



Monthly Newsletter

Where meaningful experiences
become lasting memories.

A collection of stories, smiles and everyday moments
across our Trust Care community.

Inside This Edition



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Welcome to May



A Month of Meaningful Moments

May has been a wonderful month across our Trust Care homes, filled with celebrations, creativity, and shared experiences that brought residents, families, and colleagues together.

From birthdays and community outings to music, gardening, and creative activities, every home embraced opportunities to connect, celebrate, and enjoy everyday life. These moments continue to strengthen our communities and reflect the warmth, compassion, and person-centred care at the heart of Trust Care.

We hope you enjoy looking back on the highlights of May and celebrating the people, stories, and experiences that made this month so special.

Trust Care Management Ltd.

Welcome



Birthday Celebrations

Celebrating Special Moments

Birthdays brought residents, families, and colleagues together for joyful celebrations filled with laughter, music, and special memories.

Brett's 45th Birthday

Brett celebrated his 45th birthday with family, residents, and colleagues, enjoying live music, birthday cake, and plenty of smiles.



Chris & Trevor

Residents Chris and Trevor enjoyed birthday celebrations filled with smiles, homemade cake, and wonderful company.

Celebrating Our Team

Alongside our residents, we also celebrated staff birthdays across our homes and warmly welcomed [Joy George](#), who joined the Primrose Hill team as a Nurse.

Congratulations to [Evelyn Hollis](#), [Raymond Smith](#), and [Thomas Stokes](#), who celebrated their birthdays with warm wishes and special treats.

#SharedCelebrations



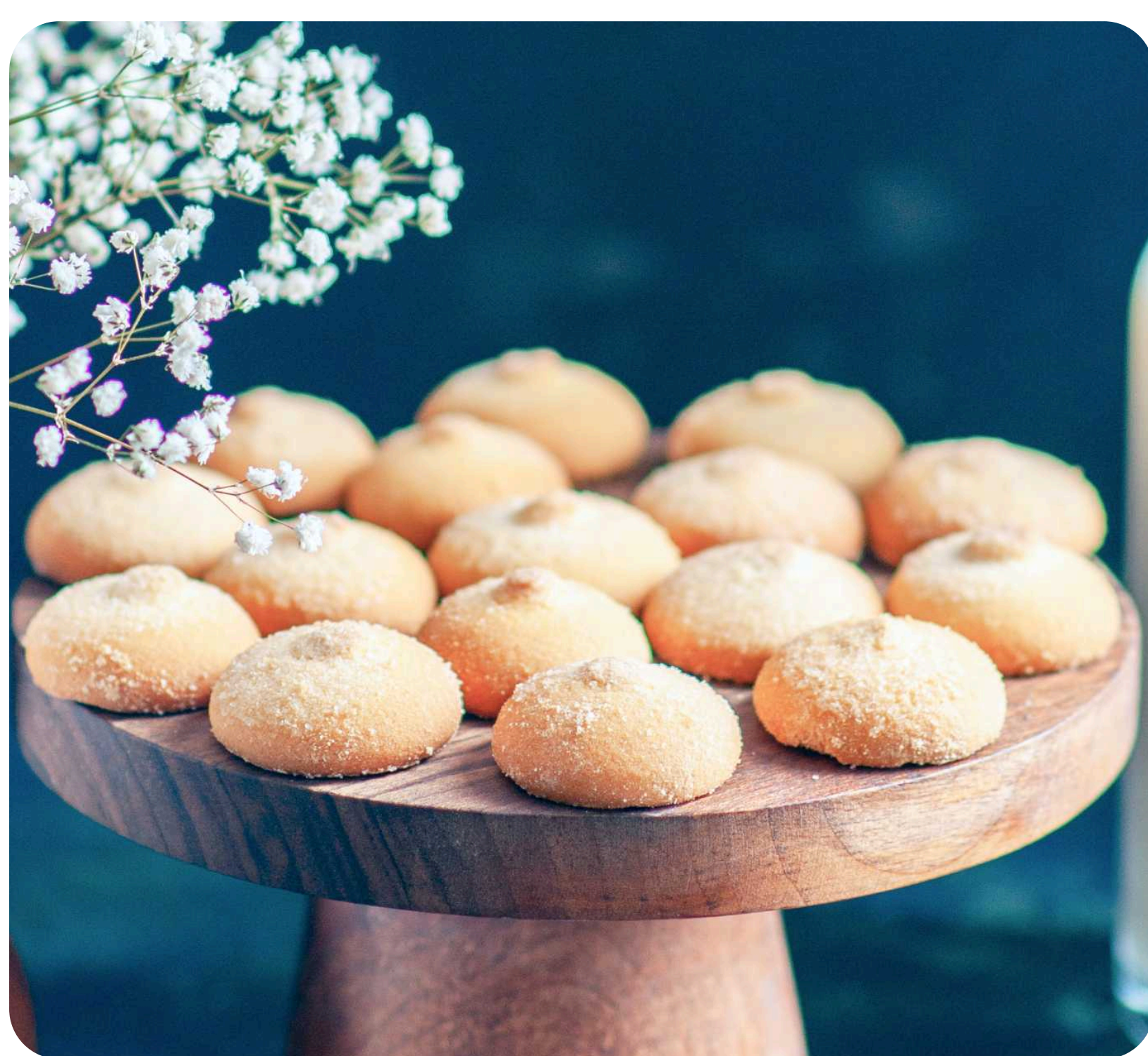
Special Days Across Trust Care

Celebrating Together

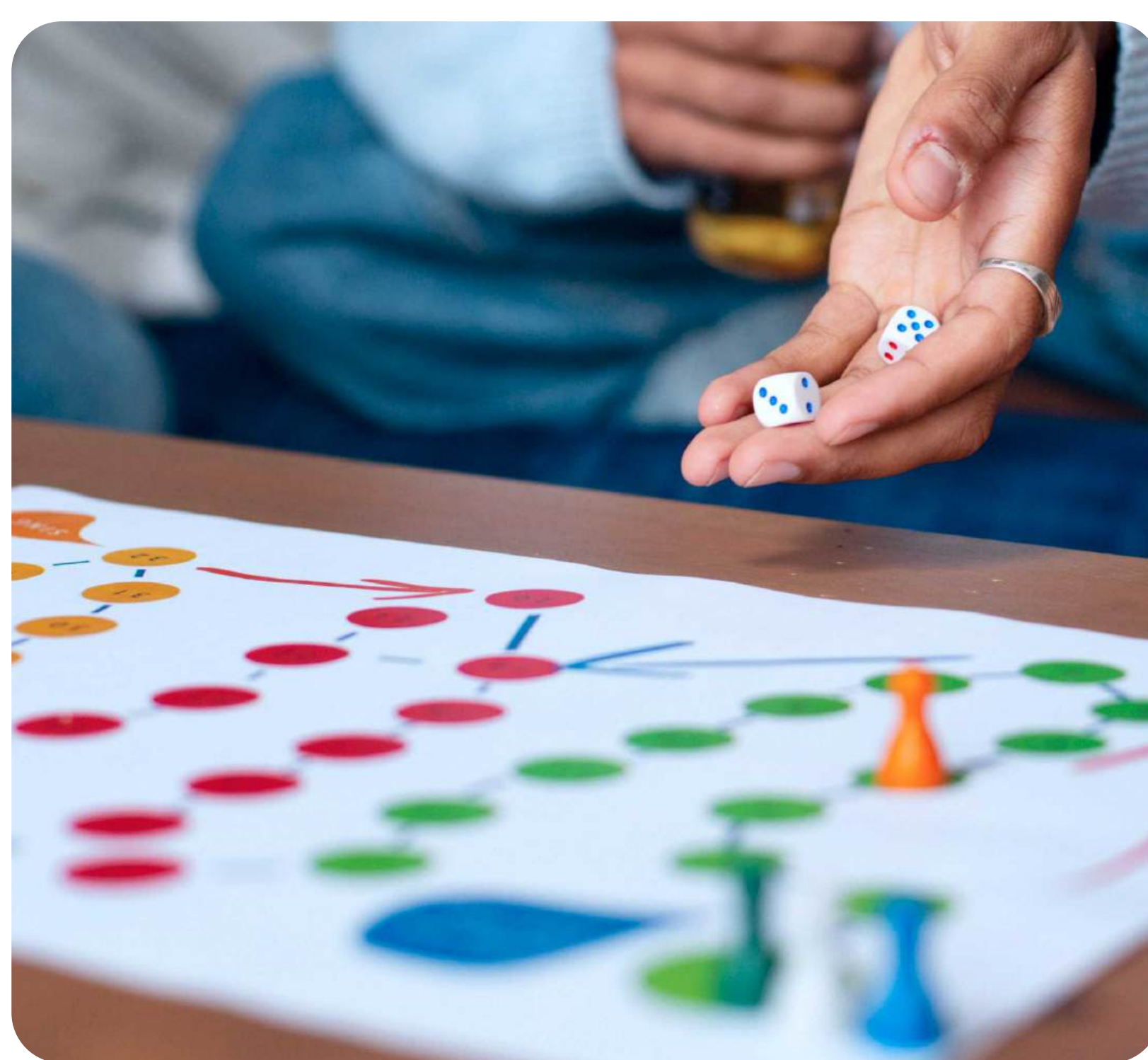
VE Day was one of the highlights of May, bringing residents together to reflect, celebrate, and enjoy music, conversation, and time with friends across our homes.



Doughnut Day



Biscuit Day



Board Games Day

International Nurses Day

Residents and colleagues celebrated [International Nurses Day](#) with music, cake, and thoughtful gestures, recognising the compassion and dedication of our nursing teams.



"Every celebration is an opportunity to create memories, strengthen friendships, and enjoy life together."

Life Across Our Homes

Everyday Moments That Matter

Every day brings new opportunities to connect, explore, and enjoy life together. Throughout May, residents embraced activities that reflected their interests, encouraged wellbeing, and created meaningful memories.

Badgers Lodge

Brett enjoyed community outings, feeding the ponies, gardening, sensory sessions, and weekly wheelchair yoga.

Primrose Hill

Board games, doll therapy, live music, and creative activities kept residents active and engaged.

Lanrick House

Residents enjoyed afternoon treats, fitness sessions, social gatherings, and memorable VE Day celebrations.

The Star

Residents enjoyed pizza making, gardening, teddy bear picnics, and creative craft sessions.

"Together, we turn everyday experiences into lasting memories."



Creativity, Community & Wellbeing

Enjoying Every Day, Together

Across Trust Care, residents enjoyed a variety of activities that encouraged creativity, friendship, and wellbeing. From music and gardening to baking and community outings, every experience was an opportunity to connect.

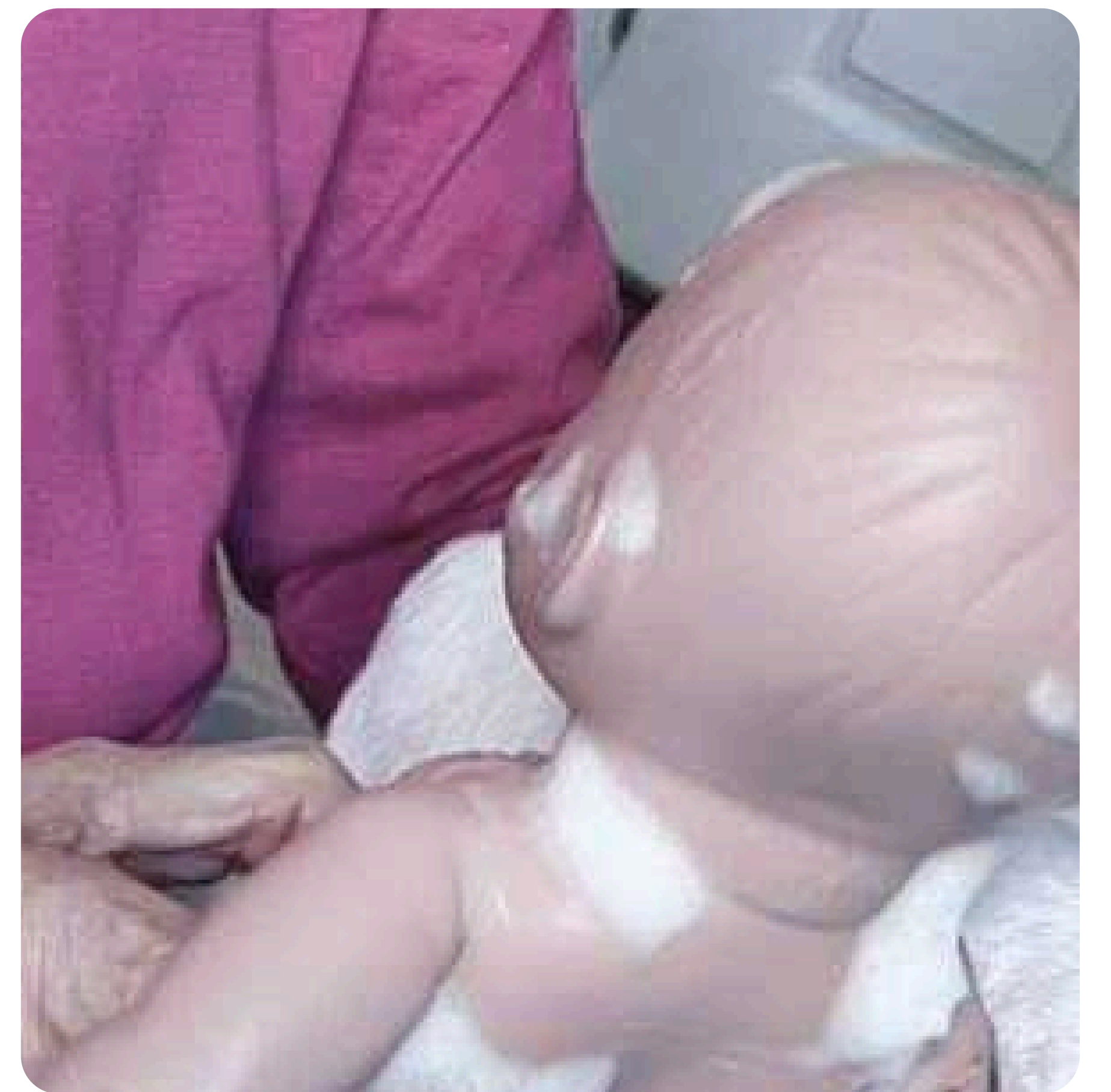
Creative Moments



Painting & Arts and Crafts



Pizza & Cake Making



Doll Therapy

Connecting with Nature

From gardening to community outings, residents enjoyed meaningful moments outdoors that supported wellbeing, independence, and friendship.



Healthy Living

Supporting Healthy, Happy Lives

Wellbeing is at the heart of everything we do at Trust Care. Throughout May, residents enjoyed activities that supported both physical and emotional wellbeing, encouraging everyone to stay active, connected, and engaged in ways that suited their individual interests.

From gentle exercise and sensory experiences to relaxing moments outdoors, every activity was designed to promote comfort, confidence, and a positive sense of wellbeing.

This Month's Wellbeing Highlights

Wheelchair Yoga

Gentle movement sessions helped residents improve flexibility, relaxation, and overall wellbeing.

Time Outdoors

Gardening, community walks, and fresh air encouraged relaxation and connection with nature.

Sensory Wellbeing

Sensory activities, hand massages, and doll therapy created calming, meaningful experiences.

Community outings

Residents enjoyed community outings, fresh air, and meaningful moments together.



Food & Fun

Sharing Moments Around the Table

Food brought residents together through baking, cooking, and sharing meals, creating moments filled with laughter, creativity, and friendship.

Chicken & Vegetable Wraps

A fresh, healthy, and easy-to-make meal that's perfect for lunch or a light dinner.

Method

Prepare and slice all the vegetables.
Warm the tortilla wraps if desired.
Spread mayonnaise or yoghurt over each wrap.
Add lettuce, tomato, cucumber, carrot, and chicken.
Season with salt and pepper.
Roll tightly, cut in half, and serve.

Ingredients

2 cooked chicken breasts
4 tortilla wraps
Shredded lettuce
1 tomato, sliced
1 cucumber, sliced
1 grated carrot
2 tbsp mayonnaise or Greek yoghurt
Salt & pepper

#HomemadeHappiness



Contact & Feedback

We Value Your Feedback

Your feedback helps us continue to improve and provide the highest standard of person-centred care. Whether you have a compliment, suggestion, or concern, we'd love to hear from you.



Badgers Lodge

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Thank You for Being Part of Our Community

Thank you to our residents, families, and colleagues for making Trust Care such a warm and welcoming community. Your support and shared moments make every day meaningful.

Lanrick Lodge

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