



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

Monthly  
Newsletter

Jan  
2026



**Journeys of Care,  
Independence & Everyday  
Achievements.**

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# A Warm Welcome to 2026

## Starting The Year With Purpose

We begin 2026 with a focus on care, independence, and wellbeing. Shannon continues to grow in confidence, and we thank our staff and families for their support.

## Together Into A New Year

A new year brings hope, reflection, and new beginnings. Natalie and her housemates enjoyed spending time together, building connections and shared moments.

## Looking Ahead With Confidence

Daily achievements are building confidence and progress. We look ahead to continued growth and connection.



# Community Events & Celebrations



## New Year Celebration

We welcomed the new year with joy and shared celebrations. These moments brought everyone together for a positive start.



## Birthday Celebrations

Rosie celebrated her birthday with staff and friends, surrounded by decorations, laughter, and smiles. These celebrations created a strong sense of joy and belonging.



## Art Day

Creative activities on National Polka Dot Day encouraged self-expression and fun through engaging and enjoyable experiences.

# Independence & Life Skills



## Cooking Activity

Our service users celebrated Cheese Lovers Day by getting creative in the kitchen, exploring new ideas, and working together.



## Shopping Scenes

Shopping activities built confidence in daily routines, encouraging self-reliance and decision-making.



## Travel Moments

Callum had an enjoyable experience visiting the city centre, supporting his independence.



# Social Life & Community



## Community Visits

Jordan's visits to Queensgate and the library strengthened her confidence and sense of inclusion.

## Staying Active

From bus rides to grocery shopping, many activities supported independence and social engagement.



## Volunteering Moments

Volunteering opportunities encouraged meaningful engagement, responsibility, and a sense of achievement.

# Achievements & Personal Growth

Proud Moments

## Skill Development

Performing Arts and IT skills helped Shannon gain independence and new knowledge.



## Building Confidence

Our service users continue to build confidence by completing weekly food shopping, local travel, and household tasks.



# Health & Wellbeing

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## Gym Workouts

Many service users enjoy using exercise to improve strength and confidence.



## Fit & Active

Fun and engaging activities encourage movement and healthy routines.

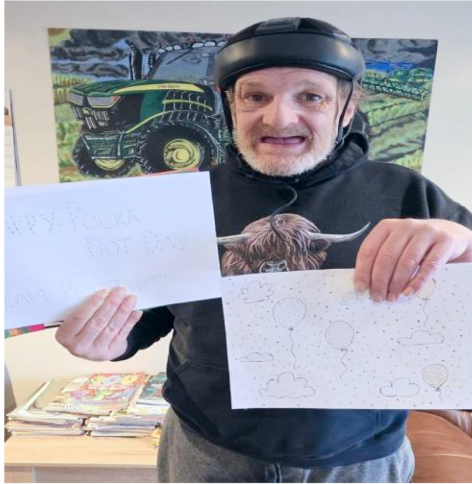


## Walking Outdoors

Nicola enjoys the fresh air and staying active during walks with staff.



# Creativity & Engagement



Moments of Joy

## Puzzle & Cognitive Activities

Supporting focus, problem-solving, and cognitive engagement through puzzles.

## Art & Craft Activities

Encouraging creativity through painting, colouring, and hands-on craft sessions.



# Recipes of the Month

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## Chicken Chow Mein

### Ingredients:

Chicken, noodles, cabbage, beansprouts, onion, red pepper, garlic, soy sauce, oyster sauce, sesame oil, cornflour, sugar, and vegetable oil.

### Method:

Cook the noodles and set aside. Stir-fry onion, pepper, and garlic, then add cabbage, chicken, and beansprouts. Add noodles and sauce, mix well, and cook for 2–3 minutes before serving.



## Vegetable Pasta Bake

### Ingredients:

Pasta, mixed vegetables, tomato sauce, garlic, herbs, cheese, olive oil, salt, and pepper.

### Method:

Cook the pasta and prepare the vegetable sauce. Mix together, place in a baking dish, top with cheese, and bake until golden and bubbly.

# Contact & Feedback



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