

Care home wins healthy award

VALERIE Manor Residential Care Home in Upper Beeding has won one of Horsham District Council's Healthy Workplace Awards.

Following the launch of the awards in February, Zoe Bates, along with her staff from the care

home, have been joining the gym and having relaxing Indian head massages.

Steve Plant, the chef, has given up smoking and is having great fun getting the care home residents and staff involved with the vegetable patch which they all will be able to enjoy.

Speaking of the award, Zoe Bates, owner of the care home, said: "It's been great for the staff to be involved and take as much as they can from the Healthy Workplace Awards.

"Watching them become fitter and happier is great for staff moral and the care home residents get the benefits from it as well."



Steve Plant, chef, with two residents of Valerie Manor Residential Care Home in Upper Beeding.

The other award winners were Broadbridge Heath Leisure Centre, Host Policy Research of Horsham and Little Foxes Day Nursery of Steyning, who have all provided health information and encouragement to their staff to stay fit and healthy.

As award winners, a discount scheme is available to the businesses for all Horsham District Council leisure facilities. The council also provides information on a range of health issues, from healthy eating to sexual health. A web page is currently under construction which will provide details of winners, how to get an award and information on health issues.

To find out how to make a business a healthier, happier and more productive place to work, please call Karen Aslett at Horsham District Council on 01403 215428 to discuss details.