FOCUS CARE SUPPORTED LIVING
"Our Focus is You"

Focus Care

Celebrating Care, Community & Connection

Issue #01

Monthly Newsletter

Focus Care Support Living
Featuring highlights from Suffolk & Stockwell Road

May, 2025

An independent healthcare provider for you

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Hello!
Focus Care Supported Living family

Helen Crane
Area Manager – Stockwell Road

May was a vibrant and emotional month. From farewells to fresh faces, celebrations to training, our community showed dedication and compassion.

I'm proud of how our team delivers excellence every day.

Sandra McMillan
Regional Operations Manager – Suffolk

We've embraced Mental Health Awareness Week, championed animal therapy, and celebrated incredible birthdays and cultural moments.

Thank you for making our homes a place of safety, laughter, and growth.

May Reflections

Why May Matters

"Mental Health Awareness Week (12–18 May): A time to reflect, talk, and support one another.

Eurovision: Celebrating inclusion and creative expression across Europe.

Global Africa Day (25 May): Honouring heritage and unity.

May is filled with facts, from Star Wars Day (May 4) to the invention of blue jeans (May 20, 1873) and Barbie's patent (May 9, 1958)

Quote of the Month

"In a world of differences, inclusion brings us together."

Spotlight: Suffolk

Wellbeing in Action: Supporting Through Activity

Animal Therapy at Sandringham helped Matthew and James find peace and connection.

Reading Activity: Andrew enjoyed his favourite farm magazine, building confidence and joy

Swimming with Thomas offered sensory regulation, independence and calm

Cycling at Bentwaters Park helped Rowland with mood, focus, and restful sleep

Nature Walks with Bhranavi provided fresh air, sensory calm, and music-filled joy

All activities supported mental wellbeing through structure, connection, and freedom of expression

Spotlight: Stockwell Road

Daily Life & Transitions

Service users enjoyed gardening, laundry, cooking, and daily household routines.

Community trips to the park, cinema, beauty salon, gym, and archery made memories.

A heartfelt farewell from a former manager and a warm welcome to new starters Cajetan & Salma.

May birthdays: Peter (4th), Joseph (15th), Callum (22nd), Egbemo (23rd).

Thank you to all staff for ensuring dignity, engagement, and care in every moment

Eurovision at Focus Care

"It Sparkled. It Roared. We Danced. We Laughed."

Suffolk celebrated with flags, flair, and fabulous hats.

Service users dressed up, shared food, and sang together.

Dereham Avenue cheered for Austria – the winning nation!

Festivities included themed meals, music, and inclusive fun.

"United in Song, Diverse in Spirit" – Eurovision reminded us of the joy in togetherness

Global Africa Day

25 May – Celebrating Heritage, Culture & Community

Traditional dishes were cooked from scratch by Regina, Stallinus, Ijeoma, and Busola.

Joyful music, dancing, and storytelling brought everyone together.

Staff and service users shared laughter, learning, and love

Africa's influence spans art, food, music, dance, and resilience. A day of unity and pride.

Recipe of the Month

Chicken Curry

Ingredients:

Chicken thighs, onion, garlic, ginger, tikka paste, chopped tomatoes, yogurt, almonds, coriander.

Method:

Brown onion → Add garlic/ginger → Cook chicken → Simmer with spice paste → Stir in yogurt & almonds → Serve with naan or rice

Special Thanks

To chefs Sibi, Regina, Stallinus, Ijeoma & Busola for your culinary care that brought everyone together with taste and warmth.

Policy & Best Practice

Nutrition & Hydration Policy

Ensures all service users receive food suited to their health needs and preferences.

IDDSI standards applied for safe diets and swallowing support.

Aligned with CQC standards and Care Act 2014.

Fundamental Care Standards Covered

Person-centred support

Dignity, safety, consent, and inclusion

Food, hydration, and complaint handling

Community Clubs

Local Clubs (Wolverhampton)

Gateway Club (Fridays, 7–9 pm)

The Hub (biweekly Fridays, 12–2 pm)

C.A.S.T Disco (Wednesdays, 6–9 pm)

June Events

3rd June: World Bicycle Day

6–7 June: Eid ul-Adha

9–13 June: Healthy Eating Week

14 June: King's Official Birthday

Contact & Feedback

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