

Monthly Newsletter

February 2026

Welcome to our new space!



In this issue

New office space,
Community Action
Dacorum,
Berkhamsted Social
Club, Federation of
Small Business, Meet
the Manager,
Supporting our Mayor.
Meet the Team!

On 2 February, we stepped into an exciting new chapter as we moved into our brand-new office at BizSpace Hemel Hempstead. From the moment we walked through the door, we knew this space was something special — bright, inviting, and full of

character. It already feels like a place where great ideas can take shape.

The move has given our team a real boost. We're eager to hit the ground running, build new connections, and push forward with fresh energy. This office isn't just a new

location — it's a launchpad for the next stage of our growth.

We can't wait to see what the months ahead bring and look forward to sharing more milestones with you.



The Mark of EXCELLENT Care.

Community Action Dacorum Membership

Caremark Dacorum is proud to be part of Community Action Dacorum, whose commitment to supporting local people aligns closely with our mission to deliver the highest standard of domiciliary care. We're especially grateful for Cathy's guidance throughout our journey — her support has helped us feel truly welcomed into the community. Being part of this network strengthens our belief in collaboration and its impact on the people we serve, and we look forward to continuing this partnership.



Berkhamsted Social Club

Berkhamsted Social Club welcomed us with open arms at their Knit and Natter group. We thoroughly enjoyed meeting members of the local community and hearing their wonderful stories of love, family, travel, and so much more. Their annual membership is great value for money. There are no special criteria for joining; if you want to meet new people and old friends, have a laugh, and perhaps a little tipples, you've found the right place.

Federation of Small Businesses

Caremark Dacorum is proud to announce that we are now official members of the Federation of Small Businesses (FSB). This marks an exciting step forward as we continue strengthening our support for our team, our customers, and our local community.

Becoming part of the FSB gives us access to a wealth of resources, expert guidance, and a national network of like-minded organisations committed to high standards and positive impact. For us, it's another way to ensure we remain resilient, informed, and ready to deliver the best possible care across Dacorum.



Welcome our new Care Manager!

We're delighted to welcome Vivian as the new Manager at Caremark Dacorum. With over 10 years of experience working in residential care settings, Vivian brings a wealth of knowledge and a deep understanding of what high-quality support truly means.

Her passion for promoting independence, happiness, and joy shines through in everything she does. Vivian is genuinely dedicated to helping people live fulfilling lives, and her enthusiasm for care is felt by everyone around her.

We're excited to have her leading the team and look forward to the positive impact she will continue to make.

Meeting Mayor Catherine McAreevey QN on Her Boundary Walk

We had the pleasure of meeting Mayor Catherine McAreevey QN during her Boundary Walk, catching up with her at The Crabtree. We were truly inspired by her determination as she took on the incredible challenge of walking 100 km over 10 days across Dacorum.

Her commitment, energy, and the positivity she brought to people along the way made a real difference. We're extremely proud of what she achieved, especially in raising funds for the Mayor's Future Fund, which will support so many worthwhile causes.



What is companionship care?

Companionship care is all about providing friendly, reliable support to help people feel connected, valued, and confident in their daily lives. Companionship care is at the heart of what we do at Caremark Dacorum. We know that sometimes a friendly face, a warm chat, or a little extra help at home can make all the difference. Our team offers supportive companionship tailored to each person's needs—whether that's sharing a cuppa, helping with household tasks, enjoying time in the garden, getting out into the community, or simply providing good company. From running errands and

supporting hobbies to helping with pets or joining someone on a trip out, our Care Assistants bring kindness, reliability, and a cheerful smile to every visit, making everyday life feel brighter and more connected.

Please get in touch today to discuss your journey:

Email: dacorum@caremark.co.uk
Phone: 01442504376

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OPALS- Older Peoples Active Learning and Safety



In this issue

OPALS Event, St Johns Ambulance, West Herts College Career Day, Healthy Muffin Recipe, Office completion, Hospice of St Francis Membership, Why Choose a Career in Care.

Caremark Dacorum was pleased to attend the recent OPALS event in Hemel Hempstead, brilliantly organised by Terry and the OPALS team. Their work plays an important role in helping older people stay safe, informed, and connected — a mission we are proud to support.

Around 70 attendees enjoyed practical sessions on home fire safety, spotting doorstep scams, and the wide range of independent living support available locally. It was also a wonderful opportunity to reconnect with partners including Hertfordshire Fire and Rescue Service, HertsHelp, HILS, and many other community organisations who

bring real value to these events.

A big thank-you to the Co-op for sponsoring the raffle, HILS for providing meals, the U3A stallholders for helping set up our stand, and St Paul's Residential Home for capturing photos. We truly appreciate the collaborative spirit that makes events like this so impactful.



The Mark of EXCELLENT Care.

St Johns Ambulance - First Aid!

Our Managing Director, Neha, recently had the opportunity to join the fantastic team at St John Ambulance Dacorum for a first aid training session. Their professionalism, expertise, and dedication to our community were clear throughout. The training covered essential life-saving skills, including CPR and how to manage choking in adults, children, and babies, as well as practical guidance on treating bleeding wounds. Neha left feeling more confident, better prepared, and incredibly grateful for the vital work this team carries out every day.



West Herts College Career Day

It was a great day for the Caremark Dacorum team at the Careers Fair held at West Herts College's Hemel campus. Managing Director Neha Jain Vigh and Care Manager Vivian Dent enjoyed meeting students who are exploring job opportunities and planning their future careers.

They had engaging conversations about how the care sector connects with a wide range of subjects—from psychology and health & social care to computing—and how students can bring their individual strengths into meaningful roles within care.



Healthy Mediterranean Muffin Recipe!

This veggie-packed muffin is perfect for a low-salt, savoury snack any time of the day. Preheat oven to 190°C/fan 170°C/gas mark 5. Divide the mixture into a 6-cup muffin tin. Mix 150g self-raising wholemeal flour with $\frac{1}{4}$ tsp baking powder. Rub in 40g sunflower spread until it looks like breadcrumbs. Stir in $\frac{1}{2}$ tsp dried herbs, 85g grated courgette, 2 chopped spring onions, 30g grated half-fat cheddar, and black pepper. Add 1 beaten egg and 125ml skimmed milk, mixing gently. Spoon into the muffin cups and top each with 2 cherry tomato halves. Bake 25–30 minutes until risen and golden.



New Partnership with The Hospice of St Francis

Our Care Manager Vivian Dent and Managing Director Neha Jain Vigh recently visited The Hospice of St Francis for an inspiring tour with Claire Larkin.

We're thrilled to become corporate members of this warm, community-focused organisation that provides specialist care, supports bereaved children, and offers wellbeing services and public activities. It's a truly welcoming space making a real difference across Dacorum — and we're excited to collaborate and strengthen our shared commitment to the community.



Our Office is Complete!

The Caremark Dacorum office has had a little refresh recently, with new signage now proudly on display. A special thank-you goes to our Managing Director, Shakti, who didn't hesitate to get involved and help put everything up. It's great to see our workspace evolving and reflecting the energy, professionalism, and pride we have in the work we do every day. The new signs add a bright, welcoming touch for both our team and visitors.



Our office is complete!

Why People Choose a Career in Care

Care assistants play a crucial role in supporting people with daily tasks, personal care, and emotional wellbeing. From helping with meals and mobility to offering companionship and reassurance, they make a meaningful difference every single day. Many choose this career because they're driven by compassion, enjoy building strong connections, and want to improve someone's quality of life.

People often think being a care assistant means giving so much of yourself to others — and while compassion is at the heart of the job,

the truth is that the relationships you build give just as much back. The people you support can shape you, teach you, and bring out strengths you didn't even know you had. Care can also be genuinely fun: taking someone out for a coffee, joining them at an activity they love, or sharing a laugh on a day out. It's a role full of connection, growth, and moments that stay with you long after your shift ends.

If you're interested in joining our caring team, you can apply by emailing dacorum@caremark.co.uk or calling 01442 504376.