



AUGUST

Monthly Newsletter

2026

Good Food, Shared Moments

Celebrating everyday moments, shared experiences & the people who make our homes special.

01	Welcome A warm look at August across Trust Care, filled with shared experiences, meaningful activities, wellbeing and moments of connection.
02	August at a Glance From summer fetes and BBQs to birthdays, cultural celebrations, outings and time with family and friends, August brought plenty of reasons to smile.
03	Life Across Our Homes Gardening, café visits, zoo outings and everyday household activities created opportunities to spend time together, enjoy familiar routines and try something new.
04	Summer & Celebrations BBQs, summer fetes, ice cream, bake sales and cultural celebrations brought residents, families, friends and teams together throughout the month.

Content Overview

05	Creativity, Games & Wellbeing From arts and crafts and sparkling painting to bingo, bowling, darts, chair yoga and sensory activities, there was something to enjoy for everyone.
06	Health & Personal Wellbeing GP, dental, hospital, ophthalmology and chiropody appointments were joined by hairdressing, podiatry, pampering and gentle movement sessions.
07	Recipe of the Month Try this month's Apple & Cinnamon Crumble — a simple, comforting seasonal bake to enjoy, best served warm with custard or yoghurt.
08	Contact & Feedback Stay connected with our homes, share your feedback and find the right contact for questions, compliments or concerns.



Welcome

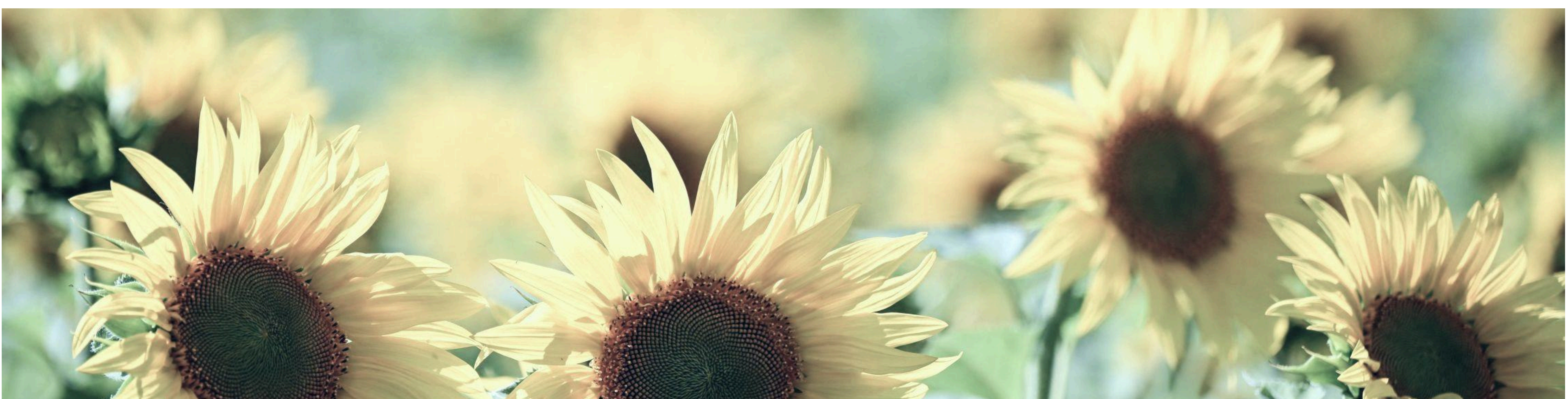
A Month of Meaningful Moments

August has been filled with warm moments, shared experiences and plenty of reasons to smile across our Trust Care homes.

From summer celebrations and cultural days to gardening, creative activities, games and time spent with family and friends, the month has brought people together in ways that feel familiar, joyful and meaningful.

Across Badgers Lodge, Cambuslodge, Chelmsford Care Centre and Primrose Hill, residents have enjoyed opportunities to explore interests, spend time outdoors, try something creative, enjoy a favourite activity and simply share a good moment with those around them.

Here's to the everyday moments that make August memorable.



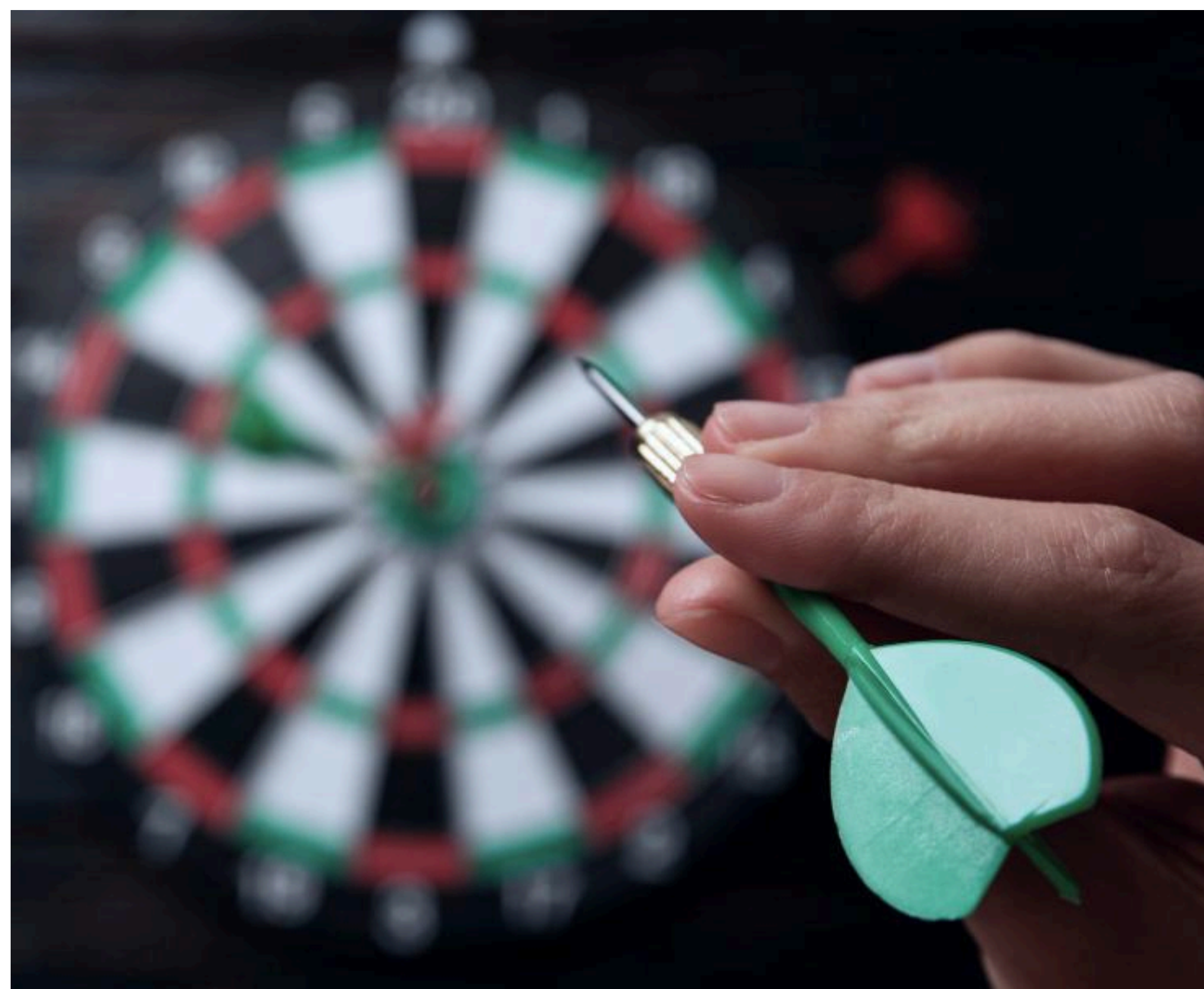
August at a Glance

A Summer Filled With Variety

August brought a wonderful mix of activities and celebrations across our homes.

From gardening and bingo to bowling and darts, from creative sessions and sensory experiences to summer food and cultural celebrations, there was something for everyone to enjoy.

Trust Care Management Ltd.



Life Across Our Homes

Everyday Life, Shared Together

Across Trust Care, residents have enjoyed the familiar routines and activities that make each day their own — spending time together, taking part in household tasks, enjoying favourite outings and discovering new interests.

At Cambuslodge, residents took part in ironing and household tasks alongside staff, sharing responsibility and taking pride in caring for their home.

Residents also enjoyed indoor games, lunches at cafés and a day out at the zoo.

At Chelmsford Care Centre, arts and crafts, pampering, exercise and sensory activities brought colour and variety to the month.

At Primrose Hill, gardening, bingo and darts created opportunities for residents to enjoy familiar activities together.

And at Badgers Lodge, the month was filled with creative, sensory and social experiences — from sparkling painting to puppet storytelling and movie sessions.

#Community & Connection



Everyday activities create the rhythm of home, and every person brings something different to them.



Summer and Celebrations

Badgers Lodge BBQ Day

Badgers Lodge enjoyed a memorable BBQ day, bringing residents, families, friends and staff together.

There was great food, live music from Matt Bruno, plenty of conversation and a lovely atmosphere throughout the day.

Families joined their loved ones, visitors shared compliments about the event, and everyone had the chance to enjoy the celebration together.

It was a wonderful reminder of how much warmth comes from bringing people together.



Ice Cream on a Hot Day

At Cambuslodge, residents kept cool with ice creams during a particularly hot day.

There was time to relax, enjoy a refreshing treat and share some happy conversation.

Sometimes a simple summer treat is exactly what the day needs.



Creativity, Games and Wellbeing

Sparkling Painting

At Badgers Lodge, residents explored colours, brushes and glitter to create bright, individual artwork.

Some chose bold designs, while others added delicate shimmering details.



Bingo

Bingo brought smiles, anticipation and friendly competition to both Badgers Lodge and Primrose Hill.

Chair Yoga

Badgers Lodge residents continued their weekly wheelchair yoga sessions with Carmen, enjoying gentle movement and time to relax.

Bowling

Scott and Tazz enjoyed a bowling session filled with laughter and friendly encouragement.

Darts

Primrose Hill residents enjoyed an exciting darts competition, putting their aiming skills to the test.

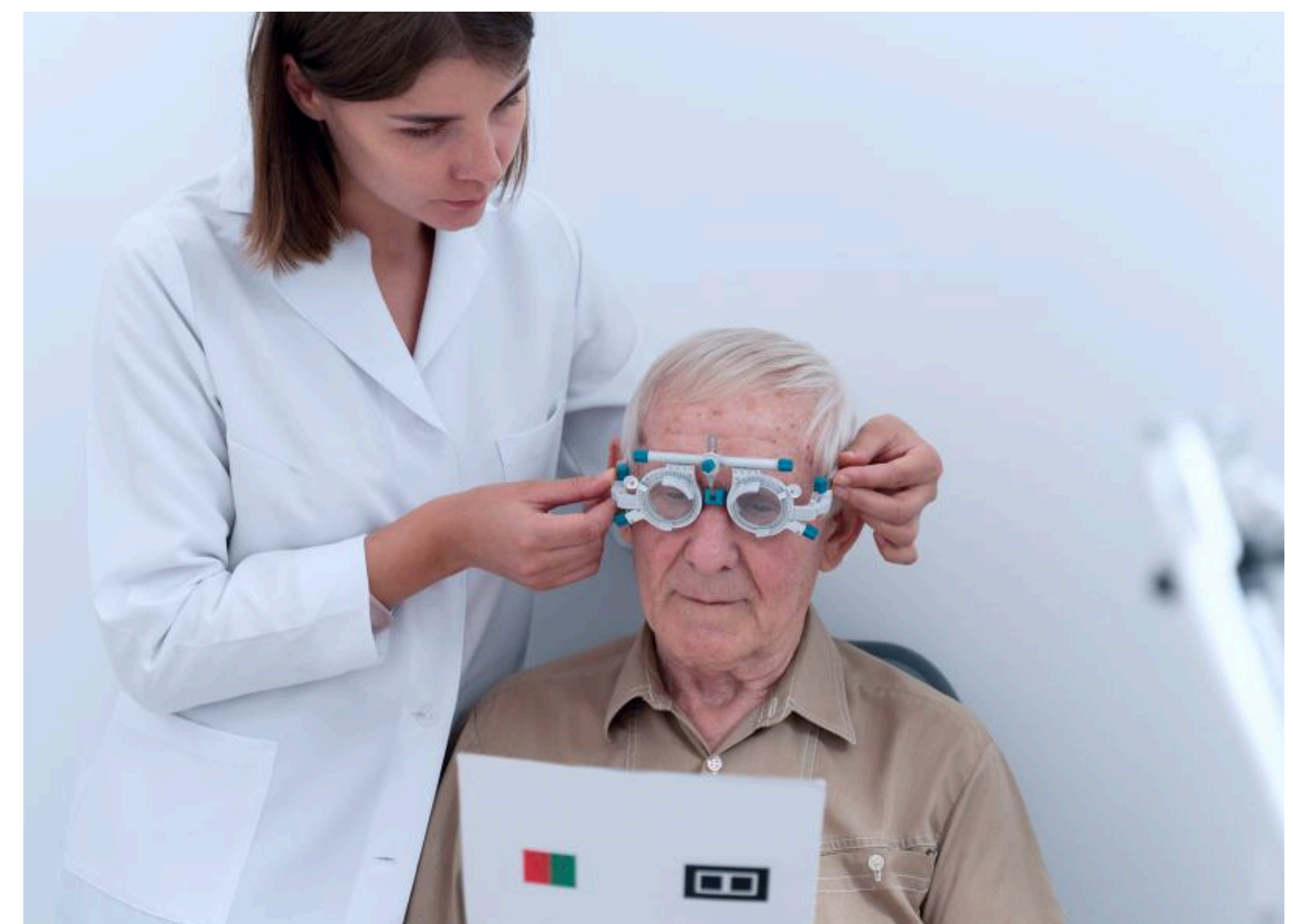
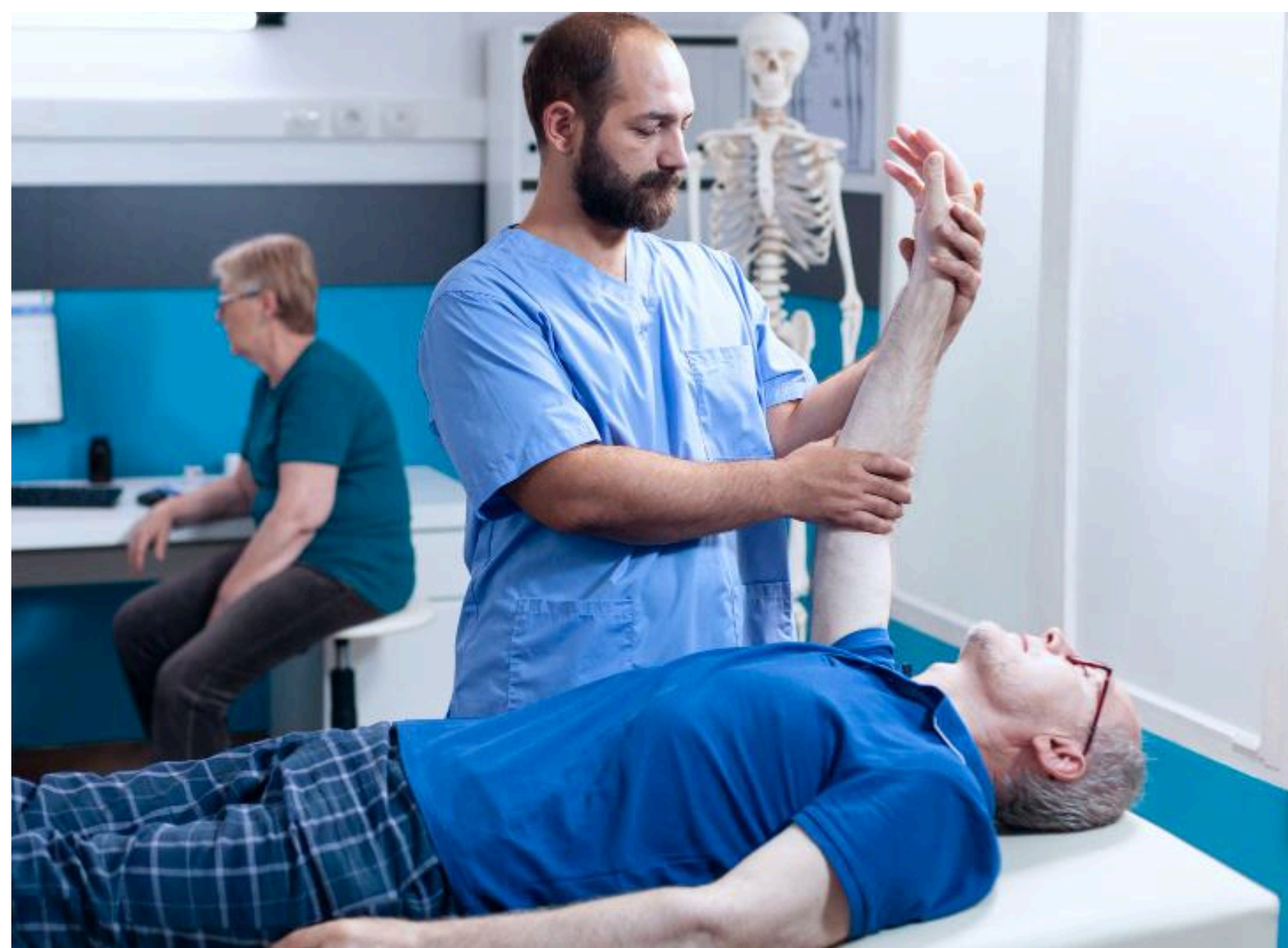
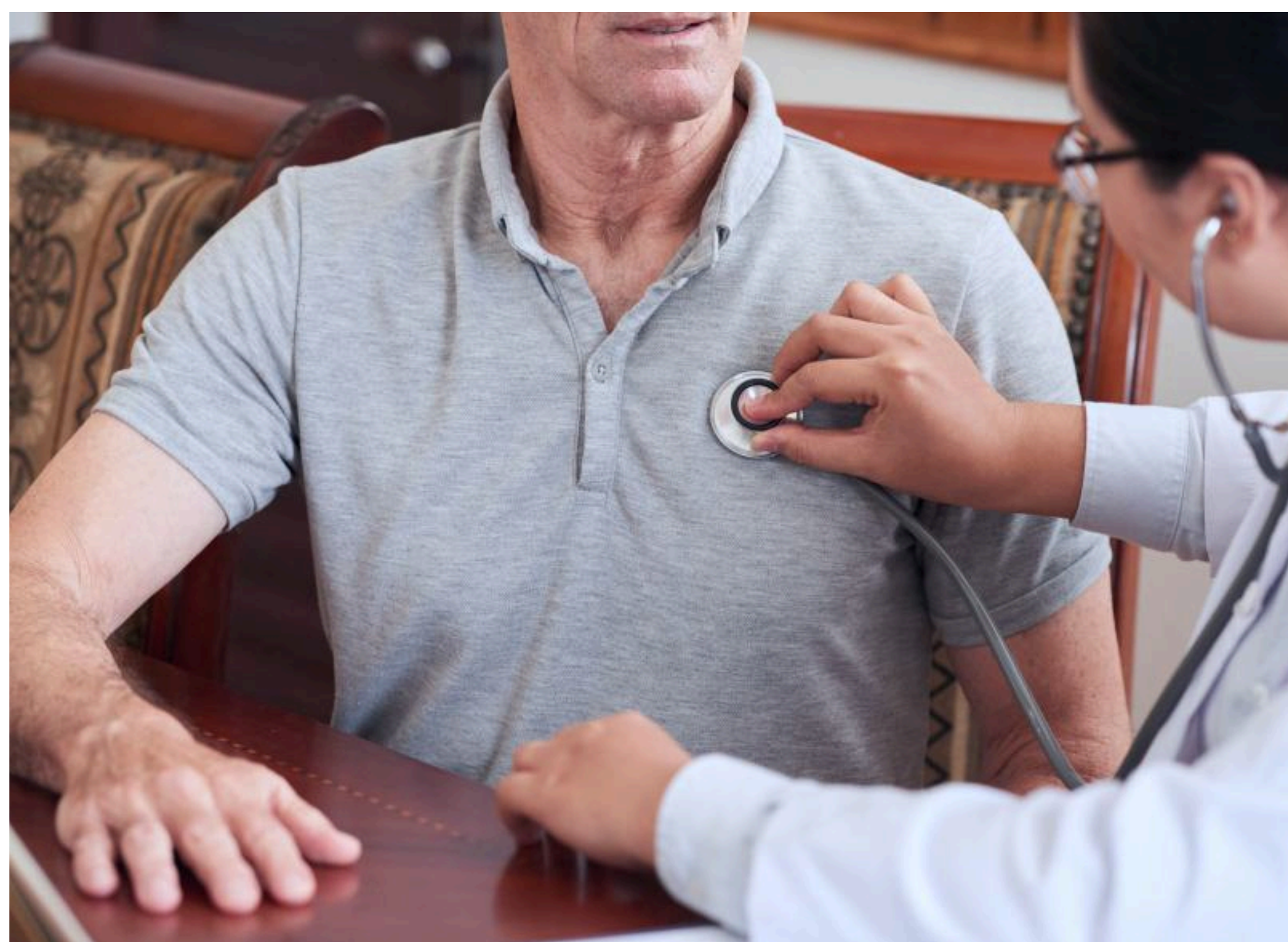
Health & Personal Wellbeing

Care That Supports Everyday Wellbeing

Looking after wellbeing includes the everyday appointments and personal care that help people feel comfortable and supported.

Healthcare Appointments

Michael visited the GP for a health check, while Jackie attended a consultant appointment at Chelsea and Westminster Hospital. Simon, Roy and Terry attended dental check-ups, and Roy also visited the chiropodist and attended an ophthalmology appointment for an eye check.



Personal Care

At Badgers Lodge, Lisa provided a haircut session, giving residents an opportunity for personal care and a little pampering.

Glynis also provided a podiatry session supporting foot care and comfort.

Good care is found in the details — from a healthcare appointment to a favourite scent or a quiet moment of relaxation.

Recipe of the Month

Apple & Cinnamon Crumble

A Summer Favourite

A simple, warming dessert made with apples, cinnamon and a golden oat crumble — perfect served warm with custard or yoghurt.

Ingredients

- 4 apples, peeled & sliced
- 2 tbsp sugar
- 1 tsp cinnamon
- 100g plain flour
- 50g butter
- 50g oats
- 50g brown sugar

Method

- Place apples in a baking dish and sprinkle with sugar and cinnamon.
- Rub butter into the flour until it resembles breadcrumbs.
- Mix in the oats and brown sugar.
- Sprinkle the crumble mixture over the apples.
- Bake at 180°C for 30–35 minutes, until golden and bubbling.
- Serve warm with custard or yoghurt.



Contact & Feedback

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