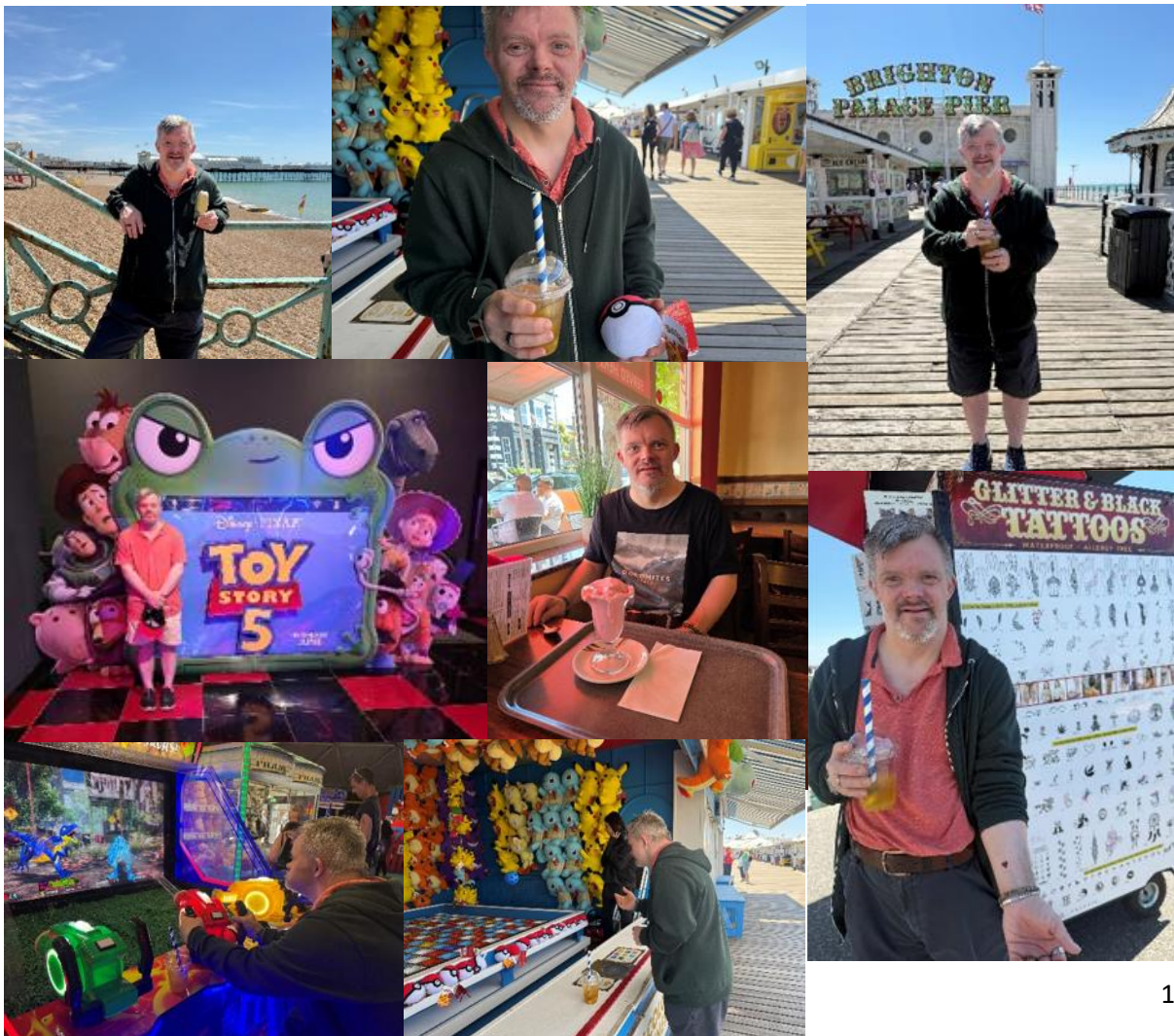


Welcome to the QRC Newsletter for July, showcasing a selection of activities completed in the past month. As always thank you to all service users and staff for their contributions to this edition.



Lushington Road

Jonathan has certainly had a very busy month, with not only a trip to Butlins but also a day trip to Brighton, where he enjoyed various games on the pier, an early morning showing of 'Toy Story 5' and a nice strawberry ice cream in one of Eastbourne's cafés.



Pictured to the right are Jonathan and Louise at the Phab club's dress up evening where Louise dressed as a cat and Jonathan as Willie Wonka!



Alex has enjoyed another fun filled busy month as he continues to keep active. Alex is pictured on one of his visits to the local basketball court and with his family at an Escape Room activity.



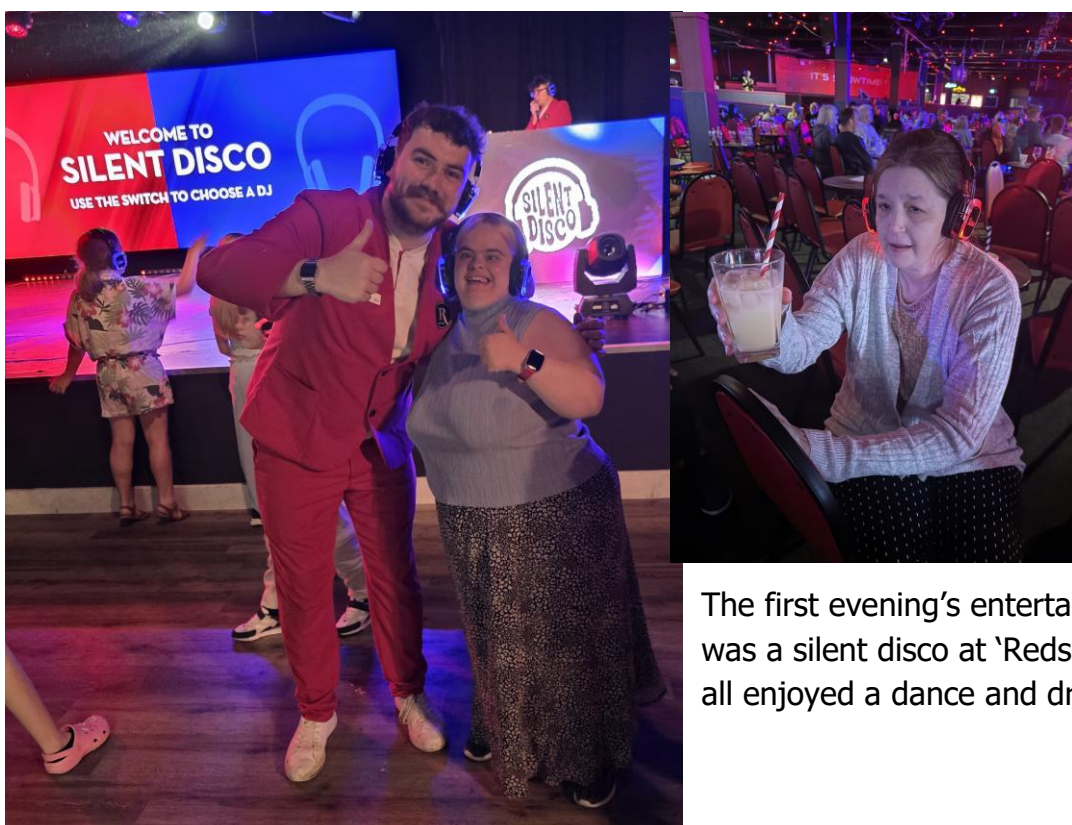
Alex, Jonathan and Louise attended a Summer Fayre at the JPK Sussex project celebrating the Learning Disability Community and Learning Disability Awareness week. The event hosted many stalls including fun games, items for sale, a raffle and BBQ. A great morning was had by all with many attending the event.



Pictured from left to right are Alex, Aaron, Pete, Jonathan, Louise, Sia, Julie, Maxwell, Alfi, Eddie, Robert, Charlotte, Rox and Warren who all spent a week at Butlins in June.



A great week was enjoyed by all; starting on Monday 8th June with most people travelling by minibus to Bognor. Pete very kindly drove the bus, Warren and Robert travelled down in a car with everybody's luggage to allow more space in the bus. The group arrived around 3.30pm where all were allocated their respective chalets after which dinner was served in the Deck restaurant.



The first evening's entertainment was a silent disco at 'Reds' where all enjoyed a dance and drink.

All service users were supported on a one-to-one basis during the holiday and therefore were able to participate in activities of their choice.







A few group activities were arranged such as a bowling tournament with the top three, Jonathan, Julie and Aaron respectively, receiving gold, silver and bronze medals and all participants did receive a prize of a selection of sweets for taking part. The group enjoyed a nice drive in the minibus to 'Petworth' where they chose to stop at an old country pub called 'Badgers' where they were all fascinated by the old pictures and artifacts displayed around the pub.





The four nights seemed to pass very quickly with everybody keeping busy throughout the week with allocated rest times in between activities.

Great feedback was received from all service users who informed staff and managers on their return that they'd had a great time.

For Eddie, Rox and Alfi, this was their first trip supporting service users away on a holiday and all did extremely well, along with Sia, Maxwell and Pete who had previously been to the resort. It was a great team effort which ensured that all the service users had a fantastic time. Warren would like to express his thanks to all involved. All the photo's help to capture what a wonderful week it was for all concerned.

Managers Special Recognition



A huge thank you goes to Alfi, Sneha, Eddie, Pete, Maxwell, Rox, and Warren for their incredible support in taking 7 service users from the Eastbourne services on a holiday to Butlin's last month.

You all went above and beyond to ensure everyone had a fantastic time. It's clear how much the trip meant, as those who attended haven't stopped talking about it since and the photos just show how you ensured they all had a great time!

Your dedication, enthusiasm, and commitment truly make a difference.

Staff like you make this work so rewarding. Thank you again for everything you do!



374 Battle Road



On 19th June 2026 Cassie enjoyed a wonderful day at the Rave Trip Party held at the day centre in Hastings. It was a fun-filled event with lively music, colourful decorations, and a fantastic atmosphere that everyone could enjoy. Cassie had an amazing time from start to finish. She especially loved dancing with her friends and members of staff, smiling and laughing throughout the day. The music created a joyful atmosphere, and Cassie enthusiastically joined in with the dancing, showing great energy and confidence. The event also provided a lovely opportunity for Cassie to socialise, spend quality time with her friends, and make happy memories with everyone who attended. It was heartwarming to see her enjoying herself, engaging with others, and taking part in all the fun activities.



The Rave Trip Party was a huge success, and Cassie came away with lots of happy memories. She thoroughly enjoyed the experience and is already looking forward to attending more exciting events like this in the future.



On 29th June 2026, Elise and Emma enjoyed a lovely day out at Egerton Park in Bexhill, making the most of the fresh air, beautiful surroundings, and peaceful atmosphere. The weather was pleasant, creating the perfect opportunity to spend time outdoors. During the visit, they enjoyed a leisurely walk along the park's pathways, taking in the colourful flowers, well-maintained gardens, and open green spaces. Emma enjoyed watching the ducks and other wildlife around the lake, while Elise chose to sit on the benches and enjoy the calm environment. The trip provided a wonderful opportunity to connect with nature, reduce stress, and promote emotional wellbeing. The outing also provided a great opportunity for social interaction and light physical activity. The ladies appeared happy, relaxed, and engaged, smiling as they explored the park and enjoyed the calm environment.

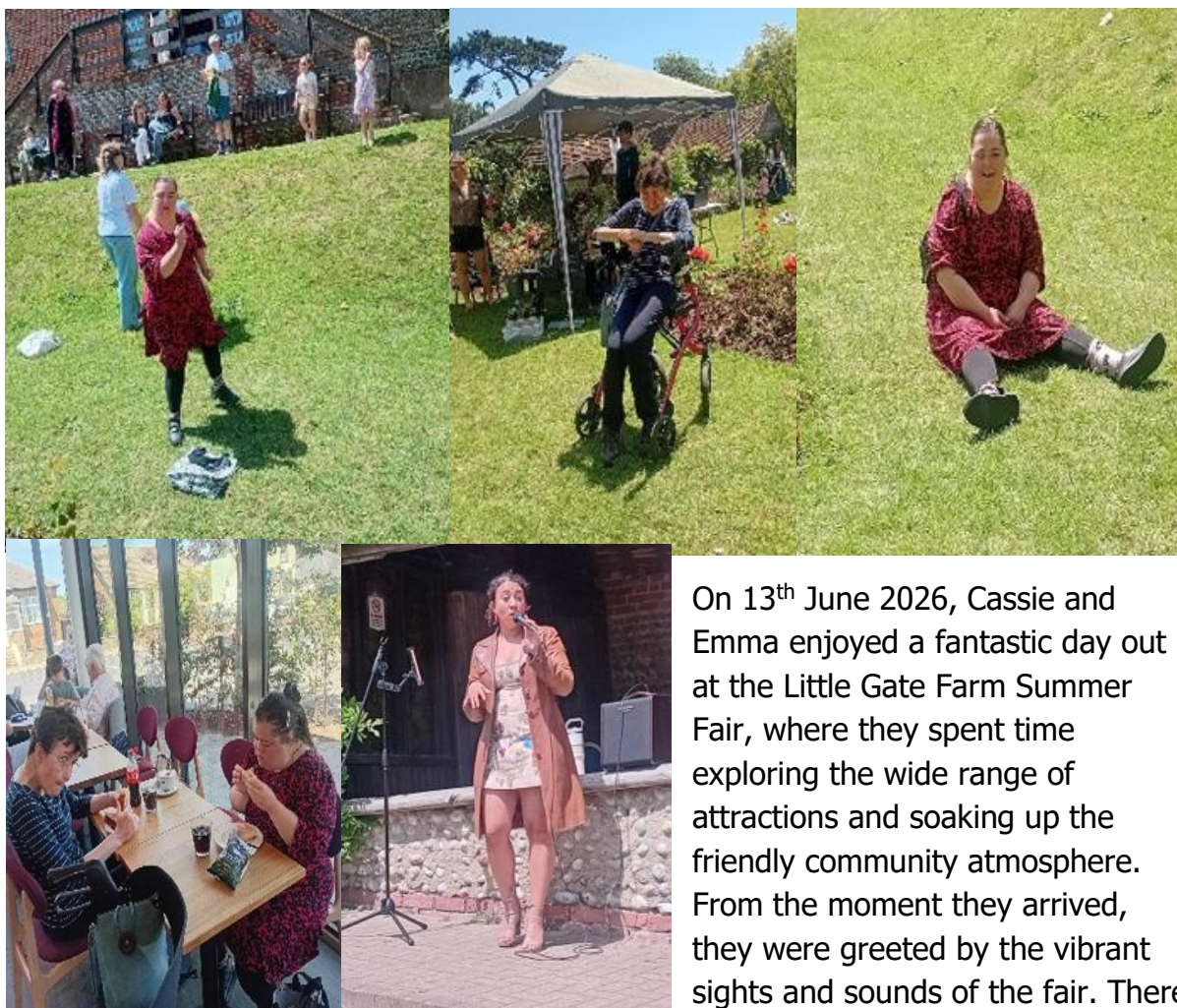
Emma independently chose and purchased a drink from café. There was time to sit in the cafe, where they enjoyed the scenery and watched families, children, and other visitors making the most of the day. The visit to Egerton Park was a thoroughly enjoyable experience for the ladies, which they enjoyed a lot.



On 10th June 2026, Sarah enjoyed a lovely walk around the local community, taking in the fresh air and the sights and sounds of her surroundings. Although Sarah is non-verbal, she communicates in many meaningful ways, and during the walk she appeared calm, relaxed, and engaged with the environment. The outing provided a wonderful opportunity for Sarah to experience the changing scenery, observe everyday community life, and enjoy time outdoors. She showed interest in her surroundings, taking in the movement of people, passing vehicles, and the natural environment.

Walks like these offer valuable sensory experiences and help promote wellbeing, independence, and inclusion within the community. Community outings are an important part of Sarah's routine, supporting both her physical health and emotional wellbeing. It was a pleasant and enjoyable outing, and Sarah returned home comfortably after spending quality time in the community.





On 13th June 2026, Cassie and Emma enjoyed a fantastic day out at the Little Gate Farm Summer Fair, where they spent time exploring the wide range of attractions and soaking up the friendly community atmosphere. From the moment they arrived, they were greeted by the vibrant sights and sounds of the fair. There

were plenty of stalls showcasing local crafts, handmade gifts, delicious treats, and fresh produce, giving everyone the opportunity to browse and support local businesses. Cassie and Emma enjoyed looking at the different displays and chatting with some of the stallholders, who were happy to share information about their products and the work they do. One of the highlights of the day was meeting the farm animals. Both ladies enjoyed seeing the animals up close and learning more about them. The live entertainment added to the festive atmosphere throughout the day. Music, games, and family-friendly activities created a lively environment where everyone could relax, have fun, and connect with others. Cassie and Emma particularly enjoyed watching the performances and joining in with some of the activities, sharing plenty of smiles and laughter along the way. The fair also provided a wonderful opportunity to socialise, meet new people, and spend quality time outdoors. The weather was kind, making it the perfect setting for a summer celebration. After exploring the stalls, enjoying refreshments, and taking part in the day's activities, the ladies returned with happy memories and lots to talk about.

Overall, the visit to the Little Gate Farm Summer Fair was a thoroughly enjoyable experience. Cassie and Emma had a wonderful day filled with fun, laughter, and community spirit.



We are delighted to celebrate Hellen's wonderful achievement and her generous act of kindness. Using her excellent knitting skills, Hellen voluntarily knitted some tiny caps for premature babies in hospital. Each cap was lovingly handmade with great care, patience, and compassion. These small, knitted hats help keep premature babies warm and comfortable during their early days, making Hellen's thoughtful contribution especially meaningful. Hellen was incredibly proud of what she had accomplished and happily shared her beautiful creations with the staff. Her smile and sense of achievement were evident as she showed everyone the tiny caps, she had worked so hard to make. This project has given Hellen a wonderful sense of purpose and fulfilment, knowing that her handmade gifts will provide comfort to some of the smallest and most vulnerable babies and their families. Her kindness is an inspiring reminder that even small acts of

generosity can make a significant difference in the lives of others. We are extremely proud of Hellen for using her talents to support her local community. Her compassion, dedication, and willingness to help others is inspiring, and we congratulate her on this wonderful achievement.



On 7th July 2026, Sarah and Elise enjoyed a lovely outing together, making the most of the beautiful day with a relaxing drive around the local area. Their journey took them to a peaceful field close to Tesco in Hastings, where they spent some quality time enjoying the fresh air and natural surroundings.

The pair took a gentle walk across the open field, appreciating the calm atmosphere and the opportunity to stretch their legs. They enjoyed the walking and along the way, taking in the sights and sounds of



nature, which made for a relaxing and uplifting experience.

Sarah and Elise returned feeling refreshed, happy, and in good spirits after spending time outdoors together.



This month, Cassie has set an exciting new goal — planning ahead and purchasing the ingredients she needs to prepare a delicious new recipe. As part of this goal, she visited the local Co-op with staff to purchase all the ingredients needed for the recipe she had chosen to cook. During the shopping trip, Cassie actively participated in selecting fresh ingredients, comparing products, and making choices about what she needed. With gentle support from staff, she followed her shopping list, located items around the store, and completed the shopping successfully. This activity helped to develop her confidence, decision-making skills, and independence in the community. After returning home, Cassie worked alongside staff to prepare and cook her chosen recipe. She took part in each stage of the cooking process, including washing and preparing ingredients, following the recipe, and safely using kitchen equipment with appropriate support. Throughout the activity, she remained engaged and enthusiastic, enjoying the opportunity to learn and develop her cooking skills.



Well done, Cassie, on your fantastic effort and continued progress towards greater independence!



Meads Street

On 18th June, Robert was supported by staff to attend his annual eye test at Specsavers in town. Before his appointment, Robert visited Starbucks to get a hot drink prior to heading to Specsavers. During the appointment, the optician carried out Robert's eye test and advised that there had been changes to his eyesight since his last visit and because of this, the optician recommended that he gets a new pair of glasses. Robert was happy to do this and looked through the range of glasses on display before choosing the pair he preferred. Robert was consenting throughout the appointment and was happy with the support provided by staff.





James and Charlotte visited The Art House with support from staff, where they had a lovely day out together and made lots of colourful memories. While at The Art House, they took part in a range of painting activities and enjoyed some hot drinks. They both had a fun day out and told staff that they had really enjoyed spending the day together.



On 2nd July, James had a wonderful day out with staff support. On this occasion, he chose to have a walk from his home to the seafront and visit his favourite ice cream parlour. James chose the ice cream he wanted and was supported by staff to make the payment. He happily posed for the camera with his ice cream before choosing to walk along Eastbourne Pier. While at the pier, James also stopped to have some photos taken near the flower garden. James enjoyed his day out in the community and was happy throughout the outing.





On 17th June, Robert was supported by staff to attend an X-ray appointment for his knee at Eastbourne District General Hospital. While waiting to be seen, Robert was happy to pose for a few photos. During the appointment, the specialist explained the X-ray procedure to him, and he appeared to understand the information provided. Robert was very obliging throughout the appointment and engaged well with the support from staff.



On 7th June, the service users who were in the service at the time joined together for the Sunday communal lunch, where they enjoyed a meal of spaghetti bolognese. After lunch, everyone shared what they had been doing over the past week and talked about their plans for the week ahead. It was a good opportunity for everyone to socialise and catch up with each other.



On 20th June, James was supported by staff to visit Sovereign Harbour for an outing. During the visit, James took the opportunity to pose for some photos around the harbour. While walking around, James shared memories of the area with staff. He told staff that he used to visit the harbour with his mum when she was alive. James appeared to enjoy reflecting on these happy memories and was happy and chilled throughout the outing.



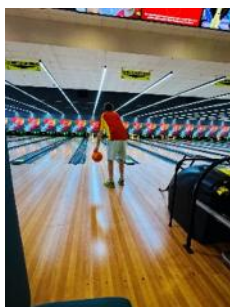
On 22nd June, James was supported by staff on an outing to the town centre. He posed for some photos in the town centre and also visited Sainsbury's in The Beacon Centre for a meal deal. He was supported throughout the visit and used the self-service checkout machine to complete his purchase. Before heading home, James also took some photos at the new public seating area inside The Beacon Centre. James shared with staff that he had a wonderful day.



James enjoys visiting the town on his meal deal days. He once again chose to visit Sainsbury's in The Beacon Centre, where he decided what he would like for his meal deal. James used the self-service checkout machine with support from staff to complete his purchase. After that, he walked around the centre and posed for some photos.



On 25th June, Glen and Aaron were supported by staff to visit Tenpin Eastbourne for their usual Thursday bowling outing. Aaron shared with staff how much he enjoys bowling and happily posed for some photos. After the game, Aaron enjoyed his favourite meal of a cheeseburger with chips and a Pepsi. Glen also posed for a photo by the arcade machines. Both Glen and Aaron appeared to enjoy their outing.



On the 20th of June, Charlotte was observed and supported by staff to deep clean her flat. She showed enthusiasm while cleaning her toilet and bathroom sink. After completing her housework activities with staff support, Charlotte was supported to prepare her lunch. Well done, Charlotte!



On the 27th of June Charlotte was supported by staff for her eye test appointment at Queen Victoria hospital where she chose her new glasses on her doctor's advice. Charlotte was very excited to try new designs and posed for the camera.

Aaron has done really well throughout this academic year and has received his end-of-year certificate from college. He was very proud of himself and happily showed his certificate to staff when he returned from college at the end of term. As part of building Aaron's independence and confidence in his daily living skills, he has been independently using public transport to attend college, which is a great achievement. He has also participated really well in his World Kitchen class and has clearly enjoyed the experience. Well done, Aaron! You should be very proud of yourself!





Charlotte has made good progress with accepting staff support when preparing her weekly menu plan and completing her online food shopping. Staff have been supporting Charlotte to make healthier food choices and include a more balanced diet in her weekly meals. Wednesday is Charlotte's usual day for planning her weekly menu and ordering her online food shopping. This week, Charlotte worked well with staff and posed for a few photos while completing her menu plan and online shopping.



Glen had a wonderful camping trip with his family over a weekend. He shared some lovely photos with staff from his trip, and it was nice to see the special moments he enjoyed with his family. It looks like Glen had a really good time and made some lovely memories with his family.



Glen enjoys visiting the CEX shop every Monday before going to the cinema. He likes browsing through the different DVDs on the shelves and takes his time looking at the choices available. With support from staff, Glen chooses the DVDs he would like to buy. This is something Glen enjoys as part of his usual Monday activities.



James enjoys spending some time participating in indoor activities with staff. During one of his hourly catchups in the office, James took the opportunity to do some colouring with staff, which is something he enjoys. James posed for a few photos and shared some happy memories with staff. It was nice to listen to James as he shared these memories while enjoying the activity.



Glen posed for a few photos with staff on his way to the cinema to watch the "Moana" movie. Glen also posed for some photos inside the cinema while enjoying the film with his Pepsi Max and hot dog.



On another occasion James also visited the cinema to watch the film "Moana".



On 9th July, Aaron was supported by staff to go to the cinema to watch the film "Minions". Before heading to the cinema, Aaron stopped at McDonald's and bought himself a burger, chips and a drink. Aaron then made his way to the cinema and posed for a few photos while enjoying his day out and making some lovely memories.



35 Barnhorn Road



Amelia and Pinar had a wonderful day out in Hastings. They enjoyed a lovely walk along the seafront, taking in the scenery and stopping for several photos along the way. They also had a Turkish lunch together, which they thoroughly enjoyed.





At college Amelia had her final Cooking for Independence session. She has thoroughly enjoyed taking part throughout the year, developing her cooking skills and confidence in the kitchen. Amelia has gained a lot from the course and has always approached the sessions with enthusiasm. Well done, Amelia!



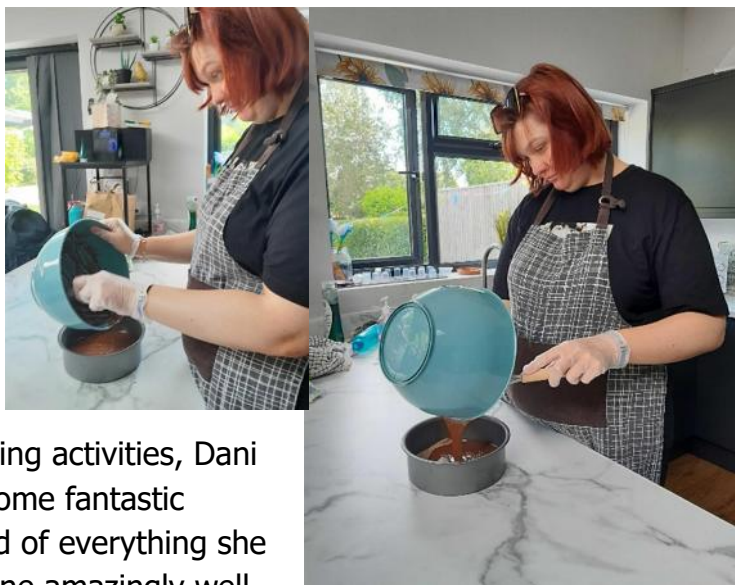
Dani and Amelia also had their final Drama and Dance session. Both have achieved so much throughout the year, showing great dedication, confidence, and enthusiasm in every session. They have developed their performance skills, built their confidence, and embraced new challenges along the way.



Amelia and Evie are part of the Boathouse Theatre Arts Group in Hastings and have both been working incredibly hard in preparation for their upcoming summer show. They have been actively participating in rehearsals, showing great enthusiasm, commitment, and confidence throughout.

It has been wonderful to see their progress as they develop their performance skills and work together as part of the group. Both Amelia and Evie have been doing exceptionally well and should be very proud of their efforts.

Dani has been enjoying cooking and baking over the past month and has learned so much along the way. She has shown great enthusiasm and willingness to try new skills, growing in both confidence and independence in the kitchen.



Throughout her cooking and baking activities, Dani has worked hard and achieved some fantastic results. She should be very proud of everything she has accomplished, as she has done amazingly well and continues to make excellent progress. Well done, Dani!





Evie and Izzy chose to bake some cookies together and had a fantastic time doing so. They followed the recipe well, worked safely in the kitchen, and showed great teamwork throughout the activity.

Both Evie and Izzy were enthusiastic and engaged, taking pride in their baking and enjoying the process from start to finish. Their cookies turned out wonderfully, and they were delighted with the end result. Well done to both of them for their hard work and positive attitude!



Pinar and Amelia attended an Elvis tribute show and had a fantastic time. They thoroughly enjoyed the performance, singing along to their favourite songs and getting up to dance throughout the event.

Both were fully engaged and had lots of fun, sharing plenty of smiles and laughter along the way. One of the highlights of the day was having the opportunity to have their photo taken with "Elvis" himself. It was a wonderful outing, and both Pinar and Amelia had an amazing time.





Izzy has been helping to care for the garden by watering the strawberries and sunflowers in the evenings. She has shown responsibility and commitment, making sure the plants are looked after and given the care they need to grow. It has been wonderful to see her nurturing the plants and watching them thrive. Her efforts have contributed to keeping the strawberries and sunflowers healthy, and she should be very proud of the care and dedication she has shown.



We had an 'Italian Day' at 35, which was enjoyed by everyone. Staff members Lauren and Naga prepared a delicious homemade food, making a traditional carbonara and a tasty mushroom risotto for everyone to enjoy.



Staff member Lucy painted Kiri's nails a lovely shade of red. Kiri enjoyed taking part in the pampering activity and was pleased with the finished result. She sat patiently while having her nails done and appeared happy and relaxed throughout. The bright red colour suited her beautifully, and she proudly showed off her freshly painted nails afterwards.



For Kiri's last day at college, there was a party planned to celebrate the occasion. Kiri wanted to contribute by taking in some food to share with everyone, and she chose to make a vegetable pasta dish.



Kiri chose to go shopping using the bus and was excited to travel independently as part of her outing. She was involved in planning the trip and enjoyed the experience of using public transport to reach the shops.

Kiri was involved in the preparation, helping to select the ingredients and make the pasta. She showed enthusiasm and independence throughout the activity and was excited to bring her homemade dish to the party. The vegetable pasta turned out very well, and



Kiri was proud to share it with her friends and staff as part of the celebrations. It was a lovely way for her to mark her final day at college and celebrate all she has achieved. Well done, Kiri!

Pinar celebrated her birthday on the 14th of July with a wonderful BBQ at home. Her brother came to visit and brought lots of delicious food, including burgers, sausages, koftas, and chicken for everyone to enjoy.

After the BBQ, Pinar continued the celebrations by taking part in a fun karaoke session with some of the other ladies at 35. Everyone enjoyed singing along to their favourite songs, creating a happy and lively atmosphere. Pinar appeared to have a fantastic time celebrating with family and friends, surrounded by good food, laughter, and great company.

It was a lovely way to celebrate her special day, and everyone helped make it a memorable occasion.



Happy Birthday, Pinar! We hope you had a wonderful day and enjoyed every moment of your celebrations.



Dani had an amazing day out in Rye supported by a member of staff. She enjoyed exploring the town, taking in the sights, and spending time out in the community.

Throughout the day, Dani was happy, engaged, and enthusiastic, making the most of the outing. One exciting highlight of the trip was seeing a wedding taking place while they were in the town. Dani enjoyed watching the celebrations and was interested in seeing the bride and guests, which made the day feel even more special.

Pinar, pictured right, had a lovely lunch out in Bexhill and thoroughly enjoyed the experience. She was happy and relaxed throughout the outing and enjoyed spending time in the community.





102 Victoria Drive

On Friday the 19th of June, Chloe, Pam, Rachael and Chrissy all chose to attend the Chalk Farm summer disco. They had fun socialising with all their friends and dancing along to all the summer tunes! Everybody enjoyed a nice cold diet coke to keep them hydrated whilst dancing the night away as well as fuelling up on a variety of buffet foods. Everybody said they had a great night and can't wait until the next disco.



On Saturday 20th June, Pam, Rachael, Chloe and Chrissy all chose to go to Sovereign Harbour to explore the Nao Santa Maria ship that had docked there. It is a full-scale replica of the ship that Christopher Columbus sailed on when he discovered the Americas. There was a long gangplank to walk up and some steep steps, but they all did very well to navigate this with some help from staff and each other. Chloe and Rachael chose to explore the whole ship, climbing even more steep steps, whilst Chrissy and Pam chose to stay on deck and have a look at all the artifacts displayed there. Chloe, Pam and Rachael also enjoyed watching over the rails at the other boats coming into the harbour. Rachael said her favourite part was going below deck where they had a video showing how the boat was made; whilst Chrissy enjoyed using the large metal megaphone that he found on deck, which Pam also thought was great fun. Chloe couldn't choose her favourite part, saying it was all good.





On Sunday the 21st of June, Pam chose to visit the Cat Café. She enjoyed spending her time stroking and playing with the cats. Pam chose to have a chocolate brownie and cappuccino and chatted to staff whilst there. She also enjoyed watching the cartoon cats on the TV alongside the real cats.



Everybody has been working hard this month to improve their kitchen skills. They have been helping to prepare their meals, chopping ingredients, traying up items to go in the oven, independently using the microwave with observation to heat breakfast and lunch items and helping to carefully add ingredients and stir items on the stove with support.



All of the service users have been working on making healthier food choices this month, and Chloe has even chosen to create a healthy snack chart for her evenings. Everybody has also been working on keeping the kitchen clean and tidy by sweeping the floors and emptying the dishwasher; as well as helping at evening mealtimes to lay the table. You are all doing a fabulous job. Well done!

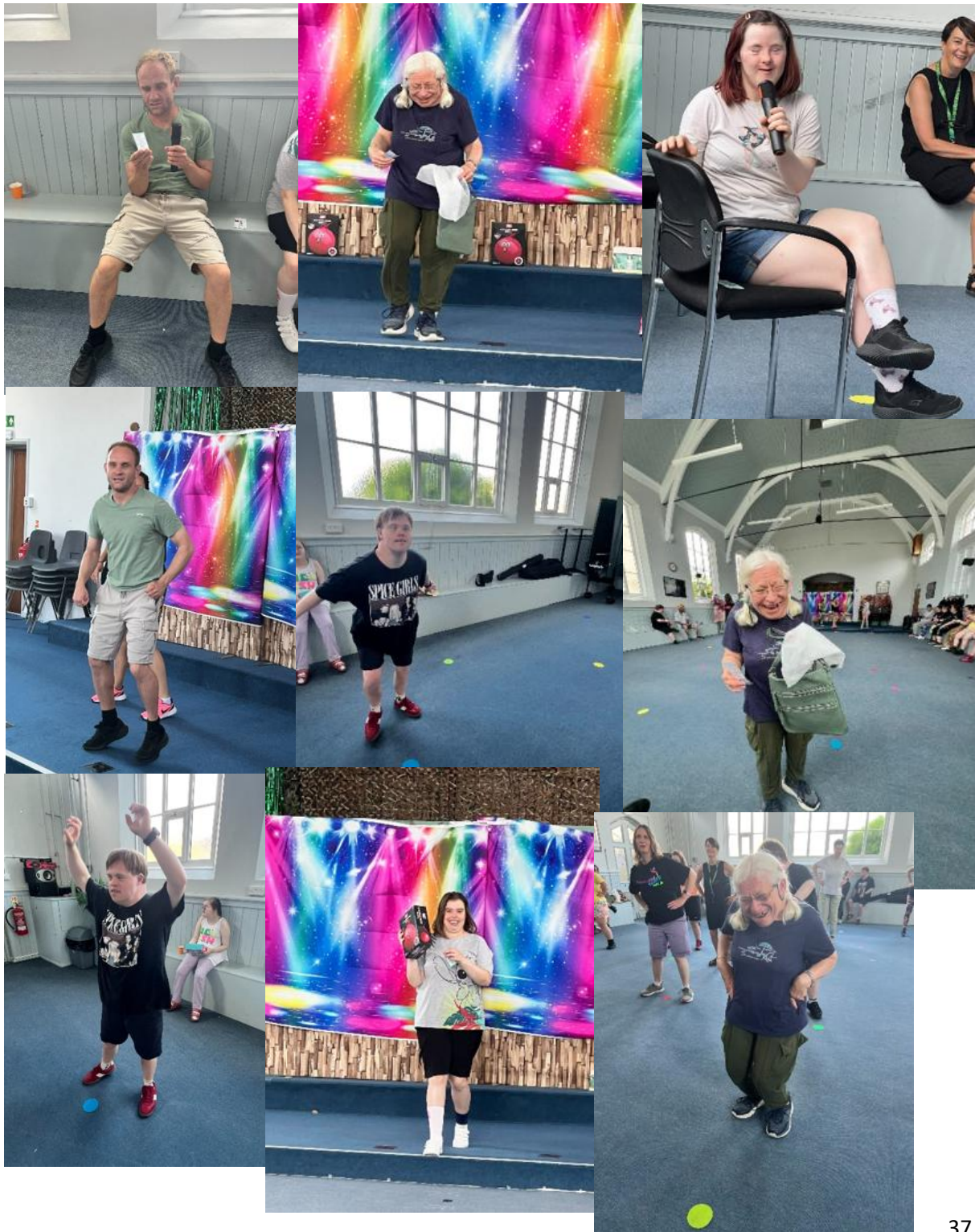




On Friday the 26th of June, Matt went for a walk around the harbour and chose to go on a boat ride. He made sure he had plenty of sun lotion on and then enjoyed the cool sea breeze as the captain told him information about the local area and pointed out the various places as he sailed past. Matt followed safety instructions well whilst on the boat embarking and disembarking calmly and staying seated throughout the journey. He said he liked seeing the fish and couldn't stop talking about his trip all day. Supporting staff did however say that being the thrill seeker he is, Matt wished the boat had been a bit faster and kept asking the captain to speed up!

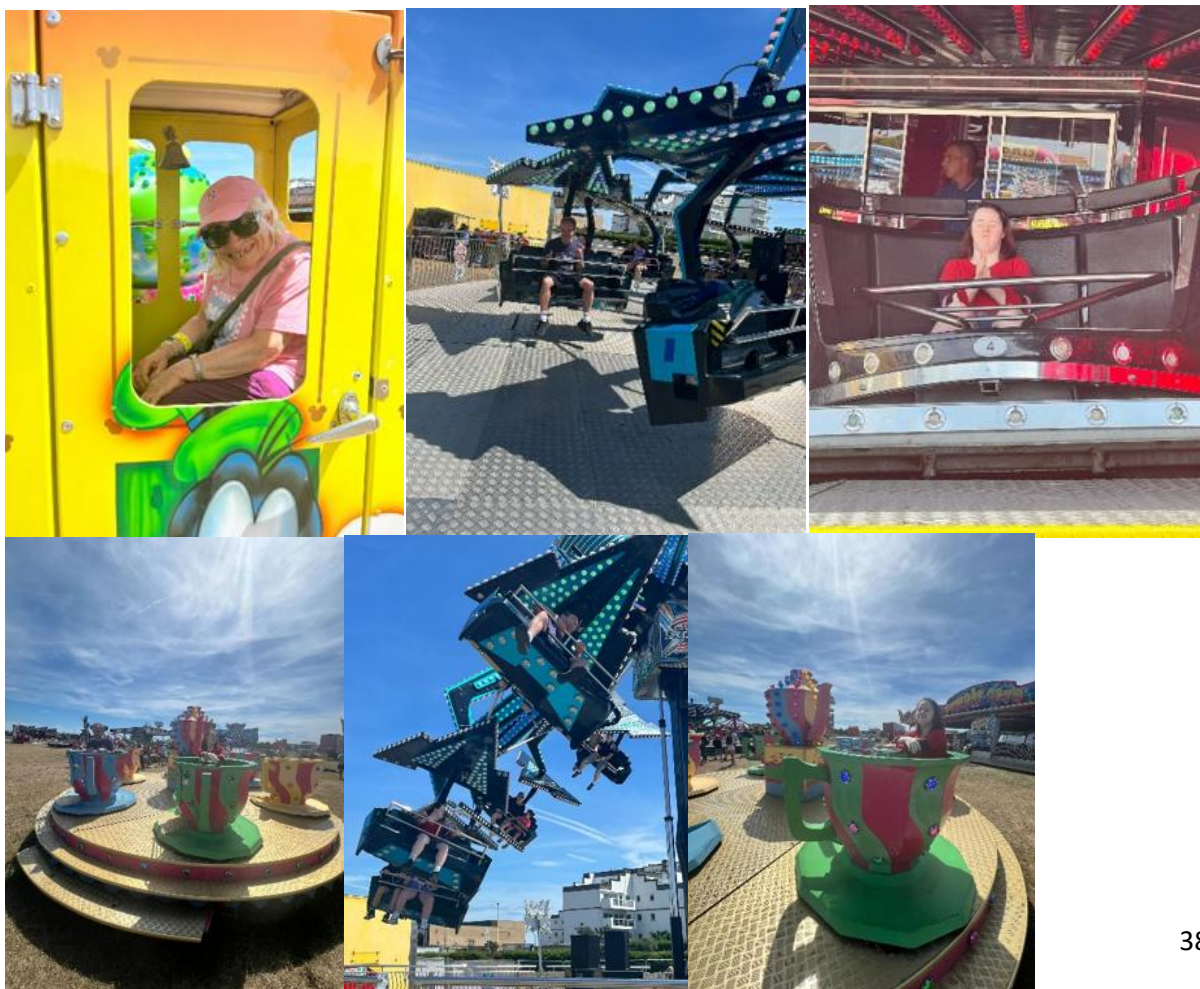


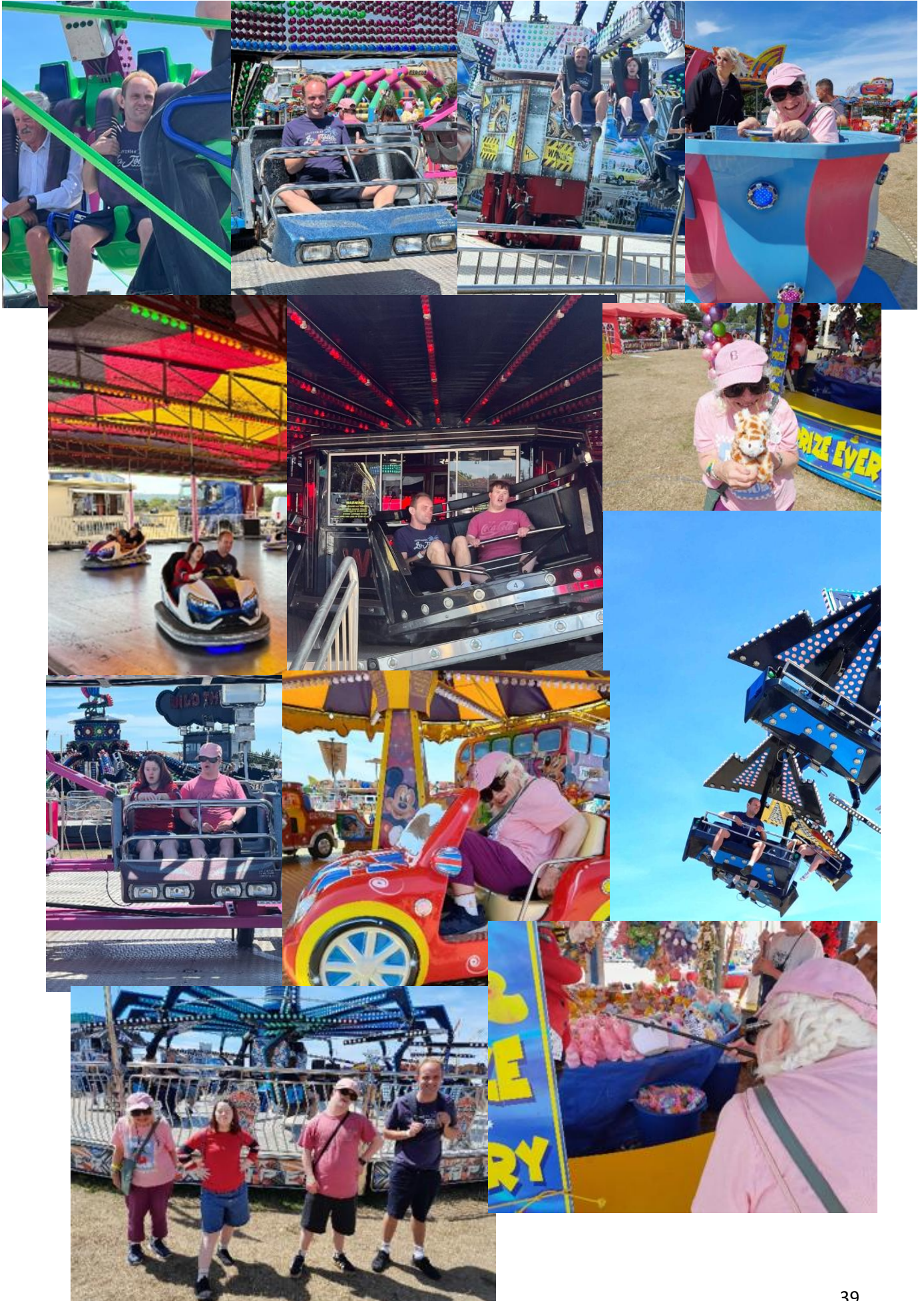
On Saturday the 27th of June all of the residents chose to go to a 'Swooga' fun day. It combined Swoove and Yoga sessions which everybody enjoyed joining in with. They all also chose to take part in the raffle and were excited to win a variety of different prizes. Matt and Rachael asked to help call out the raffle numbers over the microphone and found this very exciting. Whilst there, the Swoove instructor also asked if they would like to purchase some t-shirts that they can wear for their Thursday sessions which everybody agreed would be a great idea. Staff supported them to order the correct sizes, and they can't wait to see how smart they look when they arrive!





On Sunday the 5th of July Matt, Rachael, Chrissy and Pam chose to visit the funfair at Princes Park. Matt really enjoyed all the fast rides that went up high, whilst Chrissy and Rachael were keener on the fast rides that remained closer to the ground. Pam chose to go on some of the slower rides and also enjoyed winning a teddy on the hook-a-duck stand. All the residents were far braver than the staff, who helped them on and off the rides, made sure they understood the safety instructions, checked they were safely buckled in and then cheered them on from the sidelines. They were also all supported to watch the rides in motion first so they could make an informed choice as to whether they thought they would enjoy it before queueing to go on it. Everybody had a great time and are excited for their next visit!





On Saturday the 11th of July everybody chose to go to the bandstand together to watch an ABBA tribute. A good time was had by all, with lots of singing and dancing. It was a lovely evening, and everybody chose to have a nice refreshing drink to keep themselves hydrated.





116 Barnhorn Road

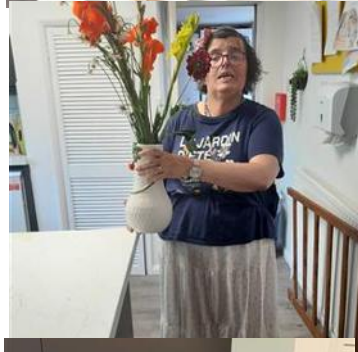
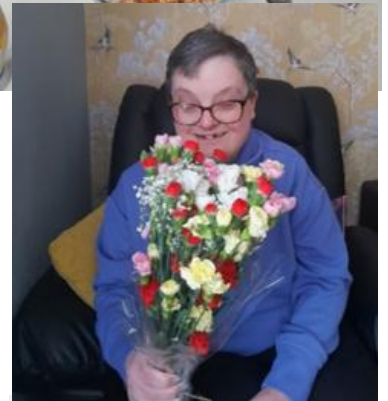


At 116 we have been making the most of the lovely weather, with plenty of sun cream to keep us protected! We've been enjoying the sunshine while visiting a variety of fantastic outdoor locations, taking in the fresh air and beautiful surroundings. We even spent some time watching the ducks – and learned that bread is no longer recommended for them, as there are healthier foods they can enjoy instead!

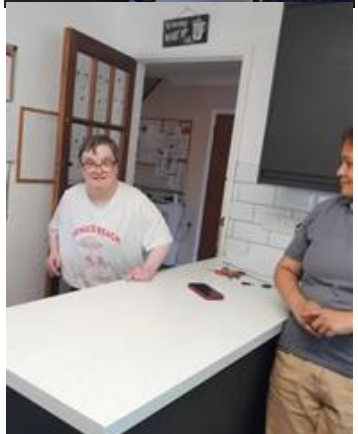




During the extreme heat, getting outside hasn't always been practical, so we found plenty of ways to keep cool indoors. We switched on the fans, enjoyed refreshing drinks with ice, spent quality time together socialising, and took part in a range of engaging indoor activities. Most importantly, we have made sure everyone stayed safe, comfortable, and cool throughout the hottest days.



We have also been enjoying a variety of cooking activities. Not only did we have great fun preparing different dishes, but we thoroughly enjoyed eating our creations too! From mixing ingredients to tasting the finished results, the whole experience was enjoyable. Even the clearing up afterwards brought plenty of smiles and laughter, making it a fun activity from start to finish.





Valley View Barn

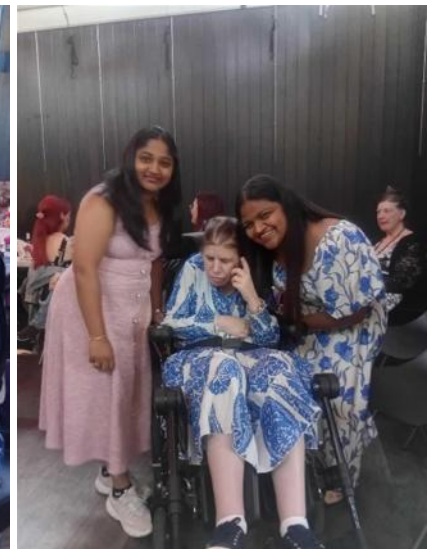


This month Jordan and Tanzy have made good use of the warm weather and decided to spend an afternoon at Hampden Park. They both took great pleasure looking at the ducks in the pond and before returning to the barn, they both enjoyed a drink and an ice cream.





David, Stephen, Clare and Billie-Jo decided to spend the afternoon at the local café, where they all had the benefit of socialising with each other whilst enjoying a hot drink.



Amy attended her parents wedding anniversary party and dressed nicely for the occasion. Amy had a lovely time, enjoying the buffet, the music and watching everyone dance along.

Amy the singer returned to the Barn for a music afternoon. Everyone joined in with the singing and could not stop dancing! All involved are very much looking forward to having Amy back in the future for some more great singing!





Due to the recent hot weather, Elaine decided to stay at home but took the opportunity to practice some bowling and play with the big connect 4 in the garden.



Again, due to the recent heatwave, the residents decided to have an activity afternoon indoors where it was a little cooler. Some decided to play the big connect 4, whilst others decided to play football in the dining room!



David, Billie-Jo and Stephen all took the opportunity to walk to the local golf club where they enjoyed a nice refreshing drink and a well-deserved slice of cake!



Jordan and Tanzy were both supported to Hampden Park by Jo and Maggie, where they decided to have a picnic. Both Jordan and Tanzy thoroughly enjoyed spending time outside whilst tucking into a variety of nibbles and look forward to their next picnic!

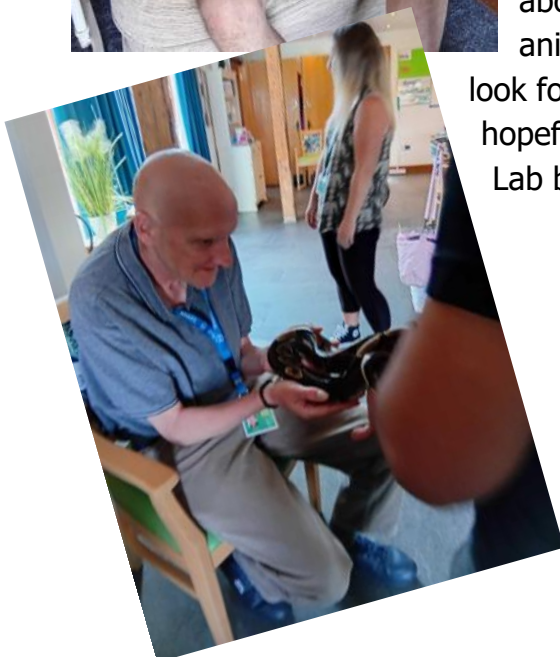


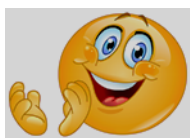


Valley View Barn had Zoo Lab arrive for a morning session, where they had a variety of animals and insects for everyone to stroke or hold. Everyone involved was very intrigued to learn about each animal/insect and



look forward to hopefully having Zoo Lab back soon.





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 July 2026:



Shams Rubaiyat Tabassum; Shams joined QRC Dom Care in June 2023. Shams has stepped up, not only as a key worker, but also by willingly completing other tasks when asked by the Registered Manager. Shams ensures person centred care is maintained at all times by supporting individuals with dignity, respect and compassion, while promoting their independence, choices and wellbeing. She is proactive and willing to take on additional responsibilities to support both the service users and the team.



Natasha Burrridge; Natasha joined QRC Dom Care in March 2022. Natasha works diligently to ensure the smooth running of the service at Victoria Drive. She puts strategies and support plans in place so that service users receive effective, person-centred support. She ensures that any required actions requested are completed promptly when she is on shift. In addition, Natasha has also been a great support to the new service coordinator and supporting the other services with infection control improvements. Natasha is a valuable asset to the team.



Cerin Moses; Cerin joined Valley View Barn in June 2023. Cerin continues to work to a high standard respecting all those that she supports and cares for with compassion and dignity. The service users speak highly of Cerin and the way in which she supports them. Recently Cerin has been taking on new roles within the home, improving upon the documentation that is required over the past month, ensuring that the running of the service is kept to a high standard and all are supported in a proactive manner.

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.



Qteesha Hagger – 5 years' service. Qteesha has worked for QRC Dom Care for the past five years, primarily based at 116 Barnhorn Road. She is a highly valued member of the team, who has grown since first joining the team, demonstrating a strong commitment to promoting choice and delivering person-centred care. In addition, she actively supports and mentors' newer staff, contributing positively to team development and service quality. Thank you for your hard work Qteesha!



Adheena Anitha - 3 years' service. Adheena has been a valued member of the Valley View Barn staff team for the past 3 years. Throughout this time, she has been consistent and dedicated within her role ensuring that the service users best interests are always at the forefront of her role. Adheena's professionalism and compassion make a real difference to the service. Thank you Adheena!



Kelly Udogie - 3 years' service. Since working at Valley View Barn Kelly has become a well-respected member of the team, who has received many a positive comment from the service users he supports, stating that his level of care is very inclusive and that he continues to maintain dignity and kindness when completing his tasks. Thank you, Kelly, for all your hard work at Valley View Barn.



Jeanette Belfield – 5 years' service; Jeanette has been a great asset to the QRC team, she is confident in her abilities and consistently demonstrates a strong work ethic across both Victoria Drive and Meads Street services. She adapts her approach effectively to meet the individual needs of the people she supports, ensuring person-centred care at all times. Jeanette follows support plans carefully and actively promotes independence, choice, and dignity in her interactions with service users, encouraging them to make their own decisions and achieve their personal goals. Thank you, Jeanette for your hard work and commitment to QRC.



Solomon Adi – 5 years' service; Solomon has been a valued member of QRC for the past five years and has consistently demonstrated commitment and reliability in his role. Recently, he has stepped up to take on senior responsibilities, showing confidence and a willingness to support both colleagues and service users. Solomon is dependable, works well as part of the team, and approaches his duties with professionalism and confidence, making him a trusted and respected member of the workforce.



Staff Training

Congratulations to staff in the Vicotria Drive service for completing their annual refreshers in Insulin Administration. This task is delegated to our support staff team by the district nurses to support a service user to have their insulin administered every day. Staff have received in depth online and face to face competencies with the district nurse team to ensure they are fully competent in this task.



Well done to staff at Valley View Barn who have recently attended a refresher Acquired Brain Injury training, this training reminds staff of the effects a brain injury can have on an individual including the effects that cannot be seen, for example emotional, cognitive and behavioural effects. It gives staff ideas on how to think outside the box and support service users, to increase independence, encourage new skills and offer empathy to those who may be grieving for the person they once were and the life they once had.



Amy would like to thank staff for continuing to work hard to complete online training at home and in service. Amy is looking forward to delivering refresher First Aid Skills training, Alzheimer's training and Food Hygiene training throughout August.



Puzzle Time

Hope everyone enjoyed watching and celebrating the FIFA World Cup 2026 tournament! Made even better with England making it through to the Semi Finals! Why not have a go at finding the teams who made it into the final 16, from the starting 42 in the wordsearch below:

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

Canada
Brazil
USA
Argentina

Morocco
Norway
Belgium
Egypt

Paraguay
Mexico
Portugal
Colombia

France
England
Spain
Switzerland

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