

OCT, 2025



FOCUS CARE SUPPORTED LIVING
"Our Focus is You"

Autumn Moments & Bright Smiles

Focus Care Support Living

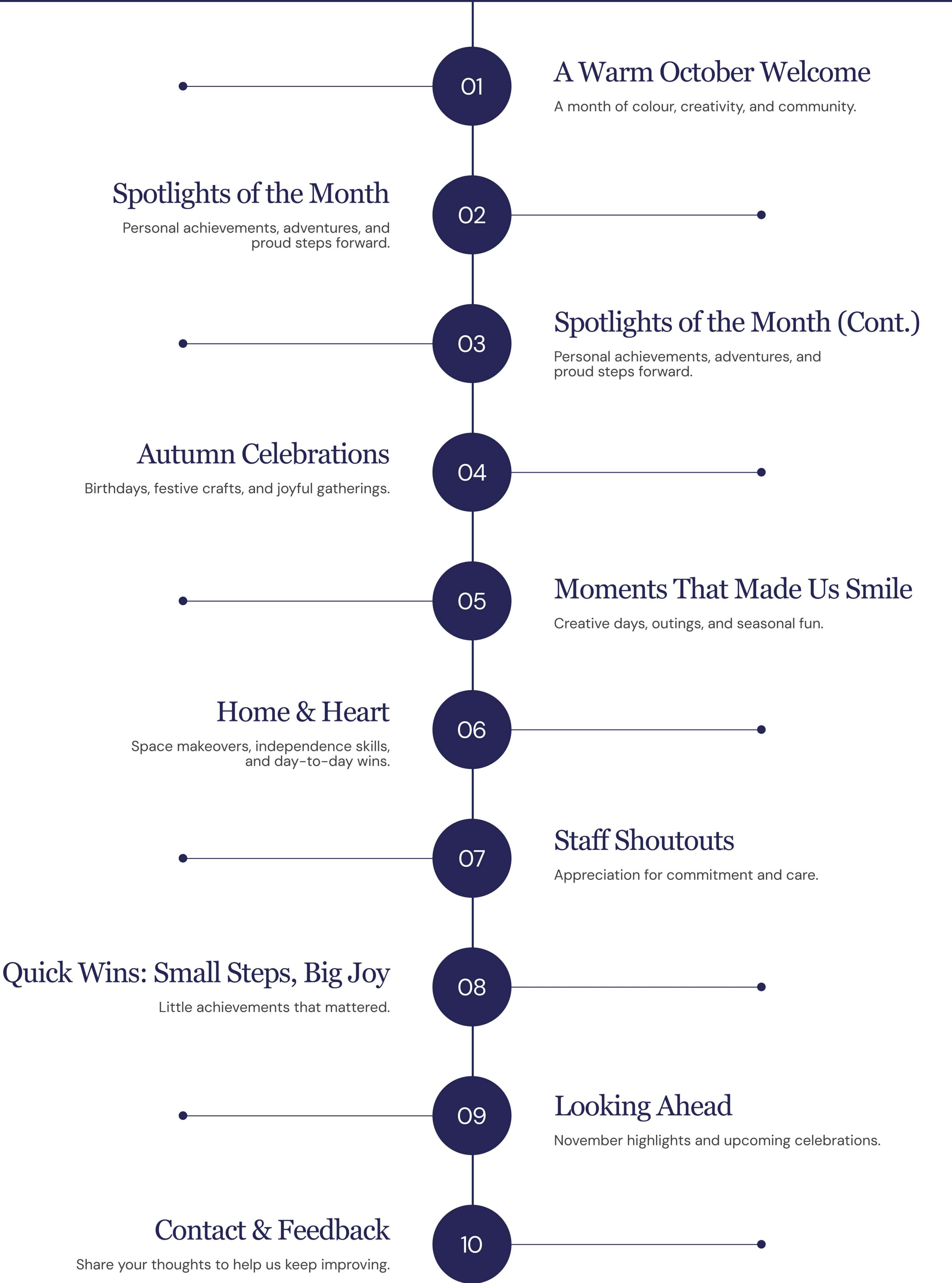
Celebrating togetherness across
Cambridgeshire, Essex, East
Sussex, Suffolk & West Midlands.

Monthly Newsletter

An independent healthcare
provider for you.



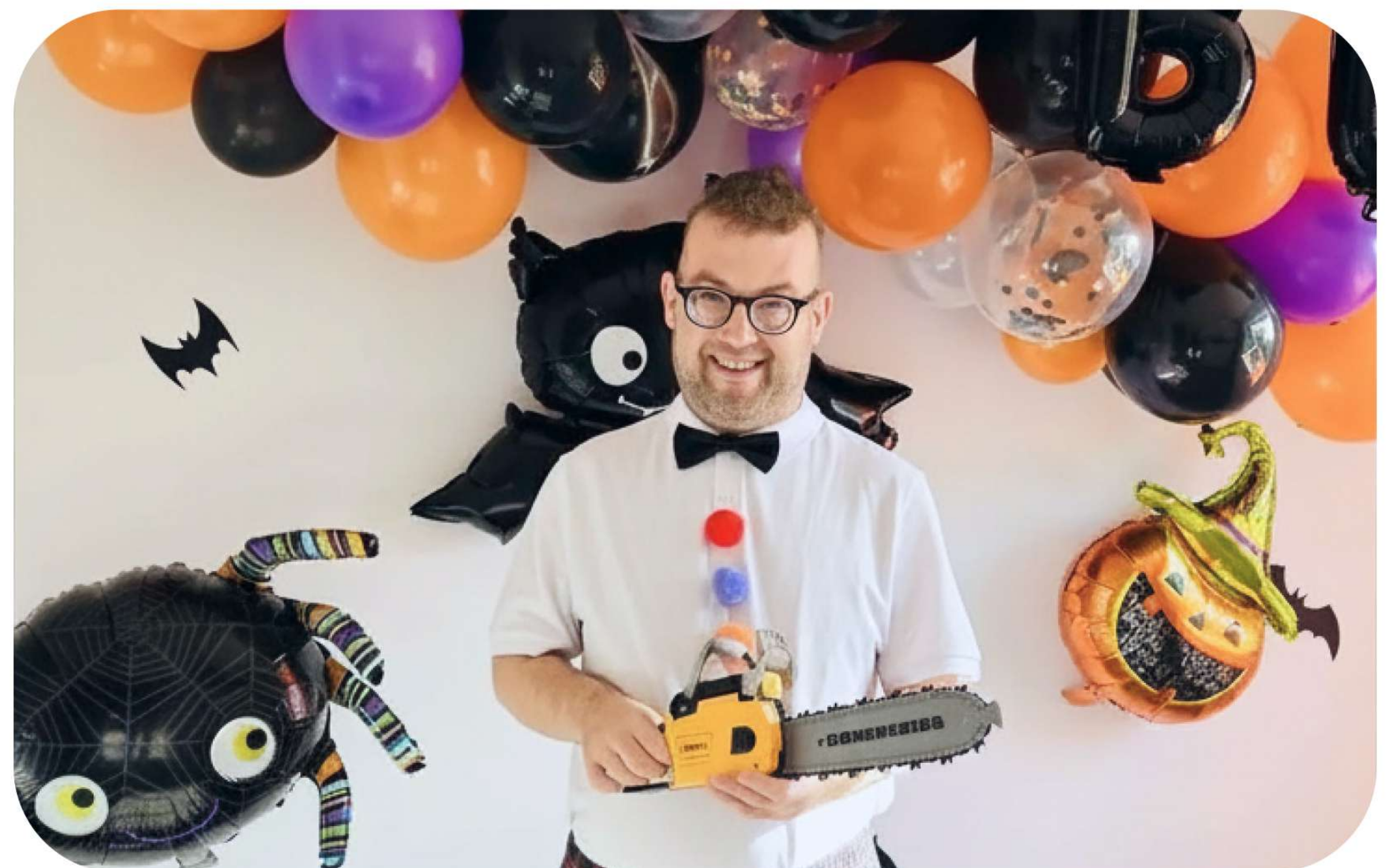
Content Overview



A WARM OCTOBER WELCOME

October brought bright colours, quiet reflections, creative days, and celebrations across all our homes.

From autumn walks and Halloween fun to community outings and meaningful little milestones, this month showed how much joy grows when people feel supported, valued, and connected.



SPOTLIGHTS OF THE MONTH (REGIONAL HIGHLIGHTS)

Cambridgeshire Highlights

From Cultural Day celebrations to Halloween crafts and autumn outings, individuals enjoyed baking, gym sessions, seaside trips, stable visits, art activities, and family days filled with warmth.

East Sussex Highlights

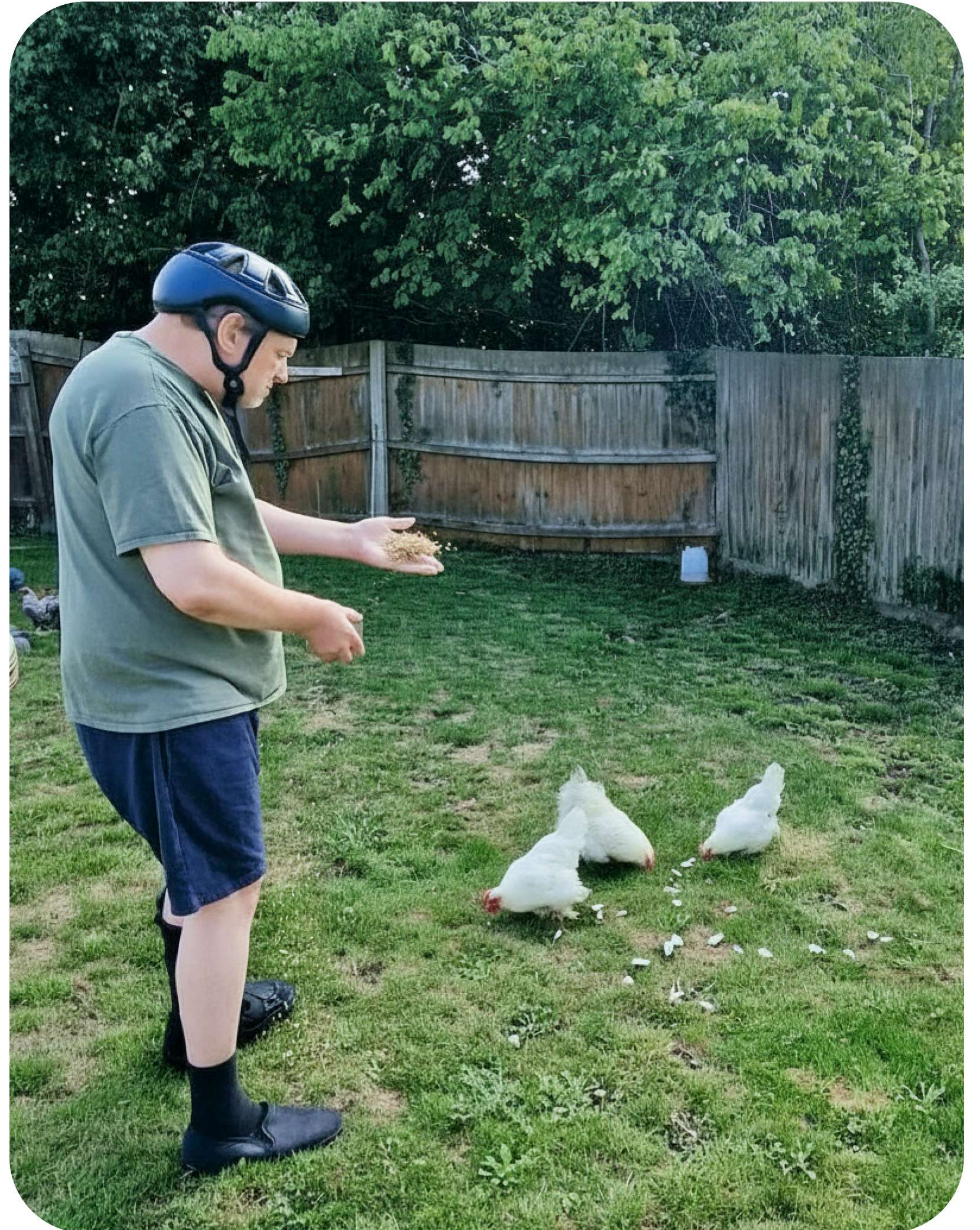
Jack progressed with cooking and travel confidence; Juliet embraced gym sessions and volunteering; Stephanie enjoyed aquarium visits and creative Halloween décor; Shannon and Chloe celebrated meaningful birthdays.

Essex Moments

Lively bowling trips, arcade fun, seaside days, community cooking, and warm participation in Breast Cancer Awareness crafts and Central Ave Halloween gatherings.



SPOTLIGHTS OF THE MONTH (CONTINUED)



Suffolk Stories

Dessert Day baking, birthday celebrations, and a touching transition for James as he moved closer to family. Staff also worked on training, preparations, and creating warm home environments.

West Midlands (Stockwell Rd)

Teddy Bear Day, a heartfelt Macmillan Coffee Morning, local outings, creative activities, and shared community moments created a warm rhythm throughout the month.

AUTUMN CELEBRATIONS

Seasonal Fun & Halloween Joy

Homes across all regions enjoyed dressing up, decorating, carving pumpkins, and welcoming friends for Halloween celebrations filled with laughter and creativity.



October Birthdays & Bright Moments

A joyful month across regions with birthdays, small gatherings, heartfelt visits, surprise cakes, and happy milestones.



MOMENTS THAT MADE US SMILE



Creative Corners

Painting, colouring, baking, crafting, and sensory activities brought colour and calm to many homes.

Days Out & Adventures

Bowling, seaside visits, forest walks, museum trips, aquarium days, and scenic bus outings added fresh air, independence, and confidence.



HOME & HEART

Little Improvements, Big Comfort

Homes worked on gentle makeovers, seasonal decorations, and creating warm, personalised spaces for everyone.

Independence in Everyday Life

Cooking dinner, cleaning rooms, preparing snacks, organising belongings, and practising life skills helped build confidence and pride across all age groups.



STAFF SHOUTOUTS

With Thanks & Appreciation

Across all regions, staff have shown steady commitment, kindness, and support – from helping someone achieve a personal goal to organising activities or simply being a warm presence.



Salma (Stockwell Rd) — celebrated for dedication and leadership.

Staff across regions recognised for compassionate teamwork.

QUICK WINS: SMALL STEPS, BIG JOY



Quick Wins of the Month

Matthew enjoyed a dream hotel stay and air show experience.

James reconnected with his old care team and settled beautifully in Suffolk.

Bhranavi celebrated Diwali with pride and joy.

Jayne made her own cup of tea for the first time in years.

Individuals across Essex cooked meals, completed puzzles,
and joined festive events.



LOOKING AHEAD

As daylight shortens and winter approaches, preparations for upcoming celebrations have started across our services — from festive craft days to themed outings and warm gatherings.

November brings new moments to look forward to, new goals to explore, and new smiles to share.



Contact & Feedback

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