



CHOICES

Looking back on the last six months

The latest from AccuroCare, your trusted care provider.

Next Issue...
PUMPKINS, XMAS,
FUN TRIPS OUT
& MORE!

STAR OF SERVICE

MEET OUR WINNERS P19

ACCUROCARE

RECRUITMENT P7

What's been
happening in
the homes!



SAFE



EFFECTIVE



CARING



RESPONSIVE



WELL-LED

Growing Together 4

When you step outside at St John's, it's hard to believe...

A Taste of the East 8

In July, Chef Mike cooked up a delicious spread...

Can you guess the year? 12

Six quick "Guess the Year" trivia questions...

A message from the Managing Director

What a summer we have had! The wonderful weather certainly brought challenges, but keeping our residents safe, comfortable, and well remained our priority. A huge thank you to our teams, residents and families for the patience, understanding and support shown throughout those very hot days – we survived!

August also marked the end of an era as we said farewell to The Grange Nursing Home after almost 40 years as part of our family. It was an emotional goodbye, filled with many fond memories. We know The Grange is in good hands and wish its residents, families, and staff every happiness for the future.

We have also seen change nationally, with new leadership in Government and, once again, social care firmly on the agenda. With every new leader comes renewed ambition for our sector. We have heard commitments around reform, the care workforce and closer integration between health and social care. Time will tell what this means in practice, and I am sure we will all watch with interest over the coming months.

Whatever changes lie ahead, our focus remains the same: providing compassionate, person-centred care and creating homes where people feel safe, valued and part of a community.

Thank you to everyone who continues to be part of our journey.



Matthew Nutt
Managing Director

Contents

P2/ Managing Directors Message

P3/ Directors Messages

P4/ St John's Care Home

P6/ Chef Michael's Beef Stroganoff!

P7/ Accurocare Recruitment

P8/ Zoar Care Home

P10/ Maesglas Care Home

P12/ Guess the Year Quiz

P13/ In the Spotlight with Sam Davies

P14/ Medhurst Care Home

P16/ Do You Remember These?

P18/ Our Star of Service Winners

P19/ Crossword & Star of Service Nominations

P20/ Career Benefits with Accurocare

A message from Samuel Davies

Director of Clinical Services



Over the past year, we have continued to strengthen our clinical governance across all of our homes, ensuring that the quality, safety and consistency of care remain at the heart of everything we do.

Through the review and development of our clinical policies, improved governance processes and enhanced oversight of areas such as safeguarding, medicines management, mental capacity, deprivation of liberty safeguards and quality assurance, we have continued to build strong foundations that support excellent care.

These improvements are not simply about meeting regulatory standards; they are about ensuring every resident receives safe, compassionate and person-centred care that respects their dignity, independence and individual needs. I have been incredibly proud to work alongside our Home Managers and care teams, whose professionalism, kindness and commitment continue to make a meaningful difference to the lives of the people we support every day.

We have also placed a strong emphasis on supporting our colleagues through clearer guidance, robust clinical governance and a culture of continuous learning and improvement. By working collaboratively across our homes, we have strengthened our ability to share best practice, respond proactively to challenges and continue raising standards of care.

As we look ahead, our commitment remains unchanged. We will continue to drive quality improvement, strengthen clinical excellence and ensure that residents and their families can have confidence that they are receiving the highest standard of care in an environment where safety, compassion and dignity are always our priority.



A message from Louise Parkes

Director of Non-Clinical Services

This year has brought positive change across our non-clinical services, with a focus on improving the day-to-day operations that support our homes, residents and colleagues.

These improvements have helped us create greater consistency, strengthen compliance and provide our teams with the guidance and support they need to deliver high-quality services every day.

A key achievement has been the successful establishment of our new team structure. With the team now fully embedded, we have developed stronger collaboration, clearer ownership and a more consistent approach to managing the important services that support our homes. This has enabled us to respond more effectively to challenges, share best practice and drive improvements across our organisation.

Our focus has continued to be guided by two priorities: ensuring the best possible environment for our residents and providing our colleagues with the tools, support

and resources they need to succeed. Through enhanced oversight of areas such as facilities, health and safety, compliance and operational systems, we have continued to improve standards and strengthen the foundations that enable excellent care to be delivered.

I am proud of the progress we have made and of the commitment shown by colleagues across all our homes. Their dedication, teamwork and willingness to embrace change have been central to the improvements achieved.

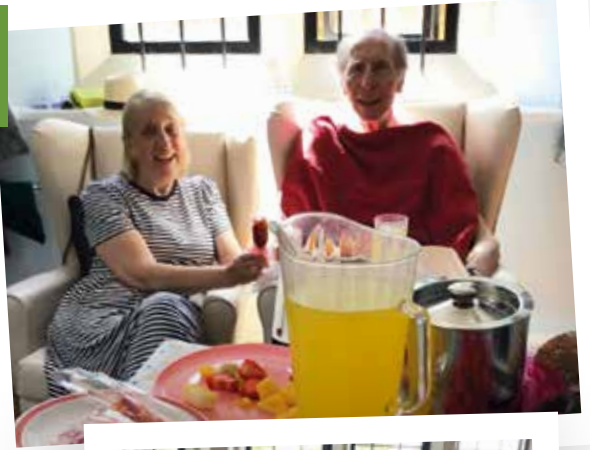
Looking ahead, we remain committed to building on this progress through continuous improvement, effective oversight and a continued focus on creating homes that residents are proud to call home and where colleagues feel valued and supported.

Hydration Station

During this summer's multiple heatwaves, it was more important than ever for residents and staff to stay hydrated. We came up with the idea of a Hydration Station to encourage everyone to take on more fluids.

Keeping hydrated helps prevent falls and keeps our brains active. It's also well known that we eat and drink more when we are together. With this in mind, we replaced our evening drinks trolley with refreshing mocktails, and offered beautifully presented food and drinks at our lounge Hydration Station.

The Station featured a range of fruit juices, retro ice lollies, fruit kebabs, and ice creams. The fruit kebabs were all snapped up before we had chance to take any pictures. But don't worry, Chef is well-prepared for any future heatwaves - we know what our residents like and our freezer is fully stocked!



Growing Together

When you step outside at St John's, it's hard to believe you're still in the centre of Oxford. Our beautiful courtyard is a suntrap featuring colourful raised beds and window boxes planted with fragrant plants and flowers.

At the centre is a stone raised-bed planted with lavender and roses. Bright and cheerful window boxes and planters sit at the perfect height for wheelchair users to tend. The boxes were planted with bedding plants purchased from our local garden centre by a group of keen green-fingered residents.

The residents are responsible for watering and pruning, which is a lovely way to tempt them outside into the fresh air. They also like to pick flowers to create pretty centrepiece arrangements for our dining tables.



St John's Noticeboard

Daily updates are shown on our Facebook page, help us spread the word by following our page & sharing content with others.



Magdalen College Visit

WHAT ELSE
HAS BEEN
HAPPENING!



Entertained by Kev



Volunteers Visit



Animal Bingo



A trip to The Kings Arms

Beef Stroganoff

Chef Michael
(Zoar Care Home)



Serves: 8



Prep: 30 mins



Cooks: 3 hours



Ingredients

Onions:
2, sliced

Chestnut mushrooms:
300g, sliced

Crème fraîche:
300 ml pot

Dijon mustard:
2 tbsp

Silverside beef:
750g, cut into small,
thin slices

Black pepper:
½ tbsp (1½ tsp)

Garlic powder:
2 tsp

Salt:
1 tbsp (adjust to taste)

Worcestershire sauce:
25 ml (about 1½ tbsp)

Double cream:
50 ml

Beef stock:
1 litre

Gravy browning:
(optional)

Cooking Method

- » Add oil to a large cooking pot and heat up the oil, add the onions and mushrooms and fry on medium heat until softened then take off the heat and put aside.
- » In a separate pot add the oil and heat up, then add the beef and fry for 5 minutes, add the beef stock and cook on high heat for 2 hours until the beef is tender.
- » Once beef is tender add the mushrooms and onions to the pot along with all the seasoning.
- » Add the crème fraîche and double cream mixing until fully combined, reduce the heat to low and add enough gravy browning until it turns a light brown and looks creamy, cook on low until reduced and thickened and the sauce coats the beef nicely.



AccuroCare Recruitment

Start your rewarding
career in care today!

At AccuroCare we care about our staff the same way we care about our residents.

Are you considering taking on a new challenge for 2026? If you're looking for a rewarding new career, you may want to consider whether the care industry would be an appropriate fit for you.

Demand for talented nurses, care workers and people who 'care' is rising year on year

and we think there's never been a better time to consider this as a professional option. There are some fantastic benefits to working in health and social care, both in terms of the rewarding nature of the role day-to-day and in terms of how the role could support the progression of your career long-term.

Consider joining us? Get in touch via our website, social media pages or email us at info@accurocare.co.uk

FIND OUT MORE INFO OR REQUEST AN APPLICATION
www.accurocare.co.uk/careers



St John's

St. Mary's Road,
Oxford, Oxfordshire
OX4 1QE

TEL: 01865 247725

Zoar

Marian Street,
Tonypany
CF40 2DL

TEL: 01443 432262

Maesglas

Green Street,
Holt, Wrexham,
LL13 9JF

TEL: 01829 270318

Medhurst

Cromwell Rd, Risca,
Newport
NP11 7AF

TEL: 01495 368520

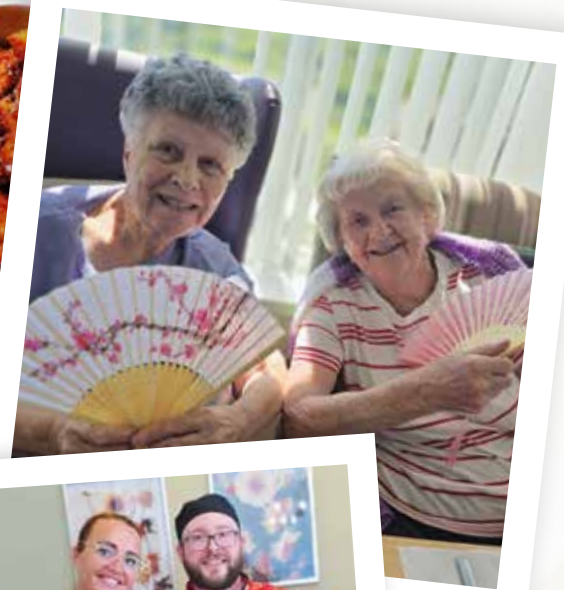


A Taste of the East

In July, Chef cooked up a delicious spread of Chinese food for us to sample, with clean plates all round.

The special Chinese themed menu included salt and pepper chilli beef and crispy orange chicken. The chicken had such great feedback from our residents, we've now added it to our regular menu. We also sampled crispy duck, bao buns, noodles and fried rice, followed by a choice of cooling fresh mango pudding or ice cream for dessert.

Staff wore traditional Chinese costumes to serve dinner, and we dressed the dining room and lounge with colourful Chinese lanterns. Residents got involved by sporting Chinese hats and fans - the latter proved very useful in the soaring summer temperatures!



Quiet Please!

What do strawberries and cream and Pimms have in common? Wimbledon, of course!

Inspired by the Wimbledon tennis championships, Lifestyle Coordinator, Gemma, and Chef Mike formed the perfect doubles partnership and hosted a tennis barbecue. Staff dressed up in their tennis whites and teamed up with residents for a game of lounge tennis using soft balls and balloons.

During a rare gap between heatwaves, residents and family enjoyed traditional burgers, wraps, salt and pepper chicken, salad and rice outside on the terrace. For dessert there were cupcakes topped with strawberries and cream, and a giant tennis ball cake, all washed down with a refreshing glass of Pimms.



Zoar

Noticeboard

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Summer bbq

WHAT ELSE
HAS BEEN
HAPPENING!



Anniversary of VE Day



Arts and Crafts



Egg-stra Special Easter

This year's Easter celebrations were guided by our residents, who were also heavily involved in the preparations.

Working with Lifestyle Coordinator, Jessica, we used our arts and crafts skills to decorate a huge picture frame to use in a special photo shoot over the Easter weekend. The frame captured some beautiful family memories around the home. Even our camera-shy residents got involved, which was lovely to see.

On Easter Sunday, carers took a small group of residents to the local church for a special Sunday service. Later that day we dressed up in Easter bonnets and glasses for a special buffet lunch, followed by a choice of regular and diabetic chocolate for everyone to enjoy.



Coffee and Cake?

Everyone at Maesglas loves a cuppa and a slice of cake, and we're fortunate to have a wonderful coffee shop, Maggie's Cafe, just a few minutes walk down the road.

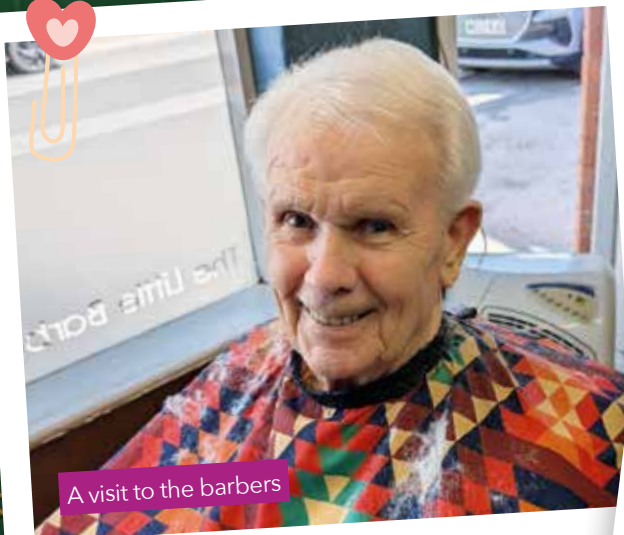
Maggie's is one of our regular trips out - we visit 3 or 4 times a week when the weather is fine. The staff know our residents and carers well. They always give us a warm welcome and look after us with freshly made cakes, coffee and tea. Their carrot cake and chocolate caramel shortbread are two of our favourites!

The cafe's outdoor seating area is an excellent spot for people watching, and we've bumped into lots of local friends and family members over the summer months. It's a great opportunity to catch up on the gossip and get some fresh air.



Maesglas Noticeboard

Daily updates are shown on our Facebook page, help us spread the word by following our page & sharing content with others.



Can you guess the year?

Six quick **"Guess the Year"** trivia questions featuring memorable moments from history, film, music and world events. (Answers at the bottom of the page)

Try not to cheat!

1. Guess the Year

- » Princess Margaret married Antony Armstrong-Jones
- » The film Psycho was released in cinemas
- » The first episode of Coronation Street aired

Answer?

2. Guess the Year

- » The Beatles released Sgt. Pepper's
- » The first heart transplant was carried out
- » The Summer of Love took place

Answer?

3. Guess the Year

- » ABBA won the Eurovision Song Contest with Waterloo
- » Richard Nixon resigned as President of the USA
- » The first McDonald's restaurant opened in the UK

Answer?

4. Guess the Year

- » The first episode of EastEnders was broadcast
- » Live Aid concerts took place in London and Philadelphia
- » The film Back to the Future was released

Answer?

5. Guess the Year

- » The Channel Tunnel officially opened
- » Nelson Mandela became President of South Africa
- » The first National Lottery draw took place in the UK

Answer?

6. Guess the Year

- » London hosted the Summer Olympic Games
- » Queen Elizabeth II celebrated her Diamond Jubilee
- » The James Bond film Skyfall was released

Answer?

In The Spotlight

With Samuel Davies

Director of Clinical Services

How long have you worked at Accurocare?

I had already been working at Zoar Care Home for 10 years when Accurocare acquired the home in 2021. My career progressed through a number of roles before I became Home Manager in 2023. In summer 2025, I moved into my current role. It wasn't the career path I originally planned, but I've loved every minute.



Samuel Davies

What's your current role and responsibilities?

I provide leadership and oversight across our care homes, supporting our Home Managers and teams to ensure we consistently deliver high-quality, person-centred care. A big part of my role is monitoring quality and compliance, supporting inspections and audits, and looking at how we can improve. We work closely with everyone involved in care to achieve the best outcomes for our residents and their families.

What are you working on right now?

My focus is on reviewing and updating our existing policies, procedures, systems and reporting to make sure they are effective. We are introducing new processes to strengthen how we monitor and support our services, and I'm exploring how we can improve our residents' mealtime experience.

Did you choose a career in care?

I think care chose me. I was 20 when my mother sadly passed away from cervical cancer at 41. During her illness, I cared for her at home with support from the district nurses. After she passed away, I needed to find full-time work. My aunts worked at Zoar and mentioned they were looking for a Care Assistant. I applied and fell in love.

What's your proudest achievement in life?

Becoming the person I am today despite losing my mother at such a young age. People often tell me how proud my mother would be of me and, although I wish she was here to see it for herself, I'd like to think they're right.

What do you like to do when you aren't working?

I enjoy spending time with my partner, family and friends, socialising and going out for meals. I have recently started line dancing, which is great fun!

Do you have any claims to fame?

I lost 6 stone with Slimming World and was the subject of a four-page feature in their magazine. I shared my weight-loss story on Instagram, and someone recognised me on holiday in Gran Canaria!

If you could swap lives with someone for a day, who would you choose?

David Attenborough. I love animals, and would love to travel to interesting places and see some of the world's incredible wildlife up close.

Our New Addition

As a result of our long-term fundraising efforts, we were delighted to be able to purchase a mobility van.

The Medhurst branded van will open up new experiences and give us freedom to take residents out on scenic drives and shopping trips. Top off our list was a trip to Cwmcarn Forest Drive and a stop off at the cafe and sculpture trail.

The most heart-warming experience the van has given us so far is taking one of our residents to be reunited with her brother, whom she hadn't seen for a year. There wasn't a dry eye in the house. It is truly amazing what your support can help us achieve. Thank you to everyone who has supported our fundraising activities, including our Christmas and Summer markets, and various raffles. **Give us a wave if you see us out and about!**

Our mobility van!



Fiesta Mexicana!

We all love a dress-up day at Medhurst, and our Mexican-themed day went down a treat this summer.

Sombreros and ponchos were the costume of the day, while traditional upbeat mariachi music got us shimmying. The carers' big bushy moustaches and unusual eyebrows got a few laughs!

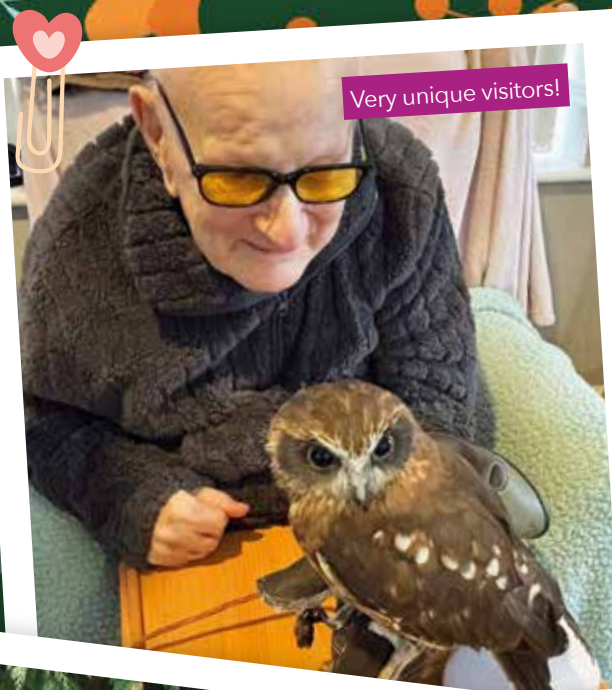
Dishes on the day included tacos, wraps, enchiladas, and a traditional milk pudding, topped off with refreshing mojitos. Everyone was intrigued to taste the Mexican flavours.

Themed days are part of our monthly programme of activities. So far this year, we've travelled to Italy and celebrated all things British, including some classic pickled eggs (those were an acquired taste!).



Medhurst Noticeboard

Daily updates are shown on our Facebook page, help us spread the word by following our page & sharing content with others.



Very unique visitors!



Very special birthdays



Annual Summer Fete



Italian-themed day



Trip out for coffee!



Fun & Games

Do you



A trip down memory lane

Everyday life has changed enormously over the years, but sometimes the simplest things can bring memories flooding back. From the sound of the milk bottles arriving in the morning to choosing a favourite record to play, how many of these familiar sights do you remember?

The Dial Telephone

Making a phone call once involved turning a dial for every number - and remembering important numbers rather than simply tapping a name on a screen. **Can you remember your first telephone number?**



Milk on the Doorstep

For millions of families, the clink of glass bottles outside the front door was part of the morning routine. The empties went back out ready for the milkman to collect. **Did you have a regular milkman?**



Cassette Tapes

Mixtapes, recording the Top 40 from the radio and trying not to catch the DJ talking over the beginning of your favourite song - cassettes were a big part of everyday life. **What music would have been on your mixtape?**



Remember these?

Vinyl Records

Choosing an album, taking it carefully from its sleeve and lowering the needle was all part of listening to music. The artwork and record collection were almost as important as the music itself.

What was the first record you bought?



The Typewriter

There was no backspace-and-delete when typing an important letter! A mistake could mean reaching for the correction fluid, or starting the whole page again. **Did you ever use one for work or at home?**



The Family Car

The Mini, Ford Cortina, Morris Minor and Austin were once familiar sights on Britain's roads. Long journeys meant a road map rather than sat-nav - and usually somebody arguing about which way to go! **What was your first car?**



The Television

Before smart TVs, streaming and hundreds of channels, families often gathered around one television to watch their favourite programmes together. There was no pausing or watching it later either, if you missed it, you missed it! **What TV programme did you always look forward to watching?**



Congratulations To Our Star of Service Winners!

MEET THE
WINNERS!



Lorraine Kelly
Healthcare Assistant



Stephen Richards
Maintenance



Inyna Zubyk
Healthcare Assistant



Sarah Flecknell
Healthcare Assistant



Thank you for all the entries we received, it just goes to show what a great team we have. Keep the entries coming and we will announce the winners in each issue. **Good luck to everyone.**

WORDSEARCH

.....
DIFFICULTY / **Medium**

Words can go in any direction. Words can share letters.

END OF SUMMER

**BLOSSOM SEASIDE
BUTTERFLY STRAWBERRY
FLOWERS SUNFLOWER
GARDEN SUNSHINE
HOLIDAY PICNIC**

E	Y	D	Y	Y	H	N	S	Q	G	Y	U
L	N	Y	A	E	E	H	R	Y	A	R	W
S	Y	I	V	J	F	M	E	X	R	R	Y
S	E	J	H	I	I	B	W	D	D	E	X
W	B	A	Z	S	L	V	O	Y	E	B	S
U	W	I	S	O	N	V	L	L	N	W	E
W	U	S	S	I	C	U	F	F	X	A	K
G	C	S	O	I	D	X	S	R	A	R	P
C	O	J	N	D	A	E	G	E	B	T	Q
M	F	C	Y	A	D	I	L	O	H	S	Y
P	I	B	U	T	T	E	R	F	L	Y	P
P	D	S	U	N	F	L	O	W	E	R	P

NOMINATE A STAR OF YOUR SERVICE

The person with the most votes gets a **gift voucher, bottle of bubbly, an AccuroCare pen & certificate!**

This is where you can put someone in the spotlight.
This can be any member of staff from your service
who you feel goes the extra mile, puts a smile on
your face or brightens up your day.

HOW TO NOMINATE!

Complete and cut off the slip below, then
simply pop it into the nomination box at
reception. Good luck to everyone!



THE PERSON I WOULD LIKE TO NOMINATE IS: (FULL NAME)

WHY WOULD YOU LIKE TO NOMINATE THIS PERSON?



#teamaccurocare



Pension Scheme

START YOUR NEW CAREER TODAY!

Are you looking for an exciting new career in care? Please get in touch via our website, social media pages or email us direct at info@accurocare.co.uk. **More on Page 7...**

Next Issue...
PUMPKINS, XMAS,
FUN TRIPS OUT
& MORE!

www.accurocare.co.uk/careers

Thank you for all the entries, it just goes to show what a great team we have. Keep them coming and we will reveal the winners in each issue. **Good luck to everyone.**

MORE EXCITING NEWS IN THE NEXT ISSUE OF THE CHOICES NEWSLETTER / SEPTEMBER 2026



Nomination & Submission details

If you have made a nomination, please cut off this slip, then simply pop it into the nomination box at your home reception, alternatively please post it to; **AccuroCare (Choices), Suite 4, Thame House, Thame Road, Haddenham, Bucks, HP17 8HU. Thank you.**

Telephone: 01844 395500

Email: info@accurocare.co.uk

Web: www.accurocare.co.uk



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