



GOOD NEWS

The Chanctonbury Healthcare newsletter

Issue 6 | March 2018

hello

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

Creatures great and small!

We love having animals around the home and we are lucky to have regular visits from Pet Pals therapy who bring a menagerie of animals in such as chickens, rabbits and guinea pigs! Ruby at Alfriston loved a visit to her room from Bailey the Pony this month!



International Care home Open Day!

Alfriston Court

Alfriston
 01323 874140



We are getting ready to celebrate the Queens 92nd Birthday on the 21st April 2018 at Alfriston Court. Carehome open-day have teamed up with CommonAge and aligned Care Home Open Day with International Care Home Open Day, all

taking place on the Queens Birthday! A big part of Care Home Open Day is about welcoming the community through the doors, so we shall be providing the entertainment, activities, snacks and drinks all with an international theme, you just need to join us!

Hailsham CC Careers fair

On the 9th March Hailsham Community college held their annual careers fair. The whole school attended from year 7 to 11. When speaking to the pupils it was truly impressive to hear the varied range of job roles that they were considering and working towards. I think we surprised them too with the career options available in healthcare!



Oaklands Court Spring & Easter Fair

It was a lovely sunny day on the 24th March for the spring fair at Oaklands! A wonderful afternoon was had by residents, guests and staff. Over £400 was raised! Thank you to all who attended and to Paula and the friends of Oaklands for all their hard work.



Oaklands Court
Horam
01435 813030



Queensmead
Polegate
01323 487931



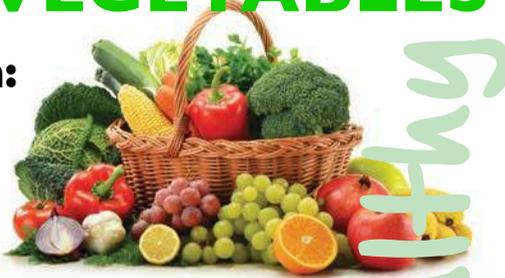
Alfriston Court
Alfriston
01323 874140

EAT YOUR VEGETABLES

Nutritional Section:

Chanctonbury Health Care are celebrating veggie month (1st – 31st March).

Vegetables are your best friends. They come in all sorts of wonderful shapes, sizes and vibrant colours. They are the food source that keeps us looking and feeling great! You can cook them any way you like. You can steam them, you can stir fry them, you can boil them and you can roast them. You can even have them raw, or blend them into soups! #eattherainbow



My favourite quick warming and sweet veggie dish is:

Roasted Mediterranean Vegetables



Serves 4

- 1 red onion**
- 2 courgettes**
- 2 aubergines**
- 1 red and 1 yellow pepper**
- 8-10 cherry tomatoes**
- olive oil**
- 2 garlic cloves**
- 1 tbsp mixed herbs**
- 2 tbsp balsamic vinegar (optional)**
- salt and pepper**

Heat the oven to 200c. Cut the aubergines, courgettes and red onion into thin slices and place them in a deep baking tray. Stir together with a generous coating of olive oil, mixed herbs, garlic and balsamic vinegar (if using). Add salt and pepper to taste. Roast in oven for 30- 40 minutes. Flip over the vegetables a couple of times during cooking. Add the cherry tomatoes for the last 10-15 minutes of the cooking time. Serve as a side dish to meat and fish or turn it into a delicious vegetarian dish by adding chickpeas and grated cheese.

Brain Injury Connections: family matters

The fifth annual asb aspire and Headway East Sussex conference took place on Thursday 22 March at the American Express Community Stadium in Brighton. Chanctonbury Healthcare was a proud sponsor of this great event. Over 200 delegates attendees not only listened to wonderful speakers but participated in discussions highlighting some of the wider concerns affecting brain injury patients and their families/carers, such as Post Traumatic Stress Disorder, the role of the family in rehabilitation, communication issues, bridging the funding gap, and human rights regarding relationships.



Dates for the Diary

21st April 2018 – Alfriston Court, International open day (2.30 -4.30pm)

26th April 2018 – The Queensmead, The importance of having a Power of Attorney talk with Willing Legal Services (2.30 – 4pm)

17th May 2018 – The Queensmead, Scams awareness event (2.30 -3.30pm)



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