

NOV
2025



Newsletter

Trusting people who care

Celebrating Community, Care, & Connection Across Our Homes.

Content Overview

01 | MONTHLY REFLECTIONS & HIGHLIGHTS

02 | SERVICE USER SPOTLIGHT – INDEPENDENCE & SKILLS

03 | SERVICE USER SPOTLIGHT – ENRICHMENT & JOY

04 | AROUND OUR HOMES – EVENTS & PARTIES

05 | SENSORY & CREATIVE ARTS

06 | TEAM ACHIEVEMENTS & TRAINING

07 | RECIPES OF THE MONTH

08 | CONTACT & FEEDBACK

Monthly Reflections & Highlights

A Moment of Remembrance:

Coming together in quiet appreciation to honor those who served. A poignant, meaningful silence was shared by service users and staff across our services.

Regional Recognition:

We are thrilled to announce that the Primrose Hill team has been nominated for "Care Home Team of the Year" at the West Midlands Regional Awards – a testament to their daily compassion.



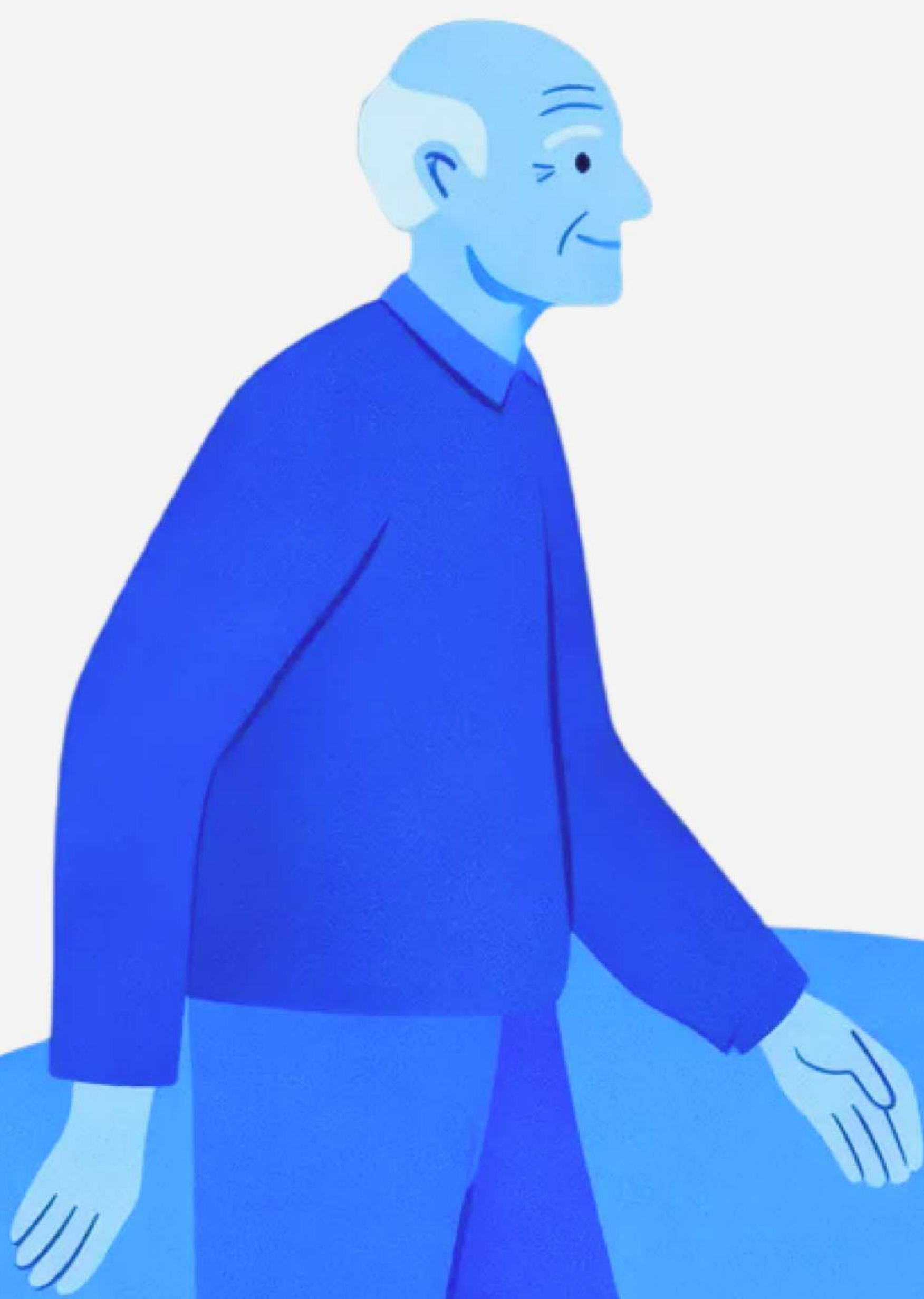
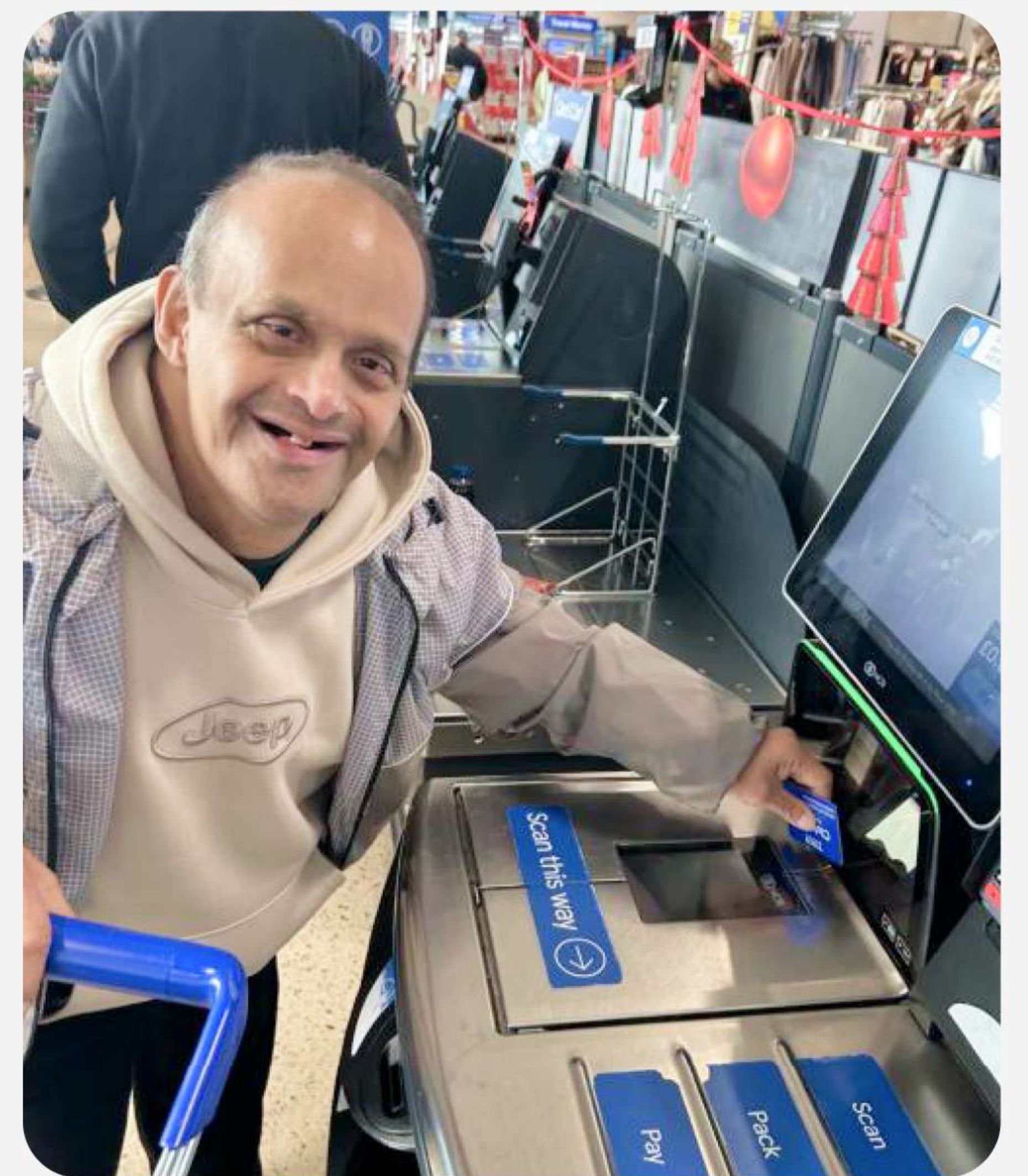
Service User Spotlight – Independence & Skills

Travel Milestones (Marlborough Lodge):

Harry is mastering independent train travel, learning to navigate stations and read timetables in preparation for his Christmas home leave.

Community Engagement (Marlborough Lodge):

Jack has returned to his weekly skating sessions at the YMCA, while Guy and Salem have enjoyed building life skills through local shopping trips and kitchen styling.



Service User Spotlight – Enrichment & Joy

Therapeutic Connections (Badgers Lodge):

Service users have enjoyed regular sessions with Harley the therapy dog and weekly wheelchair yoga led by Carmen to support relaxation and mobility.



Family Support (Cambuslodge):

Family Support (Cambuslodge): A special thank you to Michael's sister, Margaret, for her dedicated support in taking him to his weekly aqua sessions.



Around Our Homes – Events & Parties

Halloween Fun:

Cambuslodge hosted a fantastic Halloween spread filled with laughter, spooky decorations, and delicious treats thanks to Shanti and Tope.

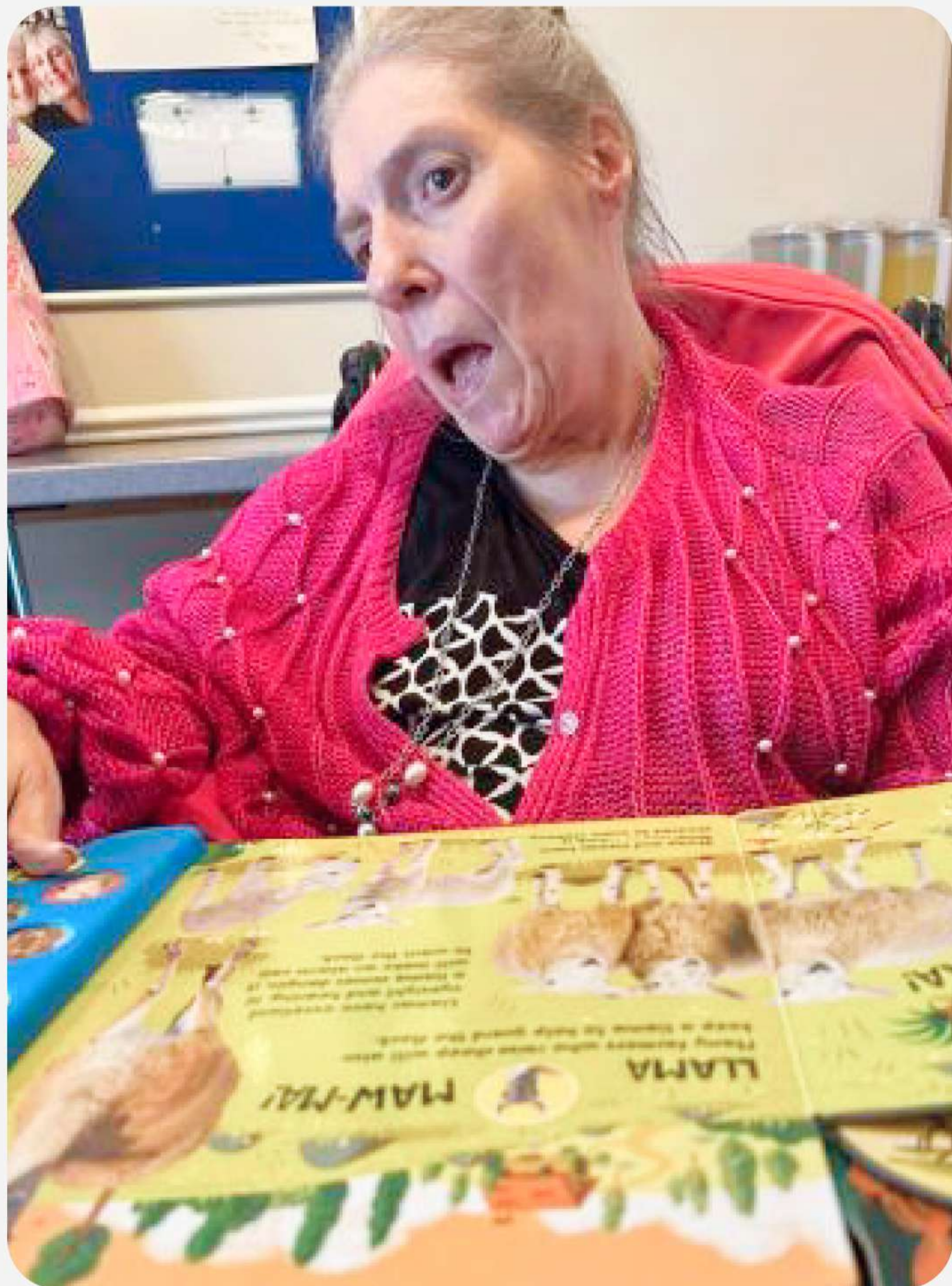


Themed Evenings (Primrose Hill):

Our Gentlemen's Evening featured beer and darts, while the Ladies' Evening offered a calm atmosphere for conversation and cake.



Sensory & Creative Arts



Sensory Exploration:

Badgers Lodge continues to prioritise well-being through sensory room sessions, TAC-PAC, and the exploration of interactive sensory books.

Musical Growth:

Rupert has been busy with choir practice for the "Big Sing" event and improving his technique during piano lessons.



Creative Masterpieces:

At Cambuslodge, service users have been painting beautiful artwork under the guidance of Fariya.



Team Achievements & Training

NAPPI Training Success:

Huge congratulations to the Cambuslodge team! The entire staff has now completed their face-to-face NAPPI training to ensure safe, supportive care.



Welcome to the Team:

We are delighted to welcome Stanley (Health Care Assistant) and Abigail (Nurse) to the Primrose Hill family.



Employee of the Month:

Congratulations to Juliet at Primrose Hill for her exceptional care and compassion.



Recipes of the Month



Liver and Bacon (Hairy Bikers style)

A tasty alternative to a roast with crispy skin.

Prep: 15m | **Cook:** 1h 30m | **Serves:** 2–4

Ingredients: 2 turkey drumsticks; 50g butter; 2 cloves garlic; 1 tbsp each rosemary & thyme; 1 tsp paprika; salt/pepper; 1 tbsp olive oil.

Method:

Preheat: Oven to 180°C.

Herb Butter: Mix butter, garlic, herbs, and paprika.

Prep Turkey: Dry legs. Spread half the butter under skin.

Coat: Rub remaining butter and oil over skin.

Roast: Cover with foil, roast for 1 hour.

Crisp: Uncover, baste, roast for 20–30 mins until golden.



Crispy Herb-Butter Turkey Legs:

A nutrient-dense meal. Key tip: don't overcook liver!

Prep: 10m | **Cook:** 20m | **Serves:** 2

Ingredients: 300g lambs' liver; 4 rashers bacon; 1 onion; 2 tbsp flour; 300ml stock; 1 tsp sage; oil/butter.

Method:

Dredge: Pat liver dry and coat in flour.

Sauté: Fry bacon until crisp. Add onions; cook until soft. Remove.

Sear: Fry liver 1–2 mins per side until browned. Remove.

Gravy: Stir flour into pan juices. Whisk in stock and sage; simmer.

Combine: Return liver, bacon, and onions to heat through.

Serve: Pair with mashed potatoes and peas.



Contact & Feedback

Badgers Lodge

Michelle Coote
Registered Manager

badgerslodge@trustcare.co
01702 526027

Cambuslodge

Margo McLaughlin
Manager

cambuslodge@trustcare.co
020 7731 5814

Marlborough Lodge

Fiona Gibbs
Manager

marlborough@trustcare.co
01424 85410

Primrose Hill

Sue Dawson
Home Manager

primrosehill@trustcare.co
01902 864627

The Star

Heidi Coleman-Seldon
Home Manager

thestar@trustcare.co
01733 261233