



Monthly Newsletter

An independent healthcare provider for you.



FOCUS CARE SUPPORTED LIVING
“Our Focus is You”

Joyful Moments of Connection and Learning in Our Communities

Focus Care Support Living

Celebrating togetherness across
Cambridgeshire, Essex, East
Sussex & West Midlands.

NOV 2025

Content Overview

1. Welcome To November
2. Highlights: Cambridgeshire
3. Highlights: East Sussex
4. Highlights: Essex
5. Highlights: West Midlands

6. Celebrations & Special Days
7. Activities & Outings
8. Learning & Well – Being
9. Moments That Made Us Smile
10. Contact & Feedback

WELCOME TO NOVEMBER



Seasonal Fun & Halloween Joy

November brought warm moments, new skills, celebrations, and thoughtful activities across all our homes. From creative sessions and community walks to music, baking, and preparation for the winter season, every service user enjoyed a month filled with comfort and connection.

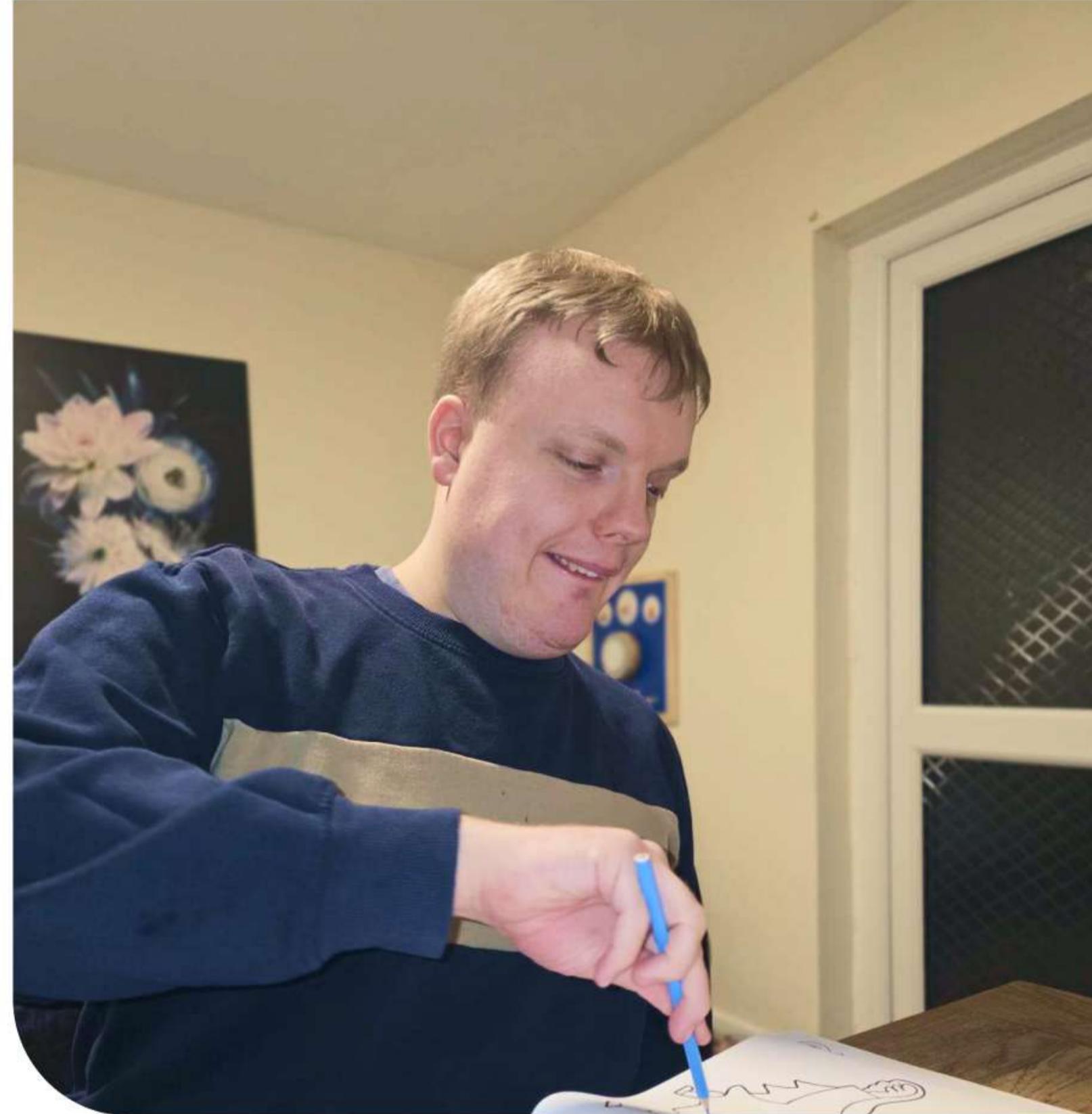
Thank you to our teams for creating such supportive and joyful spaces.



REGIONAL HIGHLIGHTS: CAMBRIDGESHIRE

Outdoor Relaxation

Walks around the garden and local community gave everyone a chance to enjoy crisp November air.



Creative Days

Service users enjoyed a relaxing art session with watercolours and pastels, creating bright and cheerful pieces.



Music & Rhythm

A lively drumming session encouraged movement, expression, and lots of smiles.



Baking Fun

Cupcakes and cookies filled the home with sweet aromas and warm, shared moments.

REGIONAL HIGHLIGHTS: EAST SUSSEX

Bonfire Night Outing

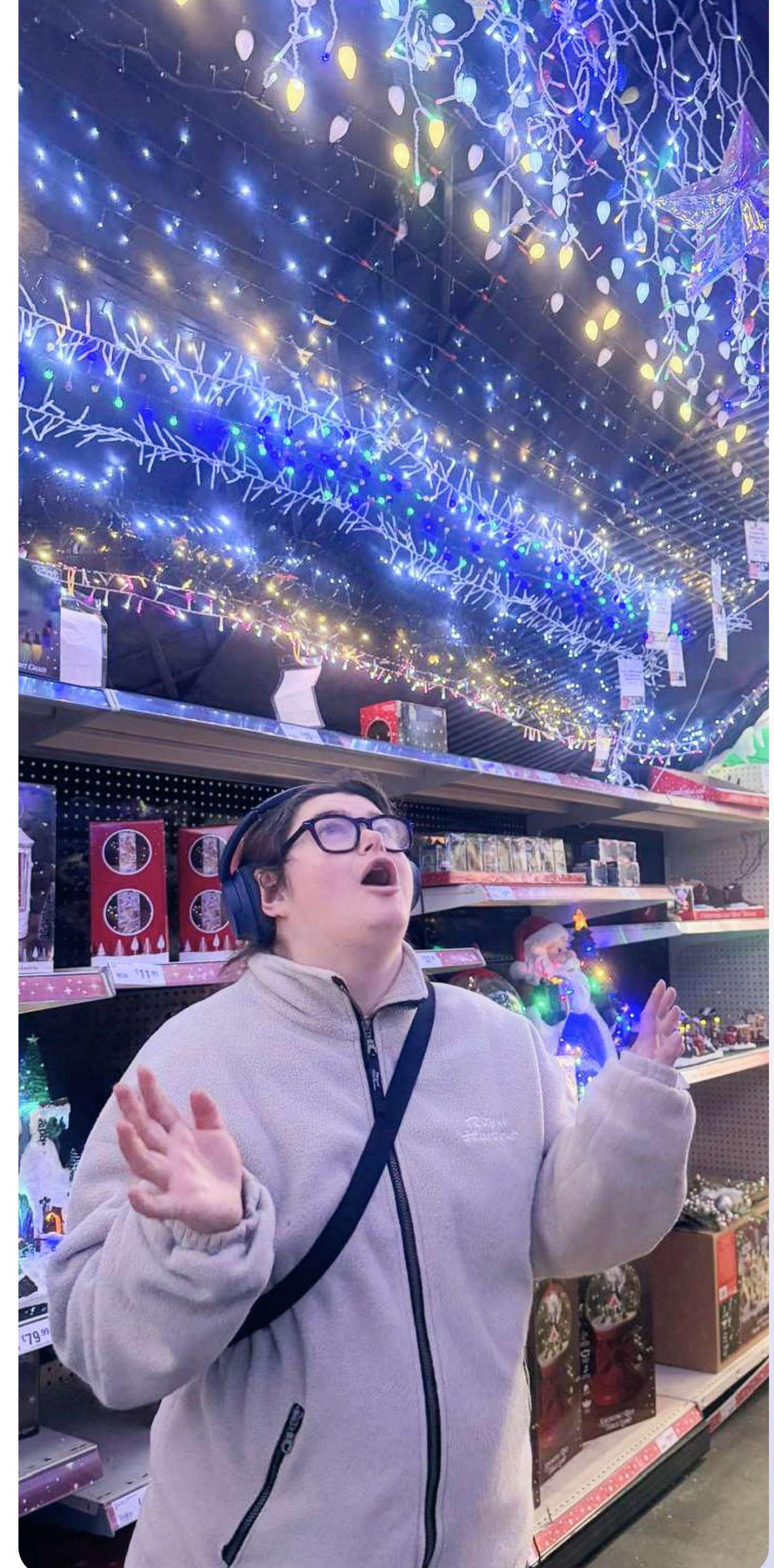
Service users enjoyed a gentle evening walk to see the bonfire and festive lights.

Confidence & Independence

Service users practised life skills including shopping, meal preparation, and community tasks

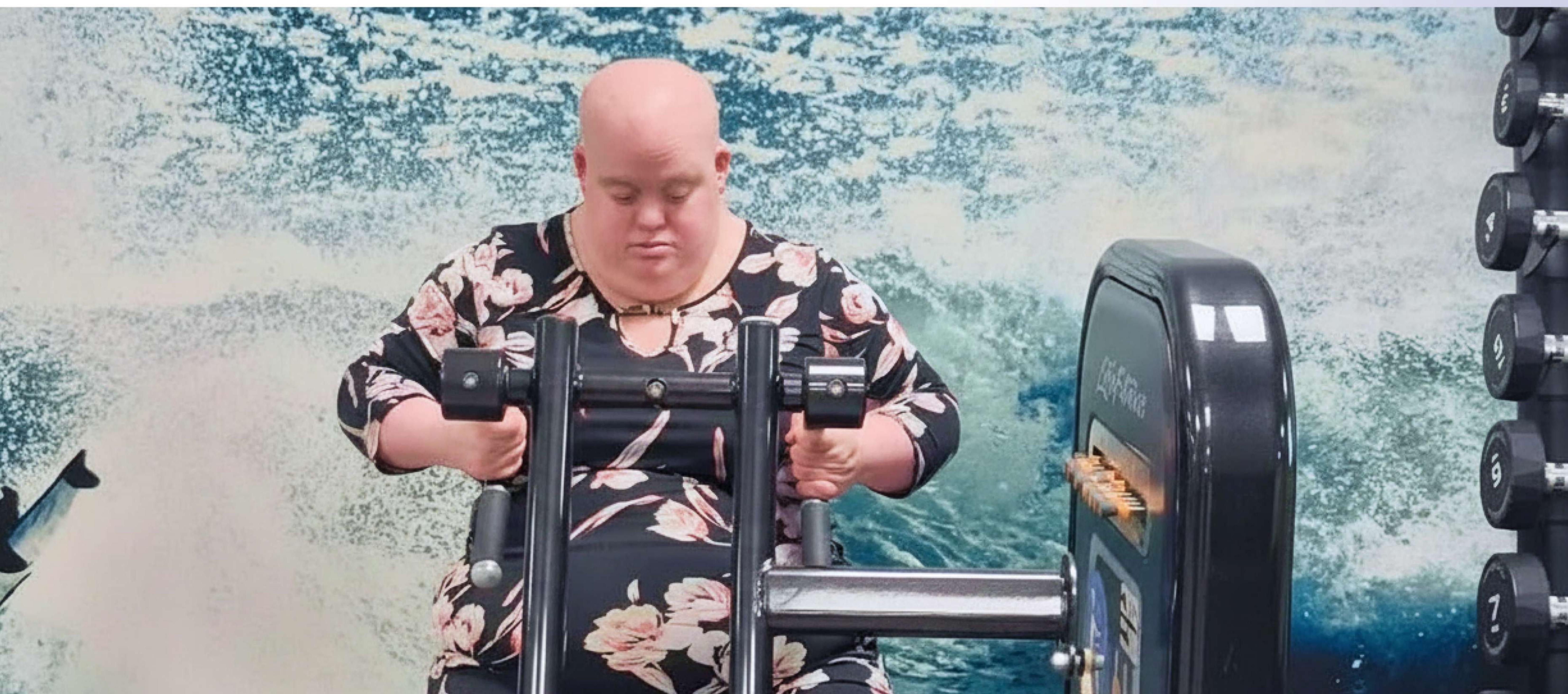
Seasonal Crafts

Painting sessions and pattern stamping helped everyone explore new textures and colours.



Cosy Indoor Activities

November brought puzzles, movies, warm drinks, and calm afternoons indoors.



REGIONAL HIGHLIGHTS: ESSEX

Cupcake Decorating

Service users enjoyed choosing toppings and decorating their own cakes, sharing lots of laughs along the way.



Life Skills Sessions

This month's focus included laundry, budgeting, and meal choices – all done with growing confidence.



Relaxation Time

Calming colouring activities and music moments helped everyone unwind.



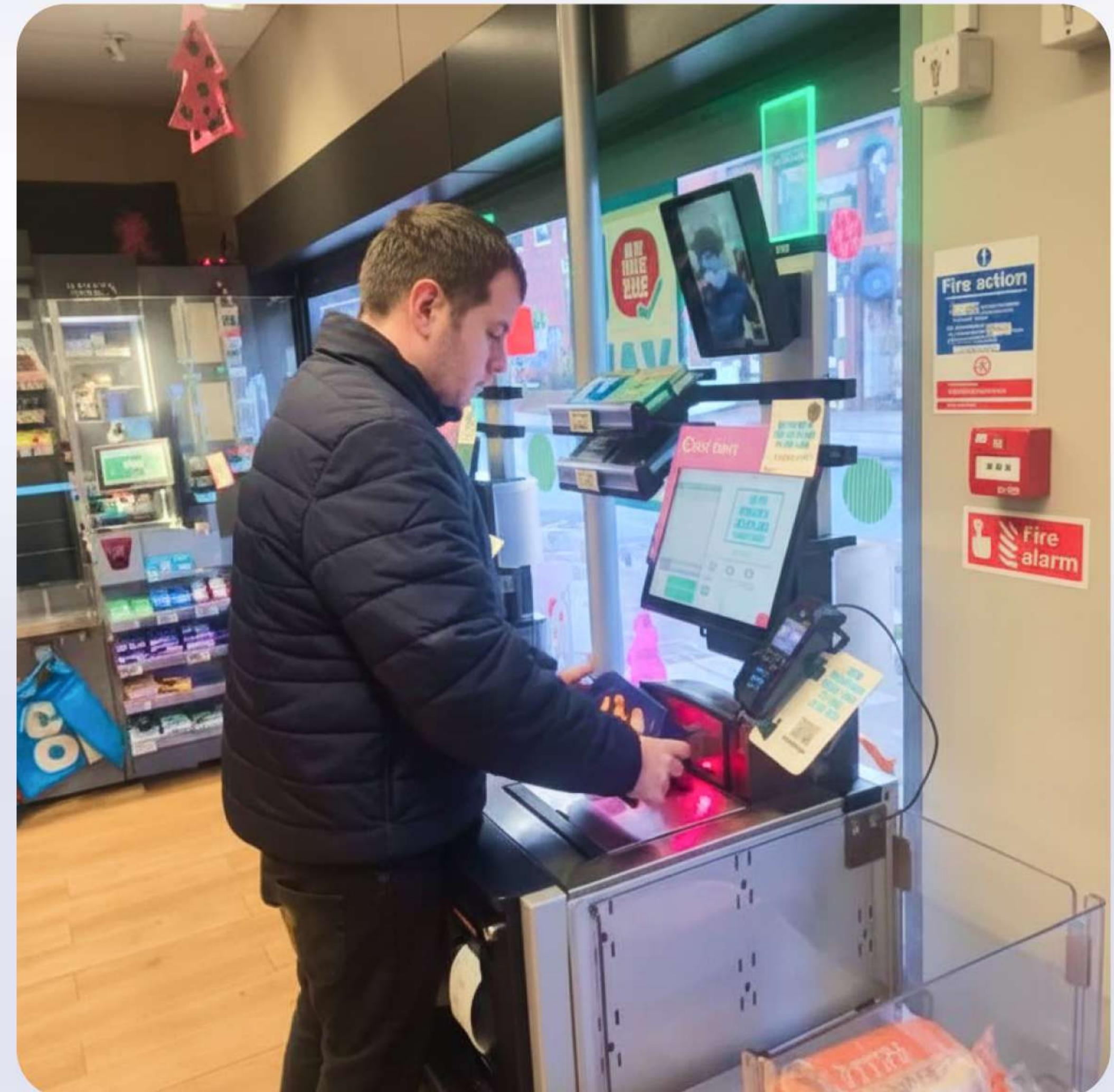
Daily Routines

Cooking simple meals together added warmth and connection to the day.

REGIONAL HIGHLIGHTS: WEST MIDLANDS (STOCKWELL ROAD)

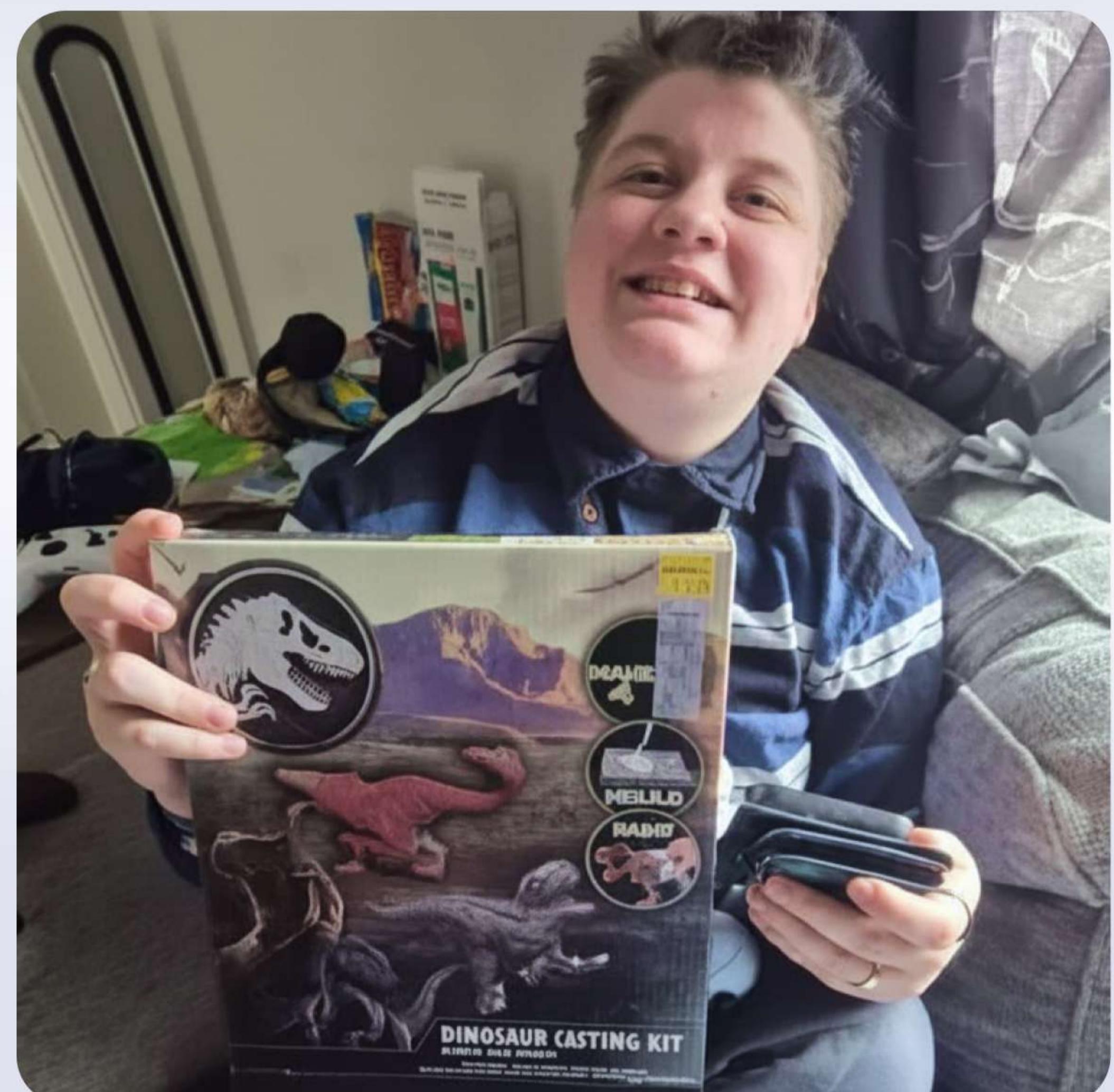
Community Walks

Service users enjoyed local walks and fresh air, stopping to admire nature and seasonal changes.



Shopping Trips

Gentle outings to nearby shops helped build confidence and independence.

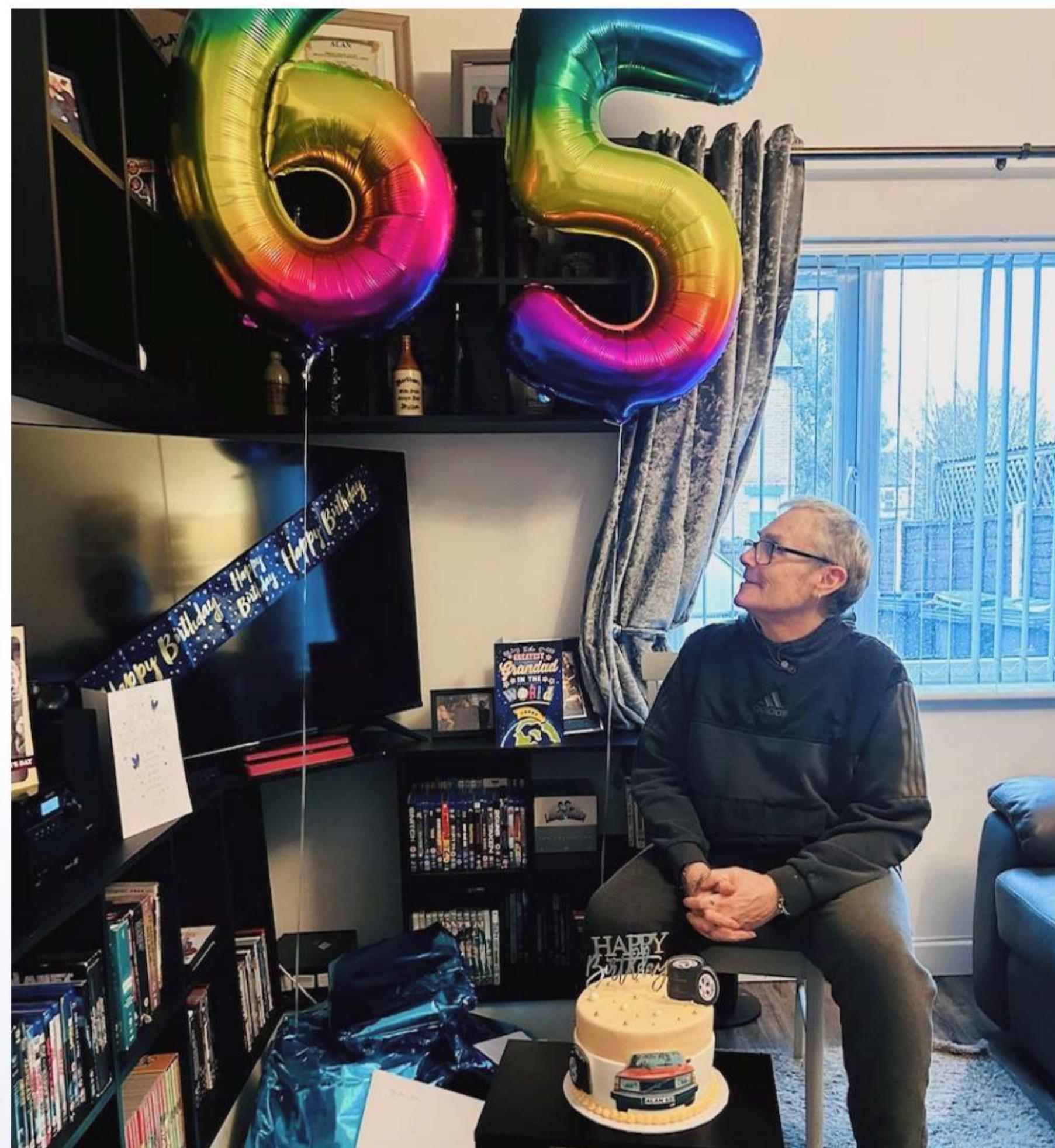


Indoor Activities

Service users enjoyed colouring, crafts, and small-group activities that created calm, shared moments.



CELEBRATIONS & SPECIAL DAYS



Birthdays Across Our Homes

Warm celebrations with cake, music, and cheerful decorations across regions.



Small Wins

Completing new skills, joining group activities, speaking up more confidently and making new choices.

Bonfire Night & Seasonal Festivities

Across multiple homes, service users enjoyed fireworks, warm drinks, and seasonal displays.



ACTIVITIES & OUTINGS



In-Home Activities

Art, painting, puzzles, colouring, board games, and themed crafts filled November with creativity.



Baking & Cooking

Service users took part in making cupcakes, preparing meals, and learning new kitchen routines.

Outings

Walks, shopping trips, and scenic drives brought joy and a sense of independence.

LEARNING & WELL-BEING

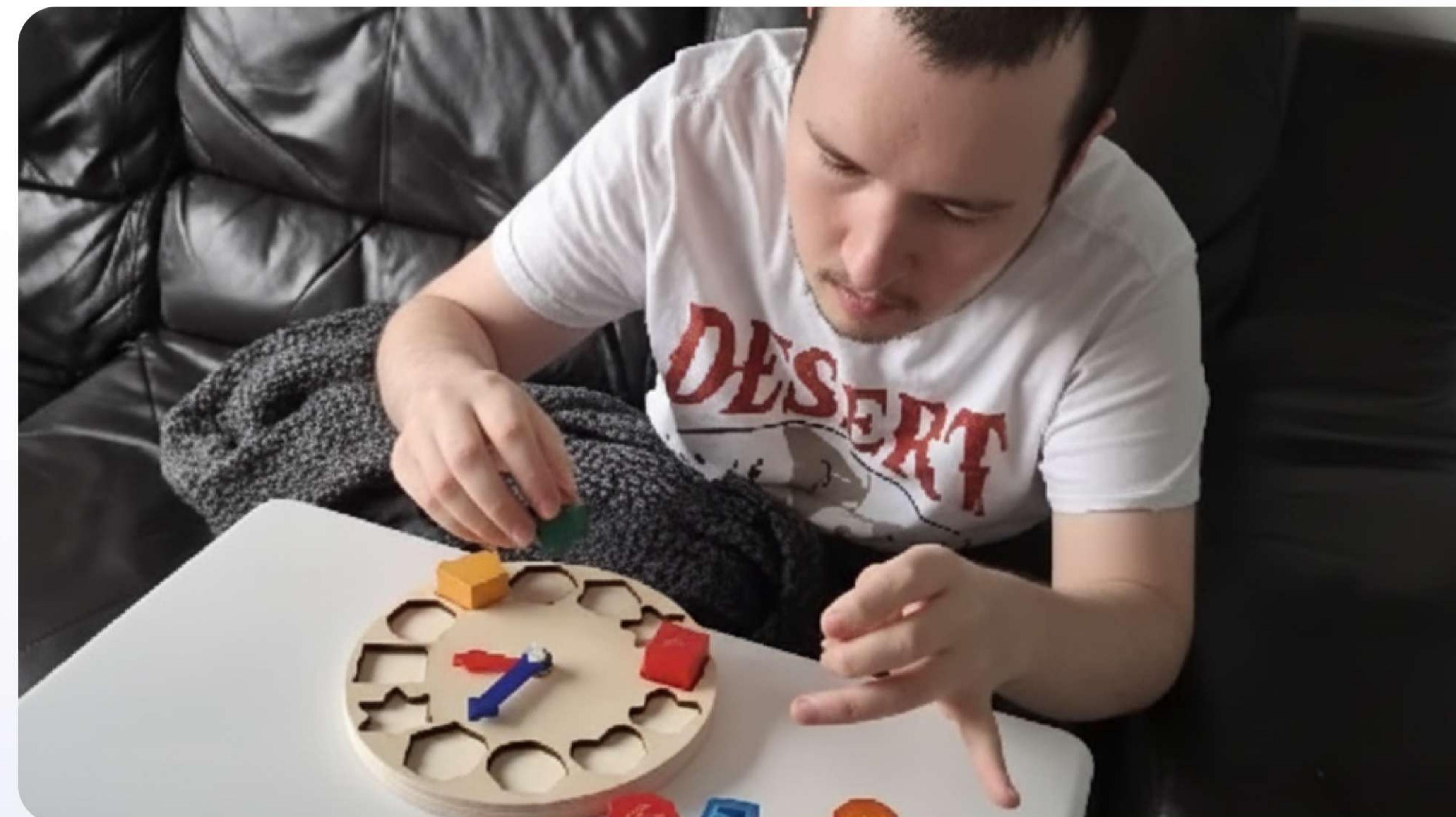


Life Skills Development

Cooking, cleaning, budgeting, and community tasks were practised across regions.

Creative Expression

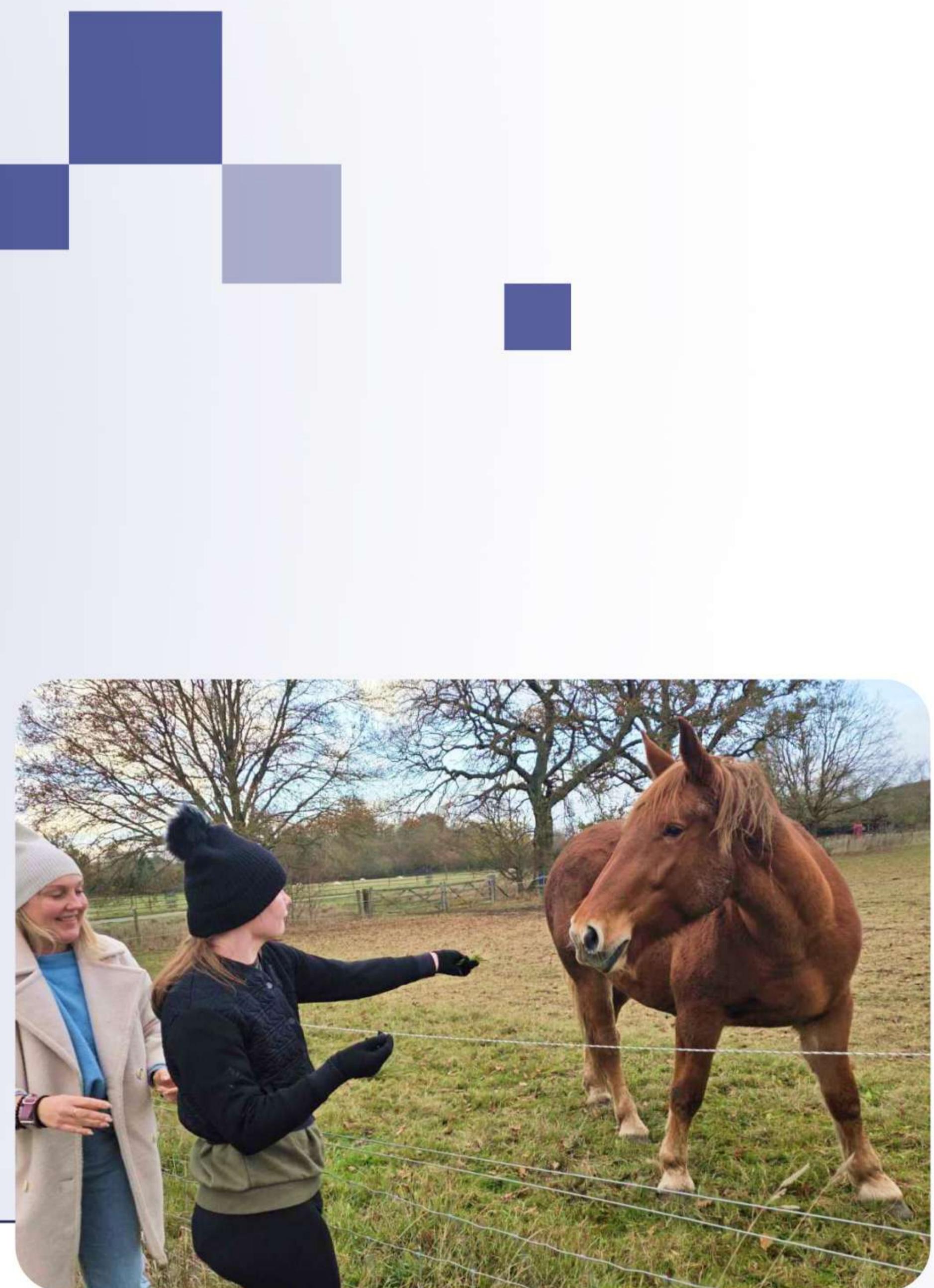
Art and music continued to help service users build confidence, communication and self-expression.



Emotional Well-being

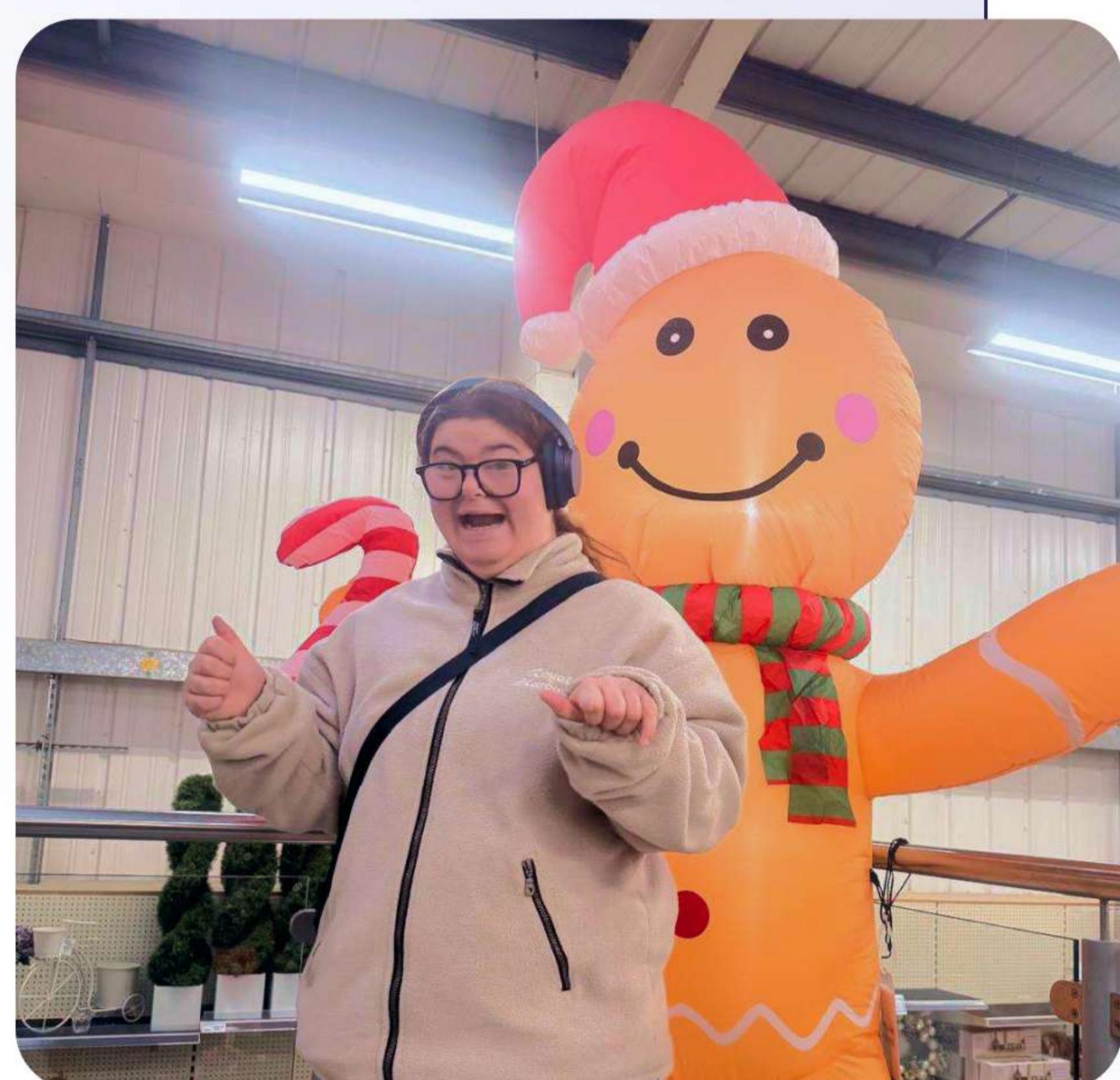
Calming sensory activities, quiet corners, soft music, and one-to-one time supported comfort and grounding throughout the month.

MOMENTS THAT MADE US SMILE



In-Home Activities

In-Home Activities
Art, painting, puzzles, colouring, board games, and themed crafts filled November with creativity.



CONTACT & FEEDBACK



Stockwell Rd

Sandra McMillan
Regional Ops Manager

sandra.mcmillan@focuscareagency.com
07593 270870

Cambridgeshire

Esther Shomoye
Regional Operations Manager

esther.shomoyefocuscareagency.com
07523 272209

East Sussex

Christine Goldstone
Regional Operations Director

christine.goldstone@focuscareagency.com
07399 549019

Essex

Mel Purcell
Regional Operations Manager

melanie.Purcell@focuscareagency.com
07707 646980