everyone.





Charlotte and James were supported by staff to watch two movies, 'Mario' and 'The Magical Faraway Tree'. They really enjoyed both films and remained engaged throughout.



Charlotte has been independently completing her household chores. She has been seen taking out her bins and disposing of rubbish on her own, showing a great deal of independence and responsibility.

Glen showed real determination and confidence during the cycling session. He again managed to stay on the track for nearly 30 minutes, which is a solid stretch of focused activity and physical effort. Throughout the session he kept up a steady pace, stayed engaged, and didn't appear rushed or overwhelmed. You could see him settling into a rhythm, becoming more comfortable as he went along.



James was supported to go on the sightseeing bus on the 21<sup>st</sup> of March. He enjoyed seeing the town roll by from the top deck, taking in the views, the landmarks, and the steady movement of people below. There's something about being up there, slightly above the world, that makes everything feel a bit more exciting, and it clearly had that effect on him. He was engaged throughout with staff, talking about his mum and sports, pointing things out, asking questions, and soaking up the experience.



On the 11<sup>th</sup> April, James had a busy and enjoyable day taking part in his usual routine and personal interests. He started the day by independently cleaning his flat, including hoovering and deeper cleaning with minimal support from staff. He then went into town with staff support to purchase the paper which he read to find the form with the horses running the Grand National, and then he independently placed a bet at the betting shop, a routine he has fond memories of doing with his late mother. James was very excited throughout the day, and his chosen horse went on to win, resulting in a £50 win. He shared his happiness with staff and reflected on how much he enjoyed the experience. Well, done, James! Great result!





Robert, Charlotte and Aaron were supported to take the bus to Paradise Park. While at Paradise Park, the group enjoyed walking around the shops and garden areas with staff. Robert chose his favourite plants for the summer garden, and staff took many photos of everyone during the visit. On the return they had to wait 30 minutes for the bus for the trip back to Eastbourne but nevertheless they all had an enjoyable day out.





Aaron is making positive, person-centred steps towards greater independent living. He recently chose to visit town on his own to purchase his meal deal and other essentials, showing growing confidence and greater independence. On returning home, Aaron shared his achievement and asked staff to take a photo of him heading up to his flat, a moment he felt proud of. Well, done, Aaron!

On the 1<sup>st</sup> April, Charlotte and Robert spent time together in the garden, taking part in some gardening activities to help get it ready for the summer. Robert proudly showed Charlotte what he had been working on, and they enjoyed chatting together as they worked. Afterwards, they relaxed in the office with a cup of tea, sharing a calm and friendly moment together.



Tuesdays are Glen's regular shopping day, where he is supported by staff to complete his weekly shop. On the 1<sup>st</sup> April, Glen chose to visit Tesco Express in Meads Village, where he was seen confidently selecting the food items he needed for the week. With support from staff, Glen made his own choices and successfully purchased his shopping. Well, done Glen!



James attended his regular chiropody appointment at the Features clinic, which he visits each month. He appeared happy and relaxed throughout, enjoying a friendly conversation with both staff and his chiropodist. James also consented to pose for a photo during his visit, capturing a positive and engaging experience.



On Mother's Day, James was supported by staff to visit Langney cemetery, something he chooses to do each year to remember his mum. He took time to lay flowers and speak to her, sharing how much he loves and misses her. This is a very special and meaningful moment for James, and one that he continues to mark in his own personal way.

James attends a monthly clinic appointment to see a nurse for a blood test, supporting his ongoing health and wellbeing. Before his appointment, he asked staff to take some photos of him walking up the stairs and whilst waiting, capturing moments that were important to him. James appeared happy and full of smiles throughout his visit, showing a positive and relaxed approach to his appointment.



James shared a lovely moment of humour and creativity in the staff office. Using his banana as a pretend telephone, he playfully "made a call," bringing smiles and laughter to those around him. This light-hearted moment really reflects James' personality and his ability to create joy in everyday situations. After his fun, he enjoyed his banana, ending the moment on a relaxed and happy note.

## Day Services



### Outreach

Charlotte, one of our job seekers, has been supported by Lisa Conway, Job Coach from our Outreach Supported Employment service. Charlotte applied for a voluntary role with the British Red Cross in Eastbourne and was successful.

After a taster session at the store, she officially started her new role on 10th February. Charlotte is looking forward to working with her new team.

Pictured above is Charlotte with her job coach Lisa who has supported her to successfully apply for a voluntary role with the British Red Cross. Well, done Charlotte!



## *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 April 2026:



**Rohan Arya;** Rohan joined Valley View Barn in May 2023. This month Rohan has stepped out of his comfort zone on occasions to ensure that individuals are supported when out in the community not just to their appointments but also ensuring that their wellbeing and lives are enjoyed. More recently Rohan, alongside another staff member has received a compliment from a member of the public when out in the community, he was supporting individuals with their chosen activities, underlining the dignity and respect, that he shows towards the individuals he supports. Rohan will always speak out in support of individuals he supports to ensure that their voice is heard and understood. Well, done and thank you Rohan; keep up the great work!



**Eddie Adahie;** Eddie joined QRC Dom Care in November 2025. Eddie is a great member of the team, always polite and professional and happy to help his colleagues, management, and goes above and beyond for the service users. Eddie follows support plans, and works with dignity, compassion and respect and has a great rapport with the service users. Eddie worked very well with one particular service user, having a good understanding of his needs which at times could be quite challenging. Eddie met this with compassion, a level head and a calm caring nature which helped de-escalate situations. Eddie has been completing shifts at many of the Dom Care services and will always try his hand at any tasks and goes out of his way to be helpful, and always with a smile and a great attitude. Well, done Eddie, keep up the good work!



**Anna Dmowska;** Anna joined QRC Dom Care in May 2023 and works mainly at 102 Victoria Drive. Anna is popular amongst the staff team and well-liked by the service users who she supports for her friendly attitude and bubbly personality. Anna works hard when on shift and supports the service users well. Anna has good self confidence in her abilities and has a strong skillset. Anna works in a person-centred way and encourages independence with the service users she supports and can adapt her communication skills depending on who she is supporting at the time. Anna is able to work well with her colleagues and health professionals to best meet the needs of the service users. Well, done Anna, thank you for your hard work!

# 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.



Kirsty Hannam – 3 years' service. Kirsty is an asset to QRC and a valued member of the staff team at 35 Barnhorn Service. She shows dedication and compassion in her work, always putting the needs, wishes and wellbeing of the service users she supports first. Kirsty works in a person-centred way, helping service users to enjoy a meaningful and fulfilling quality of life, and she actively encourages and supports them to take part in a wide range of community-based activities. Her positive attitude and commitment make a real difference every day.



Jasmine Jasmine – 3 years' service. Jasmine works hard in any service in which she is based. She supports the service users with empathy, confidence and follows support plans well in a person-centred way. Jasmine is always willing to complete any task asked of her and is an asset to the teams across Eastbourne and has a strong skill set as a senior and is well liked by all.



Sukhpreet Kaur – 3 years' service. Sukhi always works with the best interests of the service users at heart, following support plans and in a person-centred way. Sukhi adapts her communication skills dependent on who she is working with and tries hard in everything she does. Sukhi and her personality has been missed whilst on maternity leave and her return to work is much anticipated



Alfi Saleem – 3 years' service. Alfi is confident in her own abilities and will always work hard in any service across Eastbourne, adapting her approach depending on whom she is supporting. Alfi follows support plans well and promotes independence and choice in her interactions with the service users. Alfi has recently passed her NVQ with an overall merit showing great knowledge and skills in her work and assignment completion.



Pahulpreet Kaur – 3 years' service.

Since working at Valley View Barn, Pahulpreet has completed the majority of her shifts as a waking night staff member and has shown good initiative when completing these shifts. Pahulpreet's waking night colleagues are always complimentary of the support that she offers them and that she has a positive approach to supporting individuals during their night routine.



Ramanpreet Kaur – 3 years' service.

Since working at Valley View Barn, Ramanpreet has progressed to a senior member of the team and has provided excellent support to individuals in emergencies and maintaining composure to ensure that a positive outcome is achieved.



Jackie Lamb – 3 years' service.

Since working at Valley View Barn, Jackie completes twilight shifts and individuals that use the service and their families have always commented that Jackie upholds a very high standard of care when supporting them with their evening routine and ensures dignity and respect are always maintained.

Thank you to all staff, who have completed three years' service with QRC, for your commitment to the organisation and to those we support, it is much appreciated.



# Staff Training

Congratulations to Alfi who has completed all assignments, observations and off the job hours for her Level 3 Health and Social Care Diploma. She has also just completed her End Point Assessment gaining a final grade of a Merit and completing the qualification! This is incredible Alfi and very well deserved from all the hard work you've put into this!



Amy has recently attended a refresher course on Assessing Medication Competencies to ensure that she remains compliant and up to date on her knowledge of best practice when administering medication and to be able to offer full support to the staff who are administering medication in the services. Well, done Amy!



A big thank you to all staff who have attended the recent infection control and food hygiene courses delivered by Amy. All staff participated well, testing their current knowledge on infection control practice including ways to minimise the spread of microorganisms by using PPE and washing their hands effectively. Staff also gained understanding in how microorganisms multiply and therefore how cleaning practices or heating, kills bacteria, and how to ensure that Food Standard Agency advice is followed within their workplace.

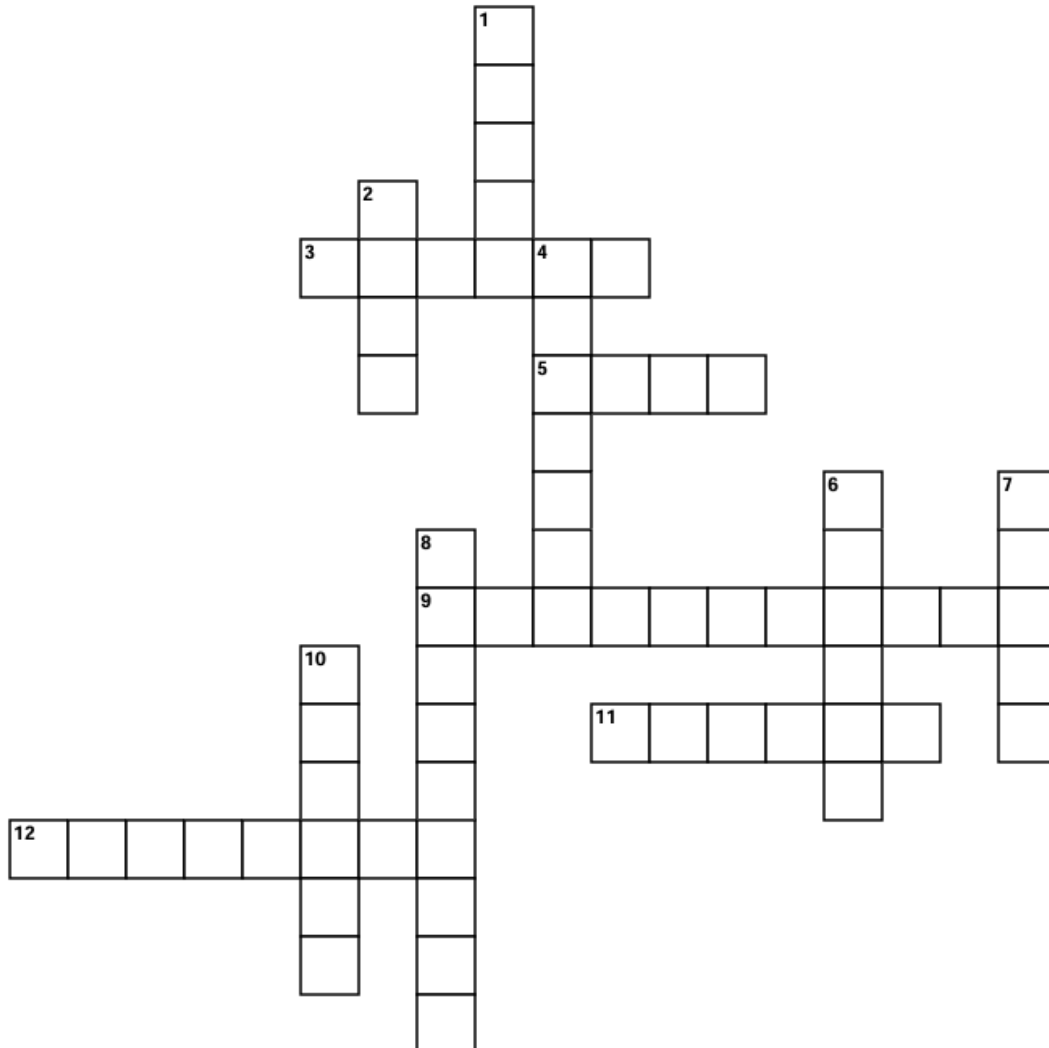
Amy would like to thank staff for continuing to complete online training whilst on shift and at home. Amy has continued to deliver Epilepsy, record keeping and keyworker training throughout April!



# Puzzle Time

Everyone appeared to enjoy lots of Easter fun, games and chocolate this month whilst celebrating the Easter holiday.

Why don't you have a go at our Easter crossword and see if you can figure out the Easter related words using the clues below.



## Across

- [3] Container used to carry eggs or other things
- [5] the Friday before Easter
- [9] Bakery item eaten at Easter
- [11] Easter type hat worn on head at easter
- [12] Yellow spring flower shaped like a trumpet

## Down

- [1] Fuzzy birds who hatch around Easter
- [2] A baby sheep born in spring
- [4] A fun game where you look for hidden eggs
- [6] The name of the holiday where people celebrate Jesus resurrection
- [7] A cute name for a rabbit
- [8] Sweet treat made from cocoa beans and sugar
- [10] The day of the week when Easter is celebrated

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