



GOOD NEWS

The Chanctonbury Healthcare newsletter

Issue 7 | May 2018

hello

Hello and welcome to the May edition of the Chanctonbury Good News

Creature comforts

Oaklands Court had some new residents! We had duckling eggs hatch and stay with us for two weeks. Paula (Activity Co-ordinator) says 'The ducklings were so funny, our residents loved seeing them swim and grow and to be able to hold them. Animals are very special for the wellbeing of our residents'



A study from the University of Missouri-Columbia suggests that is a real connection between health and well being of humans and animals. In fact their research proposes that animals have a positive impact on our hormone levels and that after only a few minutes of stroking a pet 'good hormones' including oxytocin, prolactin, and serotonin are released and cortisol a stress hormone is reduced, thus reducing stress, anxiety and depression.

Our homes frequently have visits from animals, not just small ones either. It is not surprising to find a Shetland pony making its way around the home! A firm favourite of Oaklands has been Frankie the pat dog who shall be retiring in June however a familiar furry friend River the Labrador shall be stepping in. River has been for trips to Oaklands since she was a puppy and soon to be a certified PAT dog!



Friends against Scams:



Last month Chanctonbury Healthcare Signed Up to the East Sussex Against Scams Partnership Charter. The East Sussex Against Scams Partnership (ESASP) is a county-wide partnership committed to helping protect residents against scams through raising awareness about the different types of scams. On the 17th May 2018 The Queensmead hosted a Scams awareness session provided by Elaine Bowdery of the ESCC Safer Sussex team to help raise awareness. Jane Mills the training manager of Chanctonbury Healthcare has now become a SCAM-champion and shall now be able to lead awareness sessions to our teams, residents and relatives.

The Royal Wedding

The bunting was up and the flags were out to celebrate the wedding of the new Duke and Duchess of Sussex!



Oaklands Court

Horam

01435 813030



Queensmead

Polegate

01323 487931



Alfriston Court

Alfriston

01323 874140

CHANCTONBURY HEALTHCARE'S FRUIT OF THE MONTH

Bananas are the most popular fruit in the world after apples and oranges. They are the best know tropical fruit and scientifically they are actually a berry. A popular belief is that bananas are grown on trees, however, banana plants do not grow into a tree but, into a herb.

BENEFIT OF BANANAS

Bananas are a great source of essential vitamins and minerals that have many benefits.

- **BOOST ENERGY** – Bananas are a quick acting carbohydrate that are ideal for athletes and after exercise as they great for refuelling the body and repairing the muscles. They also make great as a pick me up snack.
- **LOADED WITH POTASSIUM** – potassium is important to help hydrate the body, prevent high blood pressure and reduces the risk of heart disease.
- **IMPROVES DIGESTION** – the high fibre content of bananas helps to prevent constipation and may reduce bloating. Bananas help you to feel full longer.
- **BOOST YOUR MOOD** – bananas contain an amino acid called tryptophan which facilitates the regulation of serotonin. Serotonin is known as the happy neurotransmitter that helps to prevent mood disorders like depression and anxiety.
- **PROMOTES HEALTHY SKIN, STRONG BONES AND BRAIN HEALTH** – Bananas are high in manganese and vitamin C which are important for collagen production vital for healthy skin, bones and cognitive function.

There are no doubts that bananas have many health benefits and are a great choice of fruit for those of you that are healthy and relatively active. However, before we go bananas for bananas they are relatively high in sugar and can spike up blood sugar levels. This can be problem for anyone who has trouble managing their blood sugar levels such as with pre-diabetes or diabetes.

BANANA ICE-CREAM (DAIRY FREE)

Get ready for summer with this delicious healthy banana ice-cream.

SERVES 4

TAKES 10 MINUTES + OVERNIGHT FREEZING

INGREDIENTS:

- 4 large ripe bananas
- ½ cup of coconut cream
- 2 tbsp coconut oil
- 2 tsp vanilla extract
- pinch sea salt
- ½ tsp of guar gum (optional)

INSTRUCTIONS:

- Slice the bananas and put in a ceramic container and place in the freezer overnight.
- In the morning, take the frozen banana slices out of the freezer and leave for five minutes to soften slightly (will make things easier on your processor).
- Meanwhile put your coconut oil, coconut cream and vanilla in a glass and put it in a bowl of boiling water for a few minutes so it can melt together (you want it to be completely liquid before adding, no hard bits).
- Place the banana slices and salt in a food processor and begin to blend. As it starts to turn into small crumbs, pour in your liquid coconut mixture slowly through the top of the machine, as it is still running. Finally sprinkle over the guar gum if using, and blend again until well combined. This technique ensures that you don't get any hard specks of coconut oil or cream forming through your mix, or solid clumps of guar gum, and you'll end up with a silky ice cream-like texture.
- Once everything is super creamy (don't over blend or it will start to go gooey, losing its' genuine ice cream taste and texture), pour into a chilled container straight away and place back in the freezer.
- If you want to eat it straight away as a soft serve style ice cream, you can. Otherwise if you prefer a firmer ice cream with actual ice cream scoops, leave it for 3-4 hours in the freezer. Alternatively, you can leave it overnight and just bring it out on the bench half an hour before serving the next day.
- To make into sundaes, place a scoop of firm ice cream in a glass, followed by a scattering of berries, a big dollop of your favourite nut butter and a generous shaving of dark chocolate. Follow again with a second scoop, more berries, more nut butter and shaved chocolate. Enjoy your healthy ice cream goodness while the sun is shining!

Get Healthy

Date for the Diary:

Oaklands Court
Summer Fair
21st July 2018, 2.30 - 4.30pm
WITH LIVE ENTERTAINMENT
Come and join us
the whole family is welcome
CHANCTONBURY HEALTHCARE
Vines Cross Road Horam East Sussex TN21 0HD Tel: 01435 813030
www.chanctonbury-care.com

FINANCIAL SEMINAR

DO YOU HAVE CONCERNS ABOUT FUNDING LONG TERM CARE?

DO YOU KNOW THE OPTIONS AVAILABLE TO YOU?

Steve Jenness is running a session looking at the financial problem an increasing number of individuals are faced with in terms of funding long term care and some potential solutions

WOULD YOU LIKE TO KNOW MORE?

Join Us 14th June 2018 2.30pm

FREE professional advice and possible solutions
If you would like to attend our next event please contact us on:
01435 813030 to reserve your place:

www.chanctonbury-care.com

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Recent reviews

Thank you for the lovely feedback we received in May. Feedback from our residents and their friends and families is very important to us and it is great to be able to share it with all our team members. If you would like to share your comments with us and with people looking into our homes, please either complete a review card available at our receptions or go online to www.carehome.co.uk

[carehome.co.uk](http://www.carehome.co.uk)

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

