

Welcome to the QRC Newsletter for June, showcasing a selection of activities completed in the past month. As always thank you to all service users and staff for their contributions to this edition.



116 Barnhorn Road

Maria D and Caitlin have been working hard to achieve their personal goals during the past month, and it has been wonderful to see their progress!



Maria D has taken real pride in helping around her home this month. She's been keeping shared spaces clean and tidy, while also staying on top of the cleanliness of her own bedroom. Her consistency and effort haven't gone unnoticed it's a brilliant step toward building greater independence and more confidence.



Caitlin has been showing extra love to her lavender plant, which was a thoughtful gift from her parents. With the warmer weather settling in, she's been making sure it stays well-watered and healthy.

The ladies at 116 have been busy in the kitchen this month. One highlight was their "pizza fake away night," where everyone picked their favourite toppings and made their own delicious creations. They've really enjoyed cooking together and trying out new ideas.



The ladies also been creative this month, making an overnight oats and chia seed pudding, a fun way to try something new together.



You'll also spot Caitlin below spending some 1-1 time with staff in the kitchen and on this particular day preparing dinner for herself and the rest of the house. This time she did a brilliant job of making a tasty chicken tray bake with coleslaw.



This month we had the joy of celebrating Julia's 60th birthday and it was truly a special occasion. Her family and friends came along to mark the milestone birthday with her, filling the day with laughter, stories, and plenty of smiles. Friends from 35 Barnhorn joined the celebration too, along with the ladies from 116, making it a lovely gathering of people who care about her.



Happy Birthday Julia!





On a wet, rainy day during this month the ladies were keen to get out and about, so Maria D, Caitlin, and Maria W enjoyed a lovely outing to Cineworld in Eastbourne. They went to see the new Michael Jackson movie, and it was a hit from start to finish. Each of the ladies was completely hooked, enjoying the music, the story, and the chance to relax together whilst enjoying popcorn!

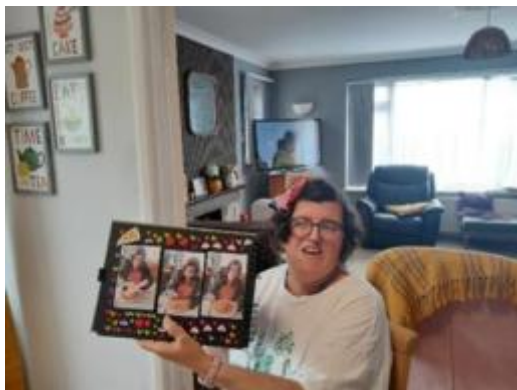




After the cinema they enjoyed a nice scenic route on the journey home.

It was a great afternoon, calm, fun, and full of smiles with the ladies returning home chatting about their favourite moments from the film.

Each of the ladies at 116 has her own scrapbook, and every month they add their favourite activities and memories to the pages. They love choosing the perfect decorations — stickers, colours, borders, and little details that match their photos and moments from the past month.

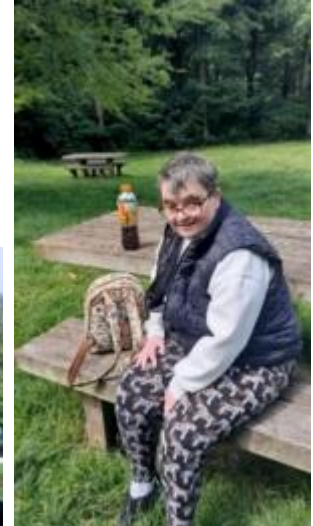


It's always a lovely activity, with everyone gathered around the table, chatting, laughing, and getting creative together. The scrapbooks are becoming wonderful keepsakes, filled with personality and happy memories.





Julia, Maria W, and Caitlin made the most of the warm weather one day this month, with a lovely trip to Butcher's Hole for a picnic. It was the perfect chance to enjoy the sunshine, spend time in nature, and work toward their exercise goals with a long, relaxing walk.



They especially enjoyed watching dogs being walked, spotting different species of birds, and taking in the fresh air. After their walk, they settled down for a peaceful picnic together, making it a calm and enjoyable day out for everyone





Meads Street

Last month, Aaron, Charlotte and Robert took part in a group outing to Ashford Designer Outlet. They were supported by staff throughout the day. They travelled from Meads to the train station by taxi and then continued their journey by train to the outlet, with staff providing support at all times. On arrival, they visited the outlet café and enjoyed lunch together before exploring the shops. They had the opportunity to look around, purchase items of their choice, and spend time together in the community. Staff ensured that their needs, wishes, and preferences were supported throughout the outing. The trip provided a good opportunity for social interaction, independence, and community engagement. Everyone had an enjoyable day and shared positive feedback about the shopping, lunch, and time spent together. Overall, the outing was a great success and was appreciated by all who attended.



A member of staff supported Aaron to attend Tenpin in Eastbourne to enable him to take part in his chosen bowling activity. Aaron engaged well during the activity and demonstrated enthusiasm throughout his time there. He expressed to staff that he thoroughly enjoyed the experience. Aaron was particularly pleased as he won both of the bowling games, which positively impacted his mood and self-esteem.



James pictured above enjoys regular walks in the local community. On this occasion, as pictured above he chose to walk from his home to Eastbourne Seafront with staff member Maxwell. During the walk, James shared happy memories, chatted with members of the public, and enjoyed the fresh air. He was happy to pose for photos and told staff how much he had enjoyed his day. It was a positive outing that helped James stay active, connect with others, and enjoy his local community.



On the 5th of June, James visited his local pub, The Ship Inn. James was very happy and excited during the visit, especially as he was looking forward to his favourite drink and pudding. He enjoyed browsing the menu and independently chose his meal. Throughout the lunch, James engaged well with staff and enjoyed chatting with other customers in the restaurant. He was happy to pose for photos and had a lovely time out in the community.





Glen is known for his great sense of humour and enjoys having fun with staff and his flatmates. One morning, when staff were about to support him with breakfast, Glen decided to play a creative prank. He put a small amount of ketchup on his forehead to make it look like he had a cut. For a few moments, the prank worked and staff were surprised when they first saw him. However, a closer look quickly revealed what Glen was up to. Everyone had a good laugh, and Glen was very pleased that his joke had been successful. It was a fun and light-hearted moment that brought smiles and laughter to the morning.



On the 1st of June, Glen was supported to attend the cinema, where he chose to watch the film "The Detective Sheep". Before the screening, he visited CEX and purchased a DVD. He then went onto enjoy the film at the cinema. After his visit to the cinema, Glen visited the London and County Pub for his meal out and beer. Glen informed staff that he had enjoyed the movie and had a positive experience.

Thursdays are James' special treat day, and on the 4th of June he chose to visit Gelato Famoso Ice Cream Parlour near the seafront. James enjoyed his favourite Malteser Magic ice cream and was very excited throughout the visit. He spent time chatting with staff and posed happily for a photo. It was another enjoyable outing that brought James lots of happiness and gave him the chance to enjoy one of his favourite treats.



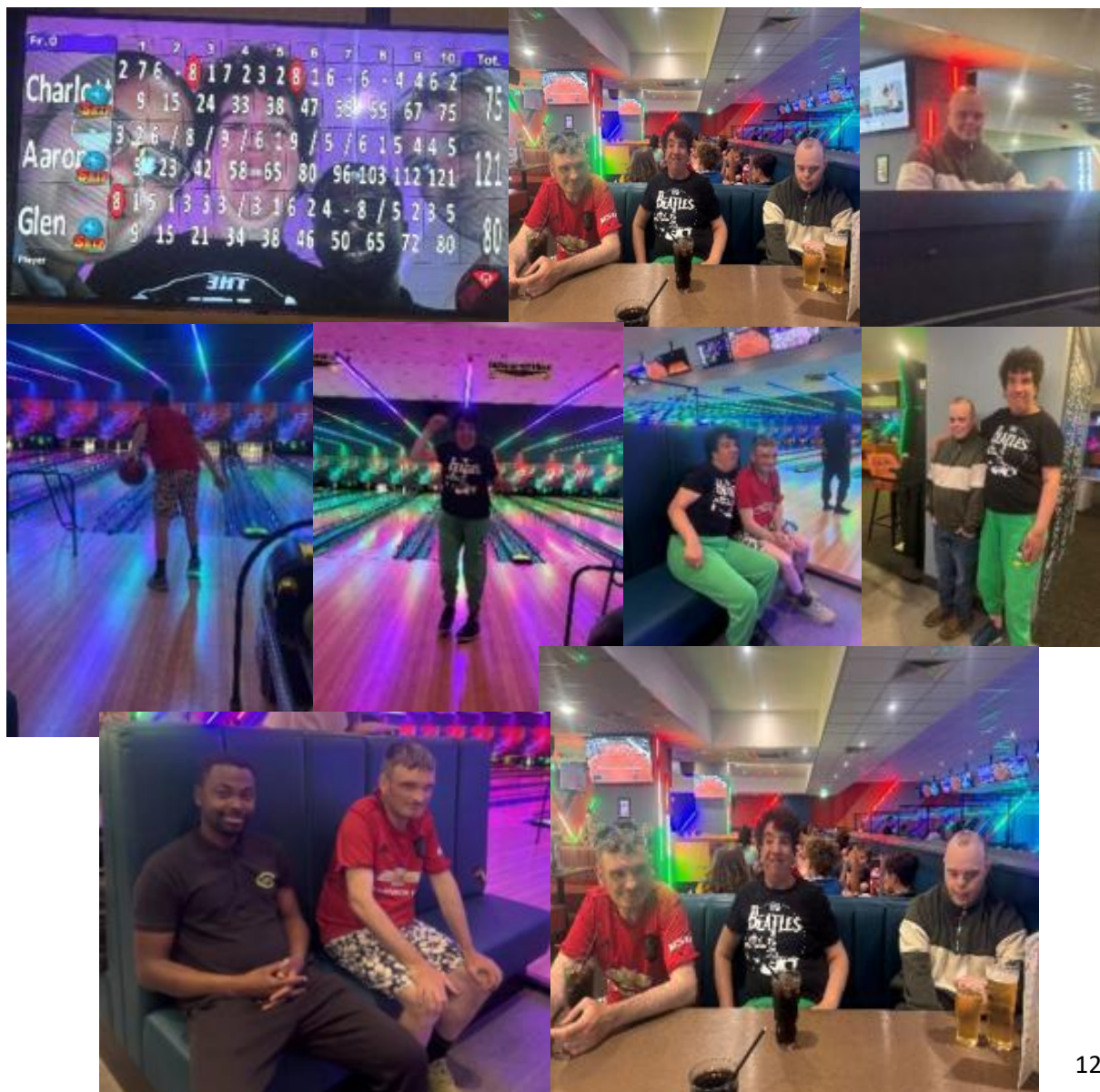
James spent the day out shopping with staff at the Beacon Centre in town. He visited several shops and was fully supported by staff throughout the day. His first stop was Sports Direct, where he chose some new clothes for himself. Once he had selected the items he wanted, staff supported him at the checkout while he paid for his purchases. James then visited Primark, where he picked out some summer clothes, shorts, and a pair of flip-flops. During the shopping trip, James remained calm and relaxed. He also enjoyed chatting with some members of the public who were out shopping. He later visited TK Max to buy some bath towels, duvet covers, and bedsheets. To finish the day, James treated himself to a meal at McDonald's, where he chose his favourite meal and an ice cream. James appeared happy and content throughout the outing and informed staff that he had had a wonderful day.



On the 30th of May, the service users from Meads took part in a Sports Day event at another QRC service in Little Common. Everyone enjoyed joining in with the activities and spending time with people from other services. During the event, Glen took the opportunity to pose for a memorable photograph with Charlotte, helping to make the day even more special. The event was enjoyable and provided a good opportunity for social interaction and community involvement.



On the 28th of May, during the college term break, the service users at Meads were supported to attend an outing to Tenpin Eastbourne. They enjoyed a game of bowling and took part in other activities together, making the most of their time away from college. They also posed for some memorable photographs to capture the occasion. The outing concluded with a meal together, providing an enjoyable opportunity for social interaction, relaxation, and shared experiences during the break.





To the left is James at Holywell checking out the route of the Dotto Train.

Pictured below on the 4th of June, Robert was supported by staff to visit his bank in town. Before his appointment, Robert chose to pose for a couple of photographs inside the bank hall. He appeared happy and relaxed throughout the visit and engaged well with staff during the outing. The visit was a positive experience for Robert.



35 Barnhorn Road

Kiri, Pinar and Izzy had a wonderful time during their visit to the Barby Keel Animal Sanctuary. They loved seeing so many cats and clearly enjoyed spending time



exploring the centre and taking in everything around them. It was a lovely outing, and they came away with lots to smile about.



Kiri had the best time of all, especially as cats are her favourite animal. She was so excited to meet them and happily introduced each one to her own cat, Smokey, sharing everything about her much-loved pet with a big smile.



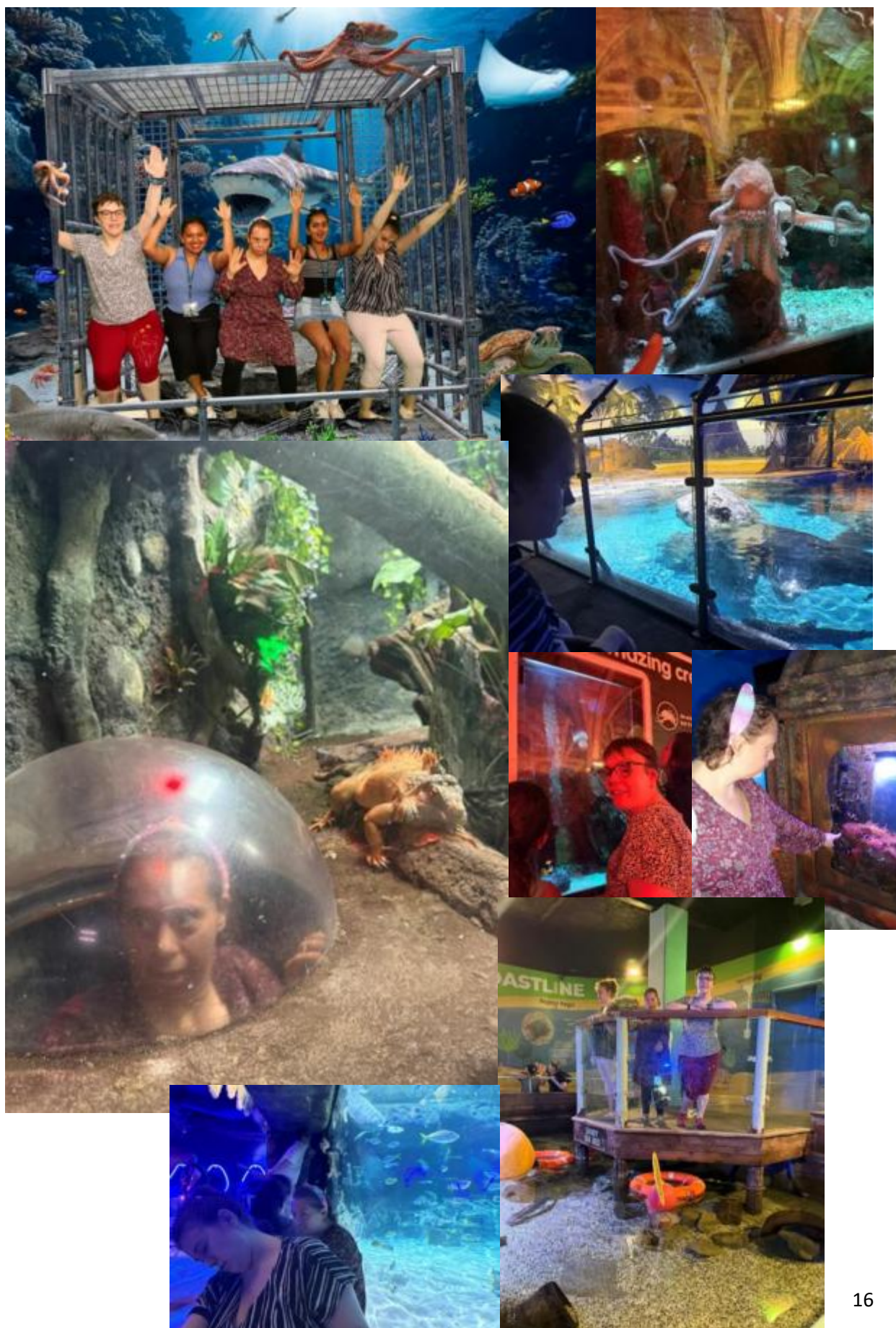
Amelia and Evie went along to Millie's Disco for a boogie and had an amazing time. They loved dancing with all their friends, joining in with the music, and enjoying the fun atmosphere. It was a fantastic outing filled with smiles, laughter and plenty of dancing.



Kiri, Pinar and Izzy had a fantastic time during their visit to Brighton Sea Life Centre.



They really enjoyed looking at all the wonderful sea creatures and exploring everything the attraction had to offer. It was a fun and memorable day out for them all.





Izzy, Pinar and Kiri really enjoyed the exciting visit which was filled with vibrant marine life. They spotted

clownfish, an octopus, turtles, an iguana, starfish and many other colourful fish as they explored the centre's exhibits. Their day became even more memorable when they came across a sleek blacktip reef shark and some truly fascinating jellyfish. When they each shared their highlights, Kiri chose the octopus, Pinar was especially drawn to the turtle, and Izzy said the clownfish was her favourite. It was lovely to hear what each of them enjoyed most about the trip, adding a personal touch to a wonderfully engaging visit.





Izzy, Amelia and Pinar recently enjoyed a wonderful day out at Scotney Castle, taking in the beautiful grounds, historic architecture and peaceful atmosphere. They spent time exploring the picturesque gardens, wandering around the moat, and admiring the charm of the 14th-century castle ruins. It was a relaxing and scenic visit, giving them the chance to appreciate



both the history of the estate and the natural beauty surrounding it.



Dani, Kiri, Evie and Izzy enjoyed a lovely day out at Leeds Castle, taking full advantage of the beautiful grounds and peaceful surroundings. They spent the morning strolling through the gardens, admiring the lakes, woodland areas and sweeping views of the historic castle. After exploring the pathways and spotting plenty of wildlife along the way, they found a quiet spot to sit and enjoy a relaxed lunch together.





Amelia enjoyed a relaxing visit to 'Touch of Gentleness', where she received a soothing hand massage. The calming atmosphere and attentive care made the experience especially enjoyable for her. She took some time to unwind and focus on her wellbeing. It was a lovely opportunity for Amelia to pause, recharge and treat herself to a moment of calm in the middle of a busy week.



Amelia has been enjoying regular bike-riding sessions at East Sussex College with Wheels for All, and her confidence grows each time she gets on the bike. She loves the sense of freedom and movement, taking her time as she cycles around the track enjoying the fresh air. Amelia is always well-prepared too — she never forgets her water bottle and makes sure to stay hydrated throughout her ride. It's a wonderful activity that keeps her active, happy and fully engaged in something she truly enjoys.



Sports day at 35 Barnhorn Road!

At 35, we had a fantastic Sports Day, and everyone had such a brilliant time!

The day was filled with lots of fun, laughter, and friendly competition, as everyone took part in egg-and-spoon races, three-legged races, and sack races. Everyone gave it their all and did amazingly well, making the day really special. It was lovely to see so much enthusiasm, team spirit, and encouragement from everyone involved.

Even the staff joined in, which made it even more fun and gave everyone plenty of laughs along the way! It was wonderful to see everyone coming together, getting involved, and enjoying the activities.

A big thank you to everyone who came along and took part in making the day such a success. We had an absolute blast and made some fantastic memories together!

A big thank you also goes to Lauren and her team of helpers for organising such a wonderful event.

Thank you to everyone who helped with the food preparation, came in on their day off, and supported the event. Your kindness, time, and effort helped make the day so special for everyone!















After the Sports Day, we had a little celebration for Charlotte. Charlotte was the Dom Care Deputy Manager, and whilst we are so sad to see her leave, she'd decided that it was time for a change and time to continue her career elsewhere. We wish Charlotte all the best for her future.





102 Victoria Drive

On Friday the 15th of May Chrissy and Rachael performed at the Royal Hippodrome Theatre in their drama groups performance of Summer Nights, based on the musical Grease. They were both supported by family and friends who came to cheer them along. Both had a great time performing their show and were very proud of themselves. Rachael's sisters also surprised her with a bunch of flowers to congratulate her on her wonderful performance.



On Sunday the 17th of May, Chrissy, Rachael, Matt, Chloe and Pam all chose to go on the open top bus tour to Birling Gap where they had a walk along the cliffs and an ice cream stop. Everybody enjoyed spending time together out in the sunshine, chatting, laughing and playing games as they walked.



On Saturday the 23rd of May Matt chose to walk home from his football session along the seafront. He asked if he could stop for an ice cream, and whilst enjoying this he noticed that the Sky Wheel was open. Matt chose to ride the Sky Wheel saying he enjoyed going "high in the sky". He appeared to enjoy looking out across the town and sea from the top of the wheel and asked to go on it again another day as 3 rotations just isn't enough!



On Friday the 29th of May Chloe and Pam chose to go for a walk around the local community. They stopped at Waitrose to purchase a meal deal each and then decided together that they would like to go to Motcombe Park to have their lunch in the sun. They enjoyed listening to some ABBA music and chatting to each other and to staff as they ate their sandwiches. After lunch they both decided to have a leisurely walk back home.



Matt has been enjoying the fact that a funfair has been at Princes Park in Eastbourne this month and he has chosen to visit on a couple of different occasions. Matt enjoyed going on the spinning rides, the rides that went "high in the sky", and the bumper cars. Matt also tried his hand at the hook a duck and won a couple of toy cars which he enjoyed playing with later when at home.





On a separate occasion Pam, Chrissy, Chloe and Rachael also chose to go to the funfair. Pam enjoyed trying to win teddies at a variety of different stalls, whilst Chloe, Rachael and Chrissy were keener on the fast rides. They all had a great time and sat down for a refreshing drink together at the end of their visit.





Chloe celebrated her birthday this month and chose to go out and buy decorations to decorate the house with for the day. Staff helped her to put the decorations up around the house and blow up all the balloons. Chloe chose to have a takeaway pizza party with all her housemates and topped it off with a delicious unicorn birthday cake. She then enjoyed time at home with her family to celebrate again.

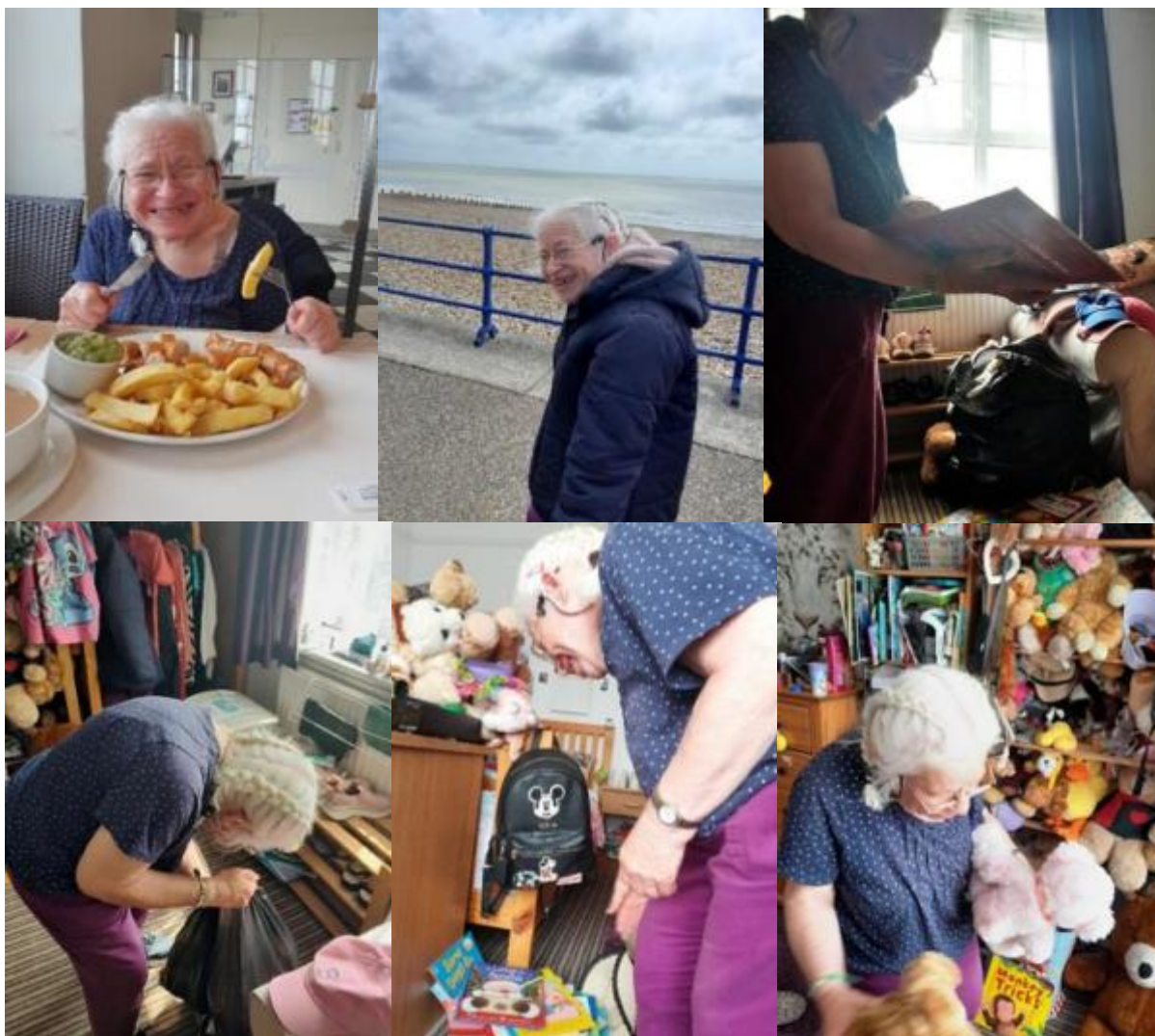


*Happy
Birthday
Chloe, we hope
that you had a
lovely day!*



On Sunday the 7th of June Pam got up early to attend a hairdressing appointment. After the appointment she asked staff if she could go for a walk and have lunch out. Whilst having lunch Pam chatted to staff about sorting out her books and teddies in her room. She was keen to donate some items to charity so that she would have space on her shelves to buy more. Staff suggested that they could sort her room out in the afternoon when they got back home and Pam was happy to do this, spending 90 minutes to go through all her books and teddies. She did a great job of deciding what items to keep, recycle and donate and was proud of herself afterwards.





On Thursday the 11th of June Rachael chose to go into town to have lunch at Nando's, choosing chicken, chips and peas and a refreshing glass of Dr Pepper Zero. After lunch, Rachael challenged staff to 3 games of pool, next door at the Boom Battle Bar.



Rachael played very well and learnt how to use the cue rest for balancing her pool cue on when her arms weren't quite long enough! Rachael said she had a lot of fun playing pool and cheered for both herself and staff when a ball went in the pocket.



374 Battle Road



The ladies at 374 Battle Road have started gardening in earnest this summer. They have participated in planting flowers and watering the plants in the garden.



Hellen and Cassie have engaged very well and have shown great interest in caring for the plants and have taken pride in helping to maintain the garden on a regular basis.





Cassie enjoys choosing a recipe and to cook for her peers with staff support. Last week Cassie made a delicious beef lasagna which everyone enjoyed. Cassie helped to prepare and mix the ingredients and follow the recipe well. This activity encouraged her independence, improved daily living skills, and increased her confidence. Well done, Cassie, everyone was very appreciative of your efforts.



On the 27th of May 2026 Sarah went to Bexhill Sea front by public transport with staff support. As it was a lovely sunny day Sarah spent time walking along the promenade, enjoying the fresh air and observing the coastal scenery. Sarah stopped for a drink in a local café and upon returning home she appeared relaxed and content for the rest of the day.



Cassie and Sarah enjoy spending time in the garden during the summer. They like sitting outdoors, enjoying the fresh air and sunshine.





Most evenings, after returning home from their day service, Open Door, both Cassie and Sarah enjoy spending time in the garden. Above Cassie is completing colouring in her book and Sarah is keeping her company!



On the 1st of June Elise went to Crowhurst Park. She appeared to enjoy the drive there, looking out of the car window during the journey. She had a nice walk in the park, enjoying the lovely sunshine and fresh air. On the way back home, Elise chose, with staff support to have a cup of tea and a sticky toffee muffin in a café which she seemed to enjoy!

Cassie likes to play card games with both staff and peers. This is an activity which she enjoys and one that is helping her to develop skills and self-confidence.



On the 30th of May 2026 the ladies from 374 Battle Road received an invitation to participate a sports activity arranged by 35 Barnhorn Road. Hellen and Cassie actively engaged in a variety of sporting activities. They appeared to enjoy the event, interacting positively with peers, and demonstrating enthusiasm throughout the different sports disciplines. Although they did not win all the events, they remained positive and motivated throughout. Their efforts were recognised, and they were both awarded a medal, which they were very pleased to receive.



On the 16th of May Emma and Hellen decided to visit Blackbrook Garden Centre at Hastings to see the plants and flowers. The ladies purchased some plants to plant in their garden at home. They were very pleased with their purchases and enjoyed the garden centre environment which they found peaceful and relaxing.



On Sunday the 17th of May, Sarah and Cassie attended Church. Sarah was happy to see and spend time with Rosemary, her former carer. Both ladies appeared calm and engaged throughout the visit, during which they participated in various activities, and seemed to enjoy spending time in the church environment.



Lushington Road

Alex enjoyed an evening visit to Nando's this month with his sister and brother-in-law. Alex informed staff he loved the chicken burger with chips and a nice ice-cold coke.



Pictured below are Julie, Louise and Alex at the recent sports day held at 35 Barnhorn Road.

Everyone at Lushington Road would like to say a big thank you to all the staff for arranging a great day.

Also pictured below is Louise who decided to get her hair coloured pink for the occasion – well why not, it matches the colour of her dress!

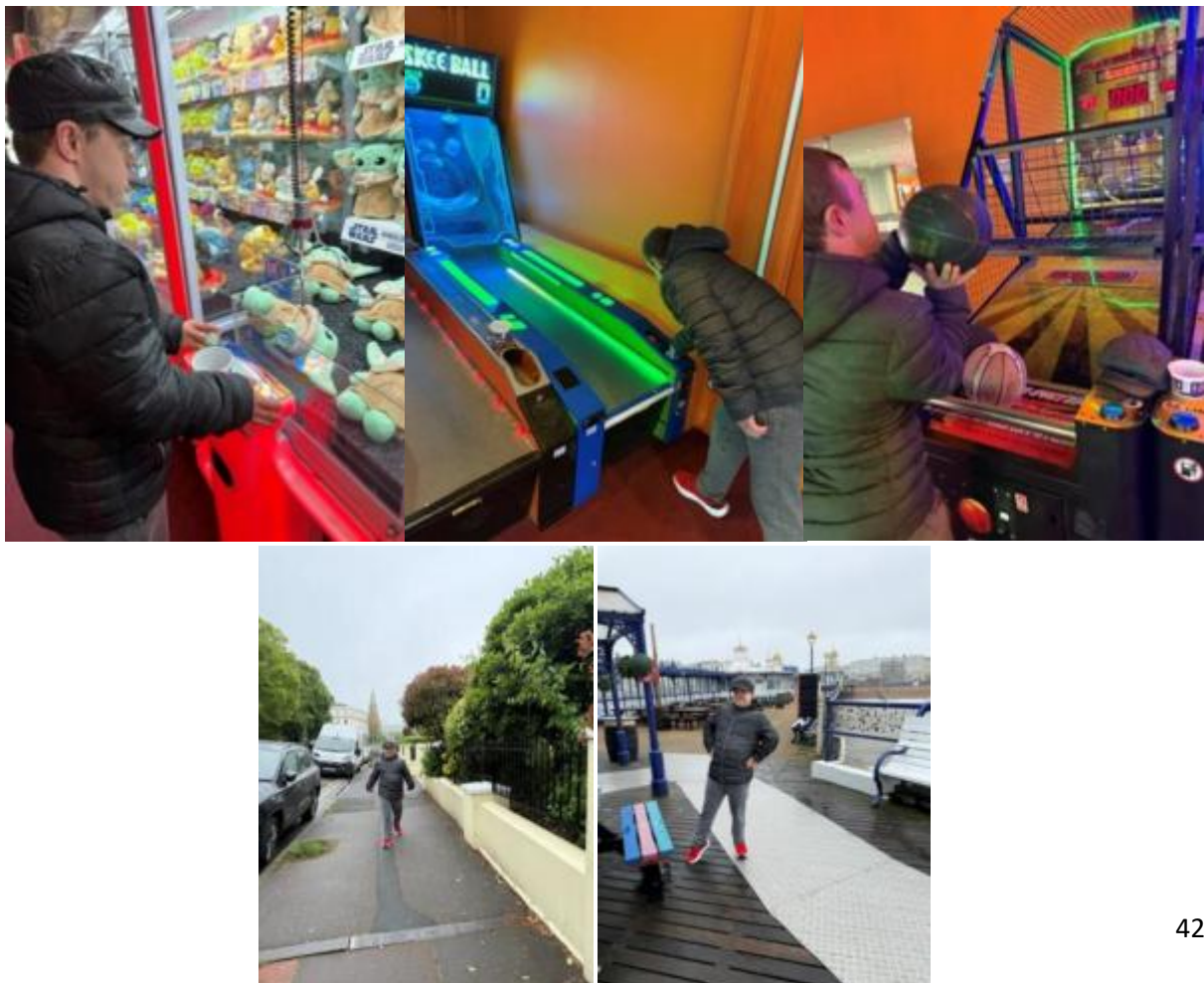


Louise is pictured far left choosing and then left paying for a new hair dryer.

Jonathan is pictured at Cineworld where he was excited to watch the Michael Jackson film. Jonathan informed staff he thought that the film was great and he was showing staff some of the dance moves on his way home.



On a rather damp and grey morning Alex was supported by staff to visit the arcades. He enjoyed playing a variety of games and collected enough tokens to choose a toy at the end. Afterwards, Alex and staff took a walk to the pier and back. He really enjoyed the stroll, chatting with staff about his upcoming holidays and his favourite food spots.





Louise enjoyed a relaxed coffee outing in town with staff. She chose an Americano made with soya milk and took her time chatting and unwinding before heading home. It was a calm, positive start to her day, and she appeared to enjoy both the drink and the company.

Alex was supported to attend the fun fair at Princess Park on 31st May. He was very happy and thoroughly enjoyed the visit. He took part in several exciting rides like, Music Trip, Twist, and Comedy Circus. He was very brave and he showed great enthusiasm by choosing some of the more challenging rides. Well done Alex for taking on these tough rides.





Valley View Barn



This month Jeremy, Stephen and Jamie attended the Heathfield show where there were a lot of tractors and other interesting things to see. As you can see above and to the right, Stephen was showing off his dance moves to the funky music that was being played at the event. It was also perfect weather for a perfect day!



Elaine has been spending a lot of time going for long scenic walks out in the community. Elaine enjoys walking, especially during the fine weather that we have been experiencing. Elaine likes looking at all the lovely flowers and wildlife that she sees when out walking.





In the evenings, Casey has been spending time developing her weaving skills and is very happy with the progress she is making! This is an activity that Casey finds very therapeutic. Well done, Casey, keep up the good work!



Jordan has been very busy helping the manager Kat in the office, whilst Sharon was away on holiday. Kat was very grateful for Jordan's assistance and Jordan was very happy to help Kat.

The residents and staff took part in a general knowledge quiz which tested everyone's intellectual skills. Some of the questions were very difficult but everyone gave it a good go to try and answer every question that was asked. Everyone achieved a respectable score and are looking forward to the next quiz, hoping it won't be too difficult!





During the warm weather Elaine, Stephen and Jeremy have enjoyed tending to the garden and ensuring that everything was well watered. Elaine and Jeremy also stopped to play noughts and crosses in the garden for some down time.



Elaine, Charlotte, Jordan and Casey attended Phab Club this month where the activities were based on Father's Day and the World Cup; all enjoyed making some cards and getting involved in ball related activities. Well done to Jordan for making a lovely card for your Dad, we are sure he will love it!!

Jamie, Jeremy, Casey and Stephen wanted to say a big thank you to Lauren and her team for putting on a fabulous sports day event at 35, all enjoyed the day very much and can't wait for the next sports day..... can this be an annual event? 😊





This month Stephen celebrated his birthday by visiting family and friends in Newhaven where he opened his presents and reminisced on old times.



Happy Birthday Stephen!!

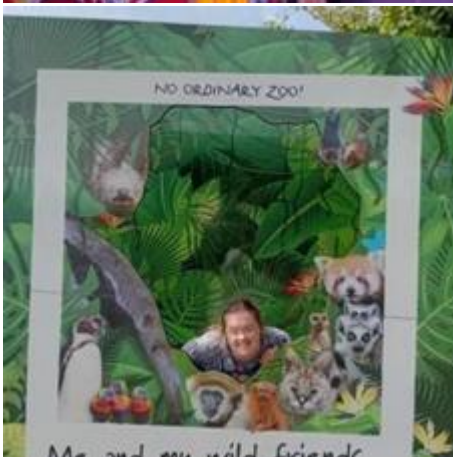


Jordan, Elaine, Jeremy, Jamie, Amy, David and Julia all visited Wingham Wildlife Park in Kent. Unfortunately, the weather did take a turn for the worse, but they were not going to be put off by this and all enjoyed the visit, looking at all the animals, stopping for a bite to eat in the café and even getting to feed some of the animals!





Charlotte and Casey attended Drusilla's where they enjoyed seeing the animals but more importantly spending time in the arcade and taking on the 'wild' rides.





Pictured to the left is Elaine, being supported by her peer Jeremy and staff member Pahulpreet, to complete a jigsaw puzzle.



Pictured left is Stephen and right is Jeremy, both testing their skills with a game of Jenga





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 June 2026:



Lauren Percival; Lauren joined QRC in December 2013 and is the service lead at 35 Barnhorn Road. Lauren continues to work in a person-centred manner, ensuring that service users choices and wishes are upheld; she consistently supports her team to the best of her abilities whilst also assisting the Registered Manager with additional tasks. Lauren demonstrates commitment, reliability and a positive approach in her role.

Lauren recently organised a summer sports day party at 35 Barnhorn Road to which all service users within QRC were invited. The day was a huge success and enjoyed by all those involved. This demonstrated Lauren's creativity, leadership skills and dedication to promoting wellbeing and meaningful engagement for all concerned. Well done Lauren and thank you for your ongoing hard work and commitment to QRC.



Warren O'Brien; Warren joined QRC in October 2015 and is a senior support worker working predominantly at Lushington Road. Warren recently organised a service users' holiday to Butlins, where 7 service users were supported to enjoy a meaningful and memorable break. Warren took responsibility for booking the holiday, organising the staff team and planning the itinerary to ensure the trip ran smoothly and safely. This demonstrated excellent resourcefulness, organisational skills and advocacy, as Warren helped promote choice, independence and wellbeing for the service users while ensuring that appropriate support arrangements were in place. Well done, Warren, thank you for your continued hard work and commitment to ensure that the service users' holiday was a success.

Jo Franks; Jo joined QRC in November 2009 and is the company's longest serving employee. Jo works as a senior support worker at Valley View Barn. Jo is consistent within her work and continues to receive praise from the staff and service users who she supports. Service users comment on her person-centred approach and that she will aim to meet their needs when at work and also in her own time. Jo continues to go above and beyond for the team that she supports and when on shift always ensures the safe running of the home, supporting all staff to complete their role to a high standard when working with her on shift. Well done, Jo, thank you for your ongoing support and commitment to Valley View Barn.

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.



Shams Rubaiyat Tabassum – 3 years' service. Since joining QRC Dom Care three years ago, Shams has made a valuable contribution to the service at 116 Barnhorn Road. She is a respected and valued member of the team, known for her kind, person-centred approach and the genuine care she demonstrates in her work. Shams shows commitment to ensuring that service users experience a meaningful and fulfilling quality of life. She works diligently to ensure shifts run as smoothly as possible and provides reliable support to the Registered Manager, including assisting with administrative tasks, which is greatly appreciated.



Sarah Relf – 13 years' service. Sarah continues to be a highly valued and respected member of the team at Victoria Drive. She has built strong, positive relationships with both colleagues and service users and is consistently well regarded for her approachable, supportive, and professional manner. Sarah brings a wealth of knowledge and experience to her role, which has proven invaluable in supporting both her colleagues and the individuals who use the service. She willingly shares her expertise, offers guidance when needed, and leads by example in promoting good practice. Her ability to remain calm, organised, and solution-focused ensures that challenges are managed effectively and that a high standard of care is consistently maintained. Thank you Sarah for your continued hard work and commitment to your role!



Cerin Moses – 3 years' service. Cerin has shown positive development over the time she has worked at Valley View Barn; improving her knowledge, confidence, and skills as a support worker. Her recent change to leading a shift has been positive and this is shown through her keen willingness to learn and understanding of all those who she supports. Well done, Cerin, keep up the good work!



Staff Training

Congratulations to Naga! Naga has successfully passed her End Point Assessment and achieved her Level 3 Health and Social Care Apprenticeship. Not only did Naga pass the professional discussion but she achieved a distinction which is the highest mark someone can achieve, giving her an overall mark of Distinction for her End Point Assessment. Very well-deserved Naga, well done!



Well done to Rajvir for achieving and completing the 3 Day Positive Behaviour Support course delivered by East Sussex Adult Social Care. Rajvir worked well to create a case study on the service users she supports to identify why a behaviour may happen and implement support that can help to reduce the behaviours.

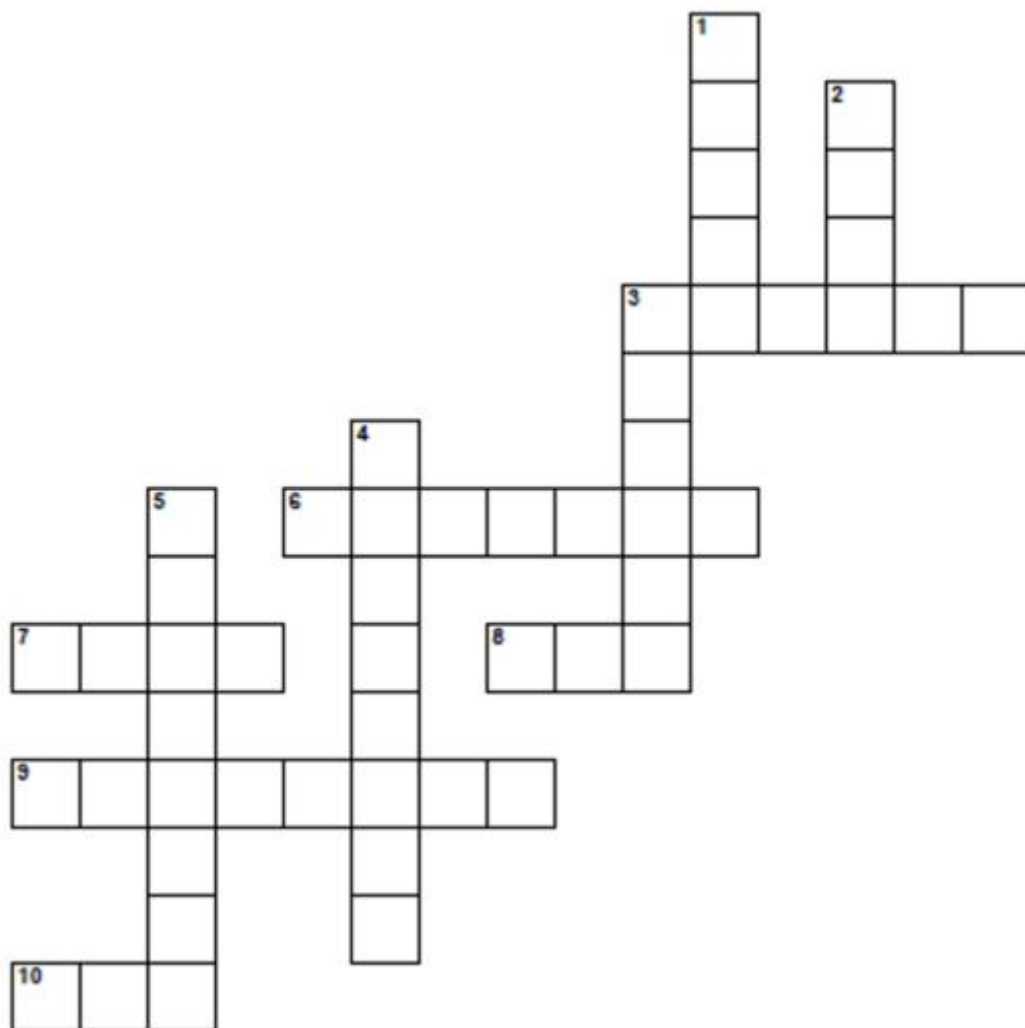


Amy would like to thank staff for continuing to complete online training whilst on shift and at home.



Puzzle Time

Can you believe that we've already had the longest day of the year? Summer is in full swing and everyone is enjoying the outdoor activities and outings, BBQ's, walks and the summer sun. Why don't you have a go at the crossword below to find summer related words!



Across

- [3] Found on the beach
- [6] Sun comes up
- [7] Place to play on the swings
- [8] Clothing worn on the head
- [9] Cold sweat treat
- [10] Insect that makes honey

Down

- [1] Sandy location
- [2] way of cooling down
- [3] Sun goes down
- [4] Protects the skin
- [5] Outdoor cooker

Useful Information:

QRC Services – Postal address, telephone numbers & main email addresses

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QRC Dom Care Registered Manager: Rebecca Chiweda, Mobile No: 07739 350583

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QRC Service Coordinator Eastbourne: Bethany Gray, Mobile No: 07739 350584

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