

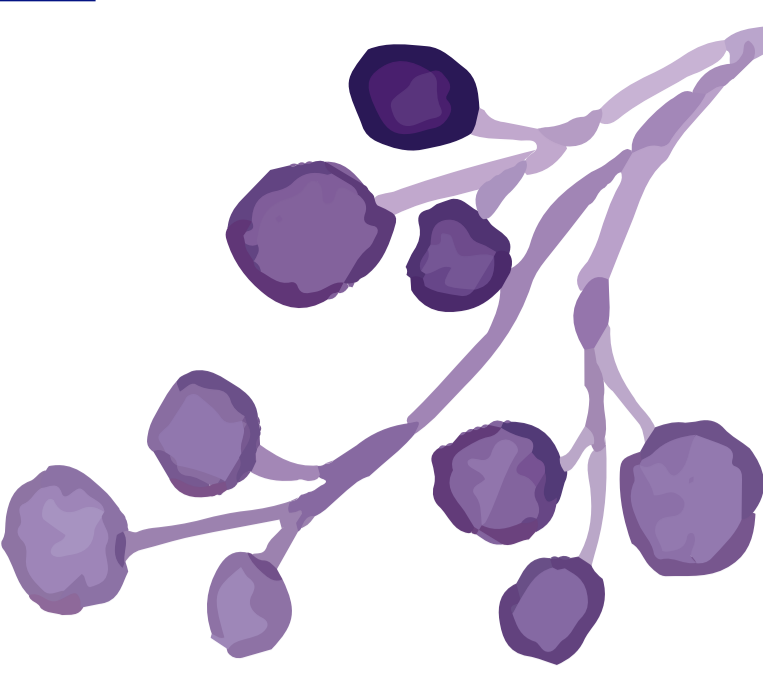


March 2026

# Welcoming Spring Through Care, Connection & New Beginnings

“Together, through care, kindness, and connection, every small moment becomes part of something meaningful.”





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# Welcome To March 2026

March has been a positive and uplifting month across all Focus Care Supported Living services, filled with growth, connection, learning, and meaningful achievements.

With spring arriving, longer days and brighter weather brought renewed energy across our homes and communities. Throughout Essex, East Essex, Suffolk, Cambridgeshire, and the West Midlands, individuals enjoyed creative activities, outdoor experiences, family moments, celebrations, education, and opportunities to build confidence and independence.

This month also highlighted the importance of compassion, teamwork, wellbeing, and person-centred care. From Mother's Day celebrations and community outings to staff training and awareness campaigns, every moment reflected the dedication of our teams and the people we support.

As we look ahead to April and Easter celebrations, we're excited to continue creating meaningful memories together.

"Great things are never done by one person they're done by a team."

Focus Care Supported Living



# Celebrating Everyday Moments

## Activities, Creativity & Community Engagement

March has been filled with exciting outings, creative activities, and meaningful social experiences across our services.

Service users enjoyed visits to museums, parks, galleries, bowling centres, restaurants, shopping trips, and community spaces, helping build confidence, independence, wellbeing, and social connections.

Creative sessions including arts and crafts, music, gardening, cooking, puzzles, and outdoor activities encouraged self-expression, relaxation, and engagement throughout the month.



Shannon visiting an art gallery with friends



Jordan enjoying bowling and outdoor activities



Molly travelling to Brighton and attending interviews



JP enjoying a memorable trip to London



Daniel building confidence through swimming



Building confidence through shopping and banking.

# Growing Through Independence

## Confidence, Life Skills & New Opportunities

March has been filled with positive progress as individuals across our services continued building confidence, independence, and everyday life skills.



Molly managed online shopping independently, attended a care home interview, and prepared for her upcoming trial shift. Chloe showed excellent self-reliance through banking, shopping, and arranging her phone repair independently.



JP explored healthier meal planning and decision-making, while Matthew's return to education highlighted the impact of the right support and learning environment.



Jason and Jordan also continued developing community access, shopping, budgeting, problem-solving, and social confidence through meaningful daily activities.

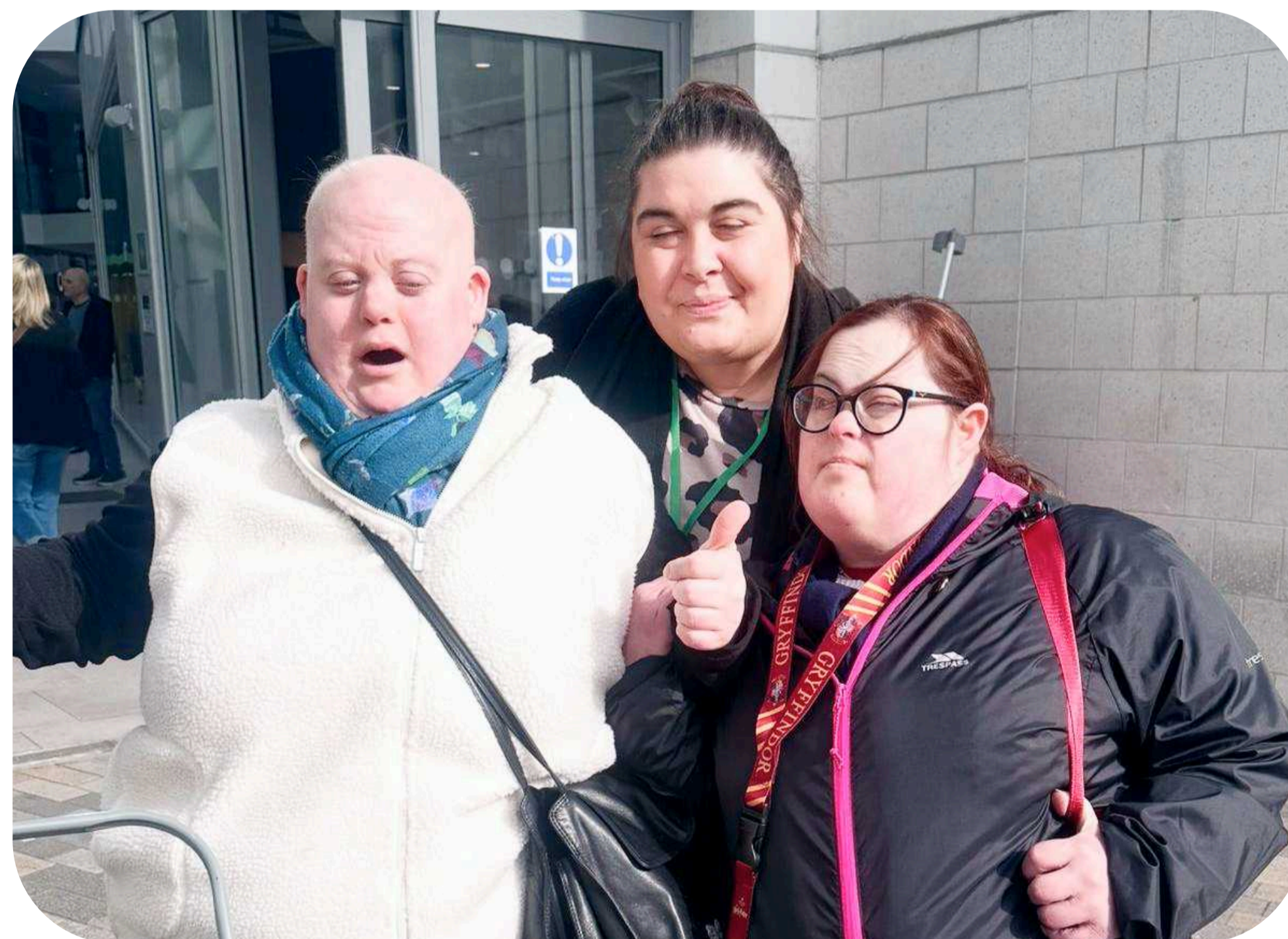
# Celebrating Love, Togetherness & Special Memories



Birthday celebrations also brought everyone together this month. **Graham's 76th birthday** was celebrated with a wonderful gathering full of smiles and laughter, while DF enjoyed a special birthday celebration with staff and peers at Stockwell Road.

Staff birthdays for **Ajitha, Regina, Owas, Coker, Manju, Salma,** and **Blessing** were also warmly celebrated across the services.

## Celebrating Special Connections



**Shannon and Natalie** enjoyed special time with their mums, sharing meals and meaningful moments together, while **Jordan** thoughtfully chose flowers and cards to celebrate his mother. **JJ** also enjoyed a lovely Mother's Day outing with his mum, creating happy memories together.



A particularly touching moment came from **Tracy**, who honoured her mum with a heartfelt balloon release in remembrance, surrounded by support and kindness from staff.

Across our homes, service users also took part in creative Mother's Day arts and crafts sessions, preparing handmade cards, gifts, and thoughtful surprises for loved ones.

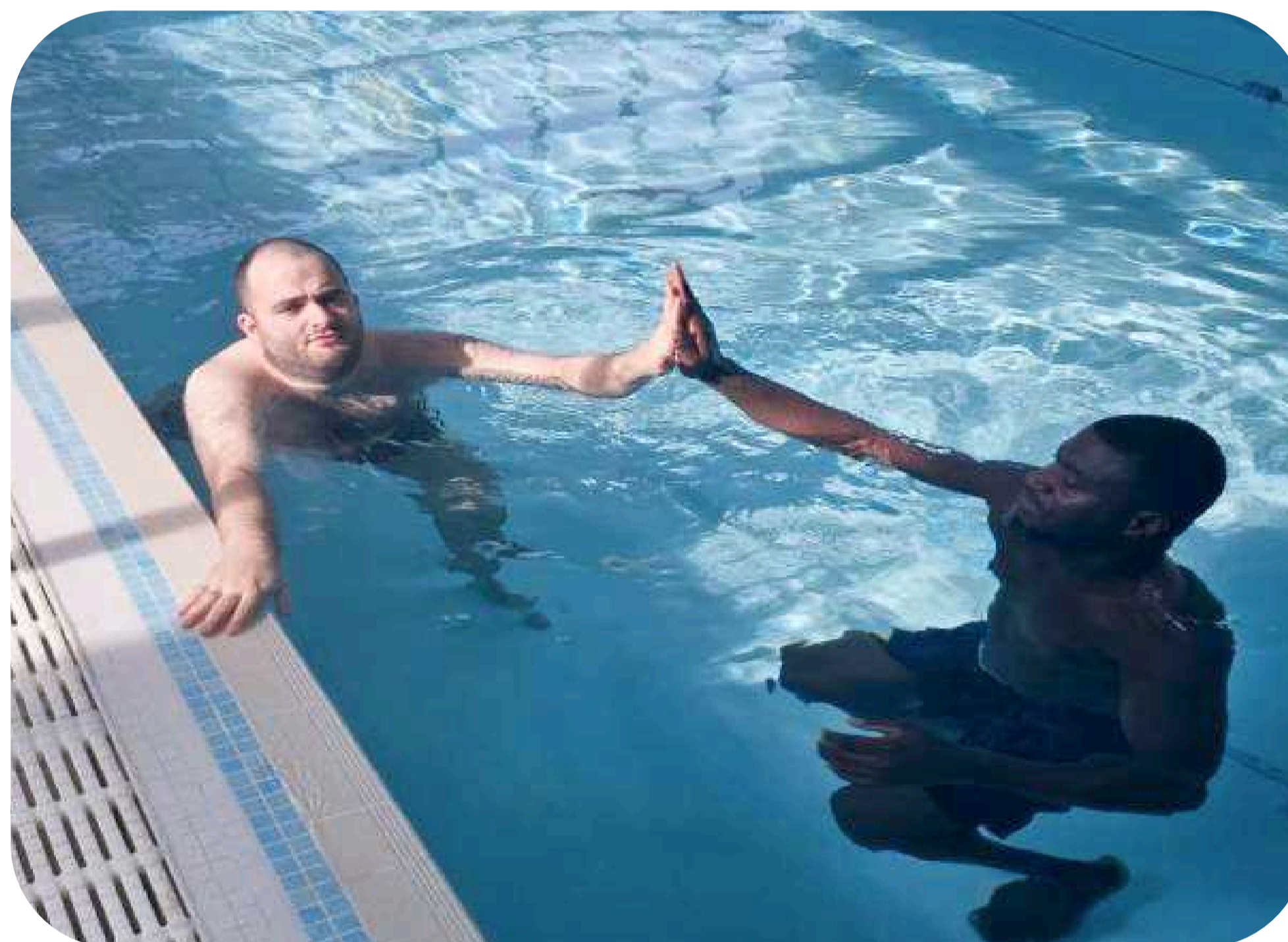
# Health & Active Lifestyle

## Supporting Positive Lifestyles & Everyday Wellbeing

March focused strongly on health, wellbeing, and active lifestyles across our services.



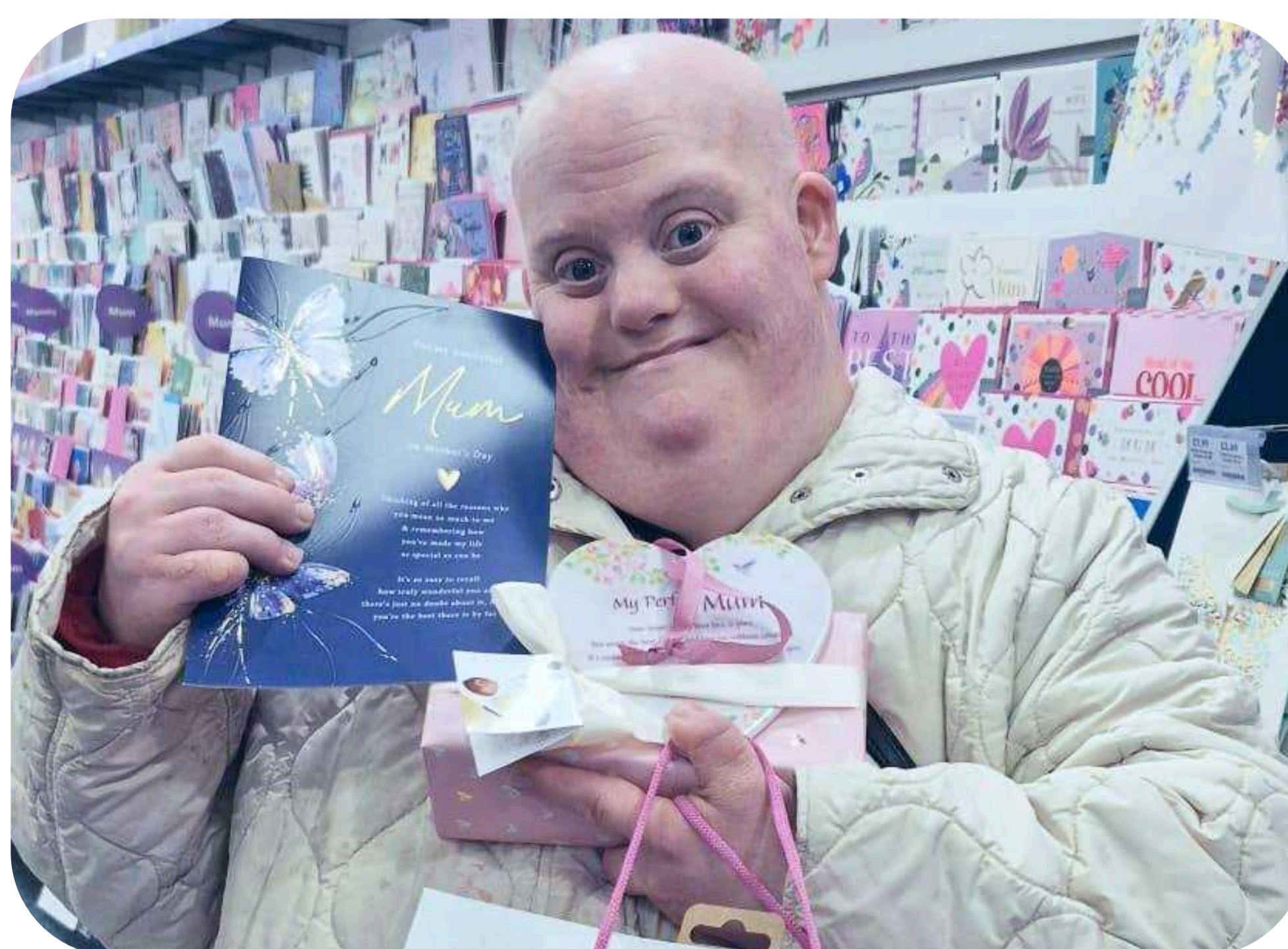
Natalie continued focusing on healthy living through daily walks, swimming, and gym sessions.



Daniel overcame his fears around swimming and turned it into a positive weekly activity.



Jordan enjoyed community outings and outdoor activities that supported his wellbeing and confidence.



Chloe continued building independence through shopping trips, community access, and everyday life skills.

Important topics including meningitis awareness, nutrition, hydration, infection prevention, and emotional wellbeing also remained a key focus across our services.

# Success & Team Growth

## Supporting Growth & Success

March highlighted the importance of learning, teamwork, and professional growth across Focus Care services.

Staff from East Sussex completed NAPPI training to strengthen communication, de-escalation, and person-centred support skills, while team members across Suffolk enrolled onto Level 3 and Level 5 Health and Social Care qualifications to support future career development.



## Christine Brenkley's Retirement

A heartfelt farewell was shared for Christine Brenkley following seven years of dedicated service and commitment at East Street.



## Simon's Staff Spotlight

Simon, our handyman, shared how his role helps create safe and positive environments across our services.



## Staff Of The Month

Chidimma Ejikeme is recognised for her dedication, positivity, and compassionate support for residents and colleagues.

# Promoting Safe & Supportive Environments

Throughout March, Focus Care services continued promoting safety, wellbeing, dignity, and person-centred care across all homes.

Key areas of focus included Regulation 12, Freedom to Speak Up, nutrition and hydration, infection prevention, emotional wellbeing, and meningitis awareness.

## Safety, Care & Wellbeing



### Emma's Awareness Project

Emma creatively supported the meningitis awareness campaign by designing colourful and informative posters to help others understand the signs and symptoms.



### JP's Healthy Choices

JP continued building confidence through healthy meal planning and making informed lifestyle choices with staff support.

Across our services, staff remained committed to creating safe, respectful, and supportive environments where individuals feel valued, heard, and empowered every day.

# Fun Corner & Recipe Of The Month

## Tasty Treats & Fun Moments

Fun Times & Tasty Bites

This month's recipe feature brought everyone together through cooking, creativity, and enjoying simple homemade meals.

## Recipe of the Month

### Honey Garlic Chicken Thighs

A delicious and comforting meal made with chicken thighs, honey, garlic, soy sauce, and herbs perfect for sharing and enjoying together.

Service users continued building confidence in the kitchen through meal preparation, healthy food choices, and cooking activities that encouraged independence and teamwork.



Tasty Moments

These fun and interactive moments continue supporting confidence, communication, relaxation, and social connection across our services.

## Fun Corner

This month also included riddles, games, wordsearches, and relaxing tea-break activities designed to encourage engagement, concentration, and enjoyment.



# Contact & Feedback

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