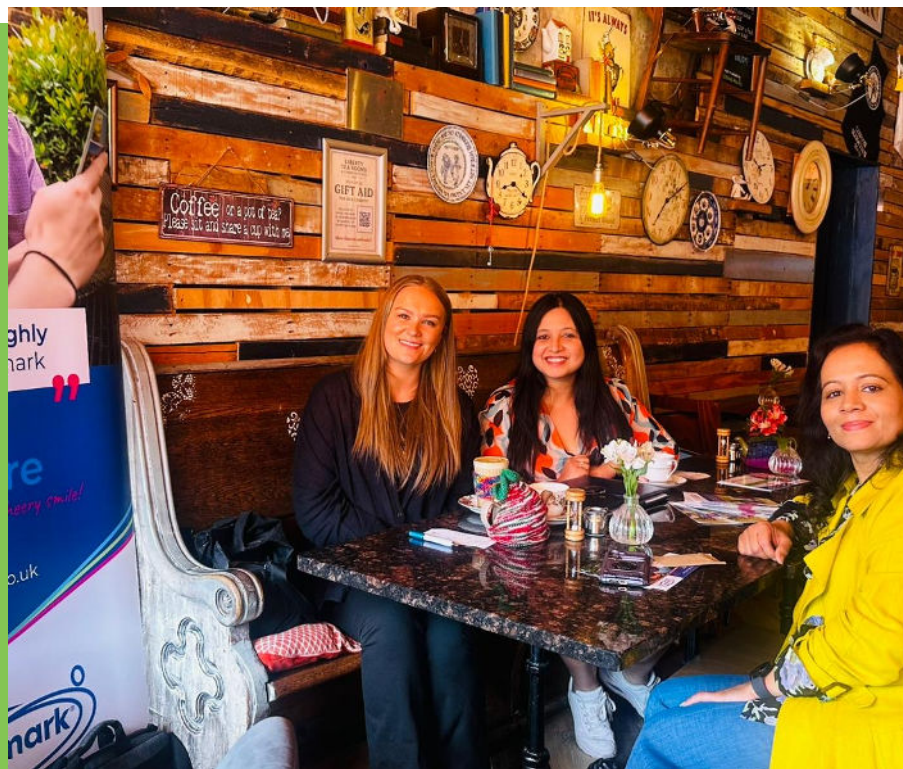


Monthly Newsletter

May 2026

Our New Wellbeing Hub at Liberty Tea Rooms



This month we proudly launched our Wellbeing Hub at Liberty Tea Rooms — a welcoming drop-in space for anyone in Dacorum, Hemel Hempstead, and the surrounding areas who needs connection, conversation, or support.

We know how deeply isolation and loneliness can affect someone's wellbeing. Many people rely on others for day-to-day support, and it can be hard to find a safe place to talk openly. That's exactly why we created

this hub: a warm, friendly environment where people can feel heard, valued, and never alone.

Pop Along to our Hub which runs every 2 weeks! Keep an eye on our Social Media for updates.

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One Vision Dacorum
Event CHF Decluttering
Service Chiltern Neuro
Centre Companionship
Support At Home



The Mark of EXCELLENT Care.

▣ Celebrating Growth and Learning at Caremark Dacorum

Our Care Manager has successfully completed the Train the Trainer qualifications in medication, moving and handling, and first aid — an important milestone for our team and the people we support.

This achievement has allowed us to begin training our staff in-house, giving everyone the chance not only to build essential skills but also to learn more about each other in a supportive group setting. The sessions have strengthened our teamwork and deepened our shared understanding of what high-quality care truly requires.



One Vision Comes to Dacorum!

We recently attended One Vision's first event in Hemel Hempstead and are thrilled that these gatherings will now be held monthly. One Vision brings together people from diverse cultural backgrounds to understand the needs of our community and develop meaningful initiatives that address food poverty, mental health challenges, social marginalisation, and youth support. Their mission aligns closely with our own values, and we fully recognise and appreciate the importance of this work as we continue to support and strengthen our local community.

CHF Decluttering- Who you need to help with organising!

We had the privilege of meeting DHF Decluttering, and it was wonderful to get to know the face behind the company — Christina. Previously an accountant, Christina discovered her passion for helping people during the Covid period, and that passion has grown into the meaningful work she does today. She is truly inspirational, speaking with genuine warmth and a heartfelt commitment to supporting others through the decluttering process.



Bollywood Exercise Classes- The Heather Club

We've just started our first Bollywood dance sessions at The Heather Club, where people living with dementia gather to connect, create, and take part in amazing activities. We're thrilled that these sessions will now be a regular feature and can't wait to keep supporting everyone with uplifting physical movement.

The group was run by Nishtha, a Neuro Physiotherapist, who has extensive experience in supporting people with movement and mobility.



□ *Spotlight on the Chilterns Neuro Centre*

The Chilterns Neuro Centre is a highly regarded charity and therapy hub supporting people living with neurological conditions such as MS, Parkinson's and stroke. Based in Wendover, the Centre offers a wide range of services — including physiotherapy, hydrotherapy, oxygen therapy, counselling and specialist exercise programmes — all designed to help members maintain independence, improve wellbeing and feel part of a supportive community. With a 4.7 rating and over 60 reviews praising its compassionate team and welcoming atmosphere, the Centre continues to be a vital resource for families across our region.

If you'd like to learn more about their work or explore ways to get involved, visit the Centre or give them a call on 01296 696133.



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□ *Thinking About Extra Support at Home? We're Here When You Need Us*

If you or someone you love could use a little more support day-to-day, our team at Caremark Dacorum would be delighted to help. We offer personalised care that fits around your life — from companionship and friendly conversation to home help, medication reminders, meal preparation, mobility support and safe, reliable assistance getting out into the community.

Our goal is simple: to help you feel calm, supported and in control of your day, with a care team that treats you with kindness, respect and genuine

warmth.

If you're wondering what type of care might suit you best, we'd love to talk it through.

☎ Call us on 01442 504376 or reach out to arrange a friendly chat.

You're not just choosing care — you're choosing people who care.

Monthly Newsletter

Issue 1 2026

Dacorum's Den Win!



In this issue

Dacorum's Den Win

Caremark Dacorum is proud to have been awarded £1,500 through Dacorum's Den to support its Community Wellbeing Hubs.

The funding will help provide events and activities that bring people together, reduce loneliness, and offer support to those who need it most. The hubs are open to everyone in the community, including people needing support,

unpaid care assistants, family members, and those experiencing social isolation. The award will enable Caremark Dacorum to continue creating welcoming spaces where local residents can connect, access information, build friendships, and improve their wellbeing.

"We are delighted to receive this funding from Dacorum's Den. The grant will help us

expand our Wellbeing Hubs and ensure more people in the community can access support, companionship, and valuable local resources."

Caremark Dacorum would like to thank Dacorum's Den and the judging panel for supporting this initiative and helping to make a positive difference to the lives of local people.



The Mark of EXCELLENT Care.

OPALS Event - Kings Langley

We were pleased to attend the recent OPALS (Older Persons Activity, Learning and Safety) event. The event brought together a range of local organisations dedicated to supporting older people, providing valuable information, advice, and opportunities for residents to connect with services available in the community. As part of the event, the Caremark Dacorum team spoke with attendees about the support available to help people maintain their independence at home. The OPALS event provided a fantastic opportunity to meet local residents and community partners, while raising awareness of the resources and support services available across Dacorum.



Federation of Small Business Networking

It was great to attend the recent FSB Connect in Dacorum networking event, organised by the Federation of Small Businesses (FSB). The event brought together local business owners and professionals from across Dacorum, providing an excellent opportunity to build relationships, share ideas, and learn more about the organisations making a difference within the community. Attending FSB Connect allowed the Caremark Dacorum team to connect with fellow local businesses, raise awareness of the support services available to residents, and discuss opportunities for collaboration that can benefit the wider community.



Cancer Mum Cheerleader Interview

Caremark Dacorum recently had the pleasure of interviewing Sharon, The Cancer Mum Cheerleader, a local advocate dedicated to supporting people and families affected by cancer. It was inspiring to hear about her journey, the work she does within the community, and her passion for helping others through challenging times. We would like to thank her for sharing her story and for the incredible support she provides to those living with and beyond cancer.



Kings Langley Networking Event

Caremark Dacorum had a wonderful time attending the Kings Langley Charity Event, organised by Community Action Dacorum.

The event was a fantastic opportunity to connect with local organisations and meet so many passionate people working across the voluntary and community sector. It was inspiring to learn more about the valuable work being carried out to support residents across Dacorum.

A big thank you to Community Action Dacorum for organising such a great event – we look forward to continuing to build relationships and work together to make a positive difference in our community.

Community Hub at Highfield

We're pleased to announce that we will be at the Highfield Community Centre Café every Wednesday from 10:30am to 12:30pm.

This friendly drop-in session is a great opportunity to pop in, enjoy a cup of tea, and have an informal chat with us. Whether you are looking for support at home, seeking advice for a friend or family member, or interested in finding out about job opportunities, we are here to help.

There is no need to book an appointment—just come along, meet the team, and talk through any questions or concerns you may have in a relaxed and welcoming environment.

When: Every Wednesday, 10:30am – 12:30pm

Where: Highfield Community Centre Café

We look forward to meeting you and discussing how we may be able to support you or someone you know. Join us for a cuppa and a chat.



Highfield Community Café

Our Care Services

At Caremark Dacorum, we understand that everyone's needs are different. That's why we offer a wide range of personalised home care services designed to help people live safely, comfortably, and independently in their own homes. From occasional support to round-the-clock care, our friendly and professional team is here to help. Our services include: Personal care and daily living support, Companionship and social visits, Home help and household assistance, Dementia and Alzheimer's care, Live-in care and overnight support, Respite care for family care assistants, Community access and accompanying

clients to appointments or activities. Reablement and recovery support Specialist care for conditions including Parkinson's, Multiple Sclerosis, Motor Neurone Disease, Stroke, Diabetes, Arthritis, Huntington's Disease, Acquired Brain Injury, Spinal Injury, and more. Whether you're looking for support for yourself, a family member, or a friend, our team will take the time to listen and create a care plan that suits individual needs and preferences. We proudly support people across Hemel Hempstead, Berkhamsted, Tring, Bovingdon and the wider Dacorum area.