



Good News

The Chanctonbury Healthcare Newsletter

Issue 11 | September

hello,

Autumn is upon us and we have lots coming up at Chanctonbury. Last month we were proud to have been shortlisted for the Eastbourne Business Awards and the Alfriston Court kitchen team have been shortlisted for the Care Home Catering awards. Oaklands Court have also been nominated for Care Home of the Year (South) at the Caring Awards. Congratulations to all the team for your hard work, we are looking forward to the results!



Time for Tea



On the last Wednesday of each month at 2:30pm, Alfriston Court will be hosting a Time for Tea event, with special speakers each month, and of course lots of cake! Anyone is welcome! Further details are on posters in each home.



Macmillan Coffee Mornings

A huge thank you to everyone who joined us, donated cakes and donated money at our successful Macmillan Coffee mornings in all three homes.

Macmillan Cancer Support is a cause very close to our hearts at Chanctonbury Healthcare and we are so proud to show our support for such a great charity.

This year we have raised over £1000 for Macmillan, and we look forward to raising more (while eating lots of delicious cake!) in the future.



Vote for us in the Eastbourne Business Awards!

We are proud to have been shortlisted at the Eastbourne Business Awards for the Contribution to the Community Award, Innovation Award, and Training and Development Award. We would like to thank every member of staff for their hard work and support over the last year. We are looking forwards to the results in November!

Vote for us in the reader's choice!

Voting by text costs £1.50p per vote plus one standard network rate message. Don't forget the spaces! You can vote as often as you like before the

text line closes at 11.59pm Sunday 28th October

Read more at:

<https://www.eastbourneherald.co.uk/businessawards/vote/>



@chanctonburycare



★ ★ ★ ★ ★ Check out this amazing review for Alfriston Court ★ ★ ★ ★ ★

My father spent his last couple of weeks at this home and I can honestly say that we couldn't have wished for more. He was totally respected and well-cared for as were we each time we visited him. All the staff were so friendly and couldn't have been more helpful. We felt as if they were almost family! They allowed us to visit at any time and always asked us what we would like. They were always on-hand, yet totally respected our privacy.

We couldn't have wished for a better place for our dear father/husband/grandfather to spend his last days. Alfriston was a favourite place for him and my mother to visit in better days and we now have good memories of him being in that place as he peacefully left this world with his family around him, which was a huge comfort to us all.

Thank you so much, everyone, at Alfriston Court!



Holistic Fair

Alfriston Court were host to the St Wilfrid's Holistic Fair on 2nd September.

This fantastic event boasted a number of interactive experiences with local holistic therapists and experts, which we were proud to support



Starlight Stroll

Well done to our wonderful home manager Diana, who completed the 6 mile walk under the stars for St Wilfrid's Hospice raising £180 ★



Shakespeare on the South Downs

We were honoured to host the Dot Collective for their first care home performance of A Midsummer Night's Dream at Alfriston Court, with the beautiful South Downs as their backdrop. The Dot Collective said "We're feeling a top it all! What a wonderful audience" Our residents had a fabulous time and were even joined by Alfriston Preschool children who loved it too!

Fall into Autumn with your favourite seasonal vegetables!

As we continue rolling through September, it's clear that Autumn is on its way. With the changing weather, colourful leaves, and new schedules most of us are adjusting to, it's a great time to revisit the idea of eating seasonally and how this can support our health and communities. There are so many tasty and nutritious autumn produce options to choose from. Check out your nearby farmers' market and supermarkets on the freshest seasonal produce now and all year long.



Sharon Sinclair has posted a blog on the vegetables that will be at their most delicious on our Facebook page. Visit the page for more or contact Sharon at sharon.sinclair@chanctonbury-care.com