



# GOOD NEWS

The Chanctonbury Healthcare newsletter

Issue 5 | February 2018

# hello

## Spring & Easter Fair



Hello and welcome to the February addition of the Chanctonbury Good News

Come and join us  
the whole family is welcome



### Ducklings

Something very new to Oaklands will be happening on the 8th May. An incubator with 7/8 duck eggs will be delivered and we will be able to watch the hatching and growing of the baby ducks within their safe environment.

### Oaklands Spring Fair

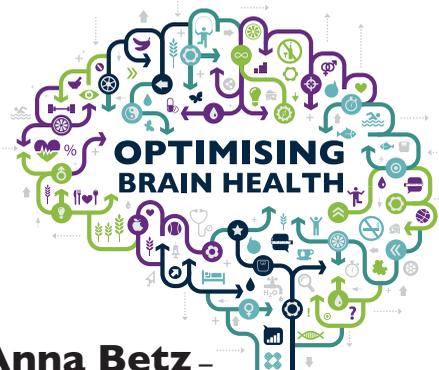
Our Spring & Easter Fair is set on Saturday **March 24th** – with lots of stalls and live entertainment. If you have any items to donate that would be great.

### Queensmead Reception

Following the new floor, work has continued in reception at The Queensmead! The desk has been removed, new lights fitted and decorating on going! Robbie is very much looking forward to a bright new reception area!



Vi turned 104 this month! Vi loves music and so she had a Karaoke sing'a'long party!



### Headway at Oaklands Court

On the 29th March 2018 Oaklands Court shall be hosting a talk by Headway East Sussex, who will be presenting the pathways and symptoms of an acquired brain injury. An acquired brain injury (ABI) is an injury caused to the brain since birth. There are many possible causes, including a fall, a road accident, tumour and stroke. Headway shall also be presenting the services available to people. For more information or to reserve a place please contact Kate at Chanctonbury Healthcare on [marketing@chanctonbury-care.com](mailto:marketing@chanctonbury-care.com) or **01435 812 559**.

### Anna Betz –

#### Optimising Brain Health

On the 20th February The Queensmead welcomed back Anna Betz, who had previously held a talk at Oaklands Court. Anna lead a talk on optimizing brain health and outlined a diet and lifestyle approach that is being used successfully in the United States to reverse symptoms of brain decline. We are looking at arranging a workshop with Anna for a small group, if you would like more information please contact Kate at Chanctonbury Healthcare on [marketing@chanctonbury-care.com](mailto:marketing@chanctonbury-care.com) or **01435 812 559** or visit Anna's website [www.unleashourhealth.com](http://www.unleashourhealth.com)



### 104th Birthday Celebration



Oaklands Court

**Horam**

01435 813030



Queensmead

**Polegate**

01323 487931



Alfriston Court

**Alfriston**

01323 874140

# CHANCTONBURY'S SUPERFOOD OF THE MONTH

# BROCCOLI



Broccoli has long been revered for its high vitamin content and comprehensive list of health benefits. Broccoli is part of the cruciferous vegetable family and is just packed full with energising B vitamins, magnesium and rich in sulphur compounds to support detoxification. Its high fibre content helps to lower cholesterol, it is anti-inflammatory, boosts the immune system and supports the heart by keeping blood vessels strong.

## BROCCOLI COCONUT CREAM SOUP

I love this Broccoli coconut cream soup by Christine Bailey (Director of Advanced Nutrition) as its thick and creamy texture makes an ideal satisfying and delicious lunch. The cannellini beans help to boost its protein content while the added coconut milk helps to support brain health. This soup also contains spinach which, is rich in vitamin C and like broccoli, is packed with numerous antioxidants and beta carotene, which may increase the infection-fighting ability of our immune systems.

This soup also freezes well so you can always keep some handy for a quick meal.



### RECIPE

Difficulty – Easy

Time – 10 minutes preparation, 12 minutes cooking

Serves 4

### INGREDIENTS

- 1 tsp olive oil or coconut oil
- 2 garlic cloves, crushed
- ½ tsp ground cumin
- 300ml vegetable stock
- 1 x 400ml tin coconut milk
- 1 head (250g) broccoli, broken into florets
- 100g spinach leaves
- 2 x 400g tins cannellini beans, rinsed and drained
- 1 tbsp. lemon juice
- 1 tbsp. chopped fresh parsley
- 2 tbsp. nutritional yeast flakes (optional)\* or parmesan cheese
- Sea salt and black pepper

### INSTRUCTIONS

1. Heat the oil in a medium pan and add the garlic and cumin. Sauté over a medium heat for 1 minute.
2. Add the stock, coconut milk and broccoli and cook for 10 minutes until the broccoli is soft. Stir in the spinach, cannellini beans, lemon juice, parsley and nutritional yeast flakes, if using. Let the spinach wilt for a couple of minutes.
3. Using a food processor, blender or hand-held stick blender, process the soup until smooth. Taste and adjust the seasoning, then spoon into bowls and serve.

\* Nutritional Yeast flakes are available from health stores and most of the larger supermarkets and is a deactivated yeast that provides a wealth of vitamin, mineral and protein. Its creamy, nutty flavour makes it a great substitute for cheese especially useful for those that are dairy intolerant or vegan.

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