

SEP
2025

Monthly Newsletter

Focus Care Support Living

Featuring highlights from Essex, East Sussex,
Cambridgeshire, Suffolk & Stockwell Road



FOCUS CARE SUPPORTED LIVING
“Our Focus Is You”

Celebrating Care, Community & Connection





Content Overview

September brings gentle autumn changes, new routines and fresh opportunities to grow, connect and celebrate across our homes.

1.

September Across Our Homes

A warm introduction to the month's theme of change, connection and fresh starts across our homes.

2.

Service User Spotlight

Short stories celebrating people's achievements, independence and everyday wins.

3.

Adventures, Outings & Everyday Joys

Highlights from days out, holidays and simple moments that made people smile.

4.

You Said, We Did

How ideas from the people we support are turned into real experiences and new opportunities.

5.

Community & Cultural Celebrations

Events, traditions and gatherings that bring people together and honour what matters to them.

6.

Celebrations & Birthdays

Special days marked with cake, laughter and time with friends, families and teams.

7.

Staff Spotlights

Appreciating colleagues, welcoming new team members and sharing learning highlights.

8.

Recipes of the Month

Seasonal food, simple activities and cosy ideas to enjoy at home.

9.

Contact & Feedback

Share your thoughts to help us keep improving.

September Across Our Homes



Season of Gentle Change

September brings cooler days, new routines and fresh energy into our homes and communities.

Ubuntu in Everyday Practice

Across all regions, we live our value of “I am because you are” by supporting independence, choice and connection.

A Thank You From Our Leaders

Regional teams thank every colleague, family member and service user for the care, patience and positivity shown this month.





SERVICE USER SPOTLIGHTS



Learning & Moving Forward – East Sussex & Essex

Shannon (East Sussex) and Connor (Essex) embrace new college timetables, mixing study with gym sessions, volunteering and growing confidence.

Building Confidence, Step by Step – Cambridgeshire

Nicola and Ellie mark special days with park walks, farm trips, zoo visits and Halloween prep, turning each outing into a win for independence.

New Home, New Chapter – East Sussex (Hollywood House)

Molly settles into Hollywood House with art, train travel, gym sessions in Lewes and volunteering at Scope in Brighton.



Holidays & Happy Days – East Sussex

Jonathan, Jack and Matthew celebrate birthdays, travel to London and the coast, and tackle tree-trekking at Center Parcs with real courage.



ADVENTURES, OUTINGS & EVERYDAY JOY

Autumn Out & About – Cambridgeshire

Callum, Sean and Stephen enjoy shopping trips, garden centres, funfairs, seaside breaks and even a community litter-pick.

A Full Week at Stockwell Road

Service users balance appointments and exercise with homely routines like cooking, laundry, bingo, pool and time in the garden.





“YOU SAID, WE DID” & POSITIVE RISK-TAKING



Listening & Acting – Essex

Emma’s London tour, Ed’s church visits and Kenny’s potato harvest show how ideas shared become real experiences.

Making Home Feel Like Home – Essex

With colour choices and hands-on decorating support, Emma reshapes her flat into a space that feels truly hers.

Brave Steps, Safe Support – East Sussex & Cambridgeshire

Matthew’s holiday at Center Parcs and Ellie’s visit to Sacrewell Farm are carefully planned positive risk-taking successes.





COMMUNITY, FAITH & CULTURAL CELEBRATIONS

Onam at Hollywood House – East Sussex

Colleagues mark Onam with colour, story and shared food, celebrating culture, harvest and togetherness.

Faith, Routine & Belonging – Cambridgeshire & Essex

Hywel (Cambridgeshire) and Ed (Essex) are supported to attend church, keeping routines that bring comfort and community.

Hearts & Goodbyes – Cambridgeshire & Suffolk

World Heart Day at Caldecote celebrates healthy living, while Suffolk teams pause to remember and say goodbye to much-loved service users.



CELEBRATIONS & BIRTHDAYS

Special Days Across Our Homes

Birthdays for Rachel (Cambridgeshire), Dhanya (Suffolk), Jonathan (East Sussex), and Franceline & Kazeem (Stockwell Road) are marked with cake, smiles and kind words.

Small Changes, Bright Days – Cambridgeshire

Rosie's new curtains and bus trip, and Jordan's clubs, cycling and exercise classes show how little changes can lift the whole month.

Looking Forward Together

People across all regions talk excitedly about upcoming birthdays, holidays, days out and festive plans.

STAFF SPOTLIGHTS, TRAINING & NEW FACES



Going the Extra Mile – Essex Teams

Staff supporting Archie and Antony receive heartfelt thanks for calm, skilled care during important health appointments.

Warm Welcome to New Colleagues

Michelle (East Sussex) and Paul & MJ (Stockwell Road) bring fresh energy, warmth and experience to their new teams.

Learning, Planning, Improving – All Regions

Medication-audit training, business continuity planning and ongoing development help teams keep people safe and supported.





Comfort on a Plate – Seasonal Recipes

Creamy mushroom &
butternut squash pie.

RECIPES OF THE MONTH



Comfort on a Plate – Seasonal Recipes

Apple & blackberry crumble bring a taste
of autumn to kitchen tables.



Contact & Feedback



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