

Welcome to the QRC Newsletter for August, 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



Caitlin enjoyed a lovely day out with staff at the Ravenside Retail Park. She had the opportunity to do some summer shopping and chose some new clothes and a pair of shoes. Caitlin appeared to enjoy looking around and taking her time to choose items she liked.

After doing some shopping, Caitlin stopped for lunch at a burger van, where she enjoyed a bacon cheeseburger before continuing with her day.





Overall, Caitlin had an enjoyable and productive day, purchasing some new summer items while also having the chance to enjoy lunch out and spend quality time with her support staff.



This month, Maria and staff decided that it was time to purchase some new activities for her and her peers to enjoy together. Maria chose to travel to the shops by bus, giving her the opportunity to enjoy some independence and spend time out in the community with staff.

They first stop was Tesco, where Maria enjoyed looking around and chose a lovely new dress for herself. As it was a particularly warm day, Maria also treated herself to a cold drink and a pastry, which she enjoyed in the café whilst taking a break to cool down.

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Once Maria had finished in the café, she and staff continued their shopping trip to B&M. Maria put lots of thought into choosing some new and exciting games and activities that she felt she and her peers would enjoy together. She took her time looking at the different options and was keen to choose activities that everyone could have fun with!





Maria W found the bubble gun very amusing!



The ladies at 116 have also been enjoying creating new meal ideas for their weekly menus. During their monthly service user meeting, each lady had the opportunity to choose some of their favourite foods to include in the upcoming meal plans. It's been a great way for everyone to have their say and enjoy meals they love!



This month, Maria D and Caitlin have continued to enjoy going out for their regular walks. They have been working hard to maintain their health and fitness goals, keeping active while enjoying some fresh air and time together.



This month, Maria W also joined them on their walks, making it a great opportunity for all three ladies to spend time together, stay active and enjoy being out in the community. They have continued to show great motivation and enthusiasm towards keeping fit and healthy.



This month, Maria D and Maria W enjoyed a lovely day out exploring Eastbourne Harbour. They took their time enjoying a relaxing stroll along the harbour, taking in the beautiful views and watching all the boats coming and going.



After their walk, the ladies found the perfect spot to stop for lunch and enjoyed a delicious fish and chip meal together. They had a lovely time sitting down, enjoying their food and taking in the surroundings.



Once they had finished lunch, Maria D and Maria W continued with their day by visiting Asda, where they chose some useful items for the home. It was a lovely day out for both ladies, giving them the opportunity to enjoy the community, make their own choices and spend quality time together.



Valley View Barn

This month has been a very hot month at Valley View Barn however that has not stopped the hard work! Jamie has spent time putting together the new cleaning trolley with staff member Josh. Thank you for your assistance, Jamie, it is very much appreciated! 😊





With the lovely hot weather, everyone at Valley View Barn felt it was the perfect opportunity to whip out the BBQ for lunch and have a nice time altogether, socialising and relaxing in the sunshine and tucking into lovely burgers and hot dogs.



Casey and Charlotte decided to stop off at an ice cream parlour to enjoy an ice cream before returning to Valley View Barn following their time at their day service. As you can see, they thoroughly enjoyed their ice creams!





Happy Birthday Billie-Jo! 😊

This month, Billie-Jo celebrated her birthday and decided to go out to the Harvester for lunch with her peers, Julia, Stephen, Jamie and Jeremy. Upon returning to Valley View Barn, Billie-Jo opened her presents and enjoyed a chocolate cake which she shared with her peers. All of us at Valley View Barn hope you had a lovely day Billie-Jo!



Jeremy had a visit from his daughter Alice, grandson Jesse and a new arrival, another grandson who is called Isaac. Jeremy was overjoyed to meet Isaac and looks forward to seeing his daughter and grandchildren again very soon.

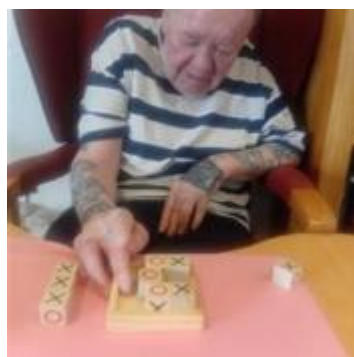


Each morning Stephen likes to take part in the exercise routine on TV and on one occasion this month he was joined by his peer Charlotte and staff member Bev – looking good guys!

During this month we celebrated another birthday at Valley View Barn and this time it was Jordan's turn. Jordan had a fun filled weekend with her family and she also enjoyed going out for dinner at Pablo's with her peers, where there was plenty of cake to go around. Hope you had a lovely weekend, Jordan!



Happy Birthday Jordan! 😊



At Valley View Barn due to the hot weather there have been many indoor activities where everyone has been trying to keep cool. As you can see, we have some masters of activities:

David – Champion of the Board Games

Stephen – Lego Champion

Casey and Amy – Colouring Champions

Elaine - Champion of Ball Games





Elaine loves to go on walks in the countryside, and this month has been no exception, each time Elaine goes on a walk she seems to encourage others to join her, this month Jeremy, David and Rohan tagged along to get some much-needed fresh air and exercise. Well done and keep it up Elaine!



David completed his goal this month of sorting out his room and purchasing himself a new wardrobe which he appeared very pleased with, next on his list is a new TV! Well done David and we hope we get to hear a tune from the guitar soon!

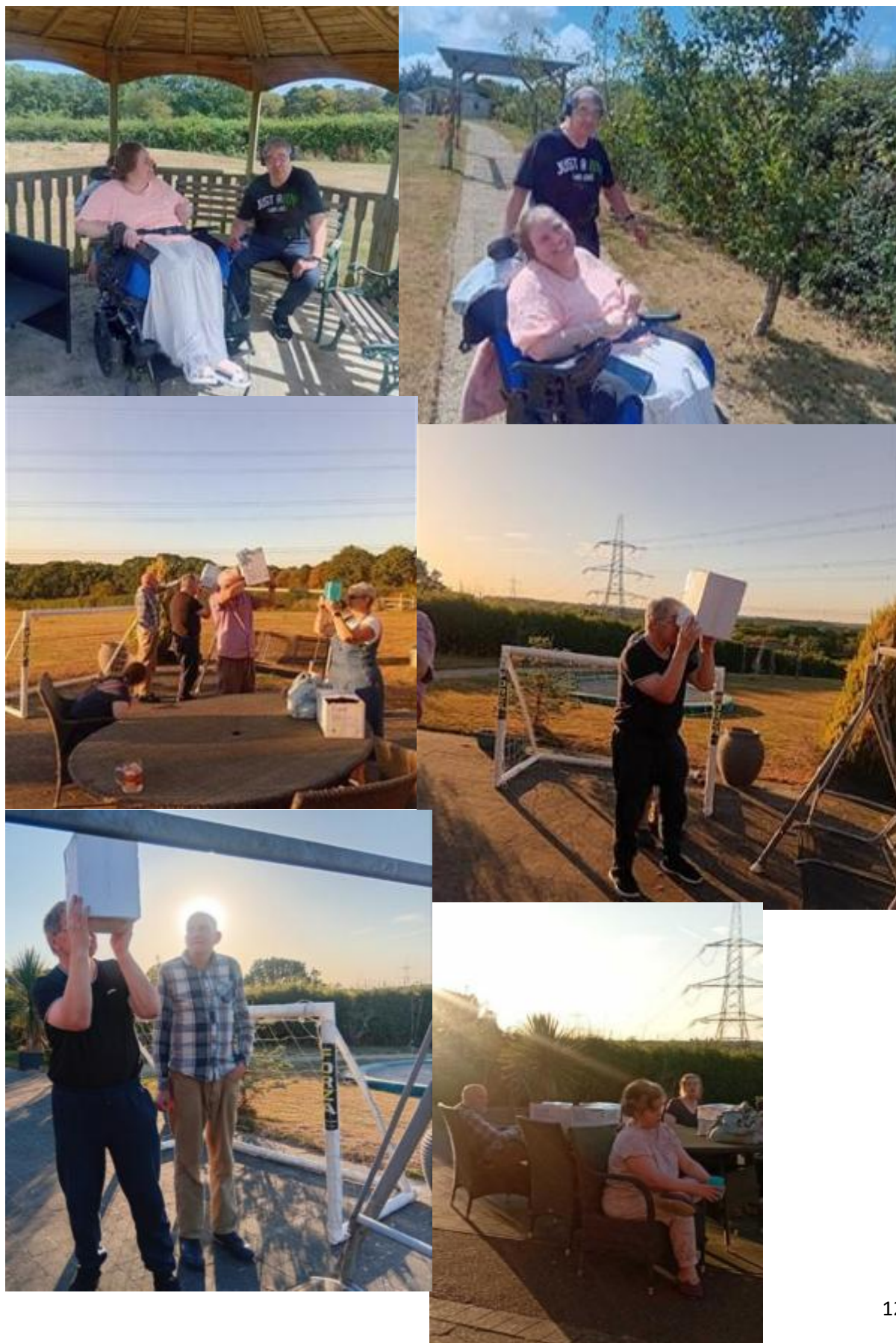
At Valley View Barn the main trip that everyone likes to do is to go for a coffee and a snack at the local garden centre or at Costa Coffee and during this month Amy, Tanzy, Jordan, Billie Jo and Stephen enjoyed the trip out to these venues! You do look like you're enjoying those crisps, Amy!



Everyone was happy to see Amy's Magical Music Moments return to Valley View Barn this month! A lot of singing took place and most of all fun was had by all – Thank you Amy for coming to Valley View Barn and letting us use your microphone!



Lastly, at Valley View Barn Jeremy, Jamie, Casey, Jordan, Stephen, Charlotte and Charlotte's parents sat in the garden waiting for the solar eclipse to take place, all having made boxes to watch the event safely; everyone socialised on the patio and had a good time – the staff also appeared to enjoy the experience very much.





102 Victoria Drive

On the 18th of July, Pam, Matt, Rachael, Chloe and Chrissy all chose to go on an outing to the theatre together to watch Mamma Mia. They got the bus into town and chose to have a drink in the theatre bar with each other before heading into the auditorium to find their seats. Everybody thoroughly enjoyed the performance and could be seen dancing in their seats to all the ABBA songs. After the show they were all very enthusiastic talking about the show on the bus journey back home.



On Monday the 20th of July Matt chose to go on a bus ride to Seaford. He enjoyed a walk in the sunshine whilst there and also requested to use the outdoor gym equipment. Matt enjoyed his time exercising by using various machines. Matt also chose to stop at a café for a cup of tea before heading back to Eastbourne on the bus.



During her walk to the day centre on the 22nd of July Pam was excited to be followed by a friendly cat. She stopped to give it some attention, and the cat came towards her for some strokes. Pam was delighted. What a great way to start the morning!



On Thursday the 23rd of July Rachael chose to go for lunch at the local café, where she independently ordered and paid for her own lunch of a tuna panini, crisps and a diet coke. After lunch Rachael chose to go for a walk to the local park with her doll Ollie and enjoyed spending some time using the play equipment there. Staff also got a good work out whilst there when Rachael requested, they use the other side of the seesaw so that she could enjoy this.



On Thursday the 23rd of July everybody attended their Swoove dance exercise session after dinner. They had a great evening and participated well despite the heat. Rachael and Pam won certificates for their lovely Swoove moves. Well done ladies!



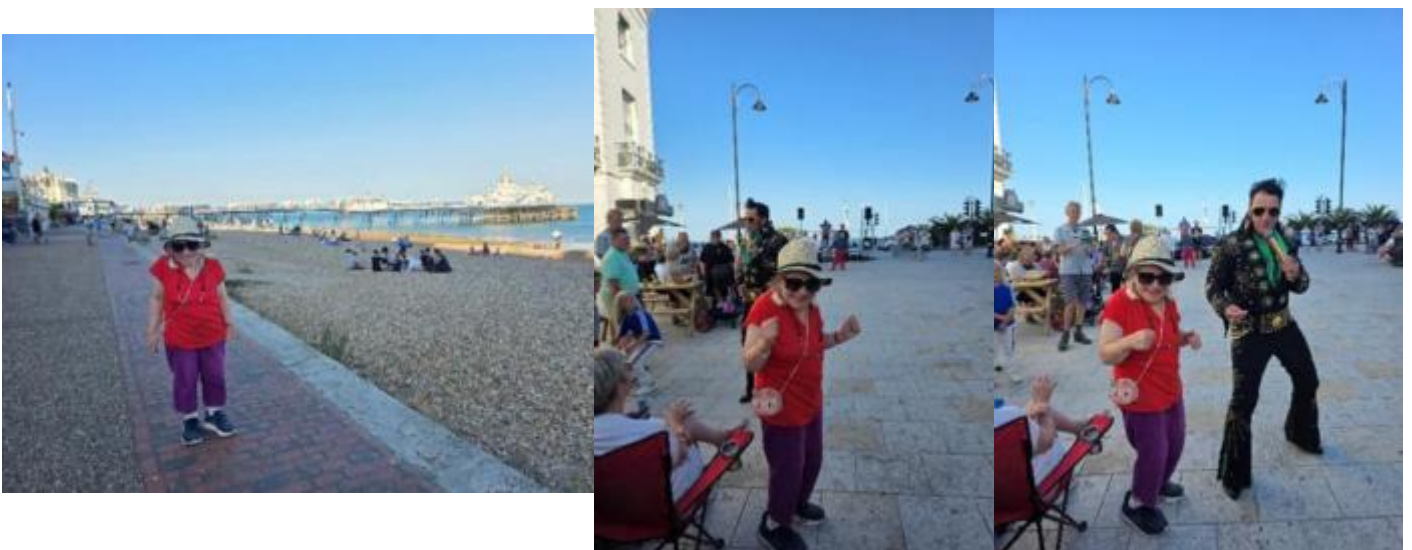
On Saturday the 25th of July Rachael, Chloe, Matt and Pam all enjoyed taking part in their fortnightly yoga session. As you can see from the pictures their instructor Carlene ensures that all moves are inclusive and everybody can join in, in a way that works for them. The sessions have been helping everyone with both mobility and concentration, and they enjoy using the sound bowl to help them relax and focus.



On Sunday 26th of July Matt went to the bandstand to watch a Michal Jackson Tribute act. Matt chose to go to the bar first to purchase some refreshments, then chose a seat to relax in before the show started. Matt enjoyed listening to the music and was clapping along. He got up to dance for one song but decided to enjoy the show from the comfort of his seat for the rest of the songs. Matt said he enjoyed the event, although he was visibly tired by the end of the evening as he had already had an action-packed weekend.



On Wednesday the 29th of July Pam chose to go for an evening walk to the seafront where she stumbled upon some live music in the street. Pam was excited to find out that it was an Elvis Tribute act and enjoyed spending the evening dancing along to all the songs. 'Elvis' came to dance alongside Pam which made her very happy.



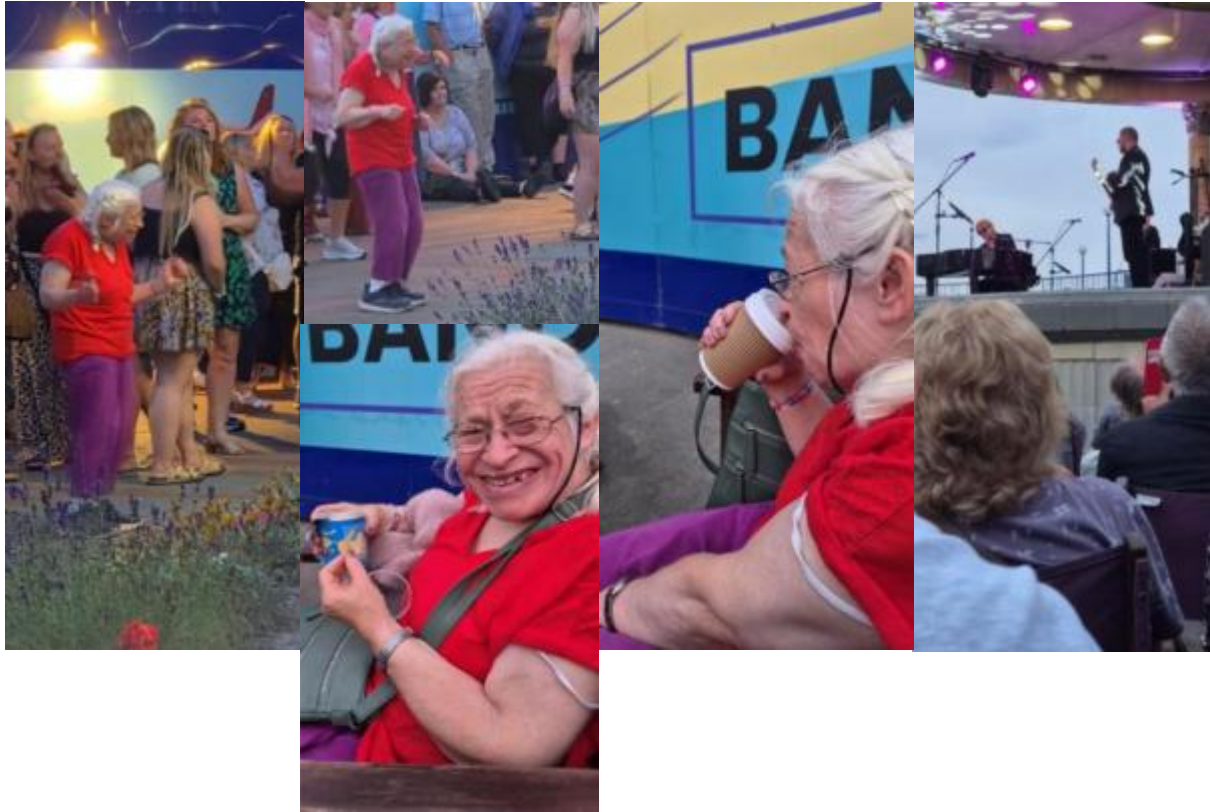
Chrissy has an ongoing goal of preparing dinner every Friday and Sunday for himself and his housemates. He has been doing a fabulous job of following instructions to create a variety of different meals. Part of Chrissy's goal is to independently get out his ingredients and cooking utensils, and to tidy up after himself. Everybody has been enjoying his creations and look forward to eating the dinners he prepares for them. Well done, Chrissy!



On Saturday the 1st of August, Pam, Matt, Rachael and Chrissy chose to walk to the Old Town Recreation Park where there was a summer fete and dog show occurring. They chose to sit and watch the dog show for a little while before browsing the stalls. Everybody chose to have a go on a couple of tombola stalls, winning a variety of teddies. After wandering around the stalls, they found a big, shady tree to sit under and have a drink and listen to some music before walking back home.



On Sunday the 2nd of August Pam chose to walk down to the bandstand where she watched an Elton John Tribute act. She enjoyed a snack and drink before the music started, and as soon as the first note played Pam was up on her feet dancing the evening away. She said she really enjoyed the evening and recognised most of the songs.



374 Battle Road

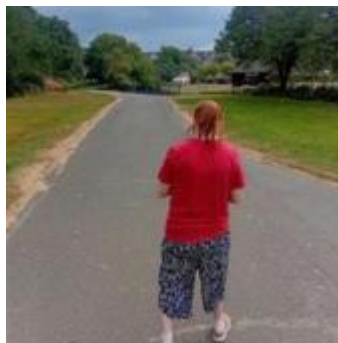


Sarah enjoys going for a walk in the local community. At 374, the service is situated close to some woodland and as long as Sarah has a sensory toy to flap, she is happy to explore her neighbourhood and all it has to offer.

On the 18th of July, Cassie went to the Frimley Centre for their Summer Fair. Cassie had a great time there, spending time with the staff and her peers from Open Door. Cassie was very excited to win a couple of prizes, a teddy bear and a glow stick on the tombola.



On the 22nd of July, Sarah used public transport to visit Egerton Park in Bexhill. She enjoyed a leisurely walk and loved watching the ducks and swans on the pond. However, she was less keen on the play area because it was busy and noisy.



Sarah then went to Capella, a restaurant in Bexhill, where she enjoyed a jacket potato with cheese.



On Saturday the 25th of July, Hellen and Emma made the most of the sunny carnival weekend in Bexhill by heading to the seafront to watch the procession. They arrived early to get a good spot and enjoyed seeing the dancers, drummers and colourful floats. Emma and Hellen cheered as the floats passed by, soaking up the wonderful atmosphere and community spirit.



On the 26th of July both Cassie and Sarah enjoyed a trip to Egerton Park. After going for a long walk, Sarah and Cassie played on the apparatus, which, lucky for them, was free from other people, so both enjoyed some quiet playtime.



On 27th of July, Emma and Elise enjoyed a lovely trip to Wylands Farm. They took a leisurely walk around the lake, watching the fishermen, before exploring the farm shop and browsing the homemade jams, preserves and tempting baked goods. They ended their visit with tea and cake in the café.



On the 28th of July Elise and Sarah made the most of the lovely weather and had a drive to Collington Woods in Bexhill.

They enjoyed walking through the shady woods, touching and looking at things along the path. As it was such a hot day, they stopped for a break and a cold drink before returning home taking the scenic way back though the countryside and the historic town of Battle.



After a long walk in Battle Woods, Emma enjoyed a short stroll along Bexhill seafront. Emma enjoyed seeing various families on the beach as this brought back many special memories for her. Emma's grandma lived in Bexhill, so Emma is no stranger to the area. Emma sat at the beach café for a drink and continued to reminisce about her childhood. Emma was not feeling hungry on this occasion but said she would like to return to Bexhill for some lunch one day in the future.



Below is Hellen harvesting some fruit and veg that she has grown in the garden at 374. Hellen has watered the pots every evening throughout the summer and lovingly grown some very beautiful produce for cooking at home. Great work Hellen, it all looks delicious!





On Saturday the 8th of August, Cassie was invited to perform on the Musical Makaton Group stage at the Hastings Carnival. Cassie was a drummer and enjoyed her part in the performance. Sarah went along to watch and cheer with staff. Everyone enjoyed a special day in the sunshine with lots of fun, games and laughter.



On Sunday 9th August Cassie attended her friend Lewis's 40th birthday party at his home in Eastbourne. Cassie had a great time, there were water guns, a circus skills entertainer, who made Cassie a rabbit and a kangaroo out of balloons. Cassie especially enjoyed going to the burger van independently and ordering herself a cheeseburger and chips. Cassie had lots of laughs and fun times with Lewis and her other friends.





Meads Street

James celebrated his birthday on the 17th of July and chose to share this special occasion with his peers. Staff supported James with organising the celebration and helped to make the day enjoyable for him. James appeared to be happy to celebrate his birthday and enjoyed spending time with his peers in a relaxed and friendly setting.



*Happy Birthday
James! 😊*

The final PHAB Club session before the summer break took place on the 15th of July. It was a lovely chance for the service users from Meads to spend time together, enjoy the music and join in with the activities before the club closed for summer. Rob particularly enjoyed dancing with his friend and appeared happy and relaxed throughout. He enjoyed socialising and sharing positive moments with those around him. The session ended on a positive note, with Rob and the other service users from Meads enjoying their time together before the club closes for the summer break.



Glen has been doing well with wearing his hat when going out in the community during the recent heatwave for his activities. On this occasion, Glen was happy to pose for some photos with staff before and after his bowling activity. He appeared pleased to take part and enjoyed having his photos taken. It was nice to see Glen enjoying his time out and taking part in his usual bowling activity with staff.



Thursdays are special for Aaron, as he usually goes bowling at Tenpin Eastbourne with staff. He thoroughly enjoyed the session, taking his turns with enthusiasm and celebrating when he achieved some strikes. Aaron appeared happy and engaged throughout, enjoying time with staff, practising his bowling and taking part in an activity he really enjoys. Overall, he had a lovely Thursday and seemed pleased with how the bowling session went.



Fr. O	1	2	3	4	5	6	7	8	9	10	Tot.				
Aaron	8	4	3	8	15	2	8	6	3	5	6	2	8	8	94
Sukhi	3	3	7	2	6	11	8	9	7	4	4	3	1	6	93





After bowling, Aaron was supported to have his favourite meal, which included a cheeseburger, chips and a Pepsi Max.

Aaron and James shared a lovely moment when they bumped into each other in town while taking part in their own staff-supported activities. They had the chance to take a photo together, which they were both excited and happy to do. It was a simple but enjoyable opportunity to connect while out in the community, and the photo gave them a positive memory to look back on.



On the 14th of August 2026, Glen was supported to visit the post office to purchase his weekly magazine. He then told staff that he would like to visit CEX to look for a DVD that he has wanted for some time. At CEX, he browsed the DVD and CD shelves and found what he wanted to buy. Staff supported him to complete the purchase at the counter.



After this, Glen was supported to his usual Friday lunch venue, where he had his favourite meal. He then visited Eastbourne Library, where he looked at and selected a few books.

Aaron independently visited town after work, where he chose to walk around and look at what was on display in the pedestrian precinct area of the town. While he was out, Aaron met staff who were supporting Glen in town. He was happy to see staff and asked them to take some photos of him so that he could have them when he returned home. Aaron also asked staff if the photos could be included in the monthly newsletter. It was nice to see Aaron enjoying his time independently in town and taking an interest in sharing his day with others.



Robert has been spending time caring for the flowers and plants in the communal garden. He has helped make the garden look colourful and welcoming with a lovely variety of plants and flowers. He enjoys checking on the plants and making sure they have enough water. Robert spends part of his day watering and looking after them, taking pride in keeping the garden looking beautiful during the summer. It is lovely to see Robert developing his interest in the garden and enjoying an activity that he can take part in at his own pace.



35 Barnhorn Road



Amelia spent time helping to keep35 looking its best by cleaning the mirrors and windows, taking pride in creating a bright and welcoming environment for everyone. Well done Amelia!

Amelia, Evie and Izzy enjoyed a wonderful day out at Bodiam Castle. They made the most of every opportunity to pose for photos, capturing lots of happy memories throughout the visit. With plenty of smiles, they had a fantastic day exploring and spending time together.







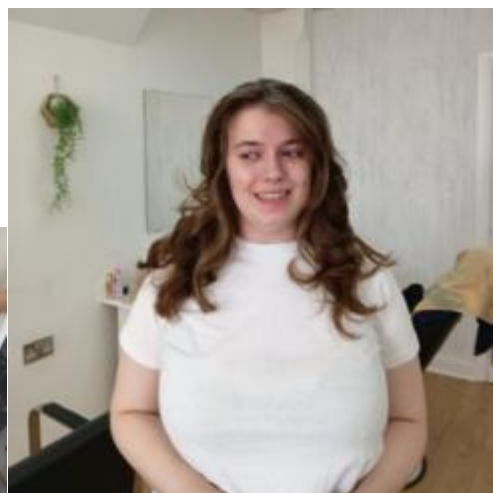
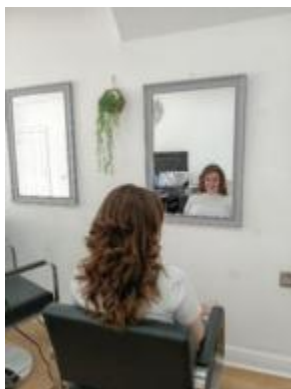
Evie has achieved a lot this month, including spending time developing her cooking skills, which was one of her personal goals. Well done, Evie! She has also completed her time at Little Gate College and is now moving onto exciting new opportunities with Active Arts, Heartwood, and Friary Gardeners. Such a busy and varied schedule to look forward to!



Amelia and Pinar had a fantastic time when they went to see Elvis again! To make the experience even more memorable, Elvis jokingly referred to them as his "back-

up dancers", which gave them both a good laugh and made the day extra special.

Izzy enjoyed a trip to the hairdressers this month and had a wonderful time being pampered. She left feeling happy and confident, and her new hairstyle looked fantastic. Izzy was all smiles and looked great after her salon visit!



Izzy had a fantastic time celebrating her 21st birthday with a wonderful 'Under the Sea themed party!' The special day was made even more memorable by the many family members who came together to celebrate with her. Izzy especially enjoyed all the games that her mother had organised, including a fun game of pass the parcel. Surrounded by loved ones and friends she enjoyed a day full of laughter, excitement, and unforgettable memories.



*Happy 21st
Birthday Issy!
We hope that
you had a
wonderful day!*



Izzy has been doing a great job helping to cook her own dinners this month. She has enjoyed getting involved in meal preparation, building her confidence and developing important life skills in the kitchen.

Kiri has also had a very busy and successful month! To celebrate achieving all her goals, she enjoyed a special lunch out with her keyworker. Kiri has also been busy developing her cooking skills and trying new experiences, including a visit to a cat café in Rye. It has been a month full of achievements, fun activities, and well-deserved celebrations.





Izzy, Evie and Kiri all pictured below, enjoyed a lovely day out at the National Trust property, Nymans this month. They had a great time exploring the beautiful gardens, taking in the scenery, and spending time together.





Kiri, Izzy and Evie enjoyed a lovely day out at Abbots Wood, where they spent time together enjoying a picnic in the beautiful surroundings. The trio made the most of the fresh air and peaceful setting, sharing plenty of laughs and good conversation.



Pinar had a wonderful birthday, featured in last month's newsletter, however something that didn't make it to the July newsletter was that to mark the occasion of her birthday, staff prepared a delicious Turkish meal for Pinar and her friends to enjoy together. As part of her birthday celebrations, Pinar also enjoyed a trip to Eastbourne, where she went to see Mamma Mia and enjoyed another meal in a restaurant.



Dani has been working hard on developing her independence this month by practising making her own breakfast.



With the warm weather making it a little too hot to be outside at times, Dani has also enjoyed spending time indoors completing puzzles. She has had lots of fun challenging herself and staying engaged with this relaxing activity.



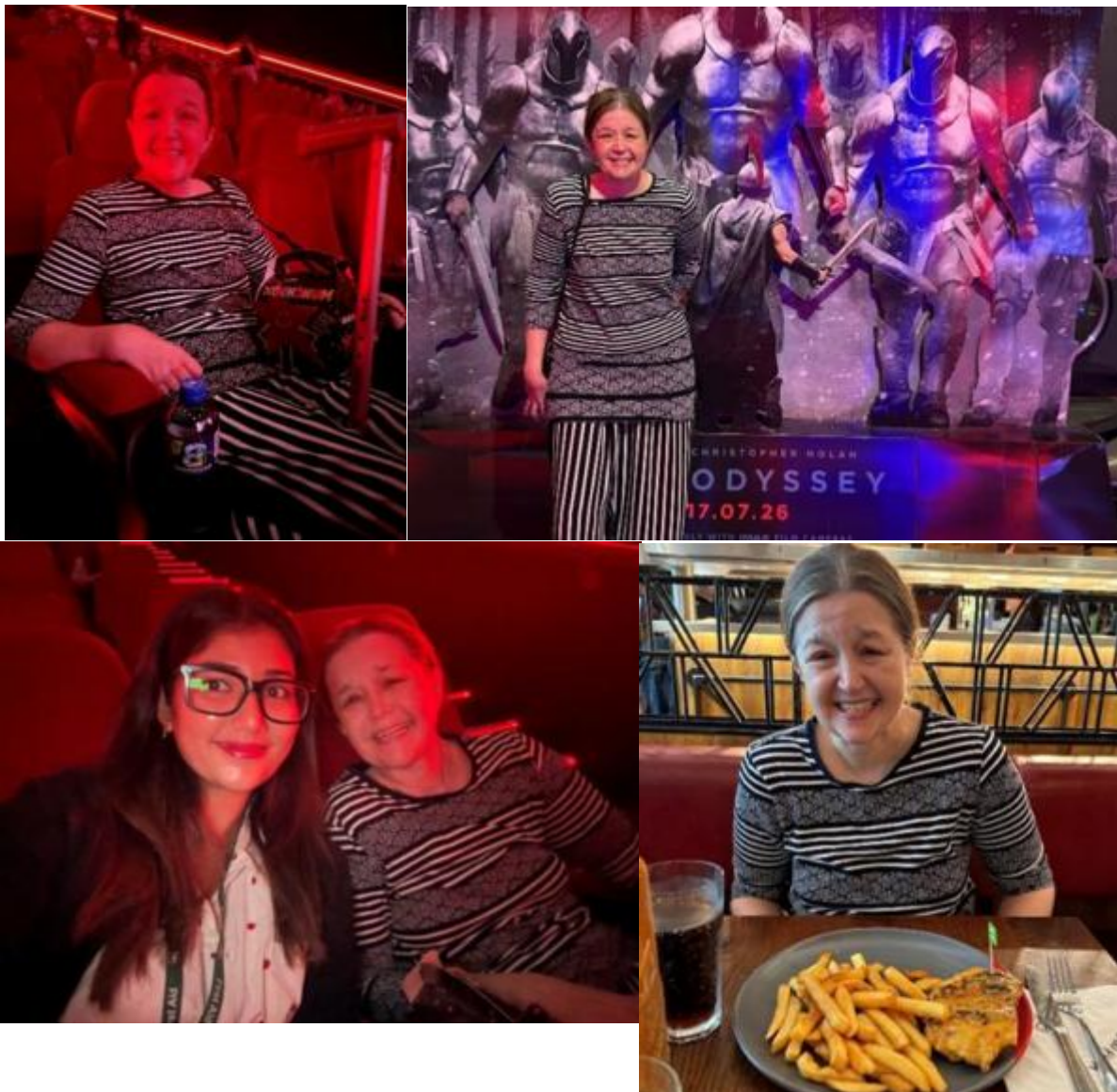
Lushington Road

At Lushington Road, we recently celebrated Julie's very special milestone, 50th birthday. It was a wonderful occasion shared with friends and staff, filled with delicious party food, laughter, and many happy memories. Everyone thoroughly enjoyed the celebration and made it a truly memorable day for Julie. We wish her continued happiness, good health, and many more wonderful years ahead.



Happy 50th Birthday Julie!

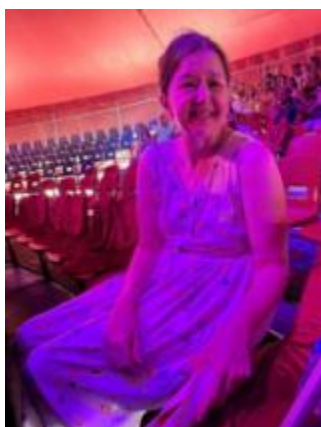
Before going to the cinema, Julie treated herself to a bubble tea from Pearls, which she thoroughly enjoyed. She then went to Cineworld to watch the film *Odyssey*. The movie lasted approximately three hours, and Julie remained fully engaged throughout. She appeared very happy and was particularly touched by an emotional scene towards the end of the film, which brought her to tears. After the cinema, Julie visited Nando's for lunch, where she chose grilled chicken with chips and a pint of Diet Coke. She thoroughly enjoyed her meal and ate everything on her plate. During lunch, Julie chatted with staff about the film, sharing how much she had enjoyed it and talking about some of her favourite moments. Overall, Julie had a wonderful day, enjoying each activity and engaging positively with staff throughout.



Alex was supported on an outing to Knockhatch activity park, where he actively participated in a range of activities. He chose to play mini golf three times and enjoyed the water slide, air hockey, and the jumping pillow. Alex remained fully engaged throughout the visit, and appeared to be having a great time, and commented that he had "a lot of fun." The outing provided several positive outcomes. It encouraged physical activity through walking and participating in the attractions, offered sensory stimulation from the varied environments and activities, supported social interaction with staff, and provided cultural and community engagement by accessing a local leisure venue.



Julie was supported to attend the Kent, Surrey and Sussex Air Ambulance Fun Day in the community. She remained fully engaged throughout the event and appeared to enjoy the variety of activities, entertainment, and the lively atmosphere. During the outing, Julie enjoyed a soft drink as well as a lager shandy. She appeared happy, comfortable, and in good spirits throughout the visit. Overall, Julie had a very enjoyable day and benefited from being actively involved in a community-based event.



Staff supported Julie to attend the Berlin Circus. Julie chose VIP seats at the front, and her carer received free entry. She appeared very excited and comfortable throughout the visit. Julie purchased some refreshments, which she enjoyed while watching the show. She danced in her seat and sang along with the music. Julie was fully engaged and thoroughly enjoyed the performance. She had a wonderful and memorable day at the circus.



Louise participated in a prom party with her peers at the PHAB Club. She appeared very happy, well, and thoroughly enjoyed the event. She particularly enjoyed the snacks provided at the club and spent time dancing with her brother and friends. Louise remained engaged and involved throughout the activity. She was also delighted to win the Best Dressed award at the party.



Julie, pictured left, was supported to attend the dental clinic, where she attended her hygienist appointment. She was very brave and remained calm and compliant throughout the appointment.



Louise and Jonathan have been actively participating in household chores and have completed a range of cleaning tasks in their flats. Their involvement helps to promote independence, develop life skills, and maintain a clean and comfortable living environment. Well done to both for their great effort and participation!

Jonathan has enjoyed visiting cafés and having his favourite bubble tea with staff. He has benefitted from these outings, taking several enjoyable walks along the seafront during the month. It has been lovely to see Jonathan engaging in activities he enjoys and spending quality time with staff.



Alex has attended the gym regularly throughout this month and has made use of a variety of gym equipment. He has participated in different exercises and utilised several pieces of equipment to support his physical fitness, strength, and overall wellbeing.



Louise participated in a dance session at Swoove with her peers. She was actively engaged throughout and thoroughly enjoyed the session. Towards the end, she was also presented with a certificate in recognition of her participation. Well done, Lou!!



During the heat wave Alex has been occasionally trying out a variety of refreshing drinks of his choice, including matcha lattes and bubble teas. He has shown interest in exploring different flavours and options, making it a pleasant way for him to cool down and stay refreshed during the hot weather. He appears to enjoy choosing his preferred drinks and trying something different from time to time.





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 August 2026:



Lisa Bruce; Lisa rejoined QRC in July 2025 and is employed as a senior support worker at 374 Battle Road. Recently Lisa handled a medical emergency with a calm approach, ensuring the service user in question was supported with dignity and respect, whilst also ensuring her fellow team members continued to be supported throughout. It is an expectation that senior staff are able to manage situations like this and Lisa did so in a very professional manner. Well done and thank you Lisa.



Sneha Perumbilil Sreedharan; Sneha joined QRC in May 2023 and is employed as a senior support worker working in the Eastbourne services. Sneha has recently been supporting a service user who has undergone replacement knee surgery and who is finding post operative physio and exercise a challenge. Sneha has provided motivation, encouragement and support to help the individual to work towards her goals whilst building confidence and improving self-esteem. Thank you, Sneha, for your on-going hard work and commitment to help this person improve their fitness and wellbeing.



Shalini Erramaneni; Shalini joined Valley View Barn in June 2024 and is now employed as a senior support worker. Shalini ensures that all her shifts are run to a high standard and treats all staff that she manages fairly and with the support that they require for a smooth-running shift. Shalini continues to treat all service users equally, promoting their wishes and supporting them to make choices about their lives. Shalini respects all who she supports and ensures dignity is promoted at all times. Well done, Shalini, keep up the good 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.



Samantha Wibley – 5 years' service

Sam is a valued member of the team who works effectively across both 116 Barnhorn and 35 Barnhorn services. She demonstrates a strong commitment to person centred care, consistently upholding the dignity, privacy, and choices of the people we support. Sam builds positive relationships with service users and ensures that their individual needs, preferences, and wishes remain at the forefront of the support she provides. Sam's commitment, flexibility, and dedication are greatly appreciated by both the people we support and her colleagues. Thank you, Sam, for your hard work and continued commitment to delivering high-quality care and support!



Rebecca Chiweda – 15 years' service

Becki joined QRC in August 2011 as a waking night support worker at Valley View Barn. Since then, she has worked hard to develop her skills and gain the qualifications that have supported her progression through the roles of Senior Support Worker, Service Coordinator, and Registered Manager of the Domiciliary Care Service. Becki is very motivated and consistently works to a high standard, supporting her team to provide high-quality care and support across the organisation. She is kind, considerate, conscientious, trustworthy, and diligent, always wanting the best for the service users, for her colleagues, and for QRC. Becki has shown great commitment, often working long hours, going above and beyond to ensure that the Domiciliary Care Service runs smoothly and efficiently. The management team at QRC are very grateful to Becki for her continued hard work and dedication. Well done and thank you, Becki.



Staff Training

Congratulations to Qteesha, Rajvir, Sam, and Sandeep for attending the Assisting the Fallen Person Course. The course was provided by East Sussex Adult Social Care due to a service user needing additional support when mobilising. The course gave staff skills on how to support a service user to get up from the floor using chairs or an ELK. The course also covered how to ensure service users are checked for injuries before moving them following a witnessed fall.



Thank you to staff working at 116 Barnhorn Road for attending a recent Alzheimer's course delivered by Amy. Amy discussed what Alzheimer's was, the way brain function deteriorates and how this can cause cognitive, behavioural, physical and emotional symptoms in an individual. Amy also gave staff some ways to support those with Alzheimer's including thinking outside the box and introducing new activities such as watering flowers, sensory toys and seated exercises.

Amy would like to thank staff for continuing to work hard to complete online training at home and in service.



Puzzle Time

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

Bulldog

Dachshund

Husky

Pug

Terrier

Beagle

Chihuahua

Dalmatian

Labrador

Retriever

Boxer

Cockapoo

Greyhound

Poodle

Spaniel

Useful Information:

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

Valley View Barn

Chiddingly Road, Horam, Heathfield, East Sussex, TN21 0JL

Telephone: 01435 813954

Email: vvb@qrc.uk.com

Registered Manager, Kathleen Anderson; Mobile No: 07590 841408

Email: kathleen@qrc.uk.com

Head of Care, Sharon Watts; Telephone: 01435 813954

Email: sharonwatts@qrc.uk.com

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

Email: rebeccachiweda@qrc.uk.com

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

Email: bethany@qrc.uk.com

QRC Dom Care Team Leader: Stephanie Budinger, Mobile No: 07860 952853

Email: steph@qrc.uk.com

116, Barnhorn Road, Little Common, Bexhill on Sea, East Sussex, TN39 4QG

Telephone: 01424 844164

Email: 116barnhorn@qrc.uk.com

374 Battle Road, St Leonards on Sea, East Sussex, TN37 7BJ

Telephone: 01424 852673

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8 Meads Street, Eastbourne, East Sussex, BN20 7QT

Telephone: 01323 430902

Email: meadsstreet@qrc.uk.com

102 Victoria Drive, Eastbourne, East Sussex, BN20 8LF

Telephone: 01323 728492

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27, Lushington Road, Eastbourne, East Sussex, BN21 4LG

Telephone: 01323 721390

Email: lushington@qrc.uk.com

35, Barnhorn Road, Little Common, Bexhill on Sea, East Sussex, TN39 4QB

Telephone: 01424 277956

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Service Lead: Lauren Percival, Mobile No: 07743 972921

Email: lauren@qrc.uk.com

Training Manager: Amy Cottingham, Mobile No: 07730 130467

Email: amy@qrc.uk.com

Group Manager: Kevin May, Telephone: 01435 812203; Mobile No: 07730 748549

Email: kevin@qrc.uk.com