



Good News

The Chanctonbury Healthcare Newsletter

Issue 10 August



Queensmead's Summer Party

The Queensmead residents had a great afternoon on the 11th August at their summer party. We raised almost £200 which was split between the residents' fund and a local charity names Care for the Carers, which supports the people who care for others in the community. Resident favourite the Pevensey Ukelele Group performed, we had lots of stalls and competitions and most importantly, lots and lots of cake!!

Eastbourne Air Show

Thousands of spectators flock to Eastbourne for the Air Show every year which is held across four days. Our residents from Queensmead joined the spectators and was able to watch breathtaking performances from The Red Arrows, Typhoon, Tornados, Chinook, Battle of Britain Memorial Flight, The Flying Circus, The Blades, and many more.



'My dear Step Dad only stayed here just under 2 weeks until he passed away. I'd cared for him at home until it became no longer possible. This place is incredible. The staff are like angels. The care that is given is second to none. The peace of mind they gave me was invaluable. The place is bright, spotless, always smelt lovely.

The staff allowed me access at all times and were incredibly kind, keeping me supplied with endless tea and toast.

Not only is their care of residents outstanding, their kindness shown to relatives is outstanding.

If you want peace of mind for your loved one, this is the place!

Review August 2018



Leave us your feedback!

Every time we receive feedback like this recent review at Oakland's Court it humbles us and we are so grateful that people are wanting to share their personal experiences with others.

Feedback gives us the opportunity to develop and we always welcome the chance to grow as individuals, team and as a company.

To ready more of our recent reviews please take a look at carehome.co.uk or our Facebook page



carehome.co.uk



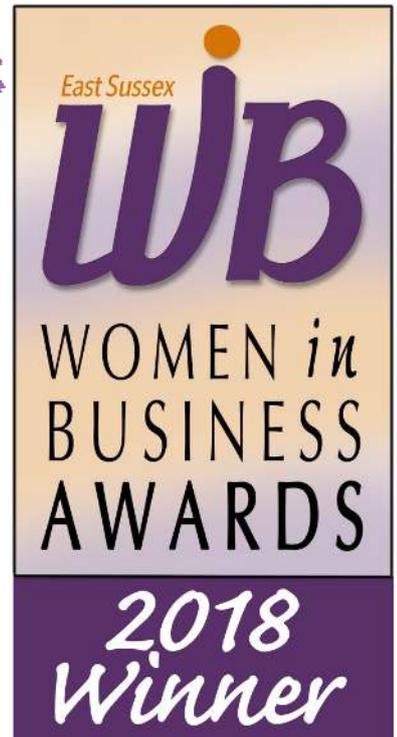
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Sussex Downs College Award Presentation

Having won the prestigious Women in Education award at the Women in Business awards, our training manager Jane was presented with her award this month. The award was featured in the Eastbourne Herald newspaper, where they wrote: Sussex Downs College were proud sponsors of the Women in Education category of this year's East Sussex Women in Business Awards. Winning the coveted award was Chanctonbury Healthcare. Their achievement is thanks to the hard work and dedication of training manager, Jane Mills. Jane has worked in the industry for over 15 years and has designed specific training programmes for those wishing to develop managerial skills, particularly for those who at first lack confidence. Jane's expertise and vision has made Chanctonbury Healthcare a leading employer for women in the residential care industry.

Please visit our Facebook page "Chanctonbury Healthcare" to read the full blog post!



Supporting World Plant Milk Day 22nd August 2018

Contrary to popular traditional beliefs, you can have a healthy balanced diet without dairy. What about the calcium? The reality is that you can look after your bones through a diet full of plant foods such as green vegetables (kale, spinach, collard greens), chia seeds and almonds, beans and lentils and sardines. It is very important, however, that we optimise our levels of vitamin D which, supports calcium absorption in the gut. Interestingly countries with the lowest dairy consumption like Africa and Asia have the lowest rate of osteoporosis.

Many individuals are intolerant to the proteins in milk such as the lactose and casein. This results in many health problems such as IBS (irritable bowel syndrome) with diarrhoea, flatulence and bloating. Intolerance to dairy can also contribute to many skin problems such as acne and eczema, respiratory problems like asthma and bronchitis and sinus congestion.

Dairy also contains powerful growth hormones such as IGF-1 (insulin-like growth factor) designed for the calves but are harmful to human health and may be a promoter of cancer, especially breast and prostate cancer.

So why not consider making the change to some of the truly delicious milk alternatives, it will be great for you and for the planet. As a nutritional therapist, my recommendation would be unsweetened almond milk and coconut milk as they not only provide a delicious alternative to dairy, but also contain many other benefits such as aiding weight loss, maintaining blood sugar levels and, supporting the well-being of the heart and brain. I generally do not recommend soya milk to my clients, especially if they have thyroid problems, and I shall be writing about the problem with soya milk in a future article in Chanctonbury Healthcare's newsletter.



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