



Good News

The Chanctonbury Healthcare Newsletter

Issue 9 July



Thank you to all who made it to our afternoon cream tea at The Queensmead on 27th July. The Pinny Sisters got everyone singing along to traditional 1940's tunes.

Care for the Carers is an independent charity and had been supporting and representing unpaid carers in East Sussex since 1989.

The staff and many volunteers provide free practical and emotional advice to carers. They assist unpaid carers by putting them in touch with other carers, and signposting to the range of services available locally. Care for the carers also run support groups, training and events.

Care for the Carers represents carers and raises awareness of caring, working with local communities, organisations and service providers to build a carer friendly East Sussex.

Care for the Carers Fundraiser presents the Pinny Sisters

This August...

Everyone is invited to The Queensmead Summer Fair on the 11th August from 2.30pm to 4.30pm! There will be stalls, raffle, face paints plus lots more... and a chance to see the manager in stocks for wet sponge throwing!!

Celebrating our Staff

August sees 12 members of staff celebrating their anniversary of being part of the Chanctonbury team. Together they have 36 years of Chanctonbury experience between them! Thank you for all your hard work!



Oaklands Summer Fair

Oaklands Court held it's annual summer fair on the 31st July. It was a beautiful sunny day and the many stalls, games and music from the P.U.Gs created a lovely atmosphere enjoyed by the residents and visitors. A total just under £400.00 was raised! Thank you to Paula and the Friends of Oaklands Voluteers who arranged another great day!

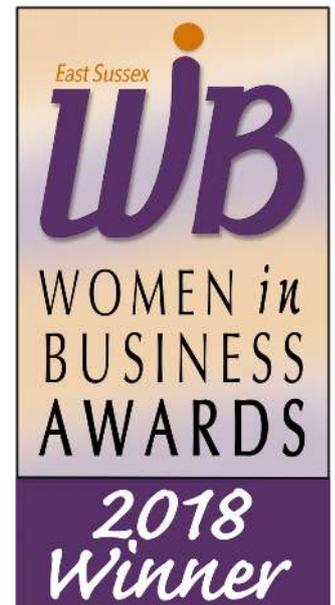
Women in Business Awards

Back in April we were delighted to have been nominated and shortlisted for three awards at the East Sussex Women in Business awards; Large business of the year, Women in education and innovation award.

We are so proud to announce that we have won the Women in education award!!

The judges were looking for a company or someone working in education or training who has gone that extra mile for children, teenagers or students or the company work force. We were shortlisted alongside infection Control Consultancy, BC Beauty Training Ltd, Enjoycation CIC, Eastbourne Salsa, Jeanette Williams & Stacey Beard – East Sussex Healthcare NHS Trust, Leanna Forse – Embrace East Sussex and Tracey Peters – East Sussex Health Care NHS Trust.

Well done to Jane our training manager and to the whole team at Chanctonbury Healthcare.





July Reviews

' My mother-in-law died in Oaklands Court in February 2018 for which I submitted a review that extolled the virtues of the home. 3 months later, my mother died at Oaklands Court, which is why I am now writing another review.

Returning there after the previous experience was not a difficult decision to make. The level of care of not only the residents but also close relations is so good because one is made to feel very much a part of the Oaklands Court family. My mother was only there for 11 days for end of life care and the staff helped my son and I through those dreadful days with compassion and professionalism that would be hard to beat. I have no hesitation in grading all aspects of Oaklands Court as excellent.

We shall never forget our Oaklands Court experience and a very big thank you to all the staff.

How likely would you be to recommend Oaklands Court? Extremely Likely'

carehome.co.uk

CHANCTONBURY HEALTHCARE'S SUPER FRUIT OF THE MONTH – THE STRAWBERRY

Sharon Sinclair, Nutritional Therapist, Dip ION mBANT
Sharon.Sinclair@chanctonbury-care.com

STRAWBERRY TART

DESSERT (MADELEINE SHAW) GLUTEN FREE AND CAN BE DIARY FREE IF MADE WITH COCONUT YOGURT

SERVES 8

READY IN 35 MINUTES

GOOD FOR AFTERNOON TEA, BIRTHDAY, DINNER PARTY

INGREDIENTS

• CRUST

- 150g of walnuts
- 70g of oats
- 70g of buckwheat flour or rice flour
- ½ tsp of baking powder
- 3 tbsp. of coconut oil
- 3 tbsp. of honey or maple syrup
- 1 tsp of vanilla extract

• FILLING

- 600g Greek yogurt or coconut yogurt
- 1 vanilla pod, scraped
- 2 tbsp. of honey

• TOPPINGS

- Fresh strawberries, sliced
- Mint leaves
- Coconut flakes

You are just going to love this delicious strawberry tart; you won't be able to resist just having one slice! There's something about the crunchy base mixed with the fresh yoghurt and strawberry topping that is just too irresistible. You can't have a British summer without some strawberries and this tart is the best way to celebrate.

DIRECTIONS

Preheat the oven to 180°C.

Grease a 23cm pie tin. Mix the crust ingredients together in a food processor. Press the crust in the tin, prick the bottom with a fork and bake for 20 minute until golden. Remove and allow to cool.

Mix the yogurt, vanilla and honey together. Spoon inside then top with the strawberries, mint leaves and a sprinkle of coconut flakes.

It is difficult to resist a ripe strawberry but did you know that they are good for you?

The strawberry, fragaria, is one of the most popular berry fruits in the world. They are in fact not a fruit as their seeds are on the outside. Strawberry plants are runners and are not produced by seeds. They have an average of 200 seeds per fruit and are actually a member of the rose family.

Strawberries have been used throughout history for their medicinal benefits. They get their bright jewel red colour from a significant amount of colour pigment (phytonutrients and flavonoids), which may help to prevent heart disease and inflammatory conditions as well as support the digestive system, help balance blood sugar, boost brain health and are great for your eyes.

