



Monthly Newsletter



April  
2026

Easter Celebrations  
Spring Joy • Community • Togetherness

Creating Happy  
Moments And Cherished  
Memories Together

# Inside This Month

A look at the joyful moments, meaningful activities, and special highlights shared across our Trustcare homes.



## Message From Trustcare Homes

Celebrating joyful moments, wellbeing, achievements, and shared warmth across our homes.

## Easter Celebrations

Heartwarming Easter moments filled with joy, creativity, and togetherness.

## Outdoor Activities

Service users enjoyed the sunshine with gardening, outdoor games, walks, and spring activities.

## Community And Special Outings

Community visits, cultural trips, and memorable outings brought smiles, confidence, and connection.

## Creativity, Music And Wellbeing

Music, art, relaxation, and wellbeing activities inspired happiness and companionship.

## Special Moments

Birthdays, milestones, farewells, and special service users moments brought warmth to our homes.

## Health And Autism Awareness

Promoting inclusive care, wellbeing, infection prevention, and person-centred support.

## Recipe Of The Month

Discovering delicious homemade recipes and celebrating shared moments through food.

## Feedback And Contact Information

Opportunities, feedback, appreciation, and key contact information from Trustcare communities.

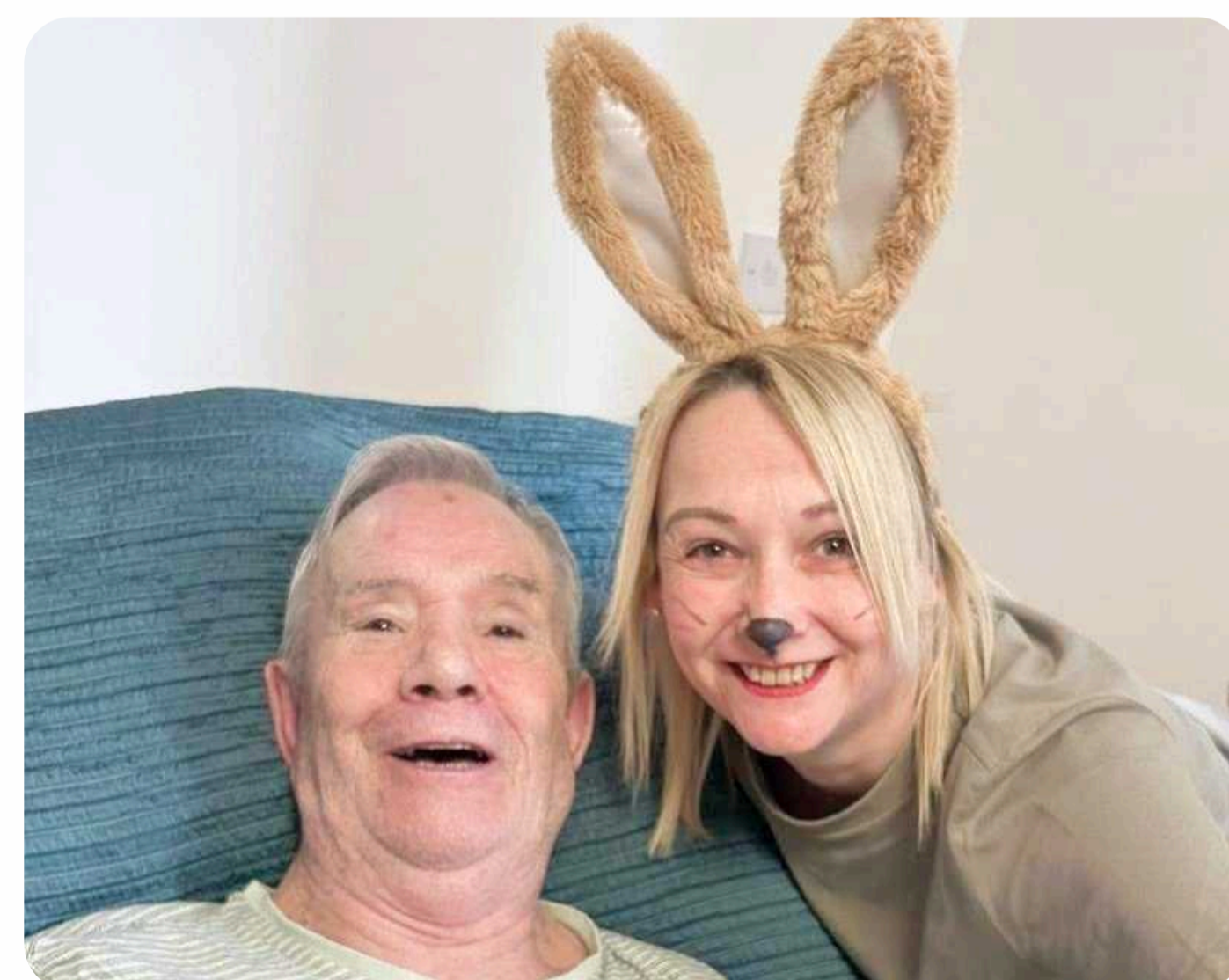
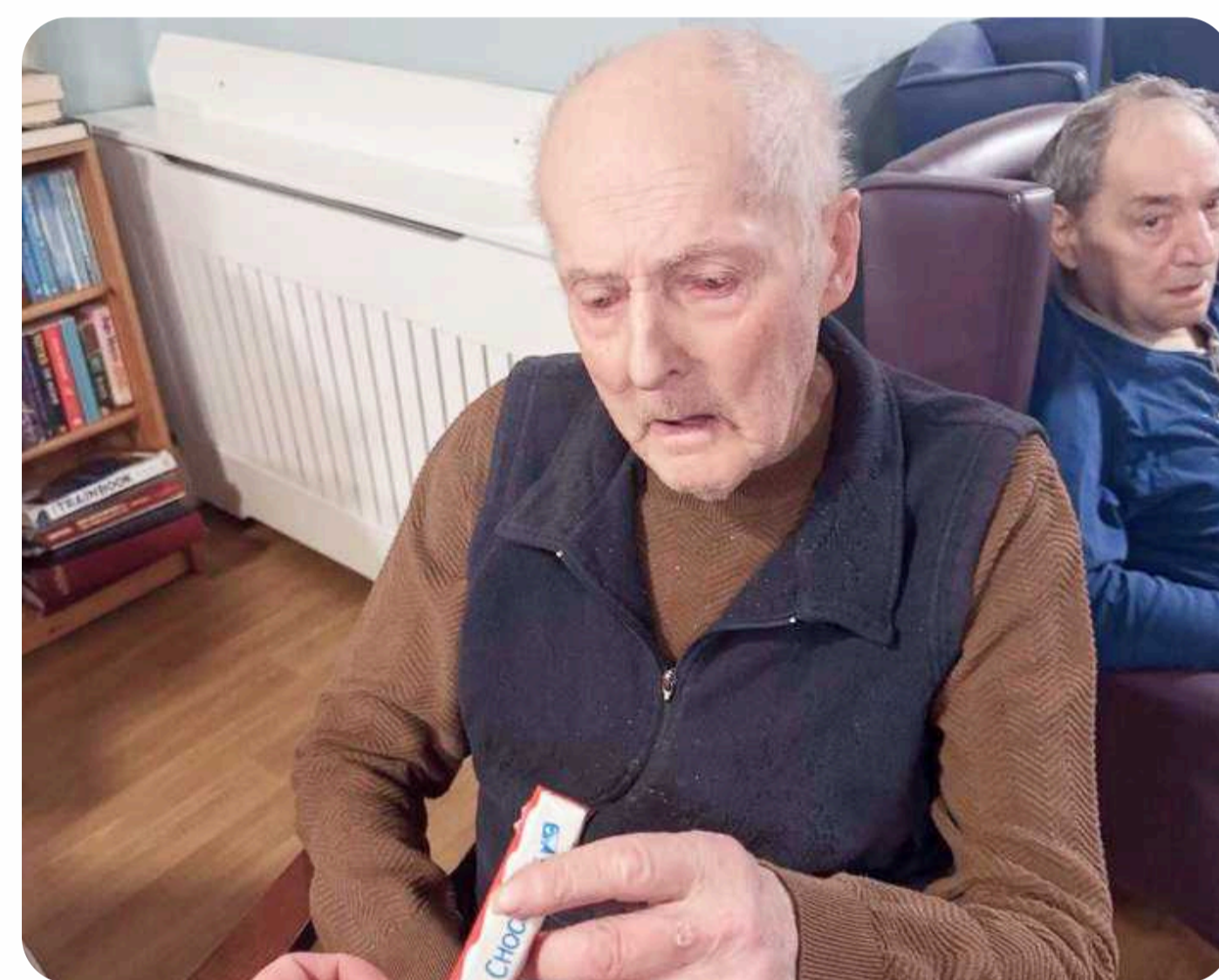
# Message From Trustcare Homes

April has been a truly uplifting and meaningful month across all Trustcare homes, filled with warmth, celebration, creativity, and togetherness.

Service users, families, and staff came together to enjoy celebrations, activities, outings, and wellbeing sessions, creating meaningful moments of happiness, inclusion, and connection across every home.

This month brought many special moments across Trustcare homes, from Easter celebrations and outings to gardening, baking, therapy visits, and joyful community activities.

We are incredibly grateful to all service users, families, staff, volunteers, healthcare professionals, and community partners who continue to make our homes warm, supportive, and welcoming places filled with kindness, purpose, and joy.



“Shared moments create stronger connections and brighter days for everyone.”

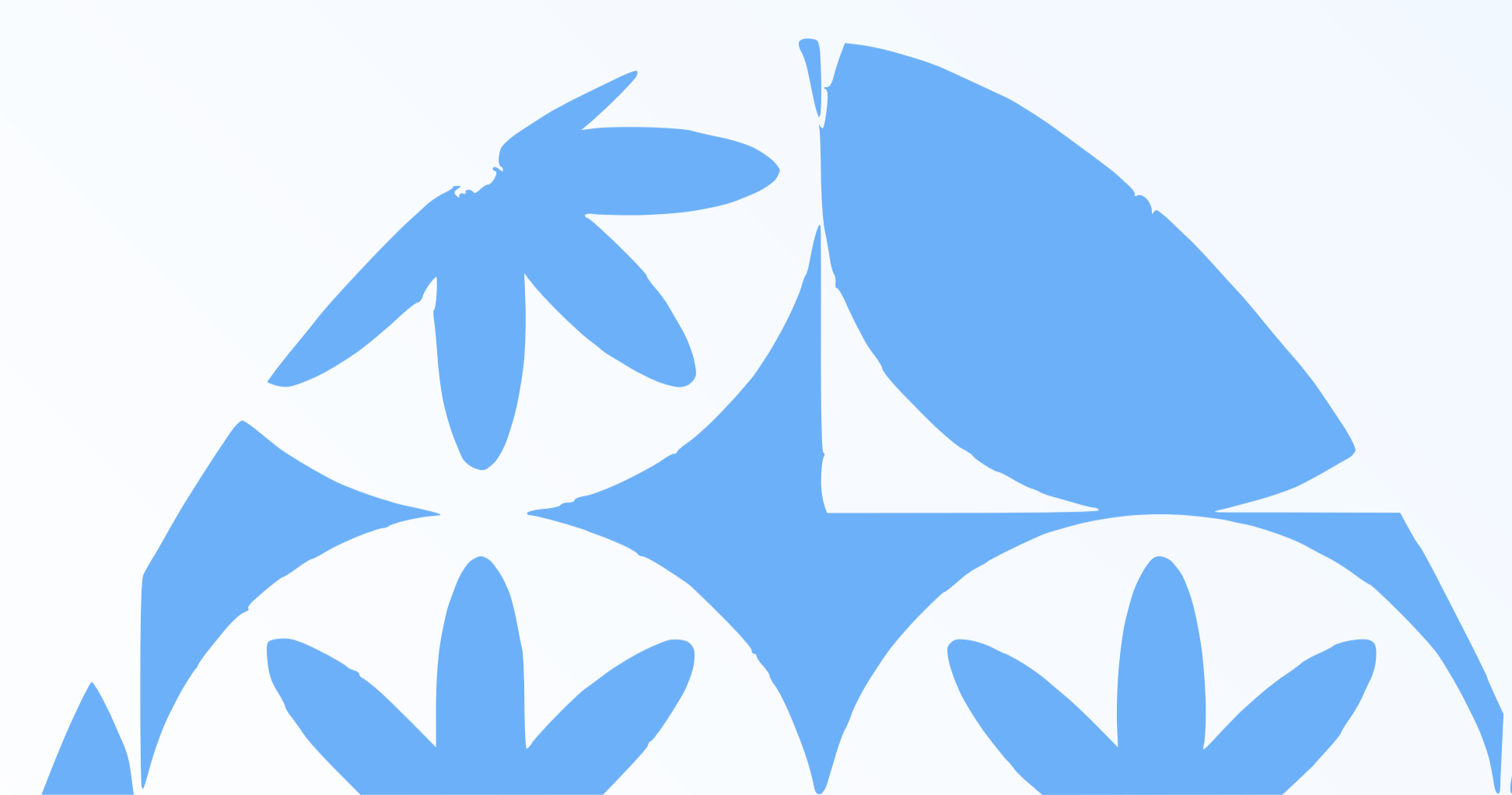


# Easter Celebrations

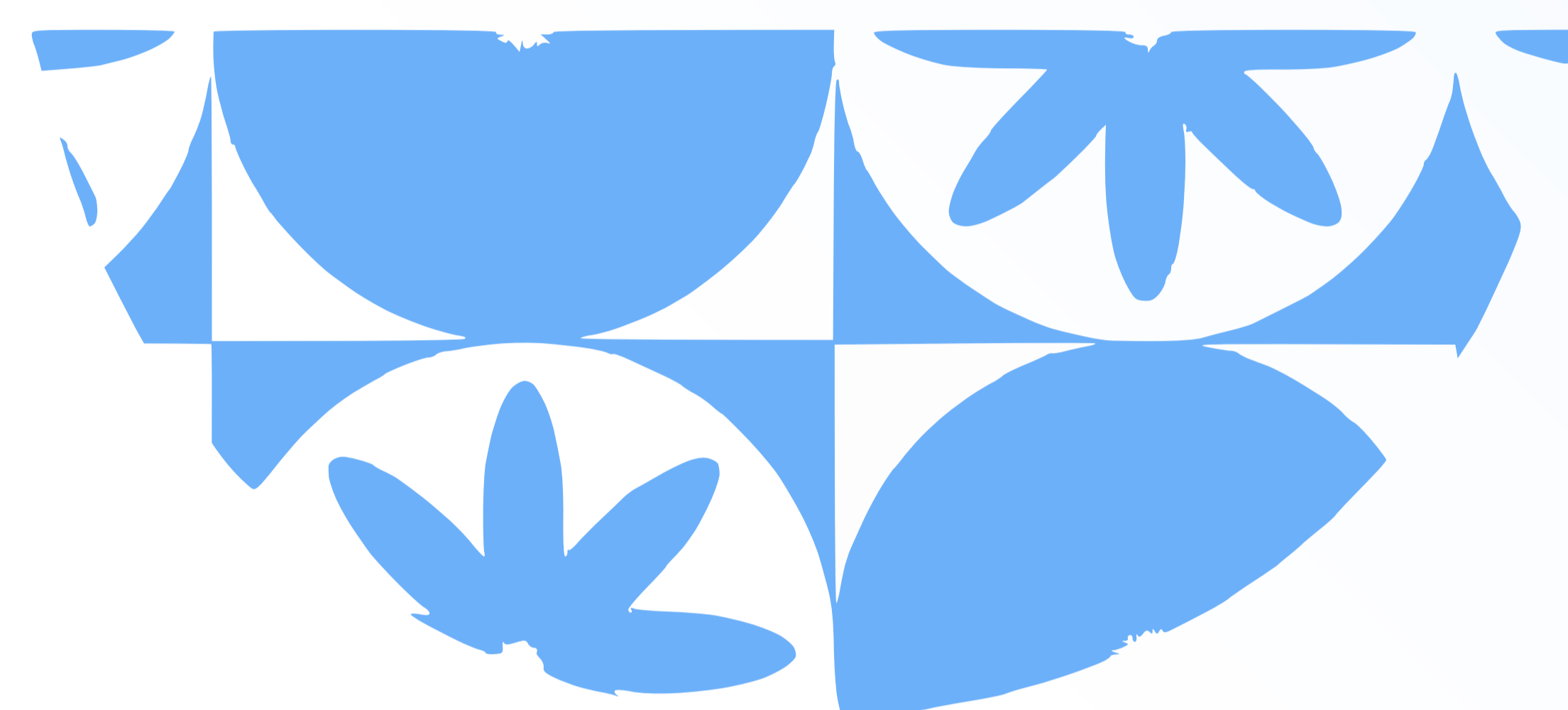
## Celebrating Easter Together

Easter brought joy, laughter, and togetherness across all Trustcare homes. Service users enjoyed Easter treats, egg hunts, music, crafts, decorations, refreshments, and meaningful social celebrations shared with families, staff, and the wider community.

Across our homes, these celebrations encouraged social connection, creativity, community spirit, emotional wellbeing, and shared happiness helping service users feel valued, included, and celebrated.



## Happy Easter



# Outdoor Activities

## Growing Together This Spring

The warmer weather encouraged service users to enjoy gardening, walks, fresh air, and community outings.

At The Star Nursing Home, Kevin and Noreen enjoyed planting vegetables and flowers after a visit to Blue Diamond Garden Centre.

Service users also worked together preparing the gardens, while Hugh, Kevin, and Steve enjoyed a garden centre trip followed by tea and cake.



Service users at Lanrick House enjoyed relaxing outdoor moments including Janet's afternoon sunshine walk and Anita and Clive's town outing.

The joy of gardening and spending time outdoors has brought service users a wonderful sense of purpose, calmness, and achievement.

Outdoor activities continue to support:

- Physical wellbeing
- Relaxation
- Confidence building
- Emotional resilience
- Social connection
- Personal growth

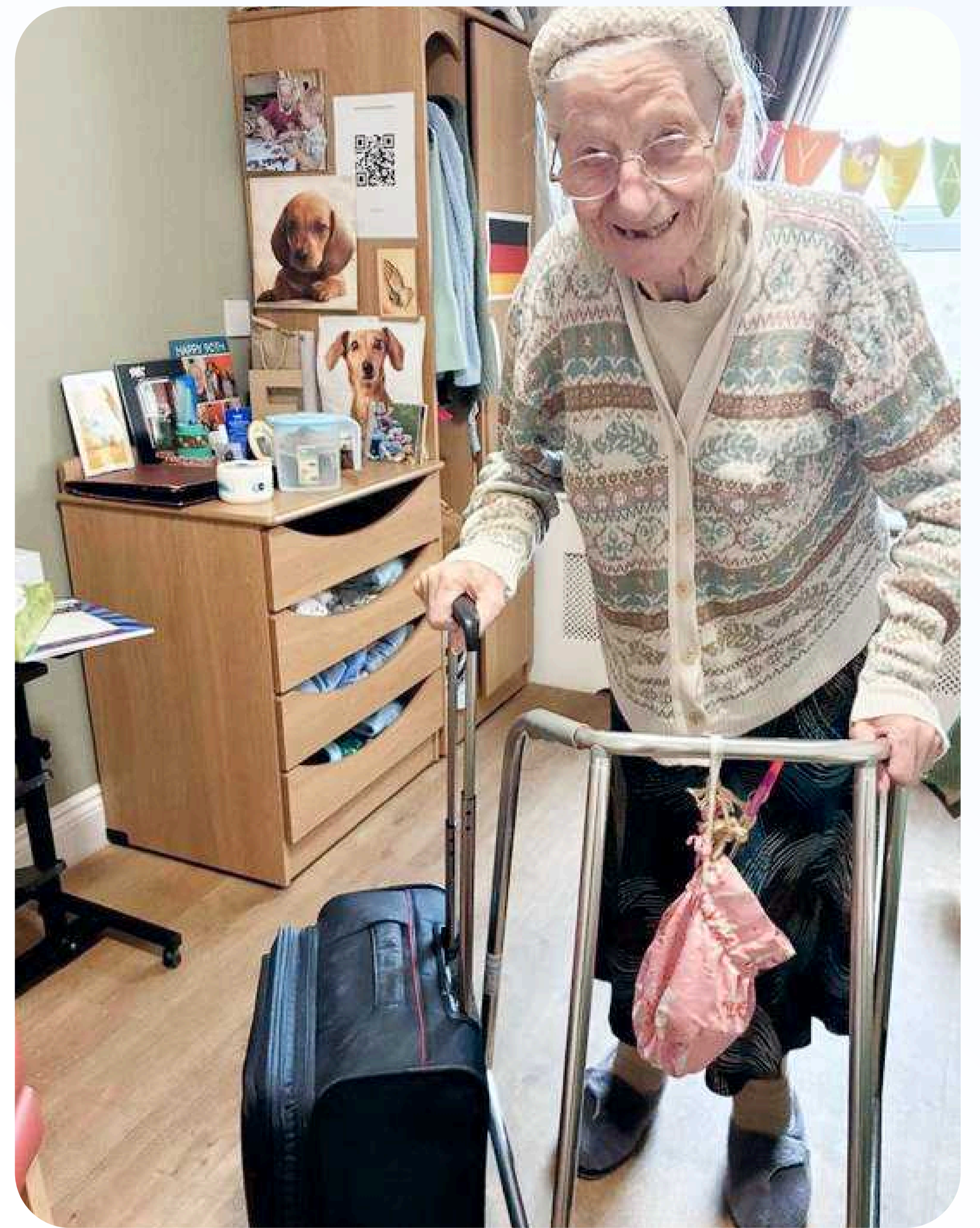


# Community And Social Outings

## Meaningful Moments Beyond the Home

Community engagement remained a key focus throughout April, with service users enjoying a wide variety of outings and memorable experiences

At The Star Nursing Home, service users began an exciting "Around the World" journey with India, where Noreen led service users through passport activities, a traditional Indian feast, and a cultural henna experience.



Joseph enjoyed a meaningful trip to the local library exploring books about Elvis Presley, followed by a special ice cream treat. He is also looking forward to attending an Elvis tribute act later this year.

Service users at Cambuslodge enjoyed:

- Thursday Club Bingo
- Zoo visits
- Swimming sessions
- Church visits
- Air Force Museum trips



Terry enjoyed his swimming sessions, embracing the activity with enthusiasm while building confidence.

# Creativity, Music And Wellbeing

## Activities That Inspire Joy & Connection

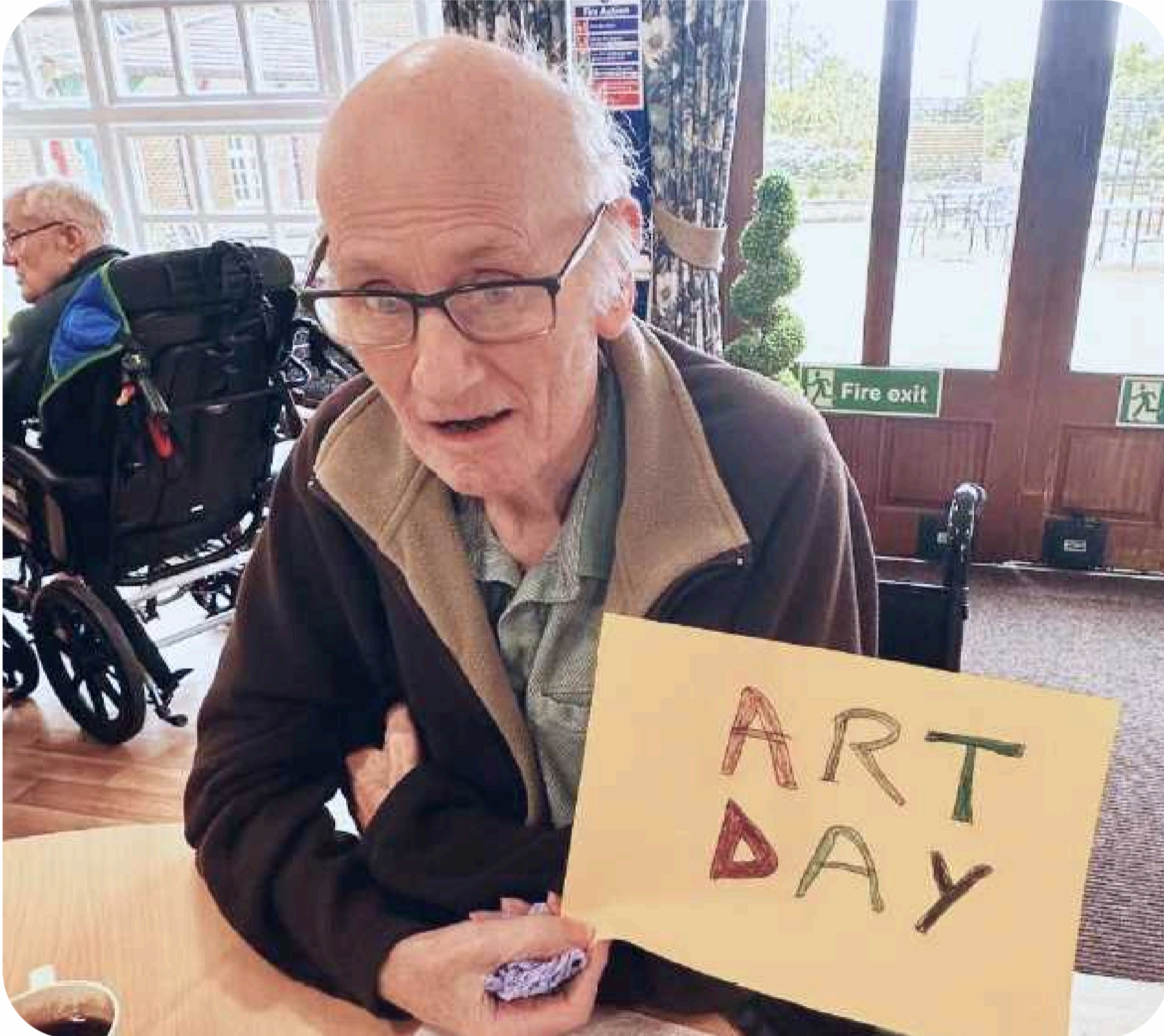
April was filled with music, creativity, sensory experiences, and wellbeing activities designed to encourage engagement and self-expression.

At Badgers Lodge, service users enjoyed interactive music sessions, wheelchair yoga, massage therapy, sensory activities, and aquarium sensory play.

Service users at The Star Nursing Home sang and danced to classics from the 1950s, alongside music from Michael Jackson and Elvis Presley.

Primrose Hill service users embraced creativity through themed celebrations, crafts, games, and dance activities, while Chelmsford Care Centre service users enjoyed chair yoga, Reiki, Reading Club, art activities, dog therapy, and group games.

At Philia Lodge, service users shared laughter, dancing, creative sessions, and companionship, supporting wellbeing, confidence, relaxation, and social connection.



# Special Moments

## Celebrating Achievements, Milestones & Memories

Across all Trustcare homes, April was filled with special celebrations and meaningful personal moments.

### Christopher's 65th Birthday

Christopher celebrated his 65th birthday with family, service users, and staff, enjoying music, dancing, cake, presents, and his favourite songs performed live.

### Simon's 14 Wonderful Years

Cambuslodge proudly celebrated Simon's 14-year milestone with cake, laughter, and warm wishes from service users and staff.

### Birthday Celebrations Across Homes

Service users and staff birthdays were celebrated throughout April, including:

- Bob at The Star Nursing Home
- Michael and Colin at Philia Lodge
- Darren Lee, Barbara Lewis, Jean Underhill, James Knowles and others at Primrose Hill



### Farewell to Caroline

Service users, staff, and families came together to say a heartfelt goodbye to Caroline, whose kindness and humour made a lasting impact on everyone around her.



# Staff Recognition

## Celebrating the People Who Make a Difference

Trustcare continues to recognise and celebrate the dedication, kindness, and professionalism of staff members across all homes.



## Employee Recognition

At Chelmsford Care Centre, Jaison Scaria was proudly awarded employee of the Month for demonstrating exceptional dedication, positivity, professionalism, and support to both service users and colleagues.



## New Team Members

At Primrose Hill, Laura and Gemma joined the team as domestics, bringing enthusiasm and support to the home.



Sarah was also welcomed as the new Activity Coordinator, joining Letitia to bring creativity, energy, and engaging experiences for residents.

# Health And Autism Awareness

## Supporting Health & Wellbeing

April focused on promoting health, wellbeing, and inclusive care across Trustcare homes through awareness initiatives and meaningful activities.

## Health & Wellbeing Highlights

### IPC Bulletin & Hand Hygiene Awareness

Homes promoted effective hand hygiene practices, staff education, and infection prevention measures to support safer environments for service users and staff.

### Autism Awareness & Person-Centred Care

Several homes highlighted their commitment to supporting individuals living with autism through understanding, communication, and personalised care approaches.

### Wellbeing Activities

Service users participated in activities supporting both physical and emotional wellbeing, including:

- Chair yoga
- Relaxation therapies
- Music and sensory sessions
- Massage and wellbeing activities
- Outdoor activities and movement sessions

Supporting dignity, health, independence, and inclusion continues to remain at the heart of everything we do.



# Recipe

## Of The Month

Delicious seasonal flavours shared across our homes, bringing service users together through cooking, creativity, and joyful moments.

### Creamy Pesto Gnocchi With Crispy Bacon

A simple and comforting recipe full of flavour perfect for sharing and enjoying together.



#### Ingredients

- 15g fresh basil
- 30g baby spinach
- 1 tbsp grated Parmesan cheese
- 2–3 tbsp extra virgin olive oil
- Juice of 1 lemon
- 140g bacon (cut into small pieces)
- 500g potato gnocchi
- Pinch of sea salt

#### Method

- Blend basil, spinach, Parmesan, salt, and olive oil until smooth to create the pesto.
- Add lemon juice and season if needed.
- Cook bacon until golden and crispy.
- Boil gnocchi until they float to the top.
- Drain and mix with pesto and crispy bacon.
- Serve warm and enjoy.

#### Chef's Note

"Cooking together creates more than meals. it creates moments, smiles, and memories shared together."



# Feedback And Contact Information

## Join Our Growing Team

Trustcare continues to welcome passionate and caring individuals who want to make a meaningful difference in people's lives.

### Badgers Lodge

Michelle Coote  
Registered Manager

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### Cambuslodge

Margo McLaughlin  
Manager

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### The Star

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Home Manager

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### Lanrick Lodge

Esther Olorunselu  
Registered Manager

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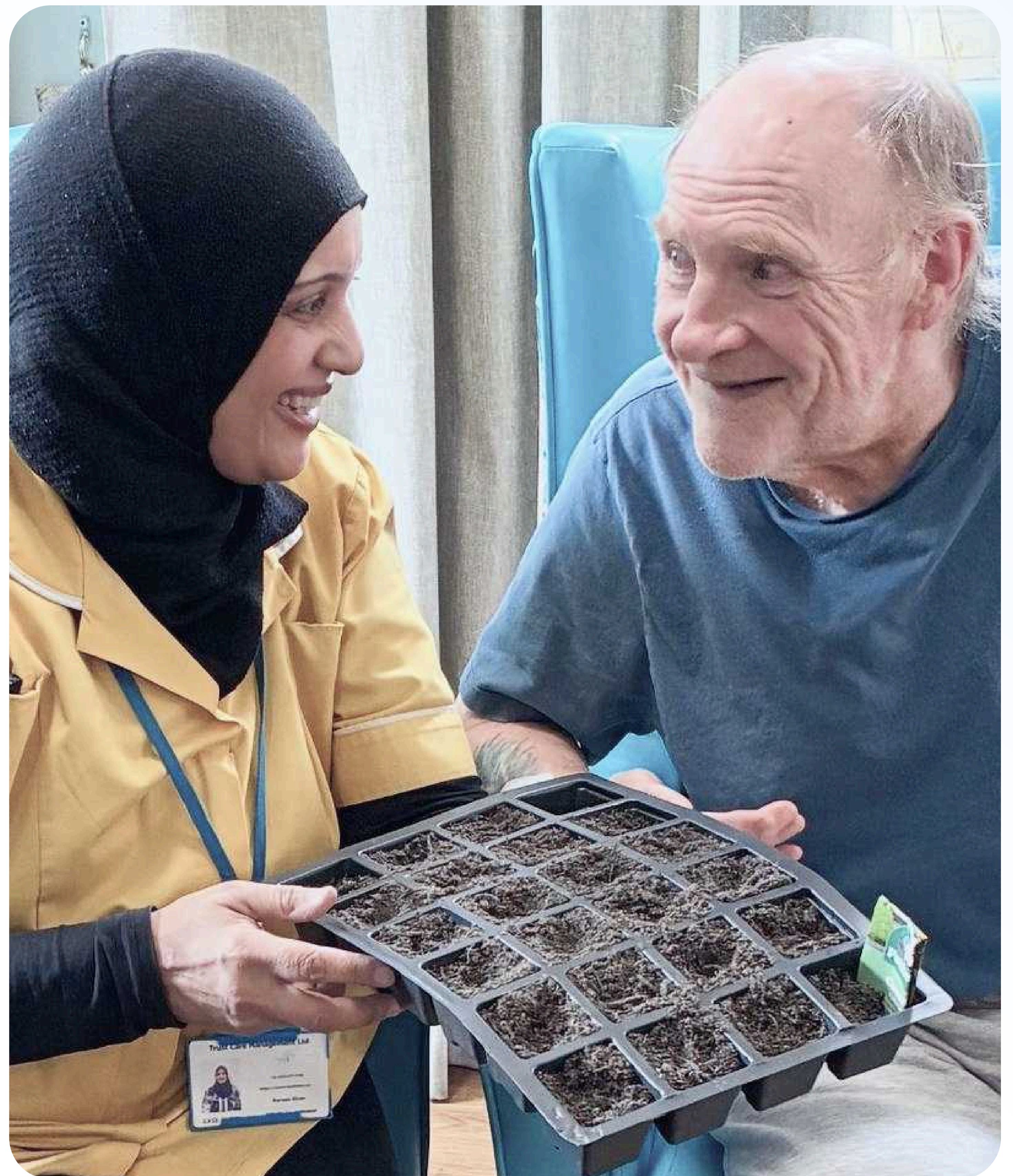
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### Philia Lodge

Heidi Coleman–Seldon  
Home Manager

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### Primrose Hill Nursing Home

Sue Dawson  
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### Marlborough Lodge

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Manager

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### Chelmsford Care Centre

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