

Autumn Together

This September, we're celebrating! From a 67th birthday party and garden barbecues to karaoke, therapy dog visits and pizza nights, our four homes have been full of laughter, cake and good company.



In This Edition

Welcome to our September edition. Inside, you'll find birthday parties, garden gatherings, new faces and a cosy autumn recipe from across Cambuslodge, Lanrick House, Primrose Hill and Chelmsford Care Centre.

- 01

A Warm Welcome
- 02

Celebrations & Birthdays
- 03

Life Around Our Homes
- 04

Learning & Movement
- 05

Families & Wellbeing
- 06

Our Team
- 07

Recipe of the Month
- 08

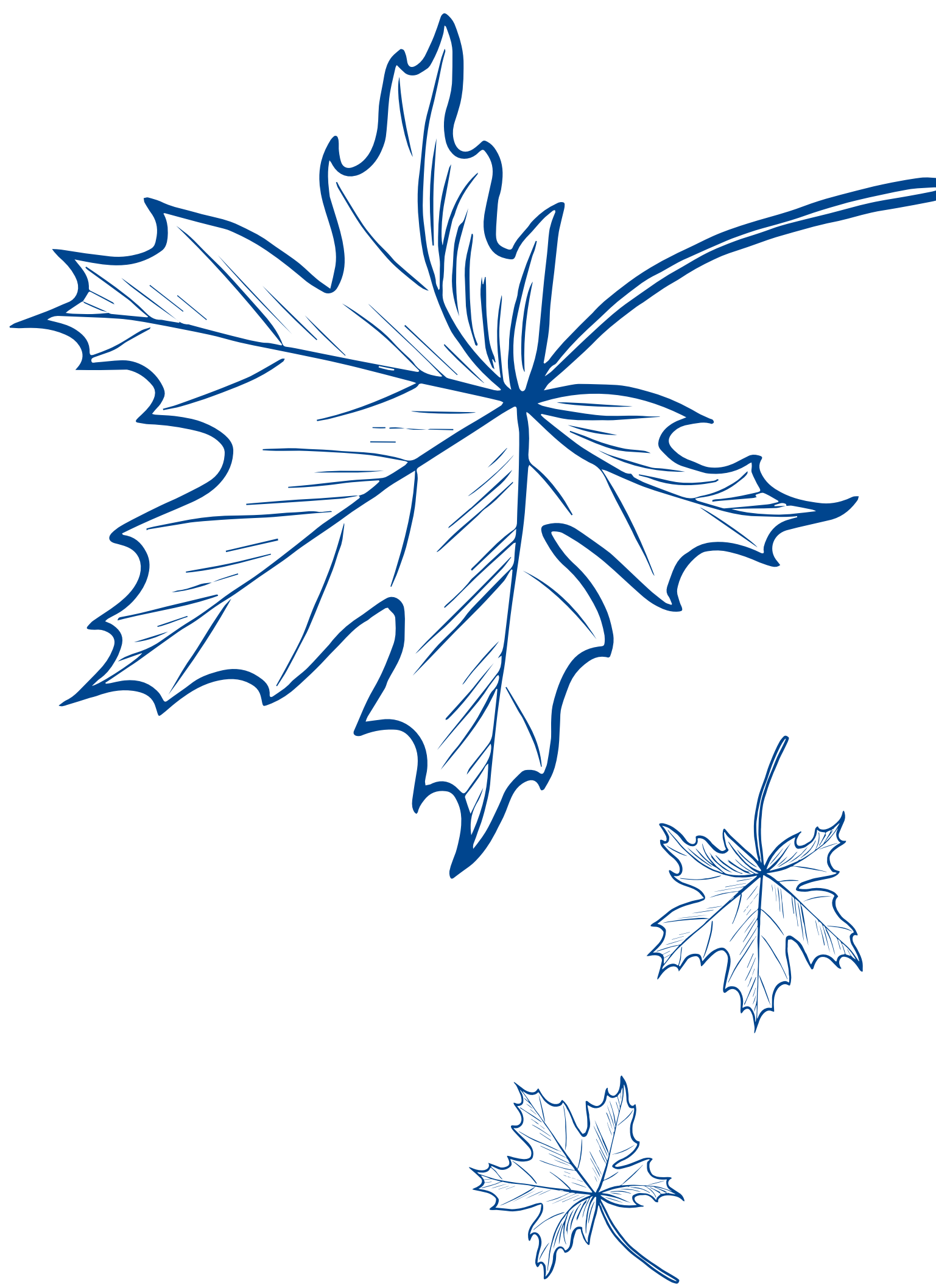
Thank You & Contacts

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





Warm Welcome



Welcome to the September 2026 edition of the Trustcare newsletter, bringing together stories from Cambuslodge, Lanrick House, Primrose Hill and Chelmsford Care Centre. As summer gently turned to autumn, our homes filled with laughter, good food and the kind of moments that make a house feel like home.

From birthday parties and garden barbecues to karaoke, pizza nights and a colourful Onam celebration, it has been a month of shared experiences across our services. Stella the therapy dog brought plenty of smiles, residents headed back to college, and two new faces joined our team.

A big thank you to our residents, families, staff and partners for your continued warmth and support.

Our Shared Idea

Ubuntu – I am because you are.

A thought we hold close at Lanrick House, and one that describes all four of our homes. Every story here belongs to the residents, families and staff who shape it together.

Trust Care Management Ltd.

At a Glance

Across four homes and one community, we lit 67 candles for Jackie & Simon, raised £100+ for the Residents’ Activity Fund and welcomed two new team members.

#StrongerTogether

Celebrations & Birthdays

Jackie & Simon's 67th Birthday Party.

On Saturday 26th September, Cambuslodge came together for Jackie and Simon's joint birthday party. Rainbow bunting, balloons and a chocolate cake topped with strawberries set the scene as residents, staff, family and friends filled the house.

Colleagues Maria, Dora, Cati and Shada spent the day with us, and Maria and Cati brought two very welcome guests: Penny and Bolton, who were just as excited to join the party.

With thanks to Fariya for the food, drinks and cheerful decorations, and to Dorcas, who captured the day at her very first Cambuslodge party.

Jackie's Birthday Wish

On the day itself, Jackie opened her presents one by one. The best surprise was the DVDs she had been hoping for. Thank you, Shanti, for making that wish come true.

Craig & Joyce

Craig turned 62 and Joyce turned 82, with two days full of laughter, good company and plenty of cake. Happy birthday from everyone at Primrose Hill!

Happy Birthday

Warm wishes to our September birthday stars:

Yvonne, Veronica,
Pauline and Clive

Chelmsford Care Centre –September Birthdays

Eight residents celebrated their birthdays, each with a special cake from our kitchen team, a card from the home and plenty of well wishes from the Activities Team.



Primrose Hill

Our Garden Party

Residents, families and staff spent a sunny afternoon together. Ashley ran the barbecue while everyone enjoyed games, a raffle and a hook-a-duck tombola, and anyone who preferred a quieter afternoon took in the atmosphere from the patio.

£100+

raised for the Residents' Activity Fund. Thank you!



Life Around Our Homes

Primrose Hill

Growing Our Own Cress

A gardening morning saw seeds sown for tea-time sandwiches, and for many it brought back happy memories of their own gardens.

Chelmsford Care Centre

Music & Karaoke

Familiar songs sparked happy memories, and residents cheered each other on.

Cambuslodge

Saturday Pizza Night

With Fariya alongside, residents rolled their own dough and picked their toppings. Extra cheese was a popular choice.

Chelmsford Care Centre

Aqua Painting

A calm, creative session, with residents proud to watch their pictures come to life.

Chelmsford Care Centre

Celebrating Onam

Residents explored Kerala's harvest festival, tasting new foods, listening to traditional music and colouring festival designs.

#LifeAtTrustcare



Learning & Movement

Cambuslodge

Back to College

Residents travelled in together for their first week back, waving hello to familiar faces and settling straight into the new term's timetable.

Cambuslodge

Dance Class Is Back

Music filled the room again as dance sessions returned, with stretches, swaying and friends partnering up for each new routine.

Cambuslodge

Creativity at The Gate

Terry, Michael and Simon have been busy at The Gate, creating imaginative pieces, including handmade snow globes that are well worth a closer look.

September Days

1st – World Letter Writing Day

5th – International Day of Charity

7th – International Day of
Clean Air for Blue Skies

8th – International Literacy Day

Chelmsford Care Centre

Games & Exercise

A lively mix of games and gentle exercise kept residents moving, laughing and cheering one another on.





Families & Wellbeing

Cambuslodge

Working Together on Care Plans

Care-plan meetings bring residents, families and our team together to agree the right support. It is a chance to:

- ✓ Share what matters most to your loved one
- ✓ Support personal goals and choices
- ✓ Talk about health and wellbeing
- ✓ Celebrate achievements and agree next steps

Placement reviews:

Social Services complete a review each year and may contact families. When it falls alongside the care-plan review, we will let you know in advance, so please bring any updates or questions you would like to share.

Comfort, Calm & Companionship

Chelmsford Care Centre

Reiki

Gentle, hands-on sessions gave residents a peaceful space to relax, with many finding them soothing for mood and sleep.

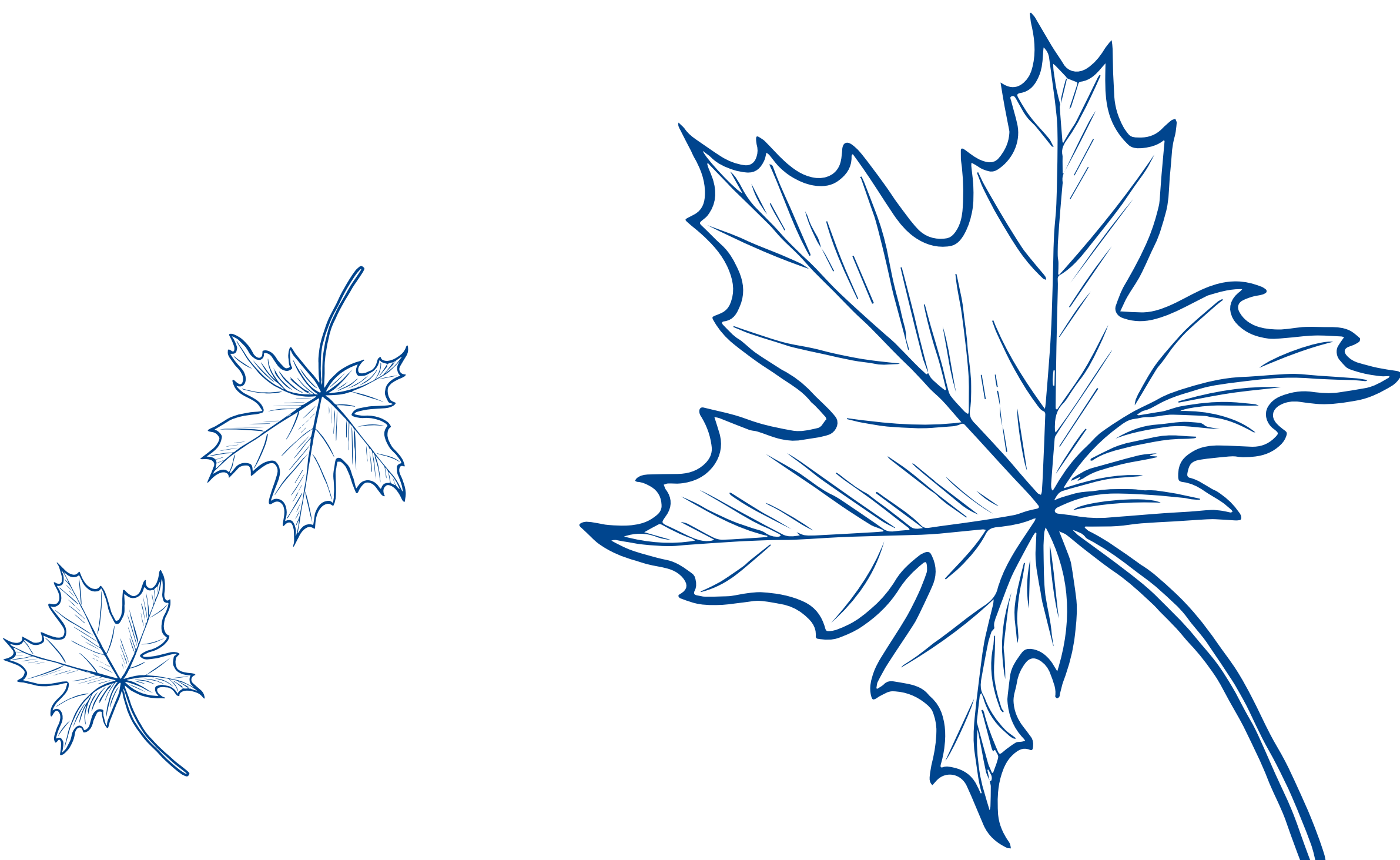
Visits from Stella

Our much-loved therapy dog brought comfort, companionship and plenty of smiles, sparking lots of conversation.

Pomeranian Visit

Residents held and stroked the fluffy visitors, and the smiles lasted all day.

#WellbeingMatters



Our Team

#TeamTrustcare

Welcome to Primrose Hill

New Joiners

Chinnu

Healthcare Assistant

We look forward to the skills, warmth and enthusiasm Chinnu brings.

Oluwafemi

Healthcare Assistant

Oluwafemi brings compassionate care and a focus on everyday wellbeing.

Meet Our Ambassadors

Lanrick House

Our Ambassadors keep the team up to date with good practice, support residents day to day and share what they know with colleagues.

- Safeguarding
- Wellbeing
- Mouth Care
- End of Life & IT

Training & Home Improvements

Cambuslodge

Learning together

Staff completed training in medication transcribing and NAPPI theory, with more sessions planned for October and November.

Safer, cosier home

Every door has been measured for new fire doors. The boiler service went well, and a new hob is on its way, with a two-plate unit in use for now.

Chelmsford Care Centre · Employee of the Month

Congratulations, Saji Mathew!

Recognised for his dedication, compassion and positive attitude, and for the support he gives residents and colleagues every day.

Recipe of the Month

Sausage, Squash & Apple Traybake

A simple, sticky autumn traybake with sweet squash, apple and a honey mustard glaze. Everything roasts together in one tray, so it is lovely for a cosy evening meal.

Cooking time

30 minutes

Oven

220°C (200°C fan) · Gas 7

Makes

One large tray

Ingredients

- 1 small butternut squash (about 750g)
- 2 red onions, sliced into rings
- 2 apples, cored and sliced
- 12 pork sausages
- 3 tbsp olive oil
- 1 tbsp runny honey
- 1 tsp English mustard
- Salt and pepper
- Fresh parsley, chopped (optional)

Method

- Heat the oven to 220C (200C fan) / Gas 7.
- Quarter the squash, scoop out the seeds and cut into thin slices.
- Spread the squash, onion, apple and sausages on a large baking tray. Drizzle with 1 tbsp of the oil, season, and roast for 20 minutes.
- Mix the honey, mustard and remaining oil. Pour over the tray and toss everything to coat.
- Roast for another 10 minutes until the sausages are cooked through and golden. Scatter with parsley to serve.



Thank You & Contacts

From All of Us at Trustcare

Thank You

Thank you to every resident, family member, friend and colleague who made September so full of warmth. From birthday cards and garden games to college journeys and kitchen-table pizzas, these moments happen because people choose to show up for one another.

We welcome your feedback, ideas and kind words at any time.

Cambuslodge

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