



Monthly Newsletter

Summer, Shared

Everyday moments, shared
experiences & reasons to celebrate

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A Warm Welcome



July brought sunshine, shared experiences & plenty to celebrate

July has been filled with positive moments across our homes, from creative afternoons and summer celebrations to appointments, community outings and opportunities to learn something new.

From baking and bingo to gardening, college visits, sensory sessions and shared lunches, every week brought something different to enjoy. These everyday experiences gave people space to make choices, spend time with others and enjoy the routines and activities that matter to them.

At Badgers Lodge, Cambuslodge and Primrose Hill, residents have continued to make the most of the summer months in their own ways. A birthday shared with family, a successful shopping trip, a favourite song at church, a freshly arranged bunch of flowers or simply sitting together over lunch can all become memorable parts of the month.

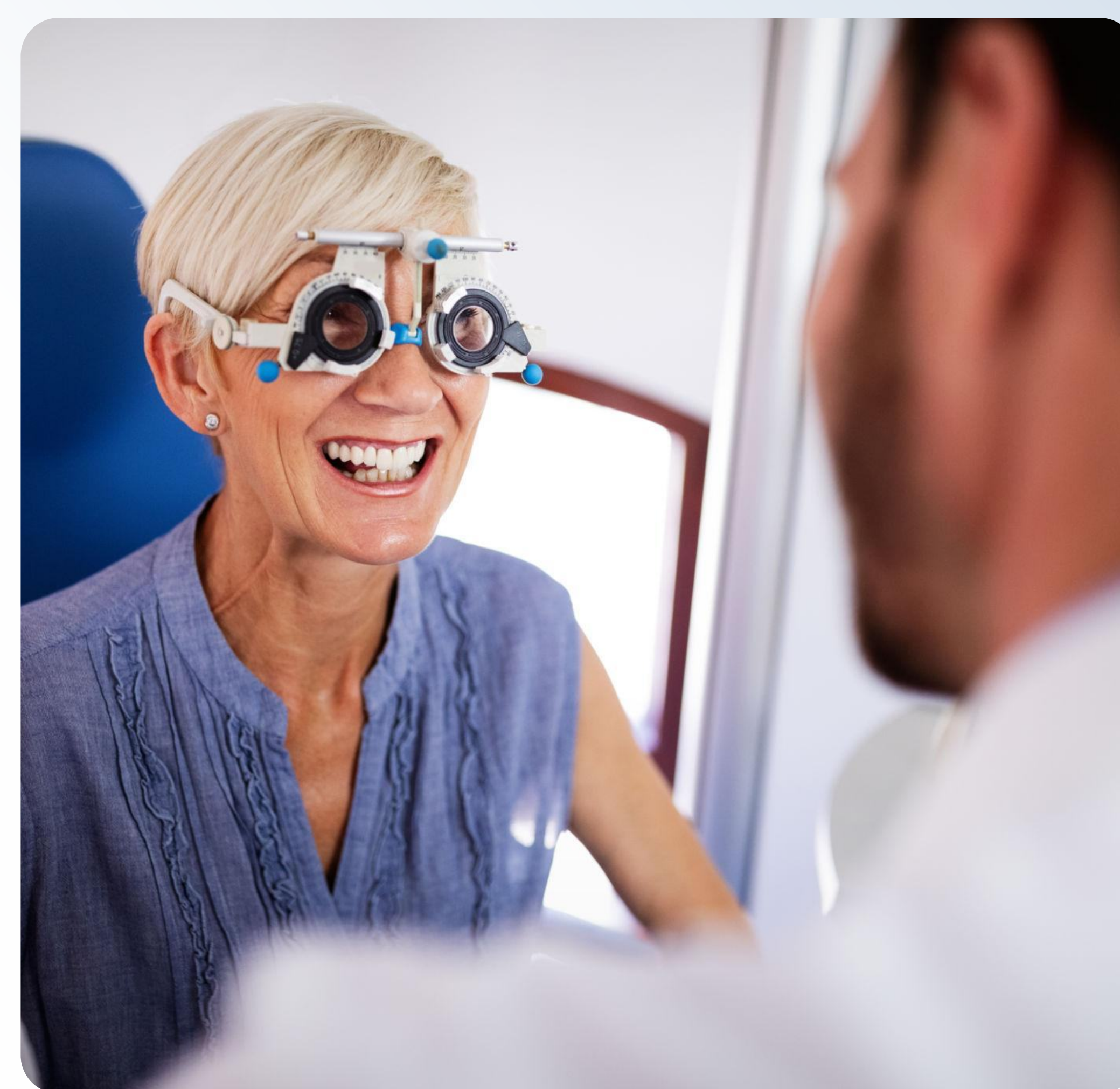
Our teams have been there to offer encouragement, reassurance and a helping hand when needed, while keeping each person's preferences and choices at the heart of the day.

Images used in this newsletter are stock or AI-generated photography; not actual company photos.

Trust Care Management Ltd.

welcome





Everyday Life

Choice, routine & little moments of independence

Some of July's most meaningful stories came from everyday life.

At Cambuslodge, **Roy** chose the toiletries he needed and used the self-checkout to complete his shopping. **Terry** took his time browsing the clothing section, selected the pieces he liked and bought them himself.

There were important appointments too. **Jackie** attended a microsuction appointment, while **Terry** visited the optician for an eye examination. These ordinary routines are part of looking after ourselves and staying involved in the things that matter.

Across the homes, people continued to take an active role in their days — choosing what to buy, where to go, what to eat and how to spend their time.

Small choices. Real moments.

Whether it is selecting a new outfit, picking up favourite toiletries or heading out for an appointment, everyday choices create a sense of ownership and belonging.

“Everyday life is full of choices — and every choice helps make the day our own.”



Creativity & Wellbeing

Making space for colour, calm & creativity

July offered plenty of opportunities to slow down, get creative and simply enjoy the moment.

At Badgers Lodge, **sparkling painting sessions** brought together bright colours, brushes and glitter, while arts and crafts gave people the freedom to explore different materials and ideas.

At Primrose Hill, residents **enjoyed flower arranging**, creating colourful displays for the dining room, alongside a relaxing **spa day** with hand massages, nail treatments and soothing music.



Community & Connection

Shared experiences bring people together

There has been plenty of time for connection this month.

At Cambuslodge, residents visited the [Fulham Memory Club](#), enjoying lunch, conversation, seated exercises and activities alongside familiar faces. The visit also included a wellbeing festival, where residents enjoyed different foods, dancing and time with friends.

There were quieter moments too. Residents shared meals, chatted together and enjoyed each other's company.



At Badgers Lodge, [Nita's puppet storytelling sessions](#) brought stories to life through colourful characters, expressive voices and playful interactions. Movie sessions created another relaxed setting for people to enjoy familiar films, music and shared time.

Church continued to be part of the rhythm at Cambuslodge, with [Michael](#) enjoying his regular Sunday service and spending time talking with the priest.

Together feels good

Across our homes, connection can be found in many different ways — over lunch, during an activity, at a community event or simply in a familiar conversation.

“A shared moment can become a favourite memory.”



The month also brought college interviews for courses beginning in September. Residents had the opportunity to talk about their interests, ambitions and the support they may need as they prepare for their next steps.

College can offer more than learning. It can bring new routines, friendships, practical skills and opportunities to discover new interests.

Their courses included:

- Dance
- Walk & Talk
- English
- Pottery
- Yoga
- Drama
- Cooking

Learning & Achievement

New experiences, proud moments & looking ahead

July brought some particularly proud moments at Cambuslodge as residents celebrated a year of learning at college.

Residents received certificates of achievement, recognising the commitment and progress they had made throughout the year.

Celebrating Our People

Birthdays, milestones & the people who make our homes special

July gave us plenty of reasons to celebrate.

At Cambuslodge, **Michael** celebrated his birthday surrounded by family, friends and housemates. Sharing party food, laughter and time together made it a lovely occasion to remember.

At Primrose Hill, birthdays brought the familiar combination of laughter, good company and, of course, cake. **Patricia Marney** and **Kenneth Davis** were among those celebrated.



There was also a special milestone at Cambuslodge as the team marked 30 years of service from the manager.

"I have thoroughly enjoyed working with our residents over the years and growing together. Who would have thought I would come for six months all those years ago — and never leave?"

Celebrating Our Team

At Primrose Hill, **Emily** joined as Deputy Manager, bringing new experience and enthusiasm to the team.

Chibueze Ibeh was recognised as Employee of the Month, in recognition of his hard work, positive attitude and teamwork.



Good food, creativity & a little something to enjoy

Food has been part of many happy moments this month.

At Badgers Lodge, the Homemade Vegetable Pasta Salad offered a colourful, simple recipe that can be adapted to individual tastes.

Food, Fun & Summer

Homemade Vegetable Pasta Salad

Ingredients

- Pasta
- Cherry tomatoes
- Cucumber
- Sweetcorn
- Peppers
- Grated cheese (optional)
- Mayonnaise or salad dressing

Method

- Cook the pasta according to the instructions and allow it to cool.
- Wash and chop the vegetables into small pieces.
- Mix the pasta and vegetables together in a bowl.
- Add a little mayonnaise or dressing and combine well.
- Serve chilled and enjoy.



Your Voice Matters

At Trust Care, we value the voices of our residents, families, friends and teams. Your feedback, suggestions and experiences help us continue creating warm, welcoming homes where people feel listened to, respected and supported.

Whether you would like to share a compliment, ask a question or raise a concern, we are always happy to hear from you.



Share Your Experience

You can also leave feedback about our services through [Carehome.co.uk](https://carehome.co.uk).

Your feedback is always appreciated and helps us understand what matters most to the people and families we support.

Thank you for being part of our community. Together, we continue to listen, learn and grow.



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