



DEC 2025



**FOCUS CARE SUPPORTED LIVING**  
"Our Focus is You"

# Celebrating Joyful Connections and Learning in Our Communities This December

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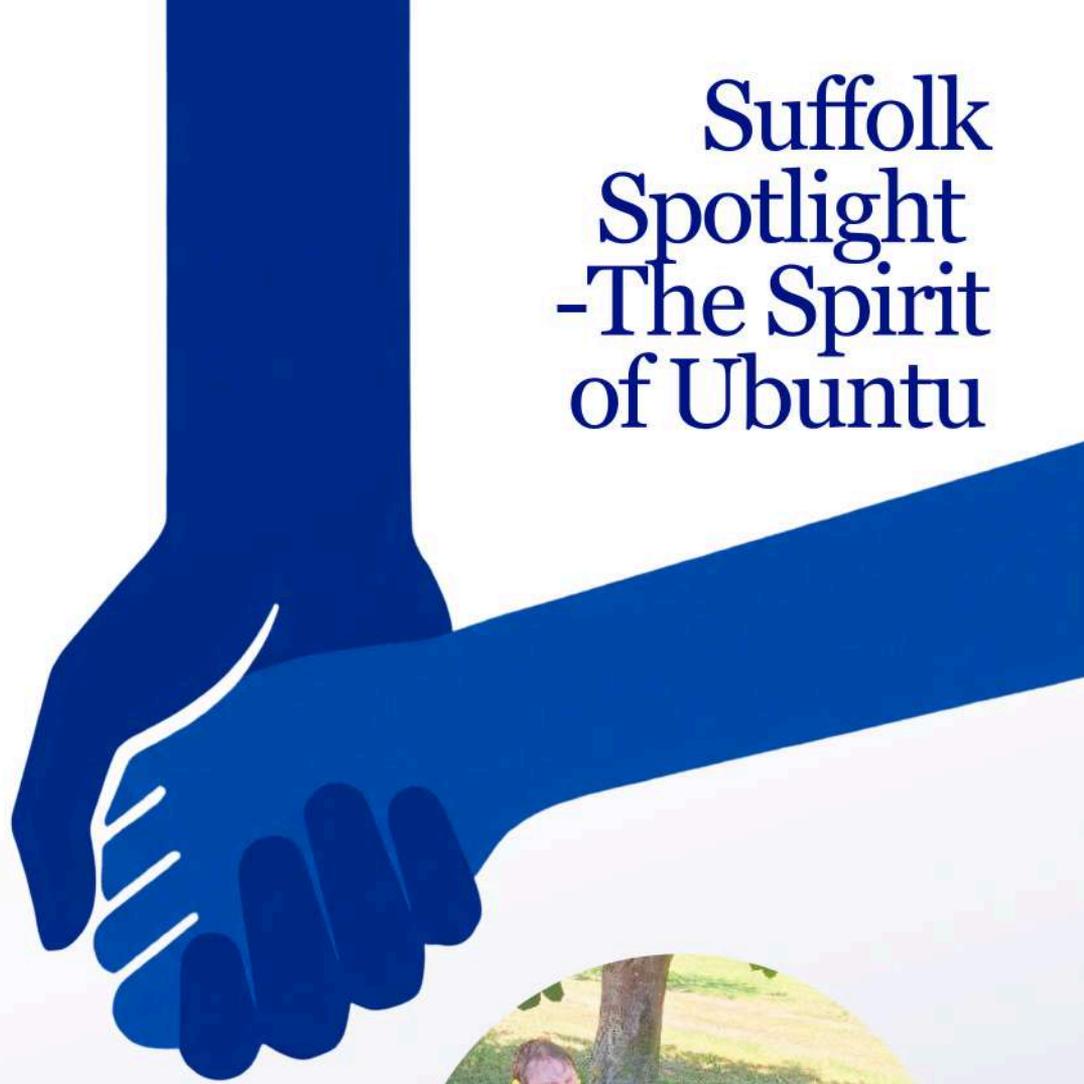
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# Suffolk Spotlight -The Spirit of Ubuntu



## "I am because you are":

At Suffolk, we embraced the philosophy of Ubuntu, fostering a community where we grow together.



## December Achievements:

As the year closed, service users continued to reach higher, striving for excellence in their personal goals.

## Community Bonds:

"Together, we've created memories that will stay with us forever, making life brighter for those we support."



# Suffolk Flashbacks – A Year in Review (2025)



## A Year of Breaking Barriers:

From small steps to big celebrations, 2025 was a year of creating opportunities.



## Growth & Independence:

We've seen people grow in confidence, reduce their care needs, and take massive steps towards independence.



## Flashback Highlights:

January–June: Welcoming new staff and fostering partnerships.  
July–November: Embracing challenges and celebrating summer milestones.



# Essex Highlights - New Homes & Elf Trails

## Welcome Home, Chris:

We are absolutely delighted to welcome Chris to his new home at Sandon Flats.

## The Festive Elf Trail:

Staff and service users got into the Christmas spirit by following the local Elf Trail, bringing laughter and adventure to the branch.

## Family First:

Staff have gone the extra mile to support festive activities and personalised celebrations that matter to each individual.



# East Sussex - Molly's Independence Journey

## Active Living:

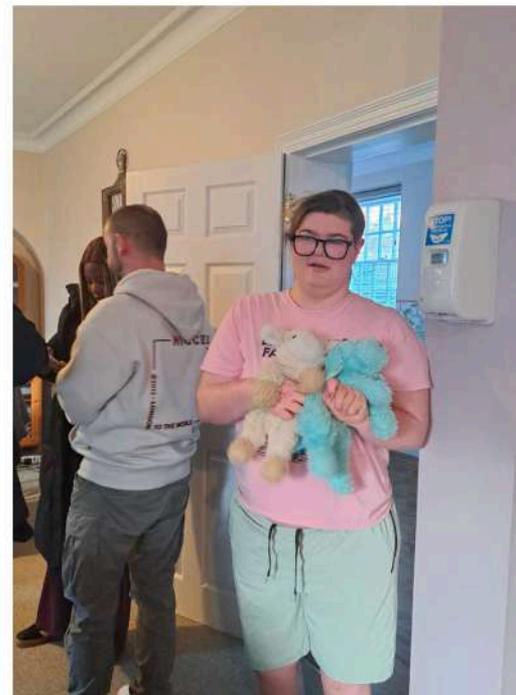
She kept up her healthy routine by attending her gym sessions in Lewes, showing great commitment to her wellbeing.

## Domestic Milestones:

Molly also spent quality time with her key worker, taking pride in completing her house chores and building her independent living skills.

## Family Fun Time!

During Christmas, Molly visited Wales to see family. She came back smiling, eager to share her stories, saying, "I enjoyed Wales." Family time meant a lot to her.



# East Sussex - Carols & Disability History Month

## Festive Harmony:

During a shopping trip, Molly joined a school choir singing carols in the shopping centre – a heartwarming moment of community connection.



## Celebrating History:

We honoured UK Disability History Month with a big party filled with singing, dancing, and snacks.



## Shared Moments:

Molly spent a special Christmas Day with her family, exchanging gifts and sharing a delicious meal.



# West Midlands – Stockwell Road Celebrations

## Birthday Wishes:

A massive Happy Birthday to Lucy and Christencia! We hope your special days were as wonderful as you are.



## New Arrivals:

Congratulations to Christencia on the arrival of her beautiful baby girl!



## A Furry Friend:

We warmly welcomed a new furry resident to the Stockwell Road family, bringing extra joy to the home.



# Stockwell Road – Skill Building & Leadership



## Resident-Led Fun:

A highlight of the month was a resident organising two engaging activity events for their peers, fostering connection and fun.



## New Management:

We introduced MJ, a new Team Leader to our management team, strengthening our support network.



## Life Skills:

Service users continued practicing essential cooking skills, building the confidence needed for independent living.

# You Said, We Did.

## You said:

Kenny valued seeing his mum at Christmas and wanted to reconnect with his brother after a decade. Family time during the holidays was important to him.

## We did:

Kenny visited his mum and brother over Christmas. These visits helped him reconnect with family. We are proud of Kenny and thank Christine and the East Street team for their support.



## You said:

Ed emphasised the importance of spending the day after Christmas with his family in Kent for their annual gathering, a cherished tradition.

## We did:

Alison helped Ed plan the visit, ensuring everything ran smoothly. This allowed Ed to relax, enjoy time with family, reconnect with loved ones, and participate in a cherished tradition. We were pleased to support this and see the positive impact on Ed's wellbeing.

# Contact & Feedback



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