



Monthly Newsletter

June 2026

#TogetherMoments

Celebrating Independent Living

A collection of inspiring stories from residents, teams,
and communities across Trust Care.



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Welcome Message

A Month of Connection, Care & Community

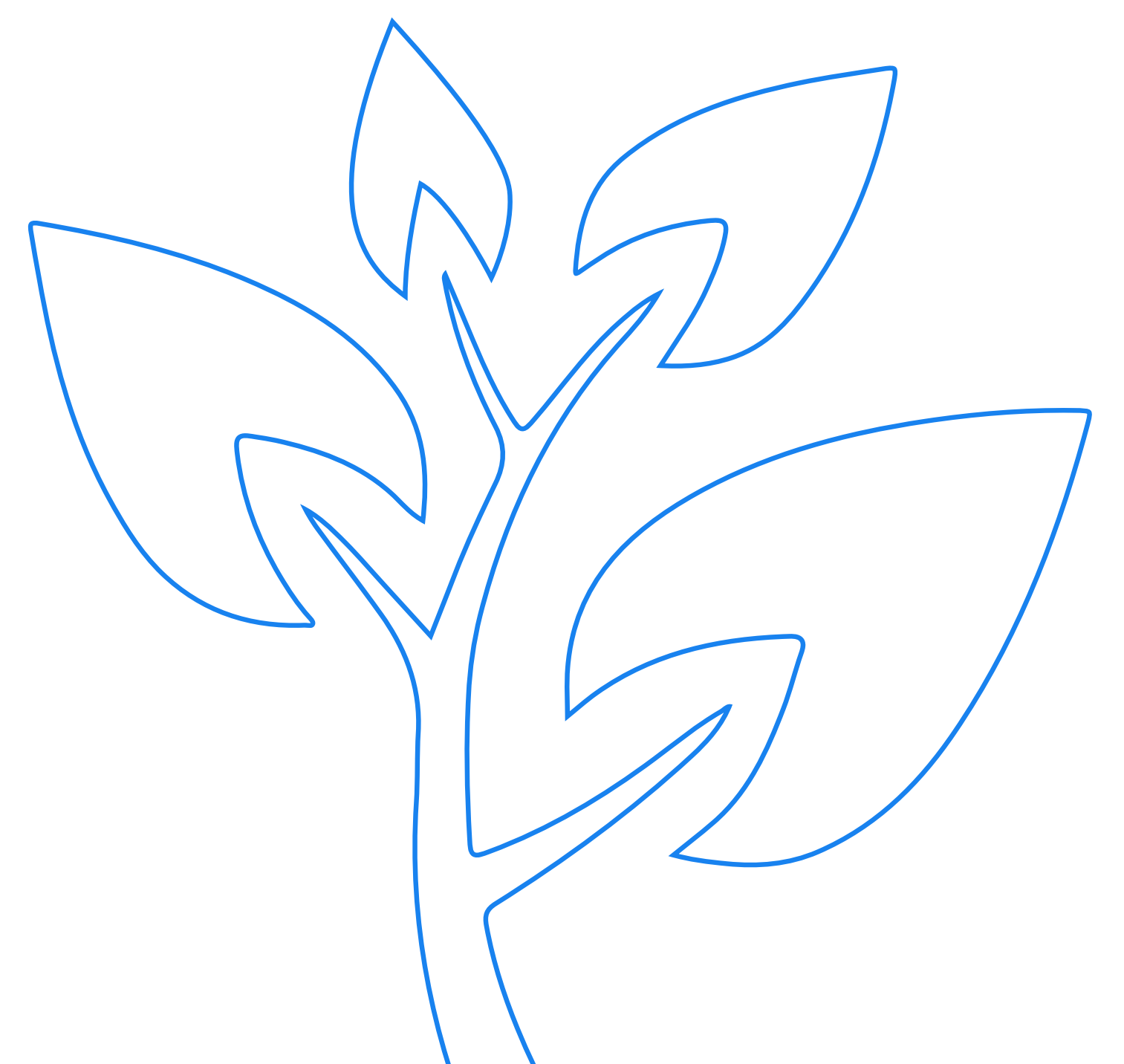
Welcome to the June 2026 Trustcare Management Newsletter.

June has been filled with sunshine, shared experiences, and meaningful moments across our homes. From holidays by the sea and afternoons spent in the garden to music sessions, creative activities, community outings, and family celebrations, every service has continued to create opportunities for residents to enjoy life in their own way.

This edition brings together stories from Badgers Lodge, Cambuslodge, Chelmsford Care Centre, Marlborough Lodge, and Lanrick House, celebrating the people, friendships, and everyday experiences that make our communities so special.

Thank you to our residents, families, colleagues, and partners for your continued support. We hope these stories leave you feeling proud of everything we continue to achieve together.

— Trust Care Management Team



June Across Trust Care

Across Trustcare, June brought another month of shared experiences and memorable moments. From seaside holidays and birthday celebrations to wellbeing activities, community visits, and everyday routines, residents embraced opportunities to stay active, connect with others, and enjoy each day.

Whether relaxing with music, discovering new places, preparing favourite meals, or simply spending time outdoors, every home continued to celebrate life through meaningful experiences that reflected each person's interests and choices.

#JuneHighlights



Summer Moments

#SummerMemories



Longer days and warmer weather created plenty of opportunities to enjoy the outdoors across Trustcare.

Residents explored beaches in Weymouth, visited the Sea Life Centre, enjoyed relaxing garden afternoons, community walks, shopping trips, and even stopped to feed the local ponies. Others spent time cycling with Wheels for All, enjoying gentle exercise while making the most of the sunshine.

From peaceful moments in the garden to exciting days by the seaside, June was filled with laughter, fresh air, and wonderful company.

Featured Highlights



Weymouth Holiday



Sea Life Centre



Cycling Session

Health & Wellbeing



Supporting health and wellbeing remained at the heart of every Trustcare home throughout June.

From wheelchair yoga, Reiki, and music therapy to annual health checks, GP reviews, and gentle fitness sessions, residents enjoyed activities and support that encouraged healthy, active, and fulfilling lives.



Wheelchair Yoga



Reiki Sessions



Music Therapy

Creativity & Everyday Living



June was filled with everyday experiences that brought people together.

Residents enjoyed cooking favourite recipes, sharing BBQ lunches, painting, colouring, playing bingo, dominoes, balloon games, and music sessions. Others enjoyed keeping active through gardening, shopping, daily living activities, and spending time with friends.

These familiar routines continue to create opportunities for choice, participation, and enjoyment while making every day feel meaningful.



Celebrations & Special Moments



There was plenty to celebrate across Trustcare throughout June.

At Badgers Lodge, [Aileen](#) celebrated her birthday surrounded by family, friends, delicious food, and live accordion music.

At Chelmsford Care Centre, residents enjoyed pamper days, spa sessions, and celebrated four June birthdays together.

At Cambuslodge, everyone wished Dolly, Deborah, and Adeola a very happy birthday, while new colleague Bilikis received a warm welcome to the team.



Recipe of the Month

Summer Berry Yogurt Parfait

Light, refreshing, and bursting with seasonal flavour, this Summer Berry Yogurt Parfait is a simple treat that's perfect for warm summer days.

Ingredients

250g low-fat Greek yogurt

150g mixed berries (strawberries, blueberries, raspberries, or blackberries)

2 tbsp honey (optional)

50g granola or crushed digestive biscuits

Fresh mint leaves, for garnish (optional)

Method

Layer yogurt, berries, and granola in a glass.

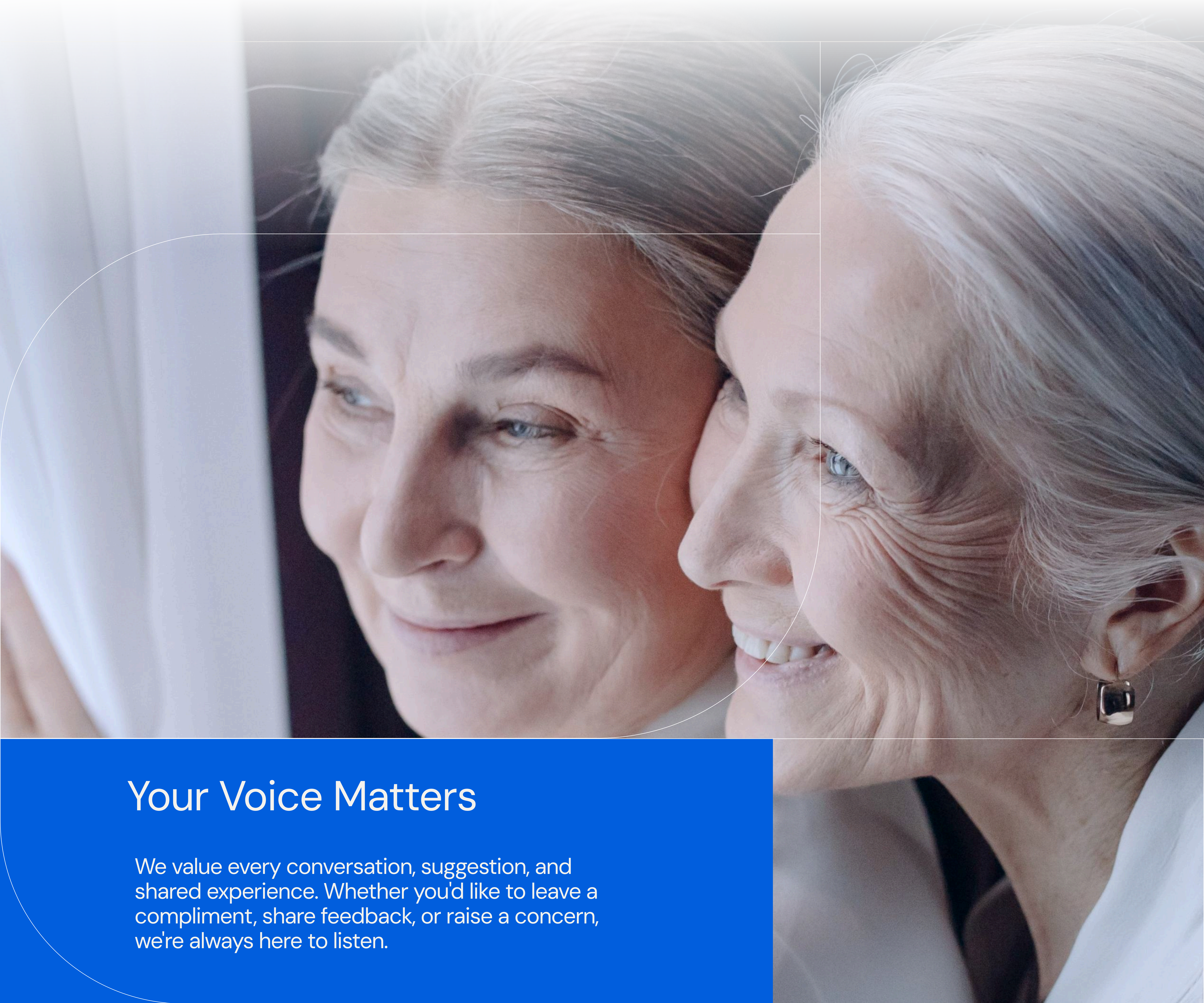
Repeat the layers.

Drizzle with honey if desired.

Garnish with mint and serve chilled.



Contact & Feedback



Your Voice Matters

We value every conversation, suggestion, and shared experience. Whether you'd like to leave a compliment, share feedback, or raise a concern, we're always here to listen.

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