



The Queen's 90th Birthday  
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## Carol Mepham promoted to Deputy Matron

An important senior appointment was made in the Care Wing recently with Registered Nurse Carol Mepham being promoted to the role of Deputy Matron. Carol successfully passed her interview and will join existing Deputy Matron Elizabeth Villegas in working with Registered Manager Simone Mills.



**ABOVE:** Carol (far right) pictured outside the Care Wing entrance with (from left to right) Registered Manager Simone Mills, Deputy Matron Elizabeth Villegas and General Manager Peter Buckland

Carol joined the Homes in November 2015 having previously gained considerable nursing experience in various Nursing Homes in Eastbourne. She settled into her new role at the Homes extremely well and was quick to establish herself as a valued and respected member of the Nursing Team.

Throughout her career Carol has displayed a commitment to providing the very best of end of life care and she will therefore be taking the lead together with Simone as the Care Wing works towards achieving a Gold Standards Framework accreditation.

The framework is the UK's leading Quality Improvement Programme in End of Life Care and the achievement of an accreditation will provide the Homes with a hallmark of excellence in this area. Attaining the accreditation is a key part of the Care Wing's plan to hopefully receive an 'outstanding' rating from the care industry's regulator, the Care Quality Commission.

We wish Carol the very best of luck and great success in her new role.



## The Queen's 90th Birthday celebrations



*The whole country was celebrating on Sunday 12th June in aid of The Queen's 90th birthday - and residents of Queen Alexandra Cottage Homes did not want to miss out. They donned their Union Jack hats, flags and other paraphernalia for a party in the lounge. It was an enjoyable event, and a great time was had by all!*



## Warm tributes to retiree Neville



Neville Walley (pictured above with Matron Simone Mills) retired as a Registered Nurse after 16½ years distinguished service at the Homes, and a party was held in his honour in the main lounge to mark the occasion.

Neville joined the Homes in November 1999 as a deputy to Matron Gwyneth Watsham before stepping back to a Registered Nurse position. He later returned to the deputy role to support Gill Thomas when she became Matron before again returning an RN.

Registered Manager Simone Mills paid a glowing tribute to Neville and thanked him for his enormous contribution to the Care Wing during his time.

We wish him a long and very happy retirement.



## Oliver appointed Deputy Catering Manager

Oliver Zecchin (above) has been appointed as the new Deputy Catering Manager, starting his role at the beginning of this month. Oliver will be a familiar face to many, having first started at the Homes as a kitchen assistant in May 2010.

Oliver takes up his new role having spent three years completing a professional cookery course at Sussex Downs College and following that up with a further one year course specialising in Confectionery and Patisserie; something which is sure to make him very popular amongst residents and staff alike!

Oliver will be working alongside our Catering Manager Gary Capon, and will provide valuable support during a potentially challenging time at the Homes, with the proposed kitchen refurbishment starting in September.

## Leah joins the Care Wing Domestic Team

Leah Hoey (pictured right) joined the Homes in May this year as a full-time Domestic Assistant.

Leah has recently moved to Eastbourne and has quickly settled into her role.





## Summer Fair 2016 highlights



*On 26th June the annual Summer Fair was held in the main lounge, where a large number of interesting stalls were set up and tombolas and a raffle were held. The event attracted an encouraging turnout and funds totalling just over £840 were raised for the Homes' Amenities Fund. Our grateful thanks and appreciation go to everyone who contributed throughout the day, helping to make the event a great success.*





# New Treatment Room ready for relaxation

The new Treatment Room has been fully refurbished and is now open for business! The new room is located on the first floor in the corner between Simmons and Chitty Houses.

Visiting beauticians Yasmin and Maxine offer warm waxing, manicures and pedicures to residents every Friday, whilst our own Sara Macdonald also provides massage and reflexology three days a week. Additionally, Michelle visits every six weeks to provide a chiropody service.

Appointments for any of those services can be made by contacting a member of the Warden Team.



# News from The Friends of Queen Alexandra Cottage Homes

The Friends of QACH was formed as a separate charity in May 2000 to help the Homes pay for extras to benefit residents and staff in both the Independent Living section and the Care Wing.

Their main income is derived from the annual membership which costs £3.50 per year, and the 100 Club which costs £12 per year. The 100 Club draw takes place once a month at the Homes' coffee mornings. There are three £10 and one £5 prize each month with two bonus prizes of £25 in February and August.

The Friends hold regular fund-raising events throughout the year with a break in July and August. For those members who live outside of the Homes a newsletter is sent each February and August with news updates and details of forthcoming events.

The Friends have also successfully raised funds in the past by selling tickets at the Win-A-Car competition in the Arndale Centre in Eastbourne at Christmas, and in July they also organise a hugely successful Open Gardens Day.

This year's event was held on Saturday 18th June and we were delighted to

welcome Caroline Ansell MP to formally open the day. With the weather managing to hold off for the majority of the time, a total of £415 was raised for the Friends funds, and grateful thanks are due to everyone who helped to contribute to the day.

The Friends are currently looking to recruit some new faces to their committee with a number of key positions becoming available at the end of their year in October. Positions including Chairman and Treasurer will be becoming vacant as a number of the existing post-holders will be stepping down after a number of years' service.

Additionally a number of spaces on the committee will be available and if anyone is interested in joining the Friends committee and would like some further information then please contact Chairman Colin Tarrant on 01323 642530 or via email at colbrenda@talk.talk.net

Memberships are soon becoming due for the forthcoming year and subscriptions can be made via the form provided on the bottom of the page opposite and either be returned by post or dropped into one of the Homes' offices.

## THE FRIENDS OF QUEEN ALEXANDRA COTTAGE HOMES 557 Seaside, Eastbourne, East Sussex BN23 6NE

Annual subscriptions are now available for both The Friends membership and the 100 Club. Please note – membership is per person.

Membership fee for The Friends                   £ 3.50  
Membership fee for the 100 Club                   £12.00

☐  
☐

Please tick

I am enclosing my annual membership for The Friends of QACH

I am enclosing my annual membership for the 100 Club

Total .....

Name.....

Address.....

Phone.....

e-mail.....

Please make cheques payable to: The Friends of QACH and return to The Treasurer at the above address by 31st August 2016

RIGHT: Caroline Ansell MP with some of The Friends at the recent Open Gardens event





# How you can help Queen Alexandra Cottage Homes



We are grateful to the many people who help support Queen Alexandra Cottage Homes as we face continuing challenges to meet our current costs, including the proposed refurbishment of the Care Wing kitchen, and to build funds to finance future projects and maintain the high standard of facilities at the Homes.

If you, or anyone you know, can help in any way, please let us know as we can only hope to maintain our high standards of care through ongoing support. Should you wish to help, please complete the form below and return it to Peter Buckland, General Manager, at QACH, 557 Seaside, Eastbourne, East Sussex BN23 6NE (01323 737816).

Gift Aid notes: By agreeing to make a 'gift aid' donation you can enable us to reclaim tax on your donation. For us to do this, you must pay an amount of income tax or capital gains tax at least equal to the tax the charity reclaims on your donations in the last or current tax year. (The tax reclaimed is currently 25p for each £1 you give). If you pay at the higher rate, you can claim further tax relief in your Self Assessment tax return.

☐ **Regular giving scheme:**

A donation made on a regular basis through a bankers order, and allowing us to claim back the tax if you are a taxpayer, will help us plan for the future.

☐ **Donations:**

Every donation is gratefully received. Please make cheques payable to 'Queen Alexandra Cottage Homes'.

☐ **Legacies:**

By making a gift in your will, you will help us ensure that our service will be here for the future.

**I enclose £..... and would/would not like this contribution to be treated as a Gift Aid donation.**

**Signature.....**

**Date.....**

**Name.....**

**Address.....**

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**Phone.....**

**e-mail.....**