

Welcome to the QRC Newsletter for October, 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.



Valley View Barn



This month, the lovely ladies from 116 Barnhorn Road joined us for a session with Amy the Music Lady. Everyone enjoyed Amy's songs, sang along, and some even showed off their dance moves!



Stephen helped keep the local community clean by picking up litter. Well done, Stephen, for taking care of your community!





Jamie attended the Amex stadium for the Brighton verses Arsenal game, which was the 125th anniversary game for Brighton. Every Brighton fan received a gift, which was a 125th Anniversary Flag. The game was

full of action, with Brighton coming away 3-0 winners! Jamie was a bit upset due to him actually being an Arsenal supporter, however he thoroughly enjoyed the atmosphere and the experience.



Every Tuesday and Wednesday at Valley View Barn we have a Motivation session with Sarah, who encourages all to participate in a variety of activities. As you can see by the photos below Clare is attempting to throw a hoop over the cones. Well done Clare and to everyone else who participated.



Casey has started to develop her cooking skills and has been making her own supper with the support of staff. Casey likes to make tuna mayo pasta with sweetcorn and has been doing very well at making this herself. Well done, Casey!



David pictured below, has spent time completing various activities such as reading the newsletter, colouring and playing board games. These are all activities that David enjoys doing, especially the colouring. Keep it up David!



Julia and Clare visited the Hailsham Pavilion Cinema to watch 'The death of Robin Hood'. They both very much enjoyed the movie, even though Clare did say it was a bit gruesome and violent! They both look forward to watching a new movie at the cinema again soon.

Jamie has spent time playing pool against staff in the lounge. Jamie is very competitive when it comes to pool and does not like to see anyone cheat. Staff observing ensured that there was no cheating involved and Jamie won a few games against staff member Rohan. Well done, Jamie!



Julia enjoyed a trip to Horam Golf Club, where she admired the colourful flowers and had a refreshing orange juice. She enjoyed being out in the community and looks forward to another outing soon.



On a different occasion, Jamie and Jeremy also walked to the Horam Golf Club where they had their usual, a lovely cup of coffee and a cup of tea. They both enjoyed socialising with one another and catching up with each other about what they have both been up too.



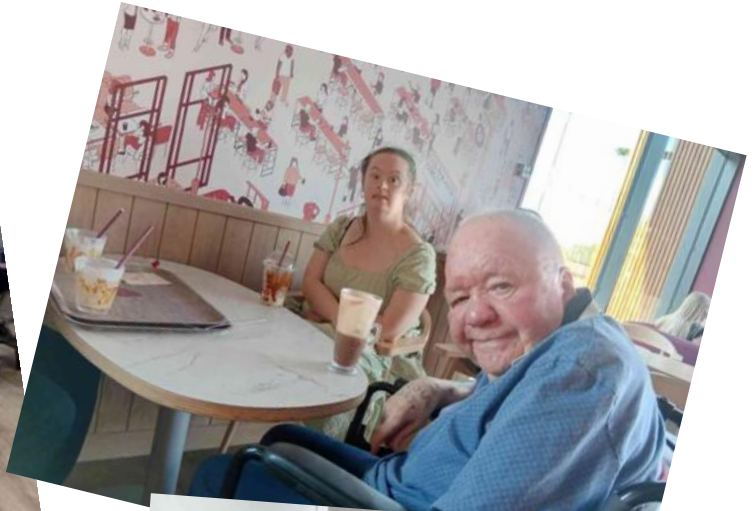
Clare, David and Charlotte also went to the Horam Golf Club on another occasion, where they also had the chance to socialise with one and another, whilst enjoying a snack and their favourite drink, which for Clare is a non-alcoholic Guinness!



Elaine has spent time using her colouring board and adapting her creative skills. Elaine has been drawing all different types of shapes and colouring using the stamps provided on the board. Well done, Elaine, keep up the good work!

David was so intrigued by what Elaine was doing, and she was kind enough to let David have a go at drawing something himself on her colouring board!





On different occasions, David, Charlotte and Jordan have enjoyed going to various cafés for a nice opportunity to enjoy a hot drink and a snack of their choice.



Casey has spent time doing some colouring, knitting and socialising with her peers. These activities help Casey adapt her skills and are very therapeutic for her. Well done, Casey!





Elaine has been out shopping and has bought items ready for the upcoming Halloween parties; Elaine hopes to look spooky and cause some frights when dressed in her costume.

During the past month Jamie, Jeremy, Stephen and Casey all attended the Laughton Show that is on every year. This is an event that they all look forward to. Everyone who attended looked at various things from vintage cars to snakes and the stalls that were set up around the park. They all look forward to returning to the Laughton Show next year.





More photos from
the Laughton
Show



Charlotte was supported to McDonalds in Polegate where she enjoyed a well-deserved burger and chips and a choice of milkshake. It looks yummy Charlotte!





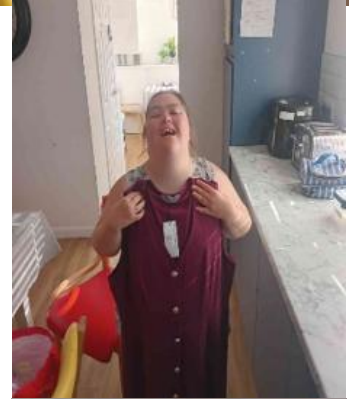
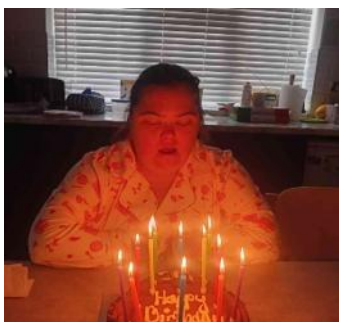
374 Battle Road



On 23rd September, we had a wonderful time celebrating Cassie's 34th birthday, making it a truly special and memorable occasion for her. Cassie was absolutely delighted and full of excitement as she opened her birthday presents

and cards. She was eager to share her lovely gifts with everyone, proudly showing what she had received and spreading her happiness with those around her. To make her special day even more memorable, Cassie enjoyed a delightful birthday tea party with peers. The celebration was filled with smiles, laughter, and a lovely sense of togetherness as everyone joined in, to make Cassie feel special and appreciated.

The excitement continued into the evening, when everyone gathered to celebrate with a beautiful birthday cake. Cassie enjoyed this special moment, marking another wonderful year with a joyful celebration surrounded by familiar faces and lots of birthday cheer.



Happy Birthday Cassie!



On 15th September Sarah and Elise enjoyed a lovely outing to Bulverhythe Park in Hastings, where they spent quality time together, enjoying the beautiful surroundings and making the most of their time outdoors. During their visit, both Sarah and Elise had the opportunity to take in the sights, admire the natural surroundings, and enjoy the peaceful atmosphere of the park. They took their time exploring the area, appreciating the scenery and enjoying a refreshing change of environment.



One of the highlights of the day was being together in the park, relaxing and sharing some enjoyable moments. Sarah and Elise also spent time playing games, which brought plenty of fun, laughter, and smiles. The activities gave them an opportunity to engage with one another, enjoy each other's company, and create happy memories together.



On 25th September, we had a wonderful reason to celebrate, as Elise marked a very special milestone — her 60th birthday! Elise enjoyed a lovely birthday celebration filled with smiles, excitement, thoughtful gifts, and quality time spent with her peers. To make her day extra special, everyone came together to enjoy a delightful birthday tea party, complete with a delicious birthday cake and plenty of birthday cheer!

One of the highlights of the day was Elise opening her lovely birthday presents. She was absolutely delighted to discover

the wonderful gifts she had received, including a selection of sensory items to explore and enjoy. These thoughtful presents were a lovely way to celebrate Elise's special day, offering her exciting opportunities for sensory exploration and enjoyment.



*Happy 60th Birthday,
Elise!*

On 21st September, Emma travelled by bus to Hastings town centre for a lovely day out. She enjoyed the sunshine while shopping and exploring the town. At Primark, she browsed the clothing section and bought three new sets of pyjamas, taking pleasure in choosing her new nightwear. She then visited another shop and took her time looking at the items on display. The warm, sunny weather made the trip even more enjoyable, and Emma appreciated the lively atmosphere of the town and her time spent outdoors.





On 26th September Cassie had a wonderful time celebrating her friend Leah's 21st birthday at the West St Leonards Community Centre and Social Club. It was a special occasion filled with happiness, laughter, music, dancing, and lovely moments shared with friends. Cassie travelled to the venue by public bus, demonstrating her independence and enjoying the journey to the celebration. On arrival, she was excited to join the birthday party and celebrate this important milestone with Leah and their friends. At the beginning of the celebration, Cassie warmly presented Leah with some lovely birthday gifts, making the occasion even more special for the birthday girl. It was a thoughtful gesture that reflected Cassie's kindness and friendship. As the party got underway, Cassie joined Leah and her other peers on the dance floor. She thoroughly enjoyed dancing along to the music, sharing smiles and laughter, and joining in with the lively party atmosphere. After enjoying the celebrations, Cassie took some time to refresh herself with the delicious party food on offer. She enjoyed the tasty treats and had a lovely opportunity to relax and socialise with her friends before the event came to an end.





On 25th September, Elise enjoyed a lovely birthday morning out with a visit to Bateman's, the historic home of Rudyard Kipling, near Burwash. It was a wonderful opportunity for Elise to celebrate her special day by exploring a place rich in history, admiring beautiful surroundings and enjoying a relaxing experience. During her visit, Elise was fascinated by the charm and character of the ancient building. She took her time exploring the historic house and looking through the various displays, enjoying the opportunity to discover more about its history and heritage. She also appreciated the beautiful views both inside and outside the house, taking in the unique features of the building and the peaceful scenery surrounding the property.



One of the highlights of the morning was spending some relaxing time in the garden. Elise enjoyed a lovely cup of tea outdoors, soaking up the peaceful atmosphere and appreciating the beauty of the surroundings. The garden provided a perfect setting to pause, relax and make the most of her special birthday outing.





Emma and Cassie enjoyed a lovely outing to the Combe Valley Nature Project on 20th September a wonderful community initiative run by dedicated volunteers who provide engaging activities and opportunities to connect with nature. On arrival, the ladies were warmly welcomed by the friendly team, who helped them

settle in and get involved in a fun, hands-on activity.

One of the lovely volunteers, Den, introduced them to the activity to make an apple bird feeder. Den demonstrated each step carefully, showing Emma and Cassie how to prepare the apple, make holes, add birdseed and attach the string so that the finished feeders could be hung outdoors for the birds to enjoy. Emma particularly impressed everyone with how well she took part in the activity. She showed great enthusiasm and concentration as she carefully tied the string, made holes in the apple and filled them with birdseed.

With Den's friendly guidance and encouragement, Emma worked through each stage and did a fantastic job creating her bird feeder. Cassie also enjoyed being part of the experience, and both ladies appeared to have a wonderful time participating in this engaging nature-based activity.

The session offered a lovely opportunity to develop practical skills, enjoy some creativity and learn more about how we can support local wildlife.



Hellen has been making wonderful progress with her ongoing Project Book, a special and meaningful activity that allows her to capture and celebrate the lovely experiences she has enjoyed during her days out and activities that she has participated in. Over time, Hellen has been carefully collecting photographs and leaflets from places she has visited, and recipes to include in her book. Each item helps her record her experiences and

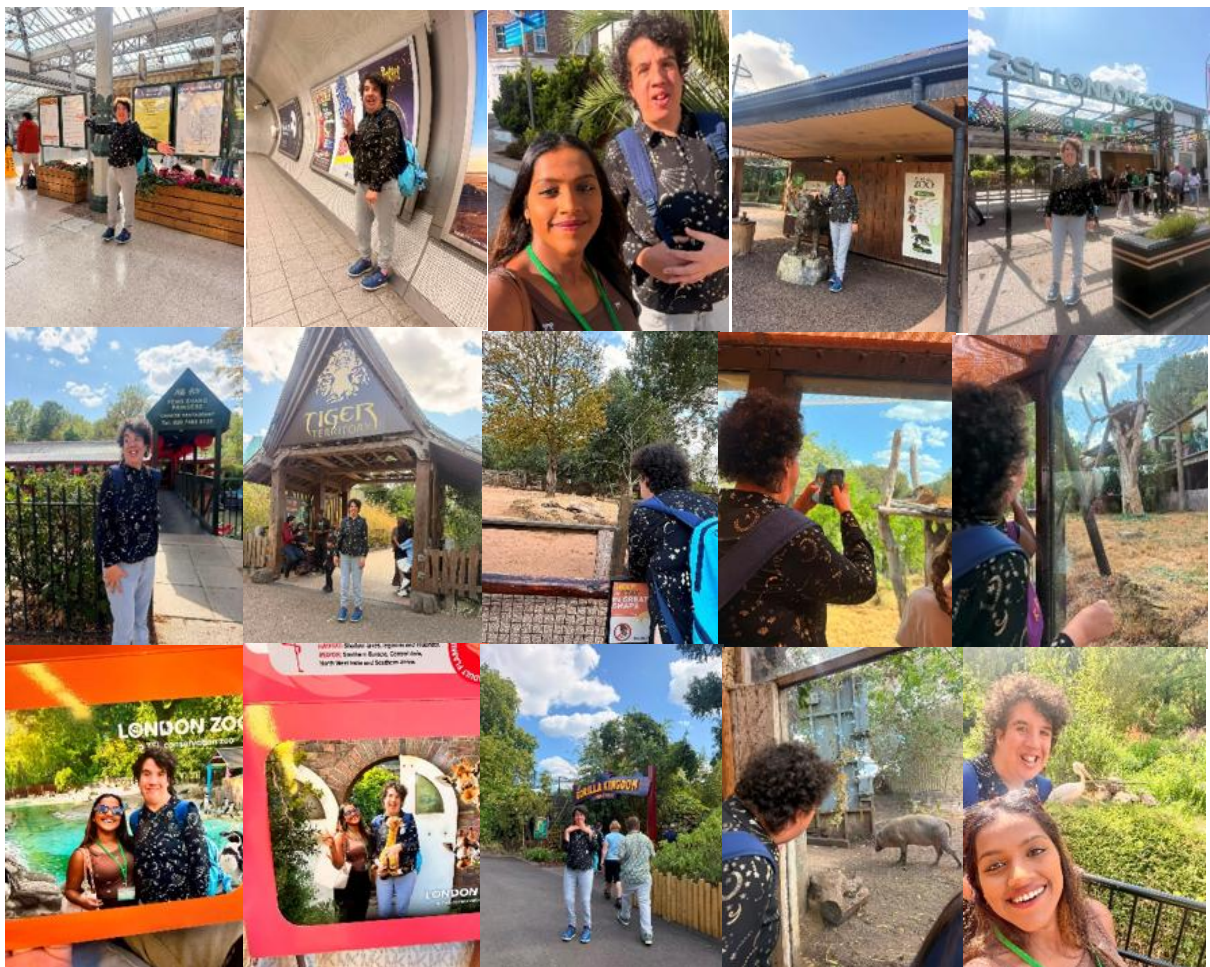
create a personal collection of memories that she can look back on and enjoy. What makes Hellen's project particularly special is the care and creativity she puts into every page. Rather than simply adding photographs and information, Hellen enjoys decorating each page individually, choosing a different theme to reflect the particular outing, activity or experience she wants to remember. She takes her time deciding how to arrange everything, adding her own personal touches and making each page unique.

Last week, Hellen reached another lovely milestone by completing the decoration of the page dedicated to her visit to Bateman's, the historic home of Rudyard Kipling. She worked on bringing her memories of the outing to life through her page design, creating a special reminder of her visit and the things she enjoyed seeing and exploring there. Hellen's dedication to this project is wonderful to see. She approaches each page with patience, enthusiasm and attention to detail, taking pride in the finished result rather than rushing through the process. The project also gives her an opportunity to express her creativity, make choices independently and reflect on the enjoyable experiences she has had. Well done, Hellen!



Meads Street

This month's newsletter contribution is dedicated to Charlotte, who celebrated her 34th birthday in a special way. Before her birthday, Charlotte worked with her keyworker to plan how she wanted to celebrate her special day. She decided to visit London Zoo, and on the day, she travelled from Meads to Eastbourne train station before taking the train to London. During the visit, Charlotte enjoyed seeing different animals and taking part in activities around the zoo. She and her keyworker also took some photos to remember the day. Charlotte shared how much she enjoyed the journey and her visit to London Zoo. Charlotte also celebrated with her flatmates at Meads, where she cut her birthday cake and shared it with everyone. They also enjoyed party food and drinks together. Afterwards, Charlotte told staff how much she had enjoyed her birthday and thanked staff for helping her plan and enjoy the day. Happy 34th birthday, Charlotte! We wish you all the best for the year ahead.





Happy Birthday Charlotte!



On the 1st of October, staff supported Aaron with his usual Thursday outing to Tenpin Eastbourne for bowling, which he enjoys choosing as one of his regular activities. Aaron was excited about the game and shared with staff how well he was doing, especially when he scored several strikes. Before the game started, Aaron confidently told staff that he was going to win, and he was happy to show his scores as the game went on. After bowling, Aaron enjoyed his chosen meal of a cheeseburger, chips and Pepsi Max. He appeared happy and excited throughout the outing and enjoyed spending time bowling and having his meal.

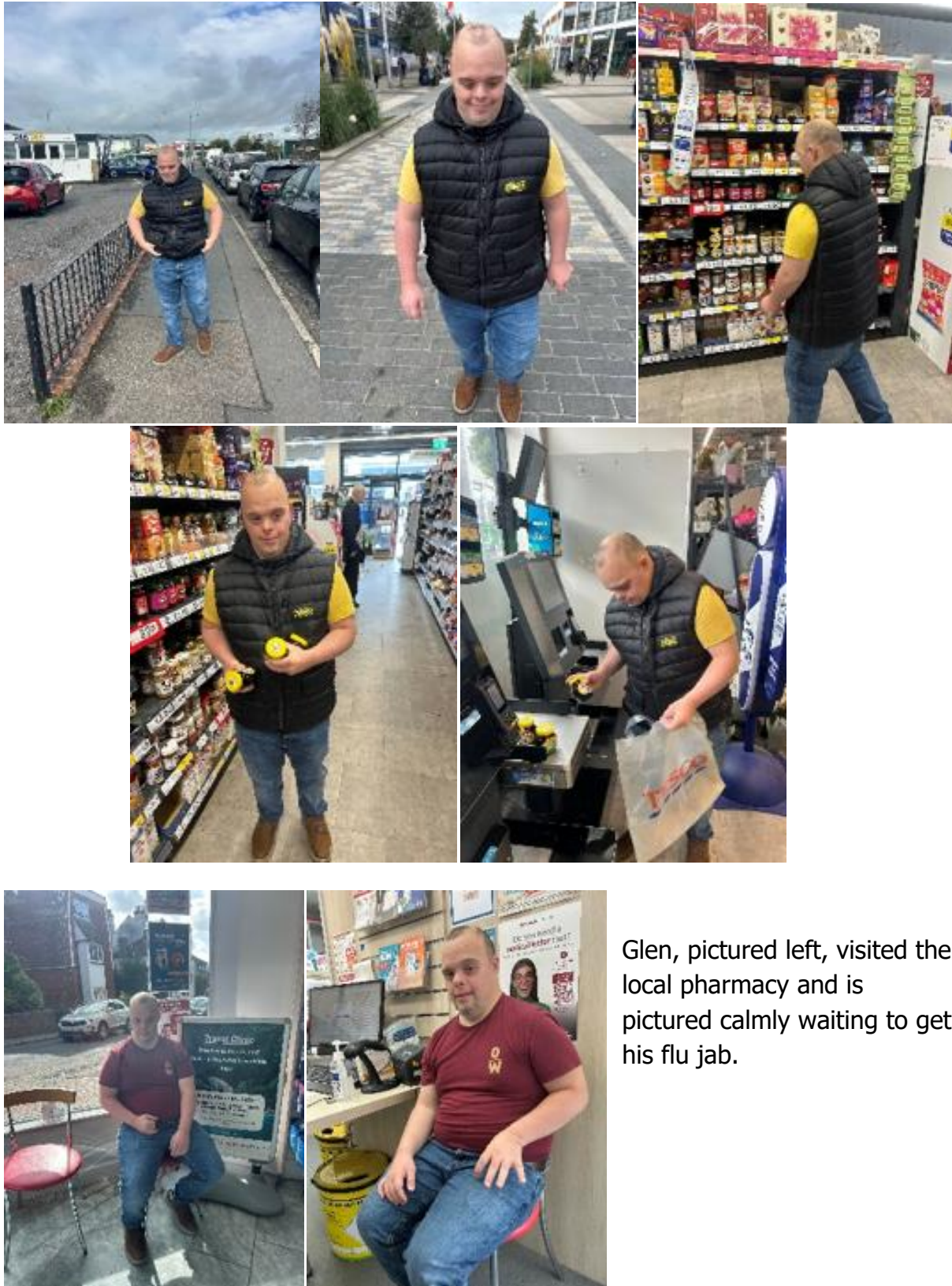
End of game											
5											
PLAYER	1	2	3	4	5	6	7	8	9	10	TOTAL
Aaron	6	2	8	7	6	3	7	9	6	9	131
Wally	8	24	33	52	61	80	98	107	113	131	
Talbot	8	17	24	6	9	7	9	6	7	5	121
Paul	9	15	24	43	60	73	82	95	104	121	



the staff. They also posed for a photo to remember the moment. It was a nice opportunity for them to have a relaxed chat, share their experiences and enjoy some time together.

Aaron and James joined staff in the office for a catch-up over a hot drink. They spent time chatting about how their week had been, what they had been doing, and how their day was going so far. They also talked with each other and staff about their plans for the following day and the rest of the week. Both Aaron and James appeared to enjoy spending time together and with

On the 9th October 2026, Glen was supported by staff to visit the taxi office to pay his monthly taxi invoices. He posed for some photos outside the office before heading back to town. Glen then enjoyed a walk around town with staff and finished his outing by visiting Tesco to pick up some household essentials. He was actively involved throughout the outing and enjoyed spending time out in the community with staff.



Glen, pictured left, visited the local pharmacy and is pictured calmly waiting to get his flu jab.

After receiving his flu jab, Glen went to his favourite Friday restaurant, where he posed for a photo while waiting for his meal. After enjoying his food, Glen went for a walk around town with staff before visiting the barber shop for his haircut.



On the 1st of October, staff supported Charlotte to visit her bank in town. Before going into the bank, Charlotte and staff met Robert outside Greggs, as he was leaving the shop to catch a bus home. Charlotte and Robert decided to take some photos together and had a chat about how their day was going and what they had planned for the rest of the day. Staff then supported Charlotte with her banking activities. While waiting to be seen by the bank staff, Charlotte looked through some of the magazines available for customers and posed for some photos. After leaving the bank, Charlotte visited Poundland with staff to buy some essentials. She enjoyed taking some more photos before heading back home. Charlotte was involved throughout the outing and had the opportunity to spend time with Robert and complete her planned activities with staff support.





On the 13th of September, James worked towards his ongoing monthly goal of keeping his flat clean and organising his belongings with staff support. James actively changed his bin bags and put new bags into his bin containers. Well done, James, for taking part in keeping your flat clean and tidy!

On the 14th of October, Robert spent time checking on his plants and carrying out gardening activities to help keep the communal garden looking beautiful. He also posed for some photos while tending to his plants. Well done, Robert, and thank you!



James has been attending regular monthly clinic appointments and having blood tests to help ensure he receives the right and up-to-date medical support. On the 13th of September, before his blood test, James posed for a photo with his cheerful thumbs-up gesture. He actively participated in his blood test appointment and enjoyed friendly conversations with the clinic staff about how he had been over the past few months, what he had been doing that day and his plans for the week ahead. Well done, James!



On the 8th of October, staff supported James to visit his favourite ice cream shop for a treat. James chose his favourite ice cream and received support from staff to complete the payment. He happily posed for a photo with his ice cream. After enjoying his treat, James took the opportunity to walk along the seafront and look around. He engaged in friendly conversations with staff and shared how much he was enjoying his day out.



On his way along the seafront James stopped at the Eastbourne Pier, where he happily posed for a couple more photos. James appeared to enjoy his time out in the community, making the most of the opportunity to enjoy his favourite treat, explore the seafront and create some lovely memories. Well done, James!



On one of his usual outings to town, James took the opportunity to enjoy a healthy walk from home to town with staff support, making the most of the good weather. James accompanied by staff walked around Helen Gardens, along the seafront and towards Eastbourne Pier. During the walk, he also took some time to rest on a seat near the beach before continuing his activities. During the outing, James met an old friend in town and enjoyed a friendly conversation with him. They chatted about James's activities that day, what he had been doing recently and his plans for the coming week. James enjoyed spending time outdoors, keeping active and socialising with others in the community. Well done, James, for making the most of your day out!



On the 24th of September, Aaron started his day with his monthly chiropody appointment at Feetures. Before going in for his appointment, he posed for a photo in the waiting area. During his appointment, Aaron engaged in a friendly conversation with his chiropodist about what he had been doing and his plans after the appointment.



After his appointment, staff supported Aaron to visit Tenpin Eastbourne for his usual bowling outing. Aaron played two games of bowling with staff and shared that he had enjoyed the activity. Well done, Aaron, for attending your appointment and enjoying your bowling outing!

Glen enjoys his usual Monday cinema outing to Cineworld inside The Beacon Centre. On this particular occasion, he chose to watch a film called Scavengers. Before heading to the cinema, Glen visited the CEX shop to look for some DVDs of films he had been interested in. He then made his way to the cinema with staff, where he happily posed for some photos before the film started.





116 Barnhorn Road



This month, Amaria joined 116 and has been settling into her new home. She has had a busy and positive start, spending time decorating and personalising her bedroom to make it feel comfortable and reflect her own style. Amaria has enjoyed choosing items for her room and making her new space feel welcoming and familiar.

Alongside settling into her bedroom, Amaria has been working hard to establish a new daily routine and become familiar with life at 116. She has shown great enthusiasm in getting involved around the home, including helping to make drinks for herself, staff, and her peers.



Amaria has also spent time getting to know the other people living at 116 and building positive relationships with staff. She has enjoyed taking part in conversations, sharing her interests, and learning more about those around her. As she continues to settle in, Amaria is growing in confidence, becoming more independent, and embracing new opportunities within her new home.

We are all very pleased with how well Amaria has settled in and look forward to supporting her as she continues to make 116 her home.



Caitlin attends the Coombe Valley Nature Project every Wednesday and really enjoys spending time there. She looks forward to taking part in outdoor activities, exploring nature, and learning about wildlife and the environment. Attending the project gives Caitlin the opportunity to be active, develop new skills, build her confidence, and socialise with others in a relaxed setting. She is always happy to go and benefits from being outdoors and involved in meaningful community activities.





More photos of Caitlin at the Coombe Valley project!

Maria D and Caitlin still enjoy going for daily walks with staff and are very motivated to maintain and improve their fitness. These walks provide regular physical exercise, promote a healthy lifestyle, and support their overall wellbeing. They enjoy getting out into the community, exploring different routes, and spending time outdoors. Staff encourage and support them to stay active, build their stamina, and make walking a positive part of their daily routine. Their commitment to regular exercise helps them maintain their physical health, increase their confidence, and achieve their personal wellbeing goals.



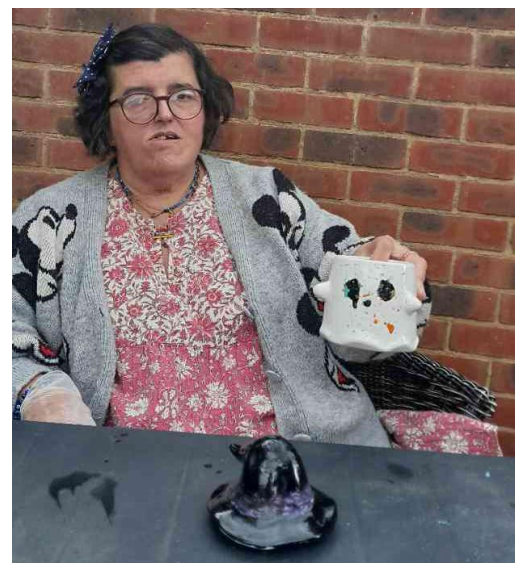


Here are Maria D and Caitlin with Maria W and staff member Tom to keep them company.



This month, Maria worked towards her goal of completing a creative arts activity by visiting Eastbourne to choose and purchase a cup to decorate. Maria enjoyed looking around the shops and selecting her own cup and paints, showing enthusiasm and independence throughout the activity.

With support from staff, Maria spent time painting her cup in the garden, making the most of the pleasant outdoor environment. She carefully chose her colours and took pride in decorating the cup in her own unique way. Maria remained focused and engaged throughout the activity and appeared relaxed and happy while expressing her creativity. She was pleased with the finished result and enjoyed showing her painted cup to others. This activity helped Maria develop her decision-making skills, confidence, independence, and creative expression while successfully progressing towards her monthly goal.





Maria had a wonderful time during an outing with staff and was cheerful throughout. She enjoyed a long drive, dancing in the van and listening to music, and appeared relaxed and comfortable. Maria then had lunch at Starbucks, where she chatted and laughed with staff. She also went shopping and chose a new pyjama set, which she was eager to wear as soon as she arrived home.





Maria and Caitlin enjoyed making their own pizzas as part of a fun cooking activity. They chose their favourite toppings, spread the sauce, and carefully prepared their pizzas with support from staff. Both were engaged throughout the activity and showed pride in creating their own meals. The smell of the freshly baked pizzas filled the kitchen, adding to the excitement. Maria and Caitlin enjoyed sharing their finished pizzas together and were pleased with the results. The activity helped develop their independence, confidence in the kitchen, and encouraged positive social interaction.





Maria D was supported by staff on a shopping trip to Ravenside, which by looking at the photos showed that she appeared to have a very good time!



Maria also treated herself to lunch at KFC!





Lushington Road

Julie is gradually becoming more active in the community and has enjoyed several outings. She is pictured visiting the beach and Bramley Woods, meeting her brother in Brighton, and as further pictures show taking part in a group activity at the local bowling centre. After months of limited mobility, it is lovely to see Julie smiling, enjoying the good weather, and spending time in the community with friends and family.



Alex recently treated himself to a fresh haircut and was delighted with the result. He values his personal appearance and takes pride in looking smart and well presented.



Alex enjoyed visiting the barber and choosing his preferred style of haircut. The new haircut left him feeling confident and refreshed, and he appreciated the compliments he received from family, friends, and staff.

Alex is pictured on a recent holiday in Croatia, where he enjoyed a well-deserved week away with his mum and dad. Family time is important to him, and he valued the chance to relax, explore new places, and make lasting memories together.

During the holiday, Alex visited local restaurants, tried different foods, and enjoyed meals with his parents. He especially appreciated sharing good food and conversation while taking in the beautiful scenery and relaxed atmosphere.



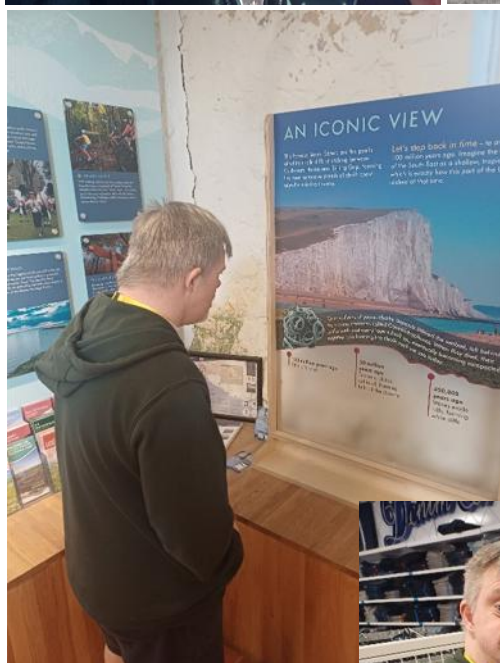
Louise, pictured below, had a positive and productive gym session. She remained motivated and engaged fully in her chosen activities.

Using a range of equipment, Louise completed cardiovascular and strength-based exercises to support her health, fitness, and wellbeing. She followed guidance to exercise safely and effectively, maintaining focus and determination while working at a pace suited to her abilities and goals.



Jonathan enjoyed a day trip to Seven Sisters, travelling there by bus and taking a long walk through the coastal area. He appreciated the scenery, fresh sea air, and impressive views, and remained relaxed and in good spirits throughout the outing.

Jonathan took part enthusiastically, enjoying the opportunity to be active outdoors. After the walk, he relaxed with a coffee before returning home smiling and satisfied. The trip provided both valuable exercise and an enjoyable social experience.



On another occasion Jonathan enjoyed a community outing that included shopping and lunch at Wimpy.

While shopping, Jonathan demonstrated his independence by choosing what to buy, comparing products, managing his money within budget, and confidently communicating his preferences. Staff offered support when needed, but he took the lead in making decisions, strengthening his independence and confidence.



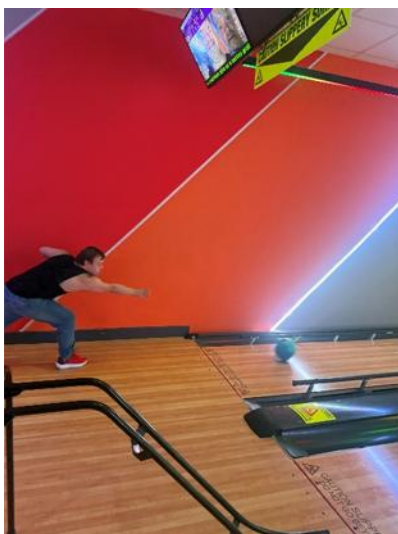
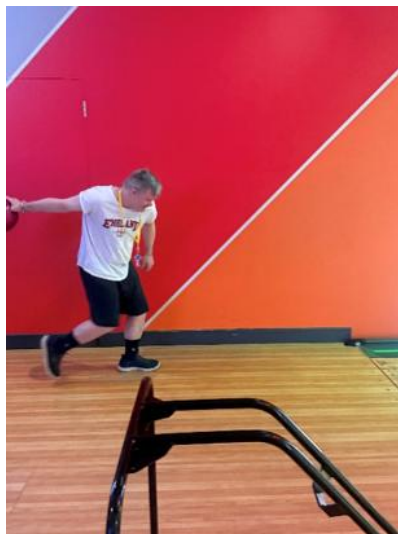


After completing his shopping, Jonathan chose a meal at Wimpy and enjoyed dining out. He appeared relaxed and happy, joined in conversation, ate well, and spoke positively about his food and the experience.



The service users from Lushington enjoyed a fantastic day out together at Tenpin, where they took part in bowling and spent time enjoying the various arcade games and activities available. The trip provided a great opportunity for everyone to socialise, have fun, and spend quality time together in a lively and enjoyable environment.

All four individuals fully engaged in the bowling experience, cheering each other on and celebrating each other's successes throughout the games. There was plenty of laughter, friendly competition, and encouragement, which helped create a positive and inclusive atmosphere. Everyone appeared to enjoy the challenge of bowling, with smiles and excitement evident throughout the session.





After bowling, the group explored the arcade area, where they enjoyed a variety of games. They had great fun testing their skills, collecting tickets, and trying different activities. The arcade provided entertainment for everyone and helped make the day even more memorable.



The outing also promoted social interaction, confidence, and community participation. The group demonstrated excellent behaviour throughout and interacted positively with one another, making the most of the opportunity to enjoy a shared experience outside of the service.



Alex went to Crazy Golf and thoroughly enjoyed the experience. He appeared happy and engaged throughout the activity, taking part enthusiastically and enjoying the friendly challenge of the game. Alex showed a positive attitude, had fun navigating the different holes and obstacles, and was pleased to spend time taking part in a recreational community activity.

Louise had a wonderful time celebrating her birthday with her friends. She thoroughly enjoyed the party atmosphere, spending quality time socialising and sharing the special occasion with those around her. Louise enjoyed the food provided and was very happy with the selection available for both her and her friends. There was a wide variety of snacks and meal options on offer, including soy and honey chicken strips with hummus, mixed fruit salad, cucumber, cherry tomatoes, chicken pasta salad, egg mayonnaise sandwiches, cucumber and cheese sandwiches, sausage rolls, cut watermelon, and low-calorie nachos with salsa and avocado dip. Louise also enjoyed a can of Coke Zero with her meal. She appeared relaxed and content throughout, engaging positively with the food and social atmosphere, and expressed satisfaction with the choices available to everyone. She particularly enjoyed listening to the music and enthusiastically joined in with the dancing, appearing relaxed, confident, and full of enjoyment throughout the event. Louise was smiling, engaging well with others, and making positive memories on her special day. Overall, she had a fantastic birthday celebration and greatly enjoyed the company, entertainment, food, music, and dancing.



*Happy Birthday
Louise!*





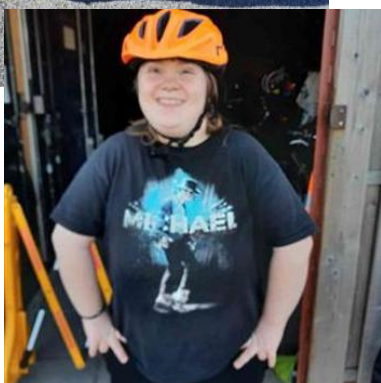
35 Barnhorn Road



Pinar, Dani and Evie made the most of the autumn sunshine with a lovely walk to Cooden Beach. They enjoyed spending time together chatting, laughing, taking in the sea views, and getting plenty of steps in before the colder weather arrives.



Amelia has been enjoying attending a weekly bike riding session at college every Friday with staff support. She has shown great enthusiasm and commitment, and it has been wonderful to see the positive impact this has had on her fitness and wellbeing. Keep up the fantastic work, Amelia!





Evie has achieved one of her goals by learning how to make pancakes from scratch. She did an incredible job following the recipe and creating delicious pancakes, showing great determination, independence, and confidence in the kitchen. Well done, Evie!



Amelia enjoyed a shopping trip and was delighted to find an Exorcist t-shirt and a Micheal Jackson Thriller jumper, two of her favourite interests. After carefully choosing her items, she decided to treat herself and make the purchase.



Pinar has been working hard on developing her cooking skills and has achieved some fantastic results. With staff support, she made homemade chicken nuggets from scratch and also prepared a delicious prawn egg fried rice. Her confidence and independence in the kitchen continues to grow, and she should be very proud of her achievements. Well done, Pinar!



With staff member Tracy's wedding fast approaching, the ladies enjoyed a lovely hen party, filled with laughter, fun, and plenty of delicious food as they came together to celebrate and share in the excitement of the special occasion.



Dani was in her element during a visit to a local Asian food store, where she enjoyed exploring different foods and learning about new cultures. She also enjoyed a shopping trip to look for some new-season baby clothes, making it a lovely day out filled with discovery and excitement.



New month, new cuisine! The ladies at 35 Barnhorn enjoyed a homemade Mexican feast of enchiladas, nachos, and churros. A big well done to Lauren and Naga for their creativity in making it, such a delicious and enjoyable experience!



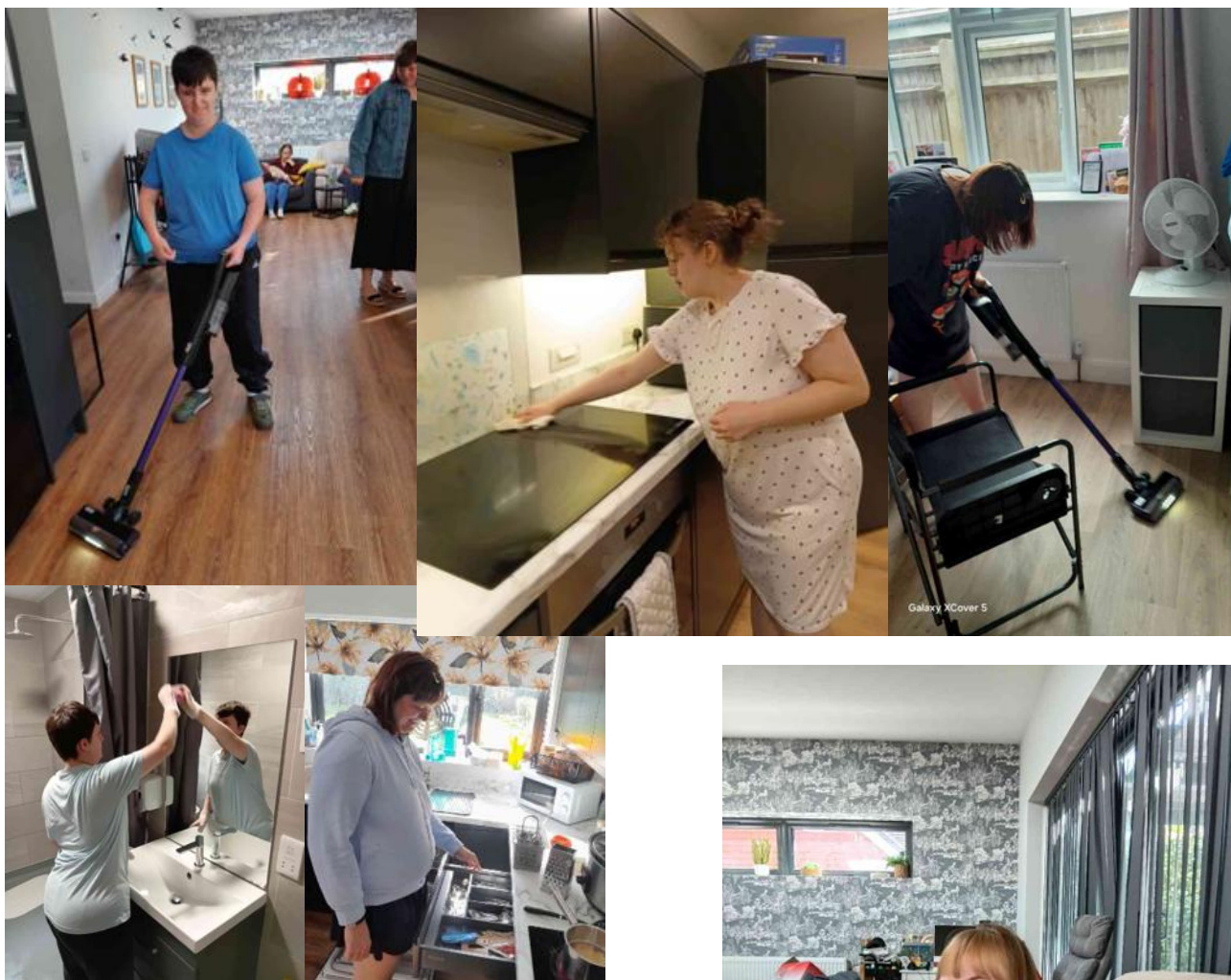


The ladies at 35 Barnhorn Road have formed some wonderful friendships and love spending time together. Whether they're out and about, posing for photos, sharing jokes, or supporting one another, it's clear they enjoy each other's company and always have more fun when they're together.



Well done to Izzy, Amelia, Dani, Evie and Kiri, who have been showing great independence by getting involved with household chores and helping to keep their home tidy. It has been wonderful to see their confidence and sense of responsibility continue to grow.





Amelia has been making fantastic progress on her health and wellbeing journey since joining Slimming World. She has become much more active and has even started enjoying green tea, swapping some of her usual fizzy drinks for healthier choices. Her commitment and positive attitude have been truly impressive. Well done, Amelia!





102 *Victoria Drive*

On Sunday the 13th of September Matt and Pam chose to go to the Laughton Vintage Car Show. They enjoyed looking around the grounds at a variety of old vehicles including busses, steam engines, cars and military vehicles. They also watched part of a motorbike display. Both chose to sit down for a burger and chips for their lunch before they then continued to explore. Matt thoroughly enjoyed watching the old organs, sitting down to watch the mechanical displays move whilst the music played. Pam and Matt both had a look around the reptile tent, and both got the opportunity to hold a snake around their neck. They were very brave as you can see from the pictures. Both also enjoyed looking at the stalls, and spending time in the 'model' tent where there were displays of model villages, vehicles and buildings. Matt and Pam both enjoyed having a go on the tombola, winning prizes. Matt also chose to go for a ride on the Ferris wheel, whilst Pam preferred to keep her feet on the ground, instead choosing to have a go at the hook a duck game.





On Friday the 18th of September Pam chose to make the most of the sunshine by having a walk around the local community. She stopped at Waitrose to purchase a meal deal and chose to eat this in the park, chatting to staff about all the things she has coming up in the next couple of months. Whilst she was eating, a bird chose to join her at the table, and Pam was fascinated by it, pointing out to staff when the bird used its foot to scratch its head. After lunch Pam chose to have a visit to the café, choosing a cappuccino, before walking back home.



On Sunday the 20th of September Chrissy, Chloe, Rachael, Matt and Pam all chose to go to the cinema together to watch Shaun the Sheep. They stopped at Sainsbury's on the way and each purchased their choice of meal deal lunch and a drink to take with them. Everybody appeared to enjoy the film, with Rachael saying it was "funny" and Chloe informing staff it was "good". Even the staff said it was a very enjoyable film and a great afternoon out.



On Thursday the 24th of September Rachael chose to go for a leisurely swim at the local pool and was excited to use her new swimming costume. She spent time swimming up and down in the deep end, and relaxing in the shallow end. After swimming Rachael chose to walk along the seafront to the Beach Deck restaurant where she had a well-earned burger and a coke zero.



On Sunday afternoon's the residents of Victoria Drive often like to gather in the lounge to sing some karaoke songs which they refer to as the 'Victoria Drive Talent Show.' They all independently choose the songs they would like to sing along to and put on a great performance. Staff support them to play their songs on the karaoke

machine, and they love to sing into the microphone at the top of their lungs whilst showing off their dance moves.



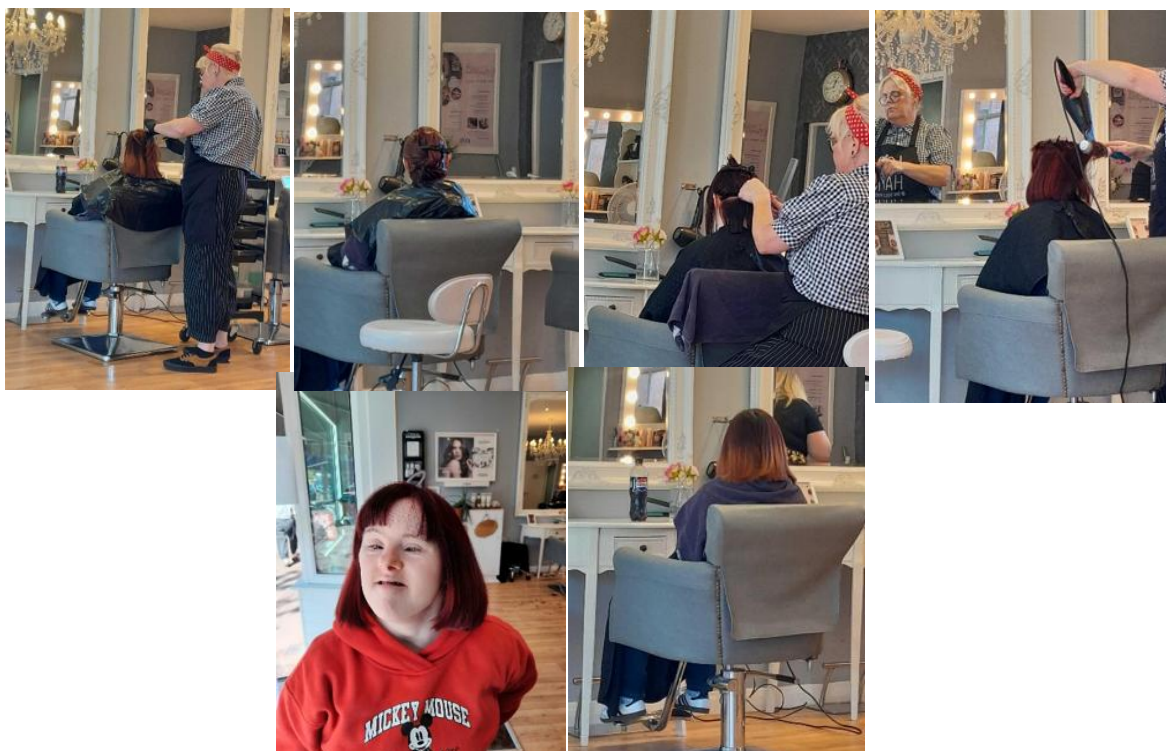
On Sunday the 27th of September Pam chose to go to Raystede Animal Sanctuary where she enjoyed wandering around the grounds and spotting the different animals. Unfortunately, Pam's favourite animals, the cats, were not out and about so she was unable to see these, but she did spot some goats, chickens, geese, rabbits and dogs which she told staff about when she got back home. She also chose to purchase lunch there, enjoying a macaroni cheese and a cappuccino, and then stopped at the charity shop to buy herself a new teddy which she named Fred!



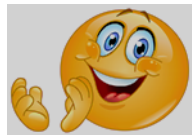
Chrissy was excited to go to town early on Wednesday the 30th of September to have breakfast out at Wetherspoons, choosing to have a traditional cooked breakfast and a hot chocolate. Chrissy doesn't usually have a full cooked breakfast, so it was a big treat for him that he thoroughly enjoyed. After breakfast Chrissy chose to complete some shopping in town, buying his toiletries and stopping at Lush to choose some bath bombs and a gift for his sister. He then chose to get the bus back home to start his weekly chores.



On Thursday the 1st of October Rachael attended a hair appointment where she chose to get her hair dyed and cut. The hairdresser showed Rachael a book of hair colours and she chose to dye her hair red. She also discussed with the hairdresser the length and style she would like. Rachael sat well for the two hours it took to complete her cut and colour, enjoying a Pepsi Max and a chat with the hairdresser whilst she was being pampered. Rachael has been trying to grow her fringe out for several months and asked staff to help her communicate this to the hairdresser. At the last minute after her hair had been dried and styled, however, she changed her mind and confidently informed the hairdresser herself that she would like to have her fringe cut in. She was very happy with the results.



Pam, Chloe and Chrissy would like everybody to see a picture of them in their matching jumpers which they all independently chose from Primark to keep them warm, now that the weather is getting cooler!



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 October 2026:



Josh Skingsley; Josh joined QRC Dom Care in February 2019, working then at 35 Barnhorn Road before transferring to 374 Battle Road when this service opened. In the years that Josh has worked within QRC Dom Care, he has grown as a person; he listens and takes on constructive criticism, learns from mistakes, and recently has taken over responsibility of the medication tasks for the service, along with all that this entails. Josh constantly works in a person-centred way and has a great professional relationship with all the service users he supports. Well done, Josh, keep up the good work!



Solomon Adi; Solomon joined QRC Dom Care in July 2021 and has worked mainly at Meads Street where he is now the senior support worker. Solomon has demonstrated great commitment, and compassion in supporting the service users at Meads. His main strengths have been excellent communication and resourcefulness when facing barriers needed to be overcome to ensure successful multidisciplinary working. Solomon has advocated for the service users, to ensure their needs are met and that they enjoy the best quality of life possible. Well done Solomon and thank you for your hard work!



Reshma Devassykutty; Reshma joined Valley View Barn in August 2026. Reshma has been nominated due her positive attitude and continued learning that she has shown over the past month while working at Valley View Barn. Reshma has shown that she has initiative, demonstrated through her teamwork and she has shown a high regard for dignity and self-worth for each of the people she supports. Following on from this, the CQC inspector was very impressed with her knowledge and understanding gained in such a short period of time of working at Valley View Barn and wanted this to be recognised on the day of their discussion, feeding back to her line manager positively, which was fabulous to hear. All individuals who reside at Valley View Barn have also commented on the positivity that she brings to the home and that Reshma is very compassionate towards them. Well done, Reshma, 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.



Amy Cottingham; Amy is celebrating 10 years of working at QRC. Amy started out as a Support Worker at Valley View Barn in October 2016, quickly progressing to a Senior Support Worker after completing her Level 3 Health and Social Care Diploma. Whilst working waking night shifts at Valley View Barn, Amy completed her Level 5 in Health and Social Care and then went on to complete her Level 5 in Education and Teaching and became QRC Training Manager in 2021. Well done, Amy, thank you for everything that you do to ensure that the staff are well trained and confident in their respective roles. Amy is pictured with a hamper presented to her by the managing director.



Kathleen Anderson; Kathleen is celebrating 15 years working for both QRC Dom Care and QRC Valley View Barn. Kat commenced her employment with QRC working in a small Dom Care service based within another care environment where she supported service users with complex needs. During her time working in Dom Care Kat achieved a number of qualifications including a level 5 diploma in Health and Social Care. Kat transferred to Valley View Barn, where she was appointed to the role of Head of Care and subsequently, she was appointed to the position of Registered Manager. Kat works extremely hard to ensure that Valley View Barn provides the very best care and support for the individuals who live there and provides excellent guidance and support to her staff team ensuring that they deliver a quality service. Thank you, Kat, for your commitment to QRC, and for your diligence, dedication and continued hard work.



Staff Training

Congratulations to Reshma for completing and passing her Care Certificate. Reshma has recently started at Valley View Barn and has taken everything in her stride. She has shown confidence and competence in supporting the service users in a person-centred way ensuring that she understands their needs and wishes. Keep up the great work Reshma!



Congratulations to Sara and Eddie who have completed a 3-day positive behaviour support course with East Sussex Adult Social Care. This course gives staff an insight into how behaviour can be a method of communication for individuals with learning disabilities and how support staff can support them and use proactive strategies to minimise the behaviours happening.



Congratulations to Sneha, Solomon, Josh and Pahulpreet who completed a Medication Competency Assessors course with East Sussex Adult Social Care. This course taught the staff the skills and knowledge needed to support and teach their colleagues to give medication. It went through ensuring staff are confident, ensuring paperwork is completed correctly and things to look for when completing competencies. This course enables them to be able to undertake Medication Competencies within the workplace.

Amy would like to thank all staff for their continued efforts to complete E-learning training on time and for attending face to face courses.



Puzzle Time

It's spooky season!! Everyone at QRC has enjoyed celebrating Halloween by dressing up, having parties and eating spooky snacks! Why don't you see if you can find the Halloween related words in the wordsearch below!

B	P	E	N	I	K	P	M	U	P	E	D	A	T	I
L	G	D	O	C	R	H	O	B	W	O	H	T	H	T
I	V	A	M	P	I	R	E	B	E	O	O	E	A	E
T	V	R	O	E	D	R	E	D	I	P	S	E	L	L
H	I	N	S	W	O	E	S	H	S	M	S	A	L	E
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T	D	S	O	K	C	I	T	S	M	O	O	R	B	O
D	V	I	I	K	N	O	R	D	L	U	A	C	T	T
O	A	U	U	N	L	G	A	T	T	R	B	B	O	R

Ghost
Halloween
Blood
Spider

Witch
Cat
Sweets
Haunted

Devil
Bat
Cobweb
Midnight

Pumpkin
Vampire
Broomstick
Cauldron

Useful Information:

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