Monthly Newsletter

September 2026

Welcome to the QRC Newsletter for September, 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

This month, Maria D, Caitlin and Maria W celebrated Caitlin's birthday with a surprise trip to Blackberry Farm! The birthday girl was delighted with her special surprise, and the group had a wonderful time exploring the farm together. They particularly enjoyed getting up close to the animals, including feeding and petting them. They then stopped at the farms Café where they each enjoyed a burger and chips. It was a lovely day filled with plenty of smiles, laughter and special memories.























After the trip to the farm the ladies made their way home to continue the celebrations, Caitlin was eagerly waiting to open her gifts. She received some very thoughtful presents from her family and friends.

Her peers sang Happy Birthday to Caitlin before tucking into her chocolate birthday cake!






Happy Birthday Caitlin!

As the weather has begun to cool down, Caitlin and Maria D have continued to enjoy their daily walks. They have loved taking in the changing scenery, admiring the seasonal colours, and spending time birdwatching along the way.







Both Caitlin and Maria have shown wonderful commitment to their fitness goals and should be proud of their dedication. They are looking forward to continuing their outdoor adventures throughout the cooler months, exploring new parks and making the most of their National Trust memberships



Caitlin enjoyed a lovely walk to Little Common with support from staff. The fresh air and gentle exercise made the journey even more enjoyable. Caitlin treated herself to a coffee and a slice of cake at a local café, where she relaxed and enjoyed the friendly atmosphere. It was a great opportunity to get out into the community and spend some quality time with staff.

The ladies at 116 all enjoyed a takeaway meal comprising of chicken burgers, BBQ wings, chips, and fried chicken. The meal was greatly appreciated and provided an enjoyable opportunity for residents to come together, socialise, and share a pleasant dining experience.







Maria D. had a very special and memorable 59th birthday. As usual, she went to Linden Court and enjoyed spending time there with her friends. When she returned home later in the day, she was completely surprised to see that the staff had decorated the house with birthday decorations. It was such a lovely surprise and made her feel very happy and appreciated.











Happy Birthday Maria!



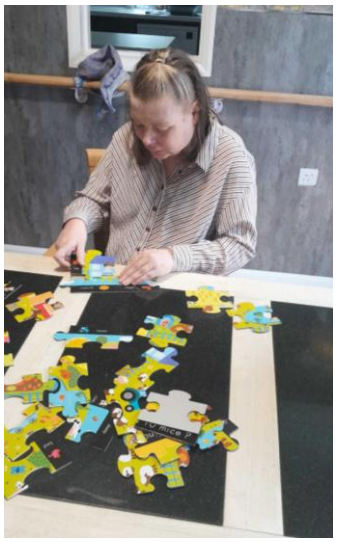




Staff recently supported Julia to enjoy an outing to a café in Little Common, where she enjoyed a coffee and cake. It was a wonderful opportunity for Julia to relax, socialise, and spend time in the local community. She enjoyed the visit, the friendly atmosphere, and her sweet treat, making it a pleasant and memorable part of her day.

The ladies at 116 enjoy lots of in-house activities as can be seen in the photos below!

















Valley View Barn



This month at Valley View Barn, Charlotte, David and Amy spent an afternoon playing cards and had a lovely time socialising with each other. After the game of cards, Charlotte decided she wanted to play the big connect 4 against staff member Raman. Well, done to all involved!











Jamie pictured above attended the Brighton vs Bologna friendly match, which was the last friendly before the new season starts. Brighton came away 1-0 winners! Jamie also wore his new Brighton home top for the occasion. Jamie is very much looking forward to this new season, especially now he is a season ticket holder!



Upon returning to Valley View Barn, Jamie was in a very good mood due to Brighton winning and decided to serenade the staff and his peers with a few tunes on the guitar!



Clare and David pictured below chose to go see the airshow at Eastbourne Airbourne, which was even more enjoyable due to the warm weather. Both Clare and David were delighted to see the planes, Clare even helped point them out to David. Before returning to Valley View Barn, Clare and David enjoyed a refreshing ice cream.











Tanzy, Charlotte and Jordan decided to venture out to Blackberry Farm for the afternoon, where they enjoyed looking around the farm before stopping off at the farm café and appreciating the chance to socialise whilst enjoying a drink of their choice.





Amy has been making great progress by independently feeding herself and in her ability to handle her drinks. Amy can manage her food with only a few prompts and can at times use her cutlery to feed herself! Well, done with the progress Amy, keep it up!



Jeremy and Elaine decided to access the community to go for a walk along the seafront at Eastbourne.

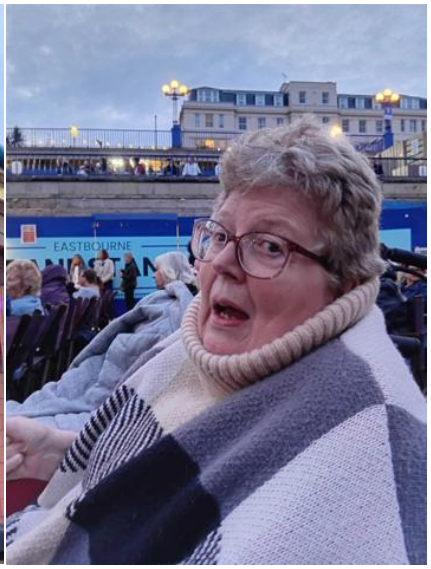
Thankfully, on that particular day there was a lovely breeze which made a change to the high temperatures recently experienced.



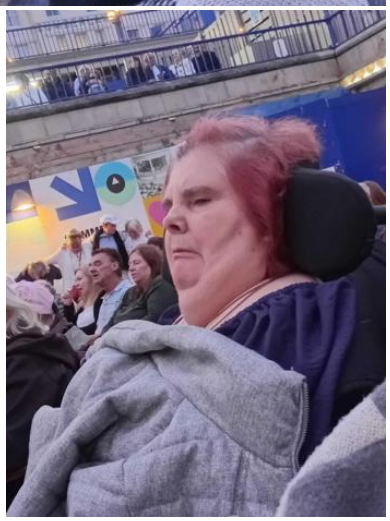



David decided that he would like to go out for lunch and chose to have lunch at Harry Ramsden's in Eastbourne. Of course, David enjoyed fish and chips which is his favourite meal! David is very much looking forward to returning to Harry Ramsden's for another fish and chip meal soon.

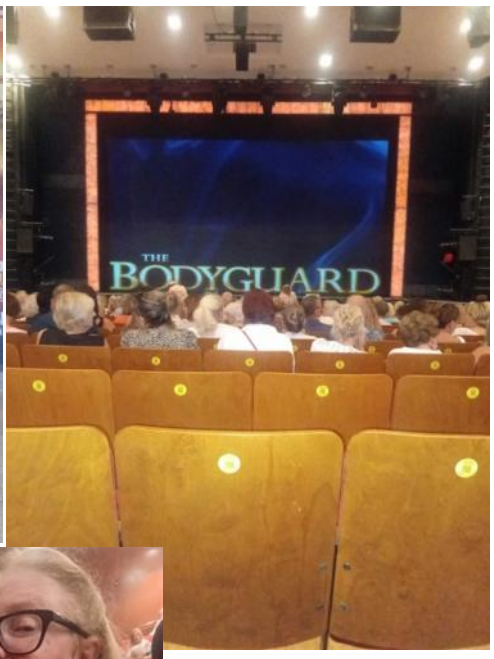





Tanzy and Clare were supported to attend Eastbourne Bandstand by staff members Cerin and Bryan where they watched the ABBA tribute act. Tanzy and Clare thoroughly enjoyed the evening and the performance, singing along to all the brilliant songs.











Clare and Julia went to the Congress Theatre, where they watched 'The Bodyguard'. Both Clare and Julia were over the moon with how good the production was and are looking forward to returning to the Congress theatre to watch 'High Society' in November!



Julia and Billie-Jo pictured to the left and below visited one of their favourite local cafés, where they enjoyed socialising over a hot drink and a delicious-looking slice of carrot cake.







This month we helped Jeremy celebrate his birthday. Jeremy was greeted with birthday wishes and both staff and his peers sang happy birthday to him. Jeremy decided to have a picnic in the garden with his peers for his birthday. Everyone enjoyed a variety of party food followed by a chocolate cake. Lastly, Jeremy opened his presents which he was very happy with as most of them were tractor themed! A couple of days after his birthday, Jeremy decided to go to the Gun Pub for a late birthday lunch with his peers Jamie and Stephen. They dressed up smartly for the occasion and they all thoroughly enjoyed the food and drinks on offer. They also love the fact that the Gun is just along the road! All of us at Valley View Barn hope you had a lovely day, Jeremy!









Happy Birthday Jeremy!













Jeremy, Jamie, Stephen and Casey were all supported to attend the Festival of Transport where they all saw a variety of different cars, buses and tractors! They all thoroughly enjoyed the festival and look forward to returning next year!









More photos from the Festival of Transport.



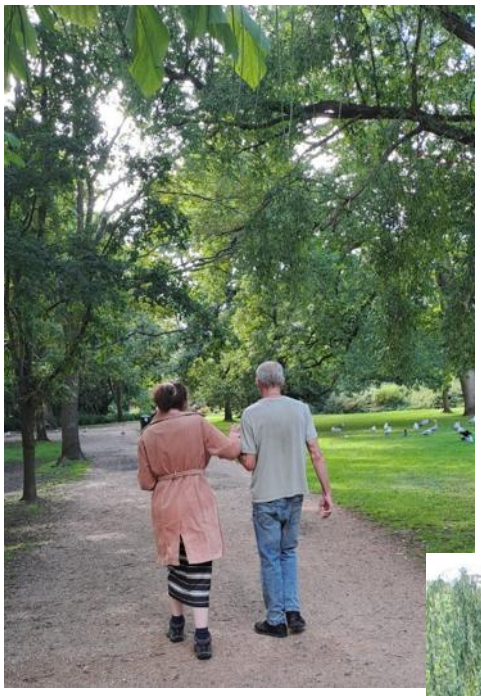
Casey was supported to complete her weekly shopping, which she does every Thursday. Casey had a very successful shopping trip, being able to purchase everything that was written on her list! Afterwards, Casey met up with Jamie, who had just finished his voluntary work shift at Sense, for a coffee in a local café.







David, Clare and Stephen ventured out to the local café for a chance to enjoy a hot drink, a cake and the chance to socialise with each other. They all thoroughly enjoyed the outing and look forward to returning to the café soon.



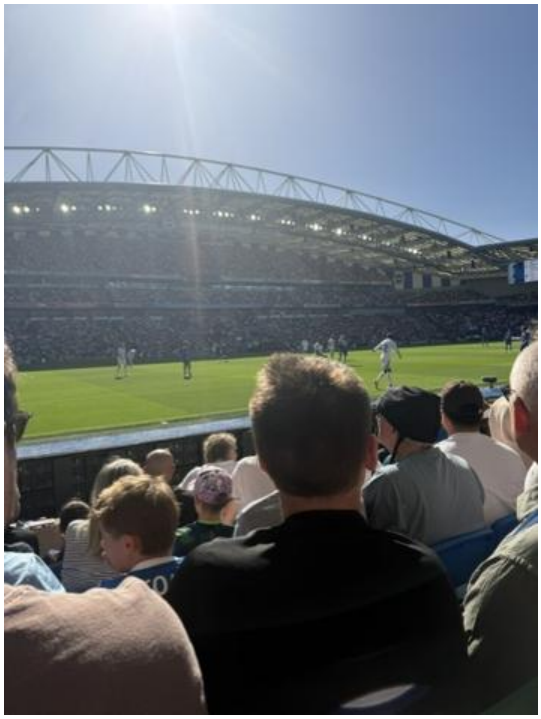
Elaine and Stephen had a lovely afternoon walk around Hampden Park, where they enjoyed looking around the park, watching the ducks on the lake and generally enjoying the weather before it turns colder in the coming months.





Jamie was supported to the Brighton game by staff member Josh. Brighton were playing Leeds United and Jamie was very much looking forward to this fixture. The weather was perfect for an afternoon of football. The match finished as a 1-1 draw. Jamie is looking forward to returning to the next home game, which will be against Arsenal!







102 Victoria Drive

On Saturday 22nd of August Chrissy chose to go to a matinee performance of The Bodyguard at the Congress Theatre with his keyworker who has been supporting him to independently plan and book the trip over recent months. He bought himself a programme before the show started and enjoyed looking through this with staff whilst waiting for it to begin. Chrissy loves Whitney Houston and was delighted to hear her songs throughout the show. He appeared to thoroughly enjoy himself.









On Sunday the 23rd of August, Pam, Chrissy, Rachael, Matt and Chloe all chose to go on a ride on the Dotto Train which runs between Hollywell and Sovereign Harbour. They enjoyed the views as they drove along the seafront and chatted to staff and each other along the way.












On Friday the 28th of August Matt chose to go to the bandstand to watch a Queen Tribute Act. He chose to walk there with staff, chatting along the way. Matt really enjoyed singing and dancing along to the music and excitedly told staff about the show when he got home.



On Sunday the 9th of September Chrissy, Matt and Pam all chose to do to the Barby Keel Animal Sanctury open day where they enjoyed looking at all the different animals. Pam particularly liked the cats, whilst Chrissy enjoyed the farm animals more. They chose to spend time trying out the various games, with Matt showing his great aim skills at the plate smashing stand. They also took part in a tombola and enjoyed looking around the various market stools. Everybody enjoyed a sit down in the shade with a nice cool drink and also chose to purchase ice lollies to help keep them cool.











5
£1.00









FOR YOUR OWN
SAFETY, PLEASE DO
NOT PICK UP, HANDLE
OR GIVE TREATS TO
ANY OF THE CATS


5 Hoops
£1.00





The residents continue to enjoy challenging each other to a game or two of bowling, and on Sunday the 30th of August, Pam, Rachael, Matt and Chloe chose to battle it out whilst Chrissy was away enjoying attending a friend's wedding. They all played well and the scores were tight, but Matt prevailed, winning both games. Everybody is very supportive of each other and are great sports, cheering each other on. Rachael has also learnt how to add her picture to the scoreboard and can be seen in the pictures below showing Pam how to do this. After their bowling session Pam and Matt chose to make the most of the dry spell and walk back to Victoria Drive.



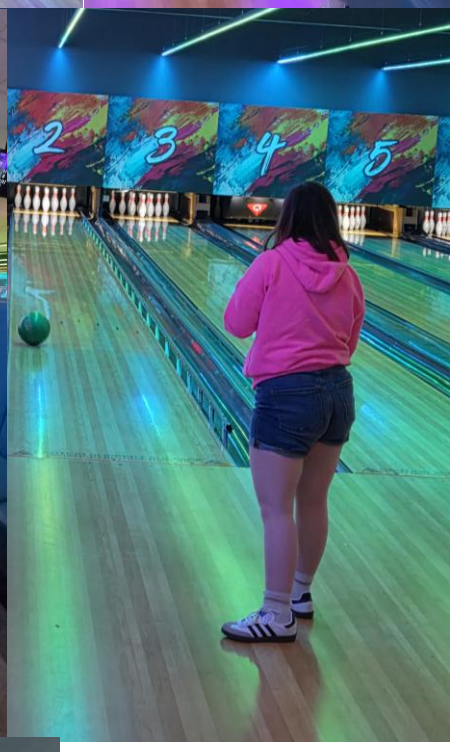






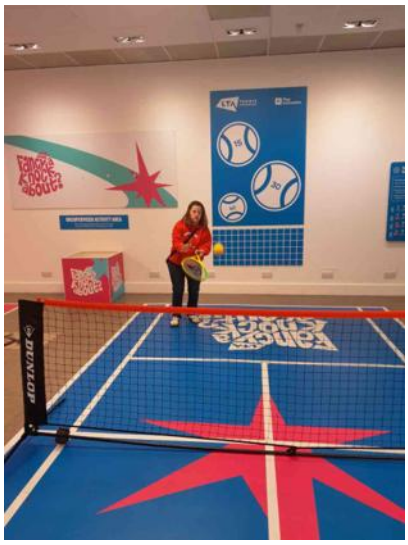






On Thursday the 10th of September Rachael chose to try out the pop-up tennis club at the Beacon Centre in Eastbourne. She chose to challenge staff to a game of tennis, then spent time enjoying the swing-ball set, concentrating well to make sure she didn't miss the ball.





On Saturday the 12th of September, Pam and Chrissy went to their last Bandstand event of the summer, choosing to see a Spice Girls tribute band. They chose to enjoy a drink and snack before the music started and found some seats right on the edge of the dancefloor. As soon as the music started and the Spice Girls came out on stage, they were both invited onto the dancefloor by one of their friends who had also attended, and both had a great time singing and dancing along to all the songs.










35 Barnhorn Road

Amelia showed a great level of independence while baking cakes for her peers. She completed every step herself and put a lot of care into decorating them, creating some fantastic cakes that were enjoyed by everyone.









Some of the ladies visited Eastbourne Airbourne and enjoyed watching the different planes and aircraft displays throughout the day.







Evie, Amelia, and Izzy enjoyed a visit to the Herstmonceux Astronomy Festival, where they explored a range of fascinating exhibits and activities. They had a great time learning about space, astronomy, and the wonders of the night sky.











Amelia and Evie enjoyed a visit to the Bexhill 100 Motoring Club Show, where they saw a wide variety of classic, vintage, and modern cars. They had a great time looking at the different vehicles and learning about their unique features.

Amelia, Kiri, and Izzy enjoyed a fun-filled day at Blackberry Farm. They had great fun milking a pretend cow, exploring the playground, and meeting a variety of animals. It was a fantastic day out with lots of laughter and opportunities to learn about farm life.



















Pinar, Izzy, and Kiri enjoyed a lovely day out at Chartwell, the family home and garden of Sir Winston Churchill, exploring the beautiful gardens and grounds. They took in the stunning scenery, learnt about the history of the estate, and enjoyed spending time together in the fresh air.









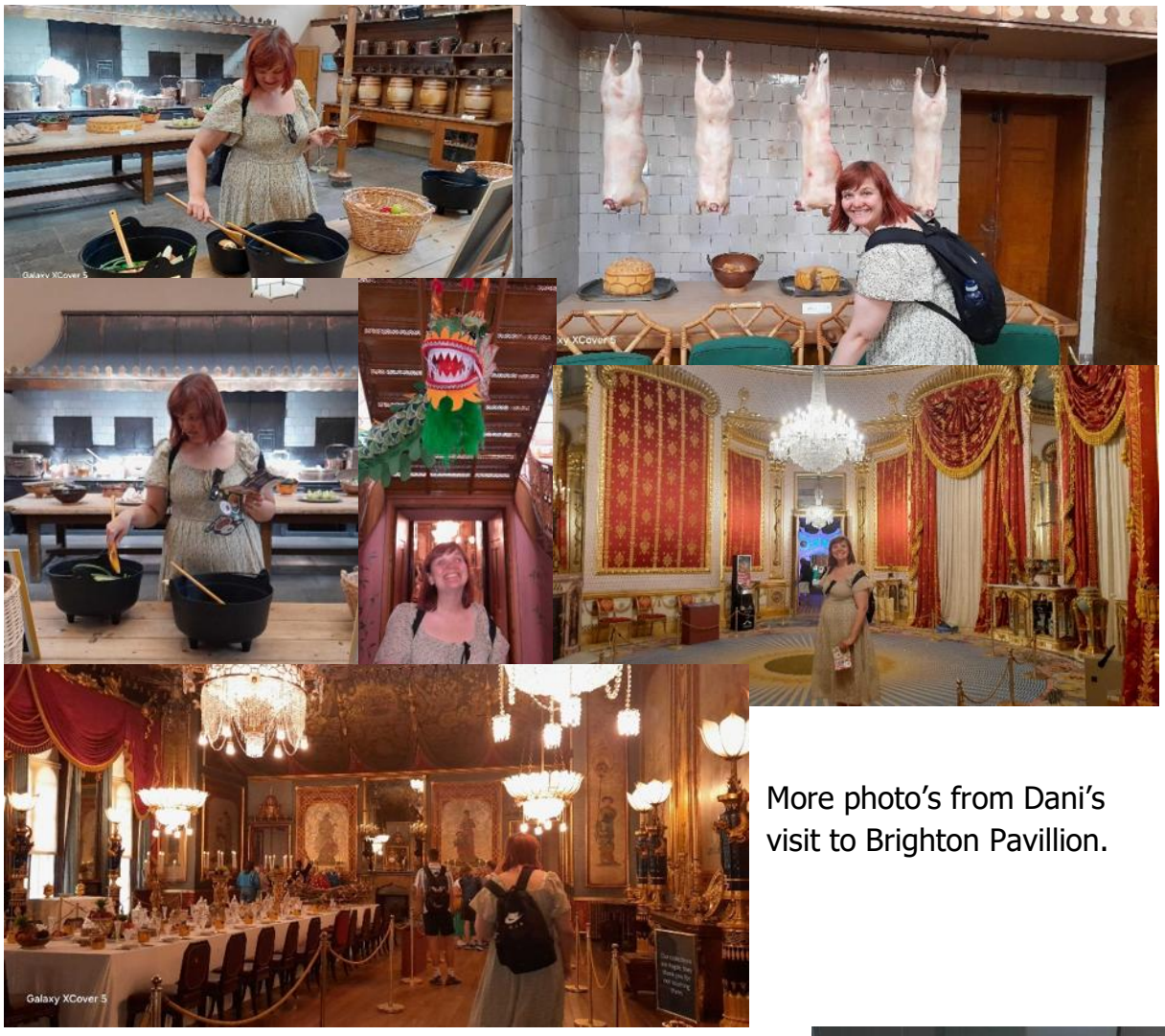
Dani enjoyed a visit from her friend Alex. During their time together, Dani kindly prepared lunch for them both, making delicious chicken salad wraps. They enjoyed catching up and spending quality time together.

Pinar and Amelia enjoyed a trip to Eastbourne Pier, where they spent time exploring the attractions and having fun in the arcade. They enjoyed playing a variety of games and taking in the seaside atmosphere during their visit.



Dani had a wonderful day out in Brighton, where she visited the beautiful Brighton Pavilion and took part in an exciting dragon hunt around the grounds. She enjoyed exploring the historic building and searching for dragons along the way, making it a fun and memorable adventure.





More photo's from Dani's visit to Brighton Pavillion.



Evie has been working hard towards her goal of learning to cook independently. She has been developing her confidence and skills in the kitchen, following recipes, preparing ingredients, and creating a variety of meals. Evie has shown great determination and is becoming increasingly independent with her cooking.

For her parents' birthdays, Evie helped to organise a special afternoon tea for her family. Her mum, dad, and brother came along to celebrate, and Evie proudly helped to make the scones herself.












Amelia and Pinar must be Elvis's biggest fans by now, as they went to see him perform once again! They had a fantastic time singing along, enjoying the music, and soaking up the atmosphere.



Amelia and Evie enjoyed a visit to Bexhill seafront during the eclipse. They had the exciting opportunity to view the eclipse through special telescopes that were safe for their eyes, allowing them to get a closer look at this amazing event. It was a memorable experience and a great chance to learn more about astronomy.

Pinar was delighted to spend some quality time with her brother, Tony. They enjoyed catching up, sharing stories, and making happy memories together.











Kiri enjoyed a lovely day out in Brighton, taking in the sights and exploring the city. She spent time visiting local attractions, soaking up the seaside atmosphere, and enjoying a change of scenery. It was a fun and relaxing day, filled with new experiences and plenty of opportunities to explore.







Izzy and Amelia enjoyed a scenic walk along the Seven Sisters, taking in the spectacular coastal views and enjoying the fresh sea air. They had a wonderful time exploring the famous chalk cliffs and spending time outdoors together.





Kiri, Amelia, and Pinar enjoyed a wonderful day out at Sharnfold Farm. They spent time exploring the farm, meeting the animals, and taking in the beautiful surroundings.



Kiri has been enjoying spending time in the kitchen and developing her cooking skills. She has been helping to prepare meals, follow recipes, and building her confidence and independence along the way.





Kiri and Amelia enjoyed a lovely day out in Rye, exploring the historic town and its charming streets. They spent time looking around the local shops, taking in the sights, and enjoying the unique character of one of Sussex's most picturesque towns.













Lushington Road

This month saw the long-awaited return of Phab club which welcomed all back with a disco and party food. Pictured are Jonathan, Louise and Julie along with Charlotte from Meads and Pam from Victoria Drive who all enjoyed the evening and are looking forward to the rest of the years dates which will include many fun nights to come.









This month Alex and Dani met up at 35 for lunch, both enjoyed catching up and chatting about what they had been doing over the summer.





Pictured to the left are Alex, Julie and Jonathan who are all regular swimmers and enjoy going to the Sovereign Centre in Eastbourne.

Louise is pictured completing her voluntary work placement at Marie Curie. Louise has been attending the shop every Monday for a while now and takes pride ensuring the DVDs and CDs are cleaned and ready to go for sale in the shop.





Alex is pictured below with his family at Battle Boom bar in the Beacon Centre, participating in a game of Shuffleboard. Alex was very pleased to announce that he was the champion, beating all!

Alex enjoys going out with his family and participating in various activities.






Jonathan is pictured at this year's Airbourne show where he was thrilled to see all of the different aircraft displays and enjoyed watching them through his binoculars.







Jonathan is also pictured to the right at a local café



As the Metro 500 bus now runs from Eastbourne to Gatwick Julie decided she would like to take the journey, so along with a supporting staff member on Sunday the 6th of September, both travelled enjoying the route and arriving at Gatwick. Once there Julie took a short bus ride into the town of Crawley where she enjoyed a McDonald's lunch and a browse around some local shops. Julie then took the same bus back home to Eastbourne. Some other pictures show Julie continuing to improve her walking and having a refreshing drink and salad bowl lunch at the local Lincons bakery.











Alex decided he would like to change gyms so after looking around and researching what he thought would benefit his workout needs, he opted for Snap Fitness at Langley shopping centre. Alex and his keyworker spent the morning completing a free trial session and after trying out the equipment Alex decided this was the gym for him. Alex was especially excited to learn his membership included the use of the sauna!











374 Battle Road









On 9th September, Sarah went out for a drive to Alexandra Park in Hastings. She appeared to enjoy the outing and was in a positive and pleasant mood throughout the activity. On arrival at Alexandra Park, Sarah spent some time enjoying the peaceful surroundings and took a lovely leisurely walk around the park. She was able to appreciate the fresh air, green spaces, and pleasant atmosphere, and appeared relaxed and comfortable while walking around. The outing provided her with an opportunity to spend time outdoors, enjoy a change of environment, and engage positively with her local community.



During the visit, Sarah also stopped at the café within the park and enjoyed an ice cream. She appeared to particularly enjoy this part of the outing and took her time while sitting and enjoying her treat. She was settled and content throughout the café visit.



On 5th September, Cassie and Emma enjoyed a lovely day out at Wylans Farm, near Catsfield where they had the opportunity to enjoy a peaceful walk around the beautiful lakes and take in the surrounding countryside.



During their walk, Cassie and Emma particularly enjoyed seeing the dogs around the farm. They showed a keen interest in their surroundings and appeared to enjoy watching the dogs as they explored the area. The beautiful scenery and tranquil lakes provided a lovely setting for the walk, and the ladies seemed to appreciate the opportunity to spend time outdoors and enjoy the natural environment.





Following their walk, Cassie and Emma visited the café for a well-deserved lunch. They independently chose their menus where Cassie had a ham and cheese panini, accompanied by a coleslaw salad and Emma enjoyed a ham and cheese sandwich along with crisps. The ladies enjoyed a refreshing fruit juice as well. It was wonderful to see Cassie and Emma enjoying each other's company and engaging positively in all aspects of the outing. Their smiles, enthusiasm, and relaxed manner reflected what a positive experience they had. The trip provided a great opportunity for them to enjoy the outdoors, explore a different environment, make choices for themselves, and simply have an enjoyable and memorable day together.







On the 26th of August, Emma enjoyed a lovely day out, beginning with a scenic drive to the charming town of Battle. She appeared happy and relaxed throughout the journey and was excited to explore everything the town had to offer. Once in Battle High Street, Emma enjoyed taking her time looking around the different shops and tea rooms. She particularly enjoyed browsing the clothing shops and found some lovely new items for herself. Emma was delighted to choose a new top and a pair of trousers from Age UK, taking great pleasure in finding something she liked.





During her outing, Emma also enjoyed admiring the historic Battle Abbey and taking in the beautiful flowers around the area. She spent time looking at the colourful displays and appreciating the lovely surroundings, making the most of the sunshine and pleasant atmosphere.



After exploring the High Street, Emma chose to visit a café. As the weather was lovely, she decided that she would like to sit outside in the sunshine and enjoy the fresh air. Emma chose a refreshing fresh orange juice and a delicious hazelnut cream cookie, which she thoroughly enjoyed. Emma was very chatty throughout her outing and happily engaged in conversation. She appeared to be in great spirits and seemed to thoroughly enjoy her day, from browsing the shops and choosing her new clothes to admiring the flowers and relaxing at the café.

It was wonderful to see Emma enjoying such a pleasant and meaningful day out, making her own choices and embracing all the experiences that Battle had to offer. It was clearly a lovely day filled with sunshine, shopping, beautiful scenery, tasty treats and plenty of happy conversation.









On the 2nd of September, Elise enjoyed a lovely short drive into the local community, spending some relaxing time at Gensing Gardens in Hastings. The outing provided her with a wonderful opportunity to get some fresh air, enjoy a change of scenery, and take in the peaceful surroundings. During the journey, Elise appeared relaxed and comfortable.





She enjoyed looking out of the vehicle windows while listening to music on the radio and seemed to appreciate the opportunity to experience the local surroundings from the comfort of the car. On arrival at Gensing Gardens, Elise enjoyed a pleasant walk along the shaded pathways. She took time to enjoy the fresh air and peaceful atmosphere while appreciating the views around the gardens. Elise particularly enjoyed sitting on a bench, where she was able to relax in the gentle breeze and observe her surroundings

The garden provided a calm and welcoming environment. Elise appeared to enjoy watching people in the nearby playground and taking in the lively yet peaceful atmosphere of the local community. After spending some quality time at Gensing Gardens, Elise returned home appearing refreshed and content following her enjoyable community outing.



On the 25th of August, Cassie was absolutely thrilled to receive her Makaton training certificates and was very proud of what she had achieved. Her accomplishment is a wonderful example of how learning new skills can empower people, build confidence, and make a positive difference to others. Makaton is a fantastic communication tool that uses signs and symbols alongside speech, helping to make communication more accessible, inclusive, and meaningful for everyone. Cassie has shown great enthusiasm and commitment to promoting inclusive communication. As part of her achievement, Cassie supported a group of staff and peers at Mencap to successfully complete their Makaton training. By helping others to develop their Makaton skills, Cassie has played an important role in strengthening communication and creating a more supportive environment where everyone can communicate in ways that work best for them. Her enthusiasm, dedication, and willingness to share her knowledge have been truly inspiring. A huge congratulations to Cassie on this fantastic achievement!



Hellen recently enjoyed a wonderful and creative session at her Active Arts class in Hastings, where she took part in a colouring craft activity. She thoroughly enjoyed choosing her colours and carefully working on her craft, showing great enthusiasm and creativity throughout the activity. After completing her beautiful piece of artwork, Hellen was delighted with what she had created and proudly brought it home to share with the staff and her peers. She was excited to show everyone her finished craft and talked about her experience at the Active Arts class. We are always pleased to see Hellen engaging in activities that allow her to express herself, develop her skills and, most importantly, have fun! Well done, Hellen, on your fantastic creative work!



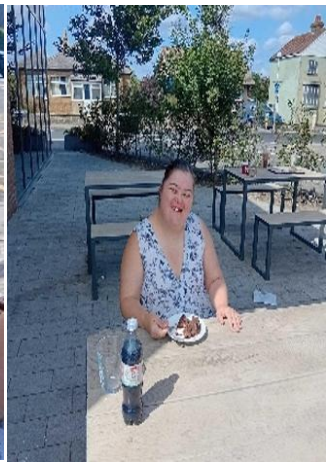




We are delighted to share a wonderful achievement from Cassie, who has recently started working towards a new daily living goal: emptying the recycling bin after dinner with staff support. With encouragement and guidance from staff, Cassie took part in this task and demonstrated a positive attitude throughout. Before beginning, staff made sure that Cassie was wearing protective gloves, helping her understand the importance of good hygiene and staying safe while handling household waste.

Cassie then completed the task carefully and appropriately, following the guidance provided by staff. She successfully emptied the recycling bin and showed that she was able to carry out the activity properly from start to finish. Her willingness to participate and her ability to follow instructions are fantastic steps forward in developing her confidence and independence with everyday household responsibilities.

This achievement is a great example of how small, meaningful goals can help build valuable life skills. Well, done, Cassie! Your hard work, positive attitude, and growing independence is truly something to celebrate.

On the 22nd of August, Cassie and Sarah enjoyed a lovely day out together, making the most of the beautiful local surroundings and the opportunity to get out into the fresh air. They set off for a scenic drive to Fairlight, enjoying the journey and taking in the countryside and coastal views along the way. After their drive, they headed to Bulverhythe, Bexhill Road, where they enjoyed a relaxing walk together. The walk provided a wonderful opportunity to stretch their legs, enjoy the fresh air and take in the peaceful surroundings. Cassie and Sarah took their time exploring the area, chatting along the way and enjoying each other's company.



At the end, the ladies decided to stop at Costa Café for a well-deserved refreshment. It was a lovely opportunity for both to get out and about, enjoy a change of scenery and spend quality time in the community. The outing was filled with fresh air, pleasant conversation and plenty of beautiful views, making it a very enjoyable and memorable day.



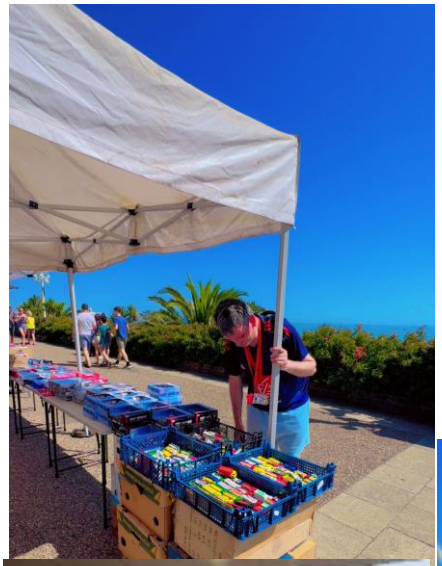




On the 9th of September, Emma decided to have a lovely lunchtime outing to the Harrow Inn in at Hastings. She took her time looking through the menu and carefully chose something she fancied. After considering the different options, Emma decided on a tuna mayonnaise sandwich with skinny chips, served with a fresh salad, accompanied by a refreshing mango juice. Emma appeared to really enjoy her lunch and made the most of the relaxed atmosphere.



Meads Street



On the 14th of August, Aaron was supported by staff to attend the Eastbourne Airshow, which he had been looking forward to for some time. Before the show started, he enjoyed looking around the mini market and seeing what was on display. Aaron also took some photos and shared with staff how much he was enjoying the day. He showed lots of excitement throughout the outing and finished the day with a cheeseburger, chips and a Pepsi from McDonald's.







On the 1st of September, James was supported by staff to visit Hampden Park, a place he had not visited for a long time. Earlier that morning, James shared with staff how much he had missed going there, especially seeing and feeding the birds.



During his visit, James enjoyed some fish and chips with a Diet Coke. He spent time chatting with staff about different subjects and enjoyed being back at the park. James shared that he had really enjoyed his trip to Hampden Park.





On the 27th of August, Aaron and Glen were supported by staff to visit Tenpin Eastbourne for their usual Thursday bowling activity. They enjoyed spending time together, taking turns bowling and having a good time. They finished the outing with a meal and drinks and took some photos together with staff. Both enjoyed the activity and their time out.

After a long summer break, the service users at Meads were happy to return to their usual Wednesday outing at the Phab Club on the 9th of September. Everyone was looking forward to seeing their friends from other services and catching up on how they had spent the summer. It was a lovely evening of catching up and reconnecting. Service users joined in with dancing, took a few photos and shared stories about what they had been doing over the break and their plans for the coming weeks. Everyone enjoyed being back at the club and spending time together again.





On the 16th of August, Robert enjoyed a lovely dinner with his family at the Ship Inn Restaurant in Meads. He spent some quality time with his family and took some memorable photos together. When Robert returned to the service, he happily shared a photo with staff and said how much he had enjoyed his time with his family. It was a special moment for Robert and a lovely memory to share in this month's newsletter.

On the 3rd of September, James enjoyed a treat day out with staff and chose to visit the new café in the Meads community. He enjoyed a hot drink and a slice of cake and took a few photos during the outing. James chatted with staff and shared how much he had enjoyed the day and the café visit.



On the 10th of September, Charlotte was supported by staff to keep her flat clean and tidy. She organised her wardrobe and bedroom area, cleaned her kitchen sink, washed her dishes and took her rubbish to the bin. Charlotte was happy to take part and showed a lot of excitement while completing these tasks. Staff continued to encourage and remind her about the importance of keeping her flat clean and tidy in line with her tenancy agreement. Well, done, Charlotte, you did really well!






On the 27th of August, Aaron visited Tenpin Eastbourne with staff for his usual Thursday bowling outing where he challenged his supporting staff member to a game. This time, Aaron did not win but he was already looking forward to the next game. Aaron shared that he was going to try for more strikes and was very excited about having another chance to win. Well, done Aaron, and better luck next time!

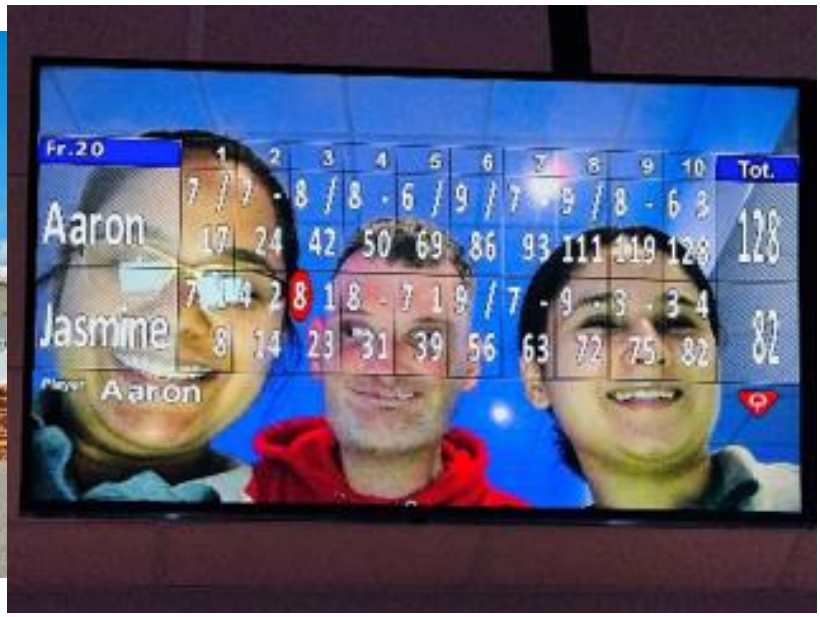






Following up on Aaron's previous bowling outing with a member of staff on 27th of August, Aaron stated that he would make sure he won the game on his next visit. He has now proved that he was true to his word. Aaron was supported to attend the bowling activity again on the 10th of September. He played passionately, achieved a few strikes, and successfully won the game. Aaron appeared very excited and happy throughout the outing and was proud of his achievement. Well, done, Aaron! You have done well and certainly kept to your word!





Robert was supported by staff to attend Specsavers at The Beacon Centre for his routine hearing check-up. Before his appointment, Robert happily posed for a photo and looked excited about going to his appointment. Well, done, Robert! You have been very brave and positive with all your appointments.



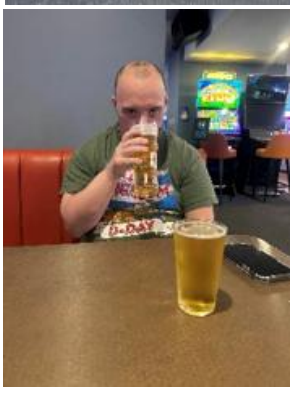


On the 10th of September, Robert returned from his outing in town. While out, he purchased some new Halloween decorations and was happy to show them off when he returned. Robert posed for a photo with his new items. He then spent some time in the office chatting with staff and enjoying a cup of tea before continuing with his day.

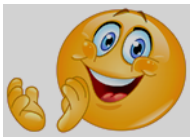
On the 10th of September, Glen went on his usual Thursday outing to Tenpin with staff and enjoyed his bowling. He then chose his favourite pints of beer and had a cheeseburger and chips. On the way home, Glen and staff stopped at the local shop to pick up a few essential items he was missing from his weekly shop. Glen also happily posed for a few photos and was very proud of himself. Well, done, Glen!







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 September 2026:



Maggie Percival: Maggie joined Valley View Barn in October 2012. Maggie has shown that she has a good knowledge of the needs of all of the service users that she supports including ensuring that choices are given in all aspects of their care. Maggie takes into consideration the likes and dislikes when supporting individuals in the home for example with meal preparation and how they would like to be supported in their everyday lives. Maggie shows empathy, dignity and respect to all individuals within the home and continues to aid colleagues when they have any questions and staff have commented on the positive advice that she provides them. Well, done Maggie, thank you for your hard work and commitment.



Alphy Sebastian: Alphy joined QRC Dom Care in March 2023 and currently works in the Eastbourne services. Alphy has continued to develop existing and learn new skills and complete tasks associated with the role of a senior. Alphy shows respect and consideration when dealing her colleagues and with the service users who she supports. She continues to show support for all who need it and it is lovely to see this being recognised by her colleagues and line manager. Well, done Alphy, keep up the good work!



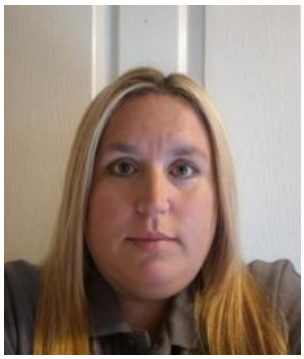
Simy Sasi: Simi joined QRC Dom Care in October 2025. Simy has consistently demonstrated reliability, commitment, and adaptability across the services where she works. She regularly covers shifts at short notice, which management are thankful to her for helping them with and has built positive relationships with the people she supports. Thank you, Simi, for your flexibility and willingness to work in all services.



Staff Training

Congratulations to Alphy Sebastian for achieving her Level 3 Health and Social Care Qualification. Alphy chose to self-fund her Level 3 qualification, to enable her to learn new skills and knowledge within her role as a support worker. Well, done Alphy for working so hard in your own time to get this course completed.

Congratulations to Lisa, Shams and Sara who attended the Assisting the Fallen Person course with East Sussex Adult Social Care recently. This course focused on supporting service users with limited mobility especially when they have an unexpected fall and supporting them off the floor in a safe manner.





Amy would like to thank staff for attending the recent First Aid Skills courses. This course covers many aspects of first aid skills such as CPR, choking, bleeding, sepsis, stroke, heart attack, heat stroke, seizures, head injuries and falls. It aims to give staff the confidence to recognise when a service user needs further help from a health professional and to be able to provide emergency first aid treatment if needed.



Puzzle Time

It only feels like 5 minutes ago, that we were writing about summer, but Autumn is now upon us! The days are getting shorter; the weather is getting wetter and the leaves are starting to fall. Have a go at our wordsearch below to find Autumnal related words!

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

Acorn
Autumn
Brown
Fall
Harvest
Jumper
Leaves
Orange
Puddles
Rain
Red
Wellies

Useful Information:

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

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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
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Email: kevin@qrc.uk.com