

February
2026



Monthly Newsletter



A Month Of Love,
Kindness
& Care



Content Overview

01 Message from the Team

A warm welcome reflecting February's highlights and shared community moments.

02 Celebration Spotlight

Celebrating Joanne's 71st birthday and special moments with Kathleen & Leslie.

03 Activities & Engagement

Creative and social activities, including pancake making with Joan and group sessions.

04 Health & Wellbeing

Supporting wellbeing through gentle exercise, relaxation, and daily routines. Encouraging comfort, independence, and a balanced lifestyle for residents.

05 Recipe of the Month

Simple, seasonal recipes encouraging participation and shared experiences. They also provide a fun opportunity for residents to build confidence and enjoy time together.

06 Special Events

Valentine's, Pancake Day & Chinese New Year Highlights

07 Community & Updates

Welcoming new staff and sharing resident activities, outings, and engagement. Highlighting teamwork, achievements, and the positive impact within our community.

08 Quiz & Engagement

Fun puzzles and quizzes designed to encourage participation and enjoyment.

09 Closing Note

A thank you to residents, families, and staff for their continued support.



Welcome Message

Welcoming February With Care & Connection

February has been a joyful month across our homes, filled with meaningful moments and shared experiences.

From **Valentine's Day celebrations** with music, dancing, and sweet treats to Pancake Day activities and Chinese New Year festivities, residents came together to enjoy, connect, and create lasting memories.

It's been wonderful to see everyone actively participating and sharing smiles throughout the month.

We remain committed to delivering person-centred care that promotes:

- Dignity
- Independence
- Happiness



Thank you to our residents, families, and staff for making our community so warm, caring, and supportive.



Celebration Spotlights

Celebrating Special Moments

This month we celebrated some very special moments.

Joanne's 71st Birthday was a highlight, filled with smiles, cake, and warm wishes from everyone around her.

We also celebrated **Kathleen and Leslie's birthdays**, making their day memorable with personalised touches and joyful gatherings.

These occasions not only celebrate milestones but also encourage connection, happiness, and a strong sense of belonging within our community.

Creating moments like these helps make every day feel valued and special for our residents.

Celebrating Together





Activities & Engagement

Engaging Activities, Shared Moments

Residents enjoyed a variety of engaging activities, including arts & crafts, chair yoga, bowling, and sensory sessions, bringing energy and enjoyment into each day.

A special highlight was **Joan** preparing pancakes, along with group activities like parachute games that encouraged connection, participation, and shared experiences.

Residents took part in a wide variety of activities across our homes:



Arts & crafts sessions



Chair yoga and gentle exercise



Board games and puzzles



Bowling and interactive games



Sensory sessions and relaxation activities

Every Activity Makes A Difference

From creative sessions to group activities, each moment encourages residents to stay active, build confidence, and enjoy meaningful connections every day.

Together
We Stay Active,
We Stay Connected,
We Thrive.

Health & Wellbeing



Caring For Health, Every Day

This month focused on maintaining a healthy and balanced lifestyle through gentle exercise, relaxation sessions, and supportive daily routines.

Key highlights:



Gentle exercise



Sessions Relaxation

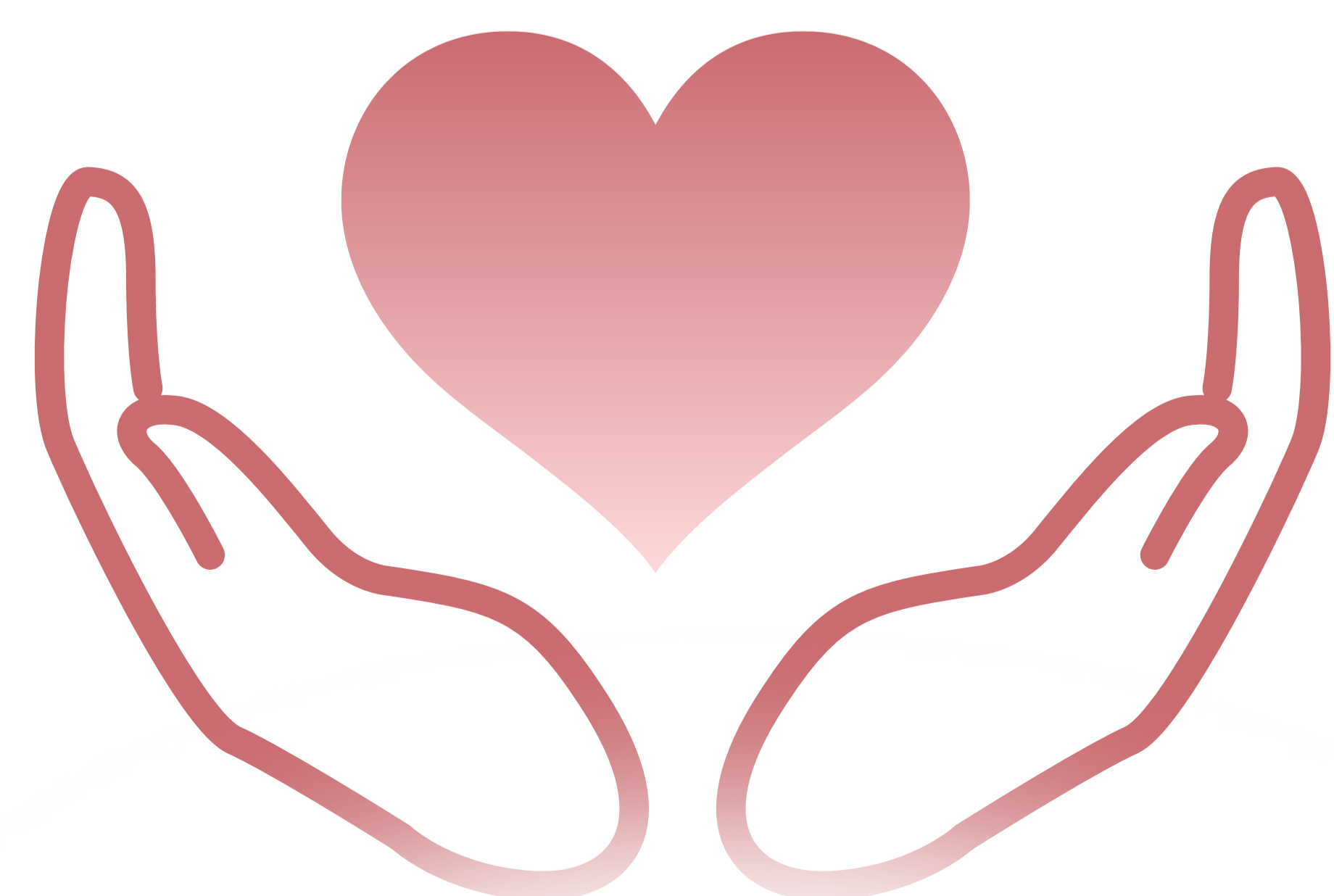


Therapies and sensory rooms



Encouraging daily routines

Simple habits such as staying hydrated, eating well, getting quality rest, and light movement continue to make a meaningful difference in residents' overall wellbeing.



Small Habits, Big Difference

Daily habits continue to make a big difference in overall wellbeing and quality of life.





Special Events

Celebrating Events That Bring Us Together

February was filled with joyful celebrations and meaningful moments for our residents.

From **Valentine's Day** to **interactive activities** each event created smiles, connection, and lasting memories

Valentine's Day Celebrations

We celebrated love and friendship with music, dancing, and heart-warming moments across our homes.

Pancake Day Fun

Residents enjoyed preparing and tasting delicious pancakes. A wonderful activity that brought laughter, teamwork and plenty of enjoyment.



A special highlight was **Joseph's** singing performance, bringing joy and smiles to everyone.

Chinese New Year Celebration

Residents enjoyed Chinese New Year, exploring traditions, food, and festive activities together.

Resident Engagement



Recipe Of The Month

This month featured simple and enjoyable recipes that residents can take part in, making cooking both fun and engaging.

Easy Pancakes

Ingredients:

100g plain flour
2 eggs
300ml milk
1 tbsp oil or melted butter
Pinch of salt

Method:

1. Add flour and salt to a bowl.
2. Crack in the eggs and whisk gently.
3. Gradually add milk while mixing until smooth.
4. Heat oil or butter in a pan over medium heat.
5. Pour batter and cook for 1–2 minutes on each side.
6. Serve warm with your favourite toppings.

Cauliflower Wings

Ingredients:

Cauliflower (cut into florets)
125g plain flour
1 tsp baking powder
1 tsp paprika
Salt & pepper
Water (to make batter)
Oil spray
Buffalo sauce

Method:

1. Preheat air fryer to 200°C.
2. Mix flour, baking powder, paprika, salt, pepper, and water into a batter.
3. Coat cauliflower florets evenly.
4. Air fry for 10 minutes until crispy.
5. Toss in buffalo sauce and serve warm.



Community & Updates

We were delighted to welcome new team members across our homes, bringing energy, compassion, and fresh ideas into daily care.

Employee Recognition

Prabhsimran was recognised for dedication and positive impact.

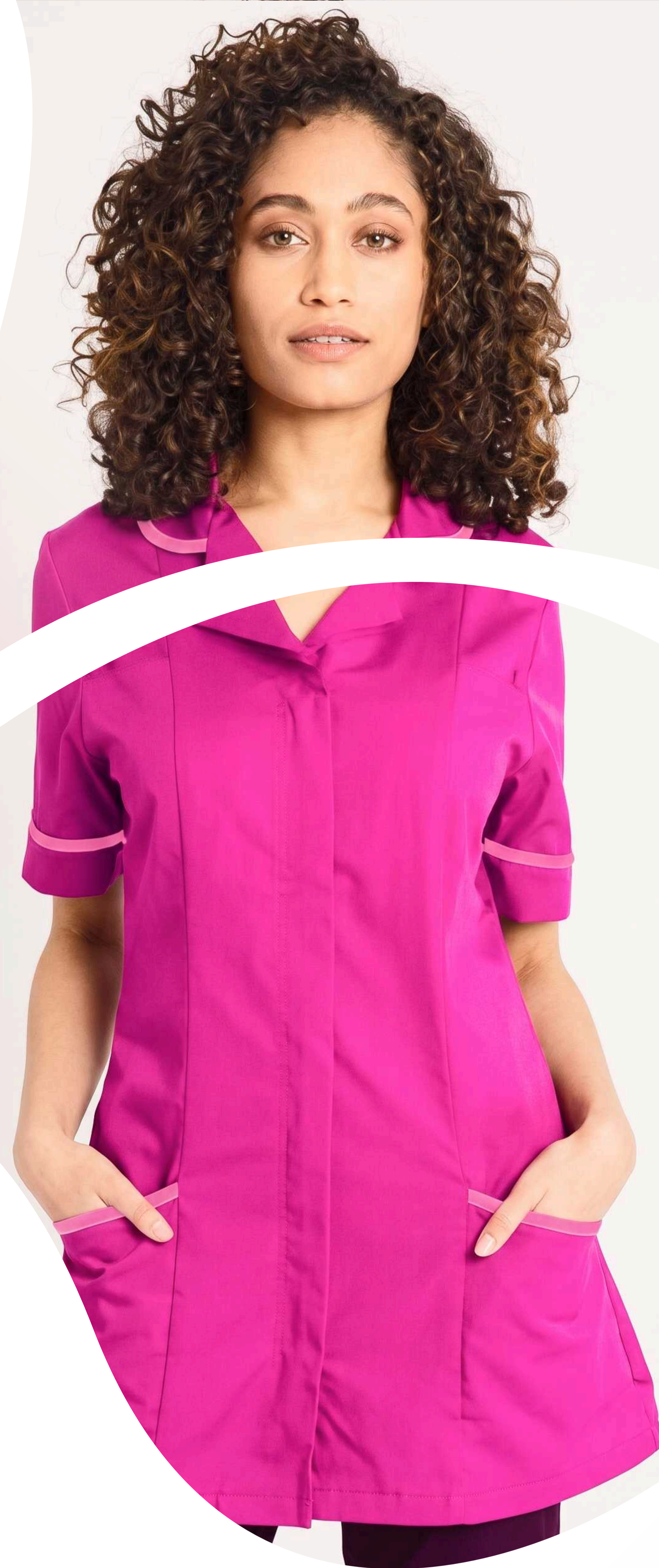
Residents also enjoyed:

- Day trips and outings
- Therapy dog visits
- Social gatherings

These moments encouraged connection, enjoyment, and a strong sense of community.

Professional Standards

We remain committed to maintaining high standards that ensure both resident safety and staff professionalism.



Staff Dress Code

Our dress code supports a safe, professional, and hygienic environment for everyone.

Key Guidelines:

- Clean and presentable uniform
- Closed, safe footwear
- Hair tied back where required
- Visible name badges

Hygiene Standard:

Follow "Bare Below the Elbows" policy to support infection control

Quiz & Engagements

Test Your Knowledge

Residents took part in fun and interactive quizzes and puzzles designed to keep minds active and spirits high.

Activities Included

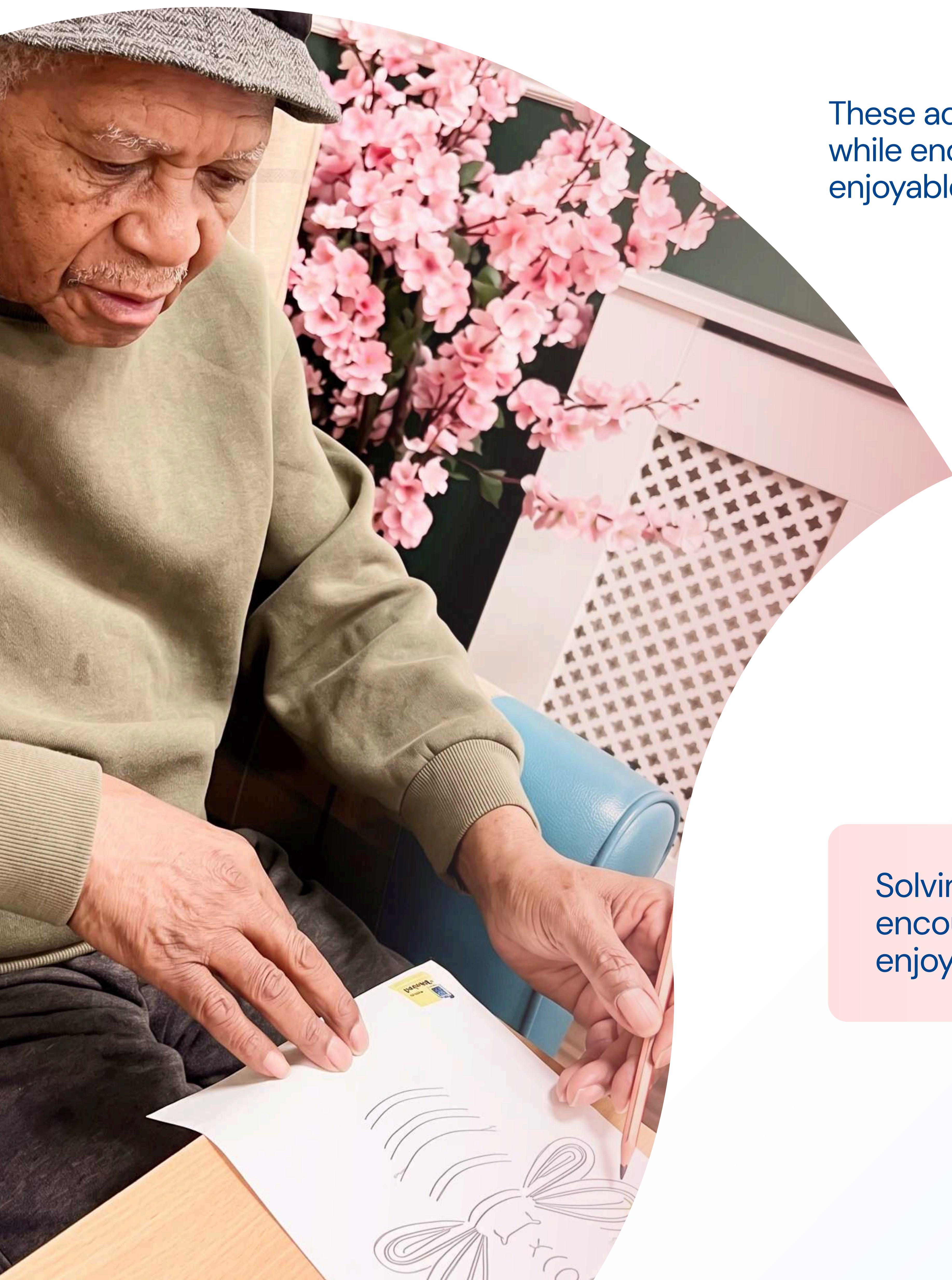
- Word searches
- "Finish the phrase" games
- Monthly knowledge quizzes

These Activities Support

- Memory
- Cognitive skills
- Engagement

These activities help keep minds active while encouraging focus, confidence, and enjoyable social interaction.

Solving puzzles and taking part in quizzes encourages focus, conversation, and shared enjoyment in a relaxed environment.



Closing Note

February has been a month filled with meaningful moments, shared experiences, and joyful connections across our homes.

From celebrations and activities to everyday care, it has been wonderful to see residents, families, and staff come together to create a warm and supportive environment.

Your Feedback Matters

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Thank you to our residents, families, and dedicated staff for making our community so caring, positive, and supportive.

