Trust CARE

Oct 2026



Monthly Newsletter

A spooktacular season

Costumes, carved pumpkins, parties and plenty of smiles: spooky-season stories from across our homes, plus birthdays, days out and a warm welcome to our new Group Managing Director.

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Contents

01 A Warm Welcome to Greg Lapham

Meet our new Group Managing Director and what matters to him

02 Halloween Across Our Homes

Parties, costumes and pumpkin carving in every corner

03 Out and about

Simon on the drums, a farm comes to visit, and a trip back to the 1960s

04 Celebrating Our People

Birthdays, our Employee of the Month and new faces

05 Health and wellbeing

Vaccinations, Breast Cancer Awareness Month and staying active

06 Recipe of the Month

Roasted pumpkin pie, a warmly spiced autumn classic

07 Contact & Feedback

Contacts for every home, and how to share feedback

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

Trust Care Management Ltd.

A warm welcome to Greg Lapham

Greg joined Trust Management Group in September 2026, and everyone across our homes looks forward to meeting him.



My Role

Making sure every person we support receives safe, high-quality support built around them, and that our teams have what they need to provide it.

More than 25 years in UK health and social care, most of it at board level.

What Matters to Me

- Listening to the people we support
- Stable, caring staff teams
- Safe, high-quality services
- Working in partnership with families

“Thank you for the trust you place in us and for everything you do for the people we support.”

Greg Lapham

Group Managing Director

Reach Greg through your home’s Registered Manager or Regional Operations Manager.

#Trustcare

Halloween Across Our Homes

Costumes, music, handmade decorations and plenty of pumpkins.
Every home found its own way to celebrate, and the smiles were the same everywhere.

Halloween Special



Chelmsford Care Centre

A Party with Live Music

On 29 October residents enjoyed games, music and a wonderful live performance from a visiting singer. Their handmade decorations brightened both dining rooms, and staff joined in with a pumpkin carving competition.

Lanrick House

Party with Eric Green

Our Halloween party with Eric Green on Monday 26 October brought residents, staff and visitors together in fun costumes, with music and a spooky spread of treats to share. The celebrations carried on the next day, when everyone got creative with pumpkin carving.

Cambuslodge

Roy's Big Smile

Residents dressed up for a cheerful Halloween party full of colour and happy company. Roy had the biggest smile of the day, and his joy was catching!

Primrose Hill

Pumpkins at the Door

Residents carved and painted pumpkins as a group. Their colourful designs now sit at the front entrance, giving everyone a warm welcome as they arrive.



Simon Takes the Stage

Simon performed on the drums alongside others from The Gate at a great evening in Deptford, South London. It was a proud night, and a brilliant chance to share his love of music with a live audience.

Residents have been out and about together on plenty of fun days out this month too.

#LiveMusic

Out and about

Farm on Wheels Comes to Visit

Residents and families met chickens, rabbits, ducks and sheep up close, and the visit brought smiles all day.

#AnimalVisit

Back to the 1960s

Music and food from the decade, chosen by residents, brought back happy memories for everyone.

#ThemedParty



Chelmsford Care Centre

Games and Crafts

Residents enjoyed ball games, including giant bowling, and created lovely arts and crafts throughout the month.



Cambuslodge

Pottery and Library

Simon made a wonderful piece of pottery and chose a new book at the library. Residents enjoyed plenty of fun days out too.



Marlborough Lodge

Summer in Our Community

Bexhill Carnival's movie-themed procession on 25 July, and 40 years of summer jousting at Hever Castle.

Celebrating Our People

Happy Birthday!

Cambuslodge

Simon opened his presents, then celebrated with lunch at Sands End Cafe in South Park, joined by his housemates and friends.

Primrose Hill

Janet turned 86, **Albert** 82 and **Roger** 77, with laughter, good company and plenty of cake.

Lanrick House

Happy birthday to **Mena**, who celebrated on Wednesday 14 October.

Chelmsford

Five residents celebrated birthdays this month, with cards, cakes and well wishes from friends and staff.





Employee of the Month

Congratulations, Reshma!

Reshma, a Healthcare Assistant at Chelmsford Care Centre, is recognised for her dedication, compassion and commitment to high-quality care. She is always willing to support residents and colleagues and consistently goes above and beyond. Thank you for all your hard work.

Chelmsford Care Centre

Welcome to the Team

A warm welcome to Joanna, our new Catering Manager, Jeet, our new Administrator, and Rachel, our hairdresser, who visits every Tuesday. A new Kitchen Assistant and Healthcare Assistant join us on 2 November.

Lanrick House

Meet Our Ambassadors

Our Safeguarding, Wellbeing, Mouth Care, and End of Life & IT Ambassadors keep up to date with new information, support residents and share their knowledge with the team.



Residents at Cambuslodge had their flu jabs and COVID boosters with Dr Platt, a GP they know well. Seeing a familiar face made the visit calm and reassuring for everyone, and helps keep residents protected through the winter months. Thank you, Dr Platt, for your care.

#CovidBooster

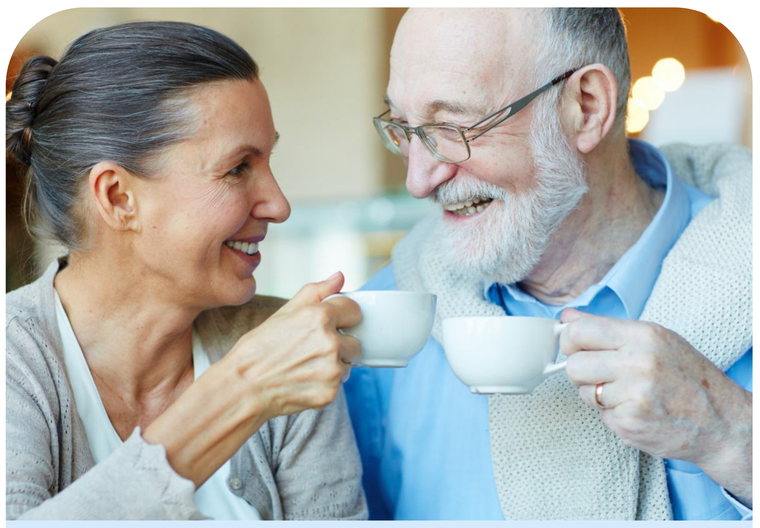
Health and Wellbeing



Cambuslodge

Sight and Safety

Simon visited the opticians and tried on new glasses, and everyone responded brilliantly during our fire drill.



Cambuslodge

Roy's Care Review

Roy and his sister Jo were pleased with how well he is doing at his care plan review.



Chelmsford Care Centre

Pamper Time

Residents enjoyed nail care, and hairdresser Rachel now visits every Tuesday.



Health Tip · Primrose Hill & Lanrick House

Breast Cancer Awareness Month

Breast cancer is the most common cancer in the UK. Around 55,000 women and 400 men are diagnosed each year, and the risk rises with age.

Know what's normal for you and speak to your GP early about any changes, such as a new lump or changes to the skin or nipple. Women aged 50 to 71 are invited for NHS screening every three years. Find out more at breastcancernow.org.

Lanrick House marked the month with tea and cake on Friday 16 October.

Recipe of the Month

Roasted Pumpkin Pie

A warmly spiced autumn classic. Roasting the pumpkin first gives the filling a richer, deeper flavour.



For the Pastry

Sweet shortcrust pastry case (or ready-made sweet shortcrust pastry with 40g crushed pecans mixed in)

For the Filling

- 450g pumpkin flesh, peeled and cut into 2.5cm chunks
- 2 large eggs plus 1 yolk
- 75g soft dark brown sugar
- 1 tsp ground cinnamon
- ½ tsp freshly grated nutmeg
- ½ tsp ground allspice
- ½ tsp ground cloves
- ½ tsp ground ginger
- 275ml double cream

Bake the Pastry Case

Heat the oven to 200C / Gas 6. Line a 23cm pie plate with pastry and bake blind for 20 minutes.

Roast the Pumpkin

Roast the pumpkin under foil for 20–30 minutes until tender. Drain off any water, then mash to a smooth purée.

Make the Filling

Bring the cream, sugar and spices to a simmer, then whisk into the eggs. Stir in the pumpkin purée until smooth.

Bake the Pie

Lower the oven to 180C / Gas 4 and pour the filling into the case. Bake for 35–40 minutes, until just set with a slight wobble.

Cool and Serve

Leave the pie to cool on a wire rack. Serve warm or chilled with whipped cream.

Contact & Feedback

Thank You

To our residents, families, friends and teams: thank you for the warmth and kindness you bring to every one of our homes. You make them welcoming, joyful places to live and work. We love hearing from you, so please keep your stories, photos and ideas coming.

How to Reach Our Homes

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