



Sunshine & Smiles: Newsletter

Monthly
Newsletter

Celebrating moments of growth, joy, and
independence across Essex, Cambridgeshire
& East Sussex

August 2025





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Welcome to August

August was filled with joy, creativity, and togetherness across our services.

Every moment this month reflected our core values of choice, independence, and joy.

Focus Care Supported Living Ltd.



Service User Spotlights

Focus Care Supported Living Ltd.

Jonathan's Dream Day at Ashford Train Depot

Jonathan fulfilled a dream visiting Ashford Train Depot, combining passion with personal growth.

#Activeliving



Archie's Next Chapter: Starting College with Confidence

Archie prepared confidently for his new college placement, embracing independence and looking forward to new skills and friendships.

#PassionAndGrowth



Celebrations & Birthdays

Special Birthday's

Christine Goldstone

A leader worth celebrating wishing Christine a year filled with joy, health, and continued success.

#SpecialBirthday



Happy birthday to our Regional Manager, Christine Goldstone, and to our colleagues, Shahenn U. and Rahman A.

wishing you all joy and many happy returns!



Shahenn U

We're delighted to celebrate Shahenn's birthday and wish them joy and success ahead.



Rahman A.

We're also delighted to celebrate Rahman's birthday and we wish him joy, health, and success in the year ahead.



John Paul (JP)

A vibrant red-themed birthday party with dancing, laughter, and family.

The day was filled with dancing, laughter, and heartfelt moments, as friends, staff, and family came together to celebrate

#birthdaycelebration



Antony

Antony's day was filled with warmth and joy, highlighted by a special visit from his mum.

Thoughtful touches from staff created a cheerful atmosphere, making him feel truly celebrated.

#birthdaycelebration

You Said, We Did

Ed's Holiday Planning:

Ed co-designed his Liverpool holiday, building confidence and independence

Antony's Flat Makeover:

A full redecoration with Antony choosing colours and layout—creating a homely and uplifting space.



Community & Togetherness



Creative Arts Week (Cambridgeshire):

Painting, pottery, poetry, and murals—showcasing imagination and self-expression.

End of Summer Parties:

From Cambridgeshire to East Sussex, service users danced, played games, and enjoyed delicious treats—closing the summer with joy.

#Wellbeing

Staff Spotlights & Achievements



Sarah Woodard

Promoted to Service Manager a true example of leadership and dedication

Congratulations, Sarah we're excited to see all the wonderful things you will achieve in this new role!

#LeadershipInAction



Mr Chris Graham

As National Operations Director, Mr. Chris Graham leads with vision, accountability, and compassion.

#InspiringLeadership

Recipes of the Month

Roasted Tomato & Basil Tart (Essex)

A light, seasonal tart with cherry tomatoes, goats' cheese, and basil.

#FreshAndTasty



Homemade Vegetable Pasta Bake (Cambridgeshire):

A comforting dish with pasta, vegetables, and golden cheese topping.



Contact & Feedback

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