



Trusting people who care
Welcome the month of May

May, 2025

Issue #01

Celebrating Community, Care, & Connection Across Our Homes

From sunshine-filled garden events to heartfelt birthdays
and sensory sessions,

May has brought joyful moments and meaningful
milestones to Trustcare Homes.

Monthly Newsletter

An independent healthcare
provider for you

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Trust Care Management Ltd

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Group Welcome

2025

Dear residents, families, friends, and colleagues

May brought sunshine, joyful moments, and community spirit. Across our homes, we enjoyed crafts, dancing, bowling, and 1940s tunes, while warmly welcoming new faces.

We also celebrated International Nurses' Day, honouring the dedication of our nursing team.

Around Our Homes

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Badgers Lodge:

We Celebrated James' birthday with music and joy.
Enjoyed sensory Tac Pac sessions and welcomed Brett to our home.

The Star:

The Star was full of life this month! Residents celebrated VE Day and Nurses' Day in the garden, and Roy's museum trip with Noreen was a highlight.

Lanrick House:

Lanrick House is buzzing with summer vibes! Our summer house got a fresh makeover with foliage and fairy lights. Highlights included Arts & Crafts Afternoon, Christine's birthday, and VE Day celebrations.



Spotlight: Lanrick House

We are excited to announce that our summer house which is located, in our beautiful garden has had a super uplift courtesy of Bekki our activities co-Ordinator.

Thanks to all residents and families for your patience during this exciting redecorating phase.

Home Manager, **Caire Anscombe**



We celebrated Christine's birthday in the month of May.



VE DAY 2025

Celebrations at Lanrick House



May Highlights

Art's & Crafts Afternoon

VE DAY 2025, Celebrations
at Lanrick House

We celebrated Christine's birthday
in the month of May.

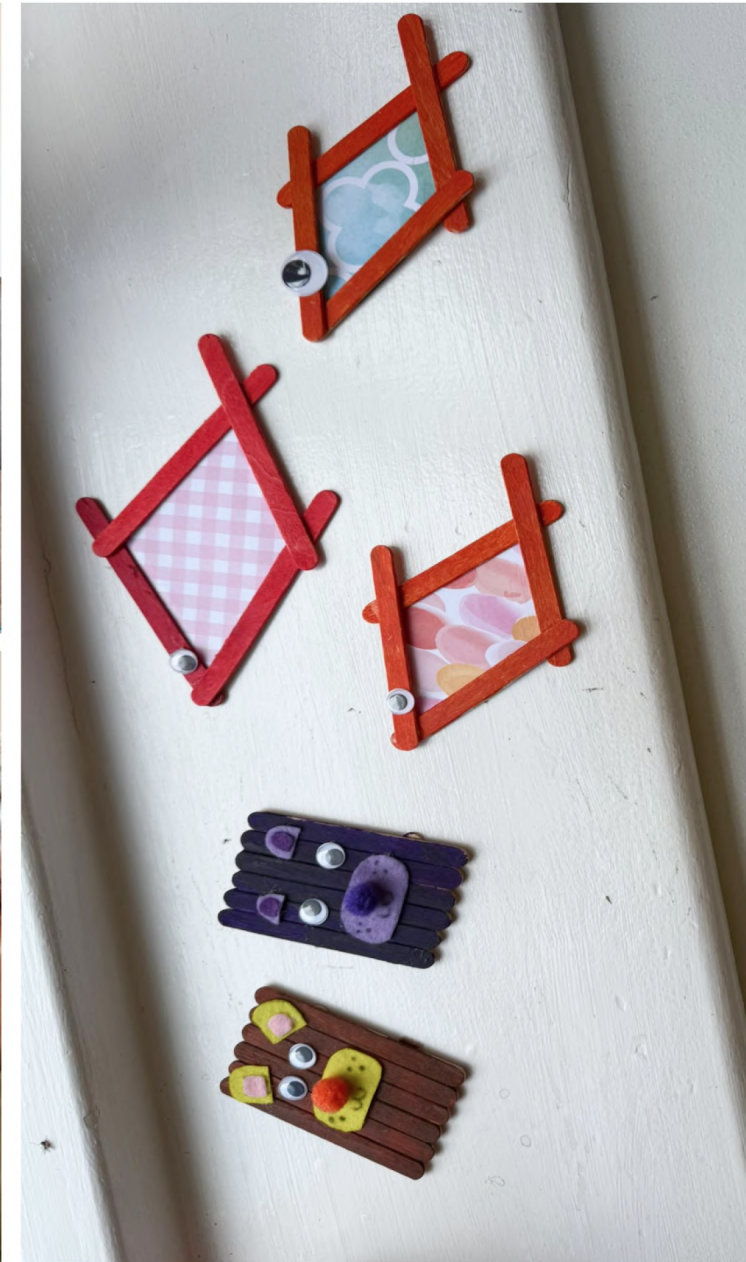
Meet the Team: Ridella "Della" Hadley
joins our kitchen crew, already
delighting taste buds

Meet the Team: Ridella

Hi, I'm Ridella Hadley, known as Della. I've worked in the Lanrick House kitchen for three months and really enjoy it. With years in the food industry, I'm now pursuing Level 3 Food Safety and love baking, dog walks, and family time.



Art's & Crafts Afternoon



HEALTH & FITNESS TIPS

- Be kind to yourself.
- Don't let minor soreness scare you.
- But do listen to your body.
- Choose the right gear for your needs.
- Remember, it's not a competition.
- Build a healthy habit.
- Use a calendar to plan your workouts.
- Select high-fibre foods like whole-grain breads and cereals, beans, unsalted nuts and seeds, deeply coloured vegetables (like green beans), and fruits.
- Avoid fried foods.
- Drink vitamin D-fortified low-fat or fat-free milk; milk products; or non-dairy, soy, almond, rice, or other drinks with added vitamin D and calcium to help keep your bones strong as you age.
- Drink fluids throughout the day.





May Highlights

Happy Birthday, James, live singer & guitarist made the party sparkle

Painting & messy play with family guest Doug

We warmly welcomed our new resident, Brett, to the home.

Pamper afternoon for Joanne & Mel

Nurses' Day – Nurse Favour surprised colleagues with thank-you gifts

Spotlight: Registered homes Badgers Lodge

This month brought painting, pampering, outings, and James' birthday joy. We also remembered two cherished residents, your kindness keeps their memory alive.





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Spotlight: The Star

Registered homes

With sunshine pouring in we transformed the garden for VE Day and International Nurses' Day.

Noreen is already mapping out our summer fate, watch this space!



May Highlights

VE Day party: bunting, songs, fish & chips

International Nurses' Day: residents applauded our 'lovely nurses'

Therapy visit: Dolly the dog brought pure joy and sensory comfort

Out & About: Roy and Noreen's museum adventure

Ice-lolly cart kept everyone cool

Highlights of the month

Recipes of the Month

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Summer Berry Yogurt Parfait (Badgers Lodge)

Antioxidant-rich breakfast/dessert for all ages

Key Ingredients

Strawberries, blueberries, raspberries, low-fat Greek yogurt, honey, granola



Warm Jersey Royal Potato Salad (The Star)

Fresh tarragon dressing & toasted walnuts

Key Ingredients

New potatoes, Dijon, tarragon, walnut oil, shallot, cornichons



Simple Italian Salad (Lanrick House)

Crisp Romaine, olives & classic Italian herbs

Key Ingredients

Romaine hearts, cherry tomatoes, Parmesan, peperoncini, croutons, oregano-garlic dressing

Quiz & Fun Facts

Test Your Knowledge

1. When does summer officially start in the UK?
2. Which vitamin is nicknamed the "sunshine vitamin"?
3. What is the NHS non-emergency number?
4. PPE stands for...?
5. Which famous nurse is honoured on International Nurses' Day?
6. True or False: Smiling can reduce stress

Did You Know?

1. Ancient Romans believed marrying in May was unlucky.
2. 20 May 1873: Levi Strauss & Jacob Davis patented riveted blue jeans.
3. Florence Nightingale was born on 12 May 1820

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Policy & Community Noticebook

We maintain safe ambient temperatures and coordinate with Essex County Council to ensure continuity of care during severe weather. For full policy speak with Registered Manager Michelle Coote



Community News

Dementia-Friendly Coffee Morning
Every Monday, 10:30 am – 12:30 pm
• St Cedd's Church, Bridgwater Drive

Contact Doris Dokpoh on 07752 881 415 or
doris.dokpoh@royalecarers.co.uk

June Activity Teasers (Lanrick House)

National Cheese Day
World Environment Day
International Picnic Day
National Bingo Day
and more!



Contacts & Feedback

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