

# Care home staff take extra care of health



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PICTURES – GERALD THOMPSON S2129719

**IN THE PINK:** Owner Zoe Bates with Valerie Manor care home's healthy workplace award



S21298H9  
**GOOD GROWING:** Chef Steve Plant



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**A CARE home in Upper Beeding has won a healthy workplace award from Horsham District Council.**

Valerie Manor residential care home, in Henfield Road, Upper Beeding, won the award after staff started taking action to make their lives healthier.

Owner Zoe Bates and her staff have joined a gym and had Indian head massages, while chef Steve Plant has given up smoking.

Mr Plant has also been getting the residents and staff involved with the home's vegetable patch.

Miss Bates said: "It's been great for the staff to be involved. Watching them become fitter and happier is great for staff morale and the care home residents get the benefits from it, as well."

The other award winners were Little Foxes day nursery, of Steyning, Broadbridge Heath Leisure Centre and Host Policy Research of Horsham.

They will all receive a discount on Horsham District Council leisure facilities.