



# hello

## Spotlight

**Best Practice  
for a resident  
with dementia**

\*Names have been changed

### Uckfield Rotary

Uckfield Rotary again hosted an afternoon tea for local senior citizens at Uckfield Community Technology College. The annual Rotary seniors' Party was held on the 20th January where over a hundred guests enjoyed afternoon tea. We are very proud to have helped sponsor this great event. Tea and coffee was served by girls and adults of the Girl Guiding Uckfield and District before entertainment from a local dance school Universal dance and The Pinny Sisters singing some old favourites. The raffle raised over **£200**, which will be donated to the Children's Respite Trust to fund support for local families.



### SABIF event at Headway

The Sussex Acquired Brain Injury Forum held a Networking Event at Headway East Sussex, in Newick on the 18th January. SABIF is a group of acquired brain injury survivors, carers, front line professionals and policy makers who wish to advance the brain injury agenda locally. Chanctonbury Healthcare was invited to give a presentation on the future complex care unit being developed at Oaklands Court in Horam. Barry and Sharon Sinclair, the owners of Chanctonbury Healthcare presented to the Sussex and Brighton & Hove brain injury community including other providers of services. We shall be working closely with Headway East Sussex throughout 2018 to develop our specialist unit.

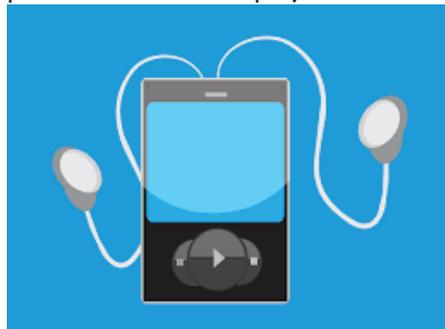
### Do you have unwanted MP3 players hiding in a drawer??

Queensmead is kindly asking for donations of any unused or unwanted MP3 players/ Ipods or over the ear headphones for a music project.

In January findings from the International Longevity Centre, who set up a Commission on Dementia and Music were published highlighting the benefits of music to people who have dementia and that listening to music can help to minimise symptoms such as mood, language problems and memory loss.

Tree at The Queensmead can be found daily having a sing song with residents as a group in the lounge. The MP3 players and headphones will enable individuals to enjoy music at their leisure. With the help of family and friends we shall create a personal playlist for each resident to include their favourite songs.

Any donations of unwanted MP3 players and headphones would be very welcome, please give to a receptionist at either The Queensmead, Oaklands Court or Alfriston Court so that these can be passed to Tree for her project.



John has been a resident with Chanctonbury Healthcare since August 2017. During this time he has been sociable and enjoyed socialising with other residents and joining in activities. John has always dressed smartly and wears a jacket and tie every day and carries his brief case with him wherever he goes.

Recently John had a heavy cold and was feeling unwell. Staff had noticed that he had become quite disorientated and very low in mood. He was not wanting to socialise as much as he normally did. Our activity coordinator spoke to him at length yesterday during a 1-1 session and it appears John had found a harsh letter in his briefcase from an old employer. This had upset John significantly and it was felt this was contributing to his poor mood.

The previous day our activity coordinator had asked John to help her put the blank forms in the resident's folders. Old notes were removed and kept confidential and John assisted in putting the new ones in the room folders.

Our activity coordinator created a certificate for John thanking him for his good work. She said she felt this would help lift his mood.

That night he was proudly showing his certificate to the night staff and when the home manager went to give him his medication the following morning he was a changed person. He was happy, had got himself washed and dressed and seemed more orientated. An hour or so later John went to show the hairdresser his certificate plus another positive letter he had also found.

This is an indication of how a simple act especially to someone with dementia can have such a positive impact on their day.



# CHANCTONBURY HEALTHCARE'S SUPERFOOD OF THE MONTH

## THE AMAZING HEART HEALTHY EGG

The EGG is truly an amazing superfood. They are among the most nutritious foods on the planet. They are extremely versatile and can make a meal at any time of the day – breakfast, lunch and dinner.

In the past the egg has had a bad reputation and was blamed for increasing blood cholesterol levels. It is true that the egg yolk contains a large amount of cholesterol, however, cholesterol in the diet does not necessarily raise cholesterol in the blood. What is overlooked is that egg yolks are a great source of choline which, helps to reduce the risk of heart disease. It also supports the brain, improving memory and cognitive function. The essential fatty acid, omega 3 found in eggs is also beneficial in supporting heart and brain health

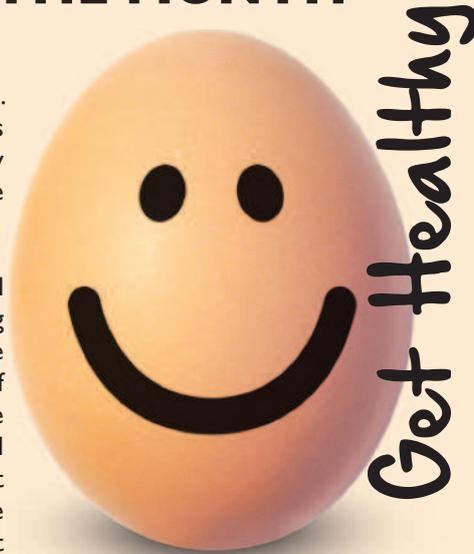
Nutritionally eggs contain the most complete form of protein containing all the essential amino acids that humans need. They are packed full of vitamin A, vitamin B, selenium, vitamin D, vitamin K, vitamin E, calcium and zinc all vital for optimum health.

Eggs are extremely sustaining and help us feel full for longer, which together with a healthy diet can support weight loss.

Boiled, scrambled, poached, or made into delicious omelettes, the egg truly is nature's perfect food.

### Courgette and Cherry Tomato Frittata

Frittatas are a healthy way to enjoy eggs. They can be combined with a variety of vegetables including spinach, kale, mushrooms, leeks etc and in no time at all you can have a nourishing meal on the table.



### Ingredients: (serves 4-6)

- 1 small Spanish onion - finely diced
- 1 large courgette – finely sliced rings
- 8 cherry tomatoes - halved
- 6 eggs
- 1 tsp olive oil
- salt and pepper
- ¼ cup parmesan cheese (optional)

### Preparation:

1. Pre-heat the oven to 180 degrees.
2. Drizzle olive oil into a large frying pan and saute the onion for 4 minutes or until tender.
3. Add the finely sliced courgette rings and saute until tender but not mushy.
4. Add the cherry tomato halves and gently saute for 2 minutes.
5. In a large bowl whisk together the eggs. Add a pinch of salt and pepper.
6. Add the parmesan if desired.
7. Place the sautéed vegetables into a non-stick baking tin and pour over the egg mixture.
8. Place in the heated oven and bake for 20 minutes approximately.
9. Serve with a side salad and enjoy.

# Celebrating success

We are delighted for Gwyn, registered manager of Alfriston Court, who is now advancing to a new role outside of Chanctonbury Healthcare. Gwyn's role at Chanctonbury Healthcare was his first as a registered manager, and through his development with the company he has grown in his role. Gwyn recently accepted a role at a larger care home group with additional responsibilities. We thank Gwyn for his time at Chanctonbury Healthcare and wish him luck for the future.



Sharon Sugars, previously manager at our sister home, Queensmead Care Home, is going to be joining the team at Alfriston Court as manager. Sharon has a wealth of experience and has managed care and nursing homes for over 20 years. Sharon has had many successes at The Queensmead including raising the CQC scoring. We are excited that she is joining the team at Alfriston Court on 15th February.

The deputy manager of Queensmead, Diana Windsor, will be taking over as manager of the home. Di is a highly qualified nurse with many years of experience in the care home industry. Di will officially become manager on 15th February.

Congratulations to Sally, adult care support worker at The Queensmead who has recently progressed to become a team leader. Well done Sally!

### Events coming up

20th February 2018 at 2.30pm The Queensmead – Optimising brain health with Anna Betz

Remember to like us on Facebook at Chanctonbury Healthcare and follow us on twitter at @chanctonburyhc.

