



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

February  
**2026**

Monthly  
Newsletter



Celebrating Growth &  
Everyday Success

  
Take a seat,  
relax and enjoy  
the reading.

**Little steps  
every day**

lead to big achievements

# Inside This Month

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# Warm Welcome

## Hello and Welcome!

Welcome to the February 2026 edition of the Focus Care Supported Living Newsletter, celebrating inspiring achievements, community activities, personal growth, and meaningful moments across our services.

From creative experiences and outings to Valentine's Day and Pancake Day celebrations, it has been wonderful to see confidence, independence, and connections continue to grow.

A big thank you to our service users, families, staff, and partners for your continued support. We hope you enjoy this month's highlights and celebrations.

Together Forward

“  
Every small step forward  
creates a brighter tomorrow.”

## This Month at a Glance

- Community activities & outings
- Personal achievements & growth
- Health & wellbeing moments
- Learning new life skills
- Recipes, games & celebrations
- Feedback, appreciation & support

Community Update



## Our Mission

Supporting individuals to live with independence, confidence, choice, and dignity every day.

# February Moments

February has been filled with positive moments, exciting activities, and personal achievements across our services.

From community outings and creative experiences to Valentine's Day and Pancake Day celebrations, it has been wonderful to see confidence, independence, and connections continue to grow.

## Monthly Highlights



### Cooking & Celebrations

Pancake Day treats, delicious meals, and lots of fun in the kitchen!



### Creative Moments

Expressing creativity and making meaningful memories.



### Community Outings

Enjoying fresh air, new places, and great company in the community.

Celebrating everyday moments and the amazing people who make our community so special.

# Real Stories

This month, we celebrate inspiring journeys, personal growth, and meaningful achievements across our services.

For our new [Central Ave resident in Essex](#), moving into supported living marked a positive step toward greater confidence and independence. With support and encouragement, settling into a new home has become an empowering experience filled with creativity, connection, and progress.

Across our services, individuals continue building confidence, learning new skills, and creating meaningful moments every day.



## Featured Highlights



**Shannon**

Staying active through volunteering, swimming, and community activities while building confidence and self-reliance.



**Molly**

Sharing her personal journey through a presentation and growing in confidence through independent travel and learning.



**Jamie**

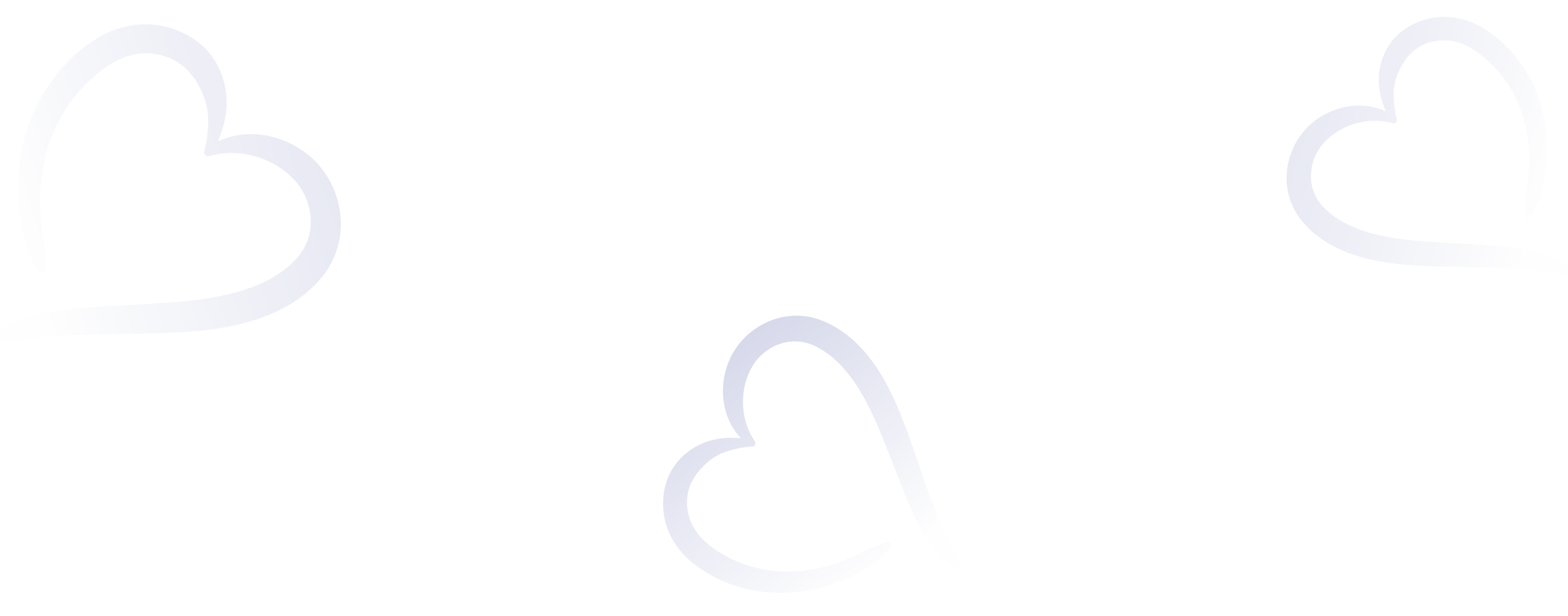
Building independence through shopping routines, community outings, family time, and daily living skills.



**JJ**

Developing reading, communication, and confidence through learning, outings, and new experiences.

Every story shared is a reminder that small steps can lead to meaningful achievements.



# Growth & Community

This month has been filled with opportunities for learning, connection, and personal growth across our services. From community outings and creative activities to fitness sessions and independent living skills, individuals continued to build confidence while enjoying meaningful experiences together.

Through teamwork, encouragement, and positive support, service users embraced new challenges, strengthened routines, and developed valuable life skills that support greater independence and wellbeing.

“ Growing stronger together through support, connection, and everyday achievements. ”

Together We Grow

## Community Highlights

### Community Activities

Enjoying outings, social events, and shared community experiences.



### Creative Experiences

Taking part in creative activities that build confidence and self-expression.



### Health & Wellbeing

Staying active through gym sessions, swimming, walking, bowling, and healthy routines.



### Daily Living Skills

Building independence through daily living skills and responsibilities.



# Confident Living

This month, individuals across our services continued developing important life skills that support confidence, independence, and daily wellbeing. Through encouragement and hands-on experiences, service users embraced routines, responsibilities, and new challenges in everyday life.

From cooking and shopping to cleaning, organising, and caring for pets, these activities helped strengthen independence while creating a sense of achievement and personal growth.

Small everyday actions continue to build confidence, independence, and brighter futures.

## Life Skills Highlights

### Daily Routines

Building confidence through personal routines, organisation, and time management



### Cooking & Shopping

Developing independence through meal preparation, food shopping, and kitchen activities.



### Home & Responsibilities

Taking pride in cleaning, laundry, organising spaces, and managing daily tasks.



Daily Progress

# Learning & Progress

## Growing Through New Experiences

Growing Forward

Learning continued to play an important role across our services this month, helping individuals build confidence, explore new interests, and achieve personal goals through everyday experiences.

“ Learning opens the door to confidence, growth, and new possibilities. ”

## Moments of Progress



**Rosie**

Built confidence through creative activities, community visits, managing finances, and daily living routines.



**Our New Resident**

Gained confidence and settled positively into supported living while developing routines and everyday independence.



**Hywel**

Strengthened independence through volunteering, community visits, health appointments, and managing everyday routines.

# You said, We did

## Listening, Supporting & Making a Difference

At Focus Care Supported Living, we value every voice and believe that small changes can make a meaningful difference.

This month, teams across our services continued working closely with individuals to provide personalised support, encourage independence, and improve everyday experiences.



## How We Supported

### Dental Support

A service user requested support for a dental appointment, and staff carefully planned and provided reassurance to make the experience more comfortable and stress-free.



### Everyday Support

Through communication, teamwork, and person-centred care, staff continued supporting individuals with routines, wellbeing, and community participation.



### Cooking Opportunities

Individuals expressed interest in cooking and baking activities, leading to enjoyable experiences that encouraged confidence, independence, and creativity in the kitchen.



### More Choice & Variety

Feedback around meals and activities encouraged teams to introduce more variety, creating enjoyable shared experiences and greater personal choice.



Listening and responding creates positive everyday experiences.



# Food & Fun

## Sharing Smiles Through Food & Activities

This month brought fun, laughter, and memorable moments through cooking, celebrations, games, and shared activities. From Pancake Day treats and movie nights to creative experiences and quizzes, individuals enjoyed meaningful moments together while building confidence and social connections.

Food and activities continued to encourage teamwork, creativity, independence, and opportunities for everyone to come together and enjoy everyday moments.

## Recipe of the Month

### Lemon Herb Chicken

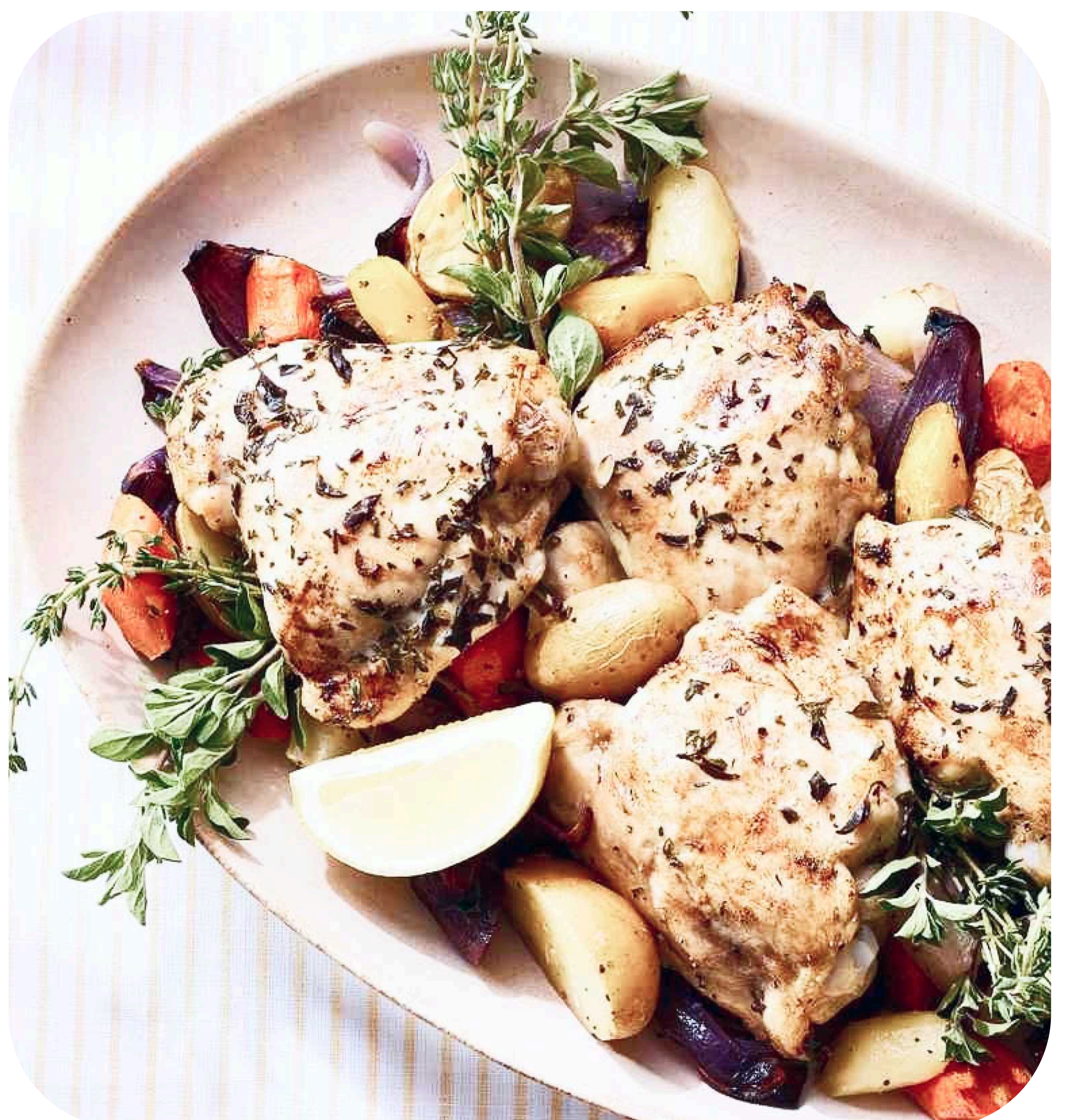
A warm and healthy one-pan meal full of flavour and fresh ingredients.

#### Ingredients

- Chicken thighs
- Lemon & garlic
- Mixed vegetables & herbs
- Olive oil, salt & pepper

#### Method

Season the chicken and vegetables, place everything on one tray, and roast until golden and tender. Finish with fresh lemon for extra flavour.



# Contact & Feedback

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