



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

April 2026

Monthly  
Newsletter

Spring  
Moments

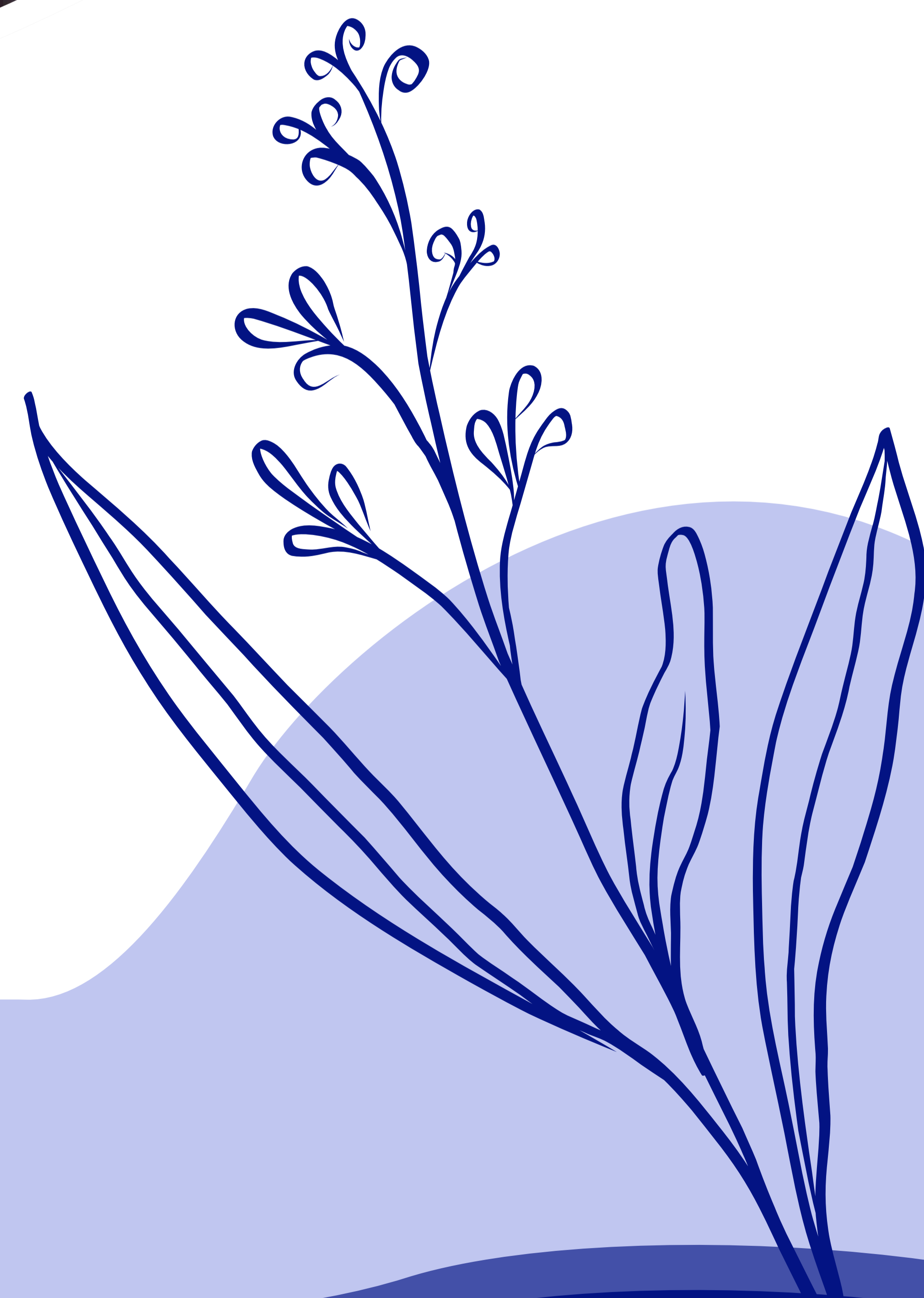
April 2026



# Moments Of Spring

Connection & Everyday Joy

Stories, smiles & shared moments across  
Focus Care Supported Living.



# This Month

Inside our stories and shared moments

1. Welcome

A gentle look at the moments, memories, and meaningful experiences shared throughout April.

2. Monthly Highlights

Easter celebrations, wellbeing moments & joyful community experiences.

3. Individual Spotlights

Favourite moments, familiar places & personal experiences across our services.

4. Activities & Wellbeing

Community outings, creativity, movement, nature, everyday routines, and moments that support wellbeing and connection.

5. Celebrations & Community

Celebrating special moments, creating memories, and enjoying time together through shared experiences and laughter.

6. Learning & Growth

Celebrating learning, achievements, and enjoyable moments that encouraged growth and happiness.

7. You Said, We Did

Supporting voices, encouraging participation, and creating meaningful moments through shared choices and feedback.

8. Food & Moments

Sharing favourite recipe and memorable moments that brought enjoyment and connection.

9. Stay Connected

Reflecting on meaningful moments, celebrating shared experiences, and looking ahead to new opportunities together.

# Welcome

## To Our April Newsletter

As April unfolded, familiar routines, favourite places, and shared moments quietly became meaningful memories across our services.

From community adventures to creative sessions and time spent together, the month was filled with wellbeing, connection, and everyday joy.

Smiles & Togetherness

Spring encouraged many opportunities to enjoy the outdoors, celebrate special occasions, and take part in activities that created positive memories.

Whether through music, shared meals, social gatherings, or quiet moments together, there has been something meaningful for everyone.



We hope you enjoy looking back on the stories, smiles, and experiences shared throughout April and celebrating the moments that continue making our communities feel welcoming and valued.

"The smallest moments often become the most meaningful ones."

# Monthly Highlights

## Easter & Spring Joy

Spring arrived with colourful decorations, Easter treats, and homes filled with cheerful energy.

Across services, Easter egg hunts brought plenty of excitement, with baskets filling quickly and laughter hopping from room to room.



## Wellbeing & Community

April created opportunities to enjoy fresh air, movement, and familiar places. Walks, sensory activities, creative sessions, and time outdoors played a big role in the day-to-day.



“Happiness is often found in simple moments sharing meals and enjoying each other’s company.”

# Individual Spotlights

## Shannon - Creative Moments

From college sessions to community visits, Shannon enjoyed meaningful moments, including quality time and relaxed cafe visits with her fiancé.



## Sean - Music & Movement

Sean enjoyed community outings, gym sessions, music, and Easter celebrations filled with dancing and smiles.

## Callum - Skills & Experiences

Callum spent time supporting activities, learning new skills, and enjoying favourite community experiences.



## Rosie - Friends & Places

Rosie enjoyed creative activities, coffee outings, and meaningful moments with friends.

## Jamie - Life & Celebrations

Jamie enjoyed time with friends, family visits, and special moments throughout April.



## Molly - Creativity & Routine

Molly enjoyed art activities, community experiences, and familiar routines that brought enjoyment throughout the month.

## Zackery - Family & Kind Moments

Zackery enjoyed quality time with family throughout the month, with Easter celebrations, outings, and shared moments bringing happiness and connection.



## Sascha - Peaceful Moments

Sascha enjoyed sensory experiences and outdoor moments, finding comfort in favourite places and gentle routines.

## Sahir - Outdoor Time & Wellbeing

Sahir spent time exploring outdoor spaces and enjoying familiar community activities.



# Activities & Wellbeing

## Everyday Moments & Favourite Experiences

Across our homes, everyday life has been filled with a wonderful mix of activity and calm moments.

People enjoyed:

- Gardening and outdoor activities
- Bowling trips and cinema visits
- Sensory experiences
- Arts and crafts sessions
- Community cafes and shopping trips
- Animal experiences and nature walks
- Cooking and baking together
- Family visits and celebrations



"From long walks to quiet coffee mornings, wellbeing has looked different for everyone."

# Celebrations & Community

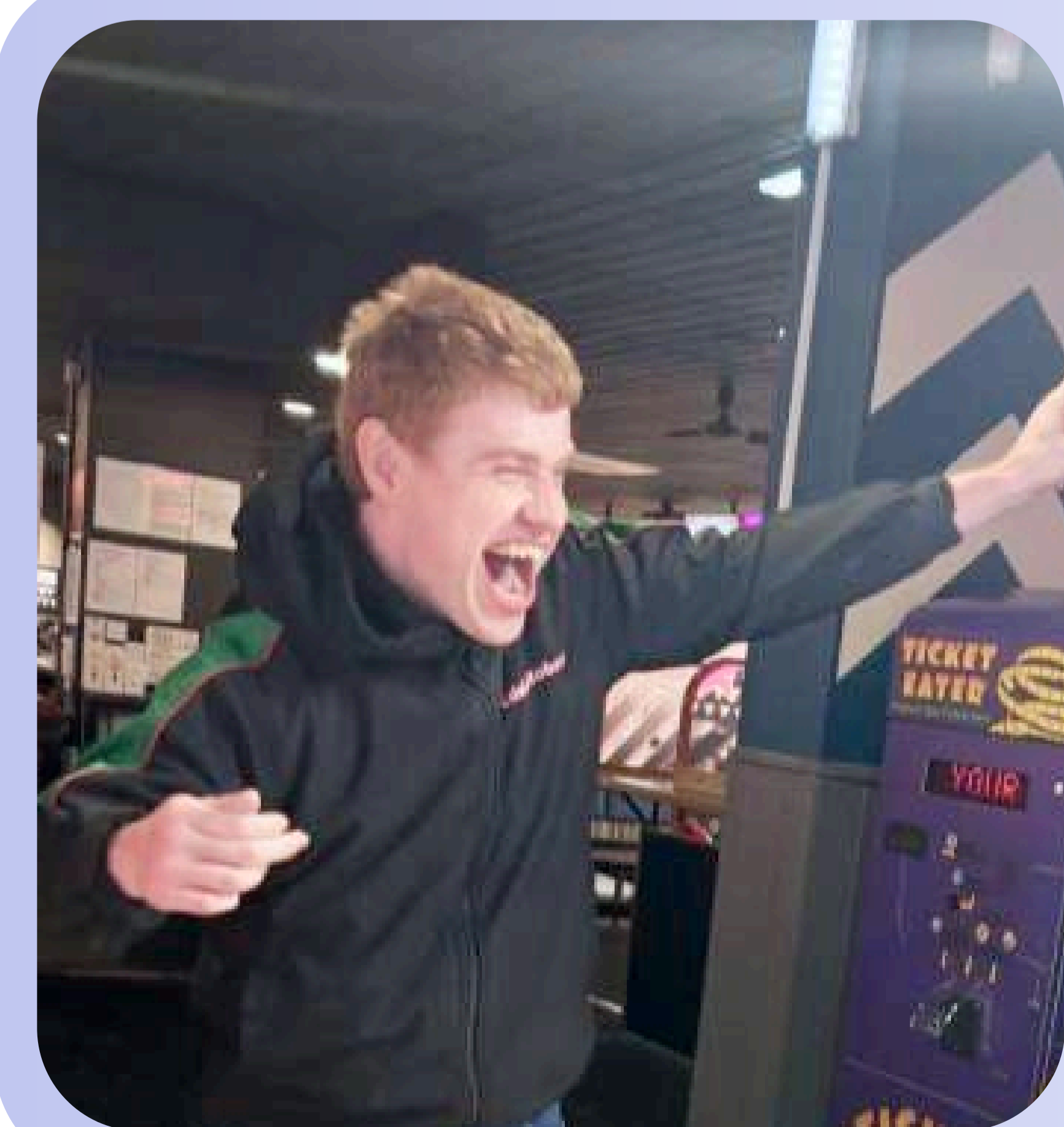
April brought many opportunities for people to come together and enjoy special moments filled with friendship, celebration, and connection.



YD's special 19th birthday was a lovely milestone, celebrated with warm wishes and shared moments from the team. It was a meaningful occasion recognising growth, new experiences, and looking ahead to the year to come.



Tracey's special 57th birthday also brought music, laughter, and joyful moments, creating a celebration filled with happiness and memories to treasure.



Across our services, Stephen enjoyed family time and Easter celebrations, while Shannon and Molly spent time enjoying favourite cafés, community outings, and meaningful activities.

From shared meals and festive events to familiar places and time together, the month was filled with moments that brought warmth, happiness, and lasting memories.

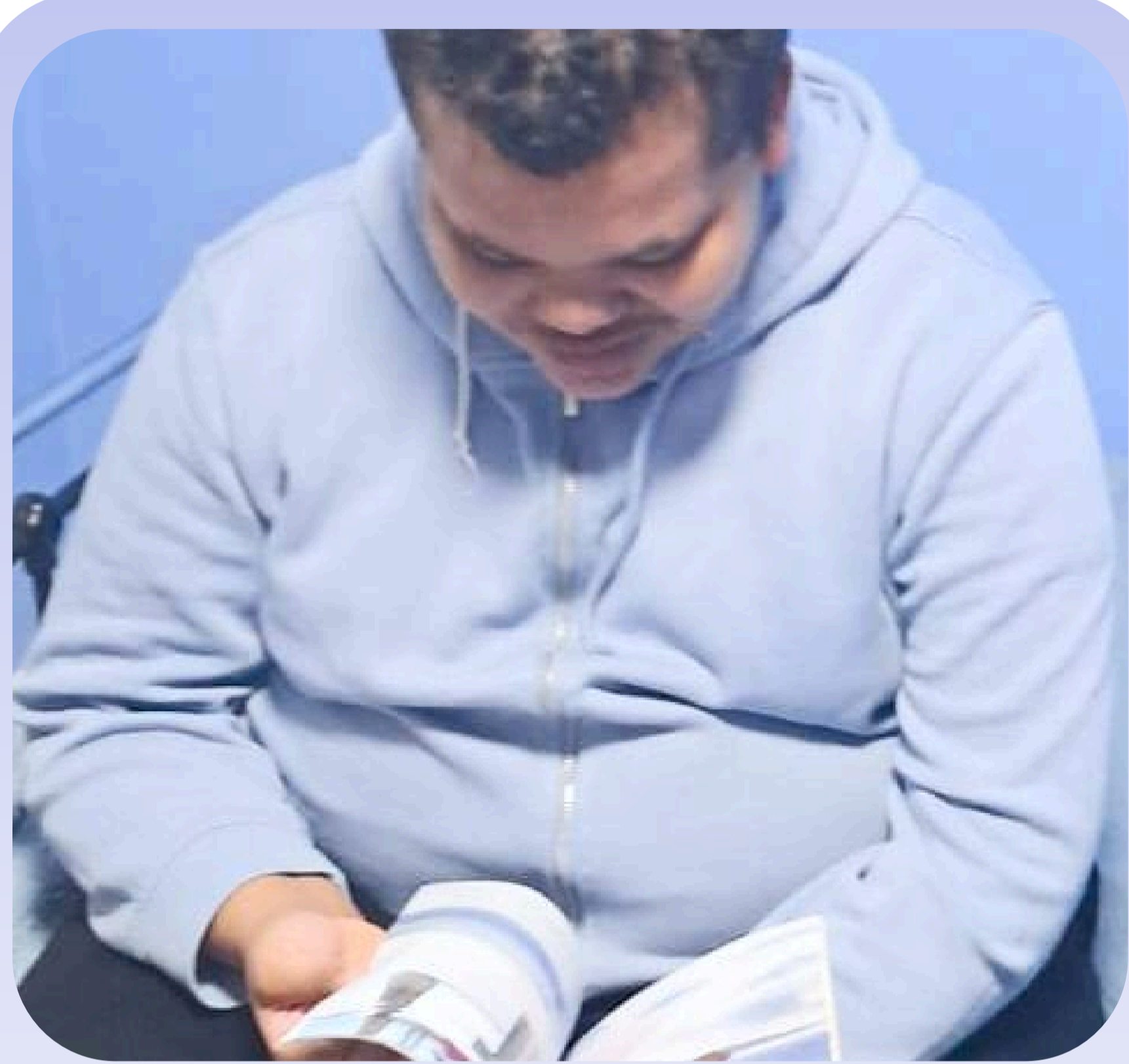
# Learning & Growth

## Everyday Progress & New Experiences

April created many opportunities for people to enjoy learning through everyday experiences and familiar routines. Every small step forward is a moment to celebrate.



Shannon continued enjoying college sessions and community volunteering. These experiences helped create meaningful opportunities for learning, social connection, and purpose.



Jonathan spent time developing his reading skills and communication. He enjoyed choosing books, exploring new words, and sharing moments with others.



Callum explored new skills and practical activities throughout the month. From learning through everyday experiences to enjoying favourite activities, his month was filled with variety.

## Growing Together

Across our services, people continued exploring, practising, and discovering meaningful experiences throughout everyday life.

- Molly enjoyed developing everyday routines and making choices.
- Creative activities brought opportunities for enjoyment and self-expression.
- Community experiences created opportunities to explore familiar places and new environments.

**"Growth often begins with small moments, repeated with care and encouragement."**

# You Said, We Did

## Listening, Responding & Making Meaningful Choices

Throughout April, we continued creating opportunities for people to share their preferences, interests, and everyday choices.

Alan said...

"I would like some flowers and plants outside my home."

We did...

Staff supported Alan to choose and arrange plants that created a brighter and more welcoming space that felt personal and meaningful to him.



## Small Choices, Personal Spaces

How we shape our surroundings says something about who we are as we turn simple preferences into a meaningful personal space.

"Listening to small choices often creates the biggest differences."

# Food & Moments

## Favourite Flavours & Lighter Moments

April brought enjoyable moments through favourite foods, shared meals, and time spent together. From homemade recipes to cafe visits, food created comfort and connection.

Fun Easter activities, games, and shared laughter also made many everyday moments memorable.



## Slow-Cooked Stuffed Lamb

### Ingredients

- 1 boneless leg of lamb
- 2 slices of bread for stuffing
- 1 small onion, finely chopped
- 2 garlic cloves, crushed
- Fresh rosemary and parsley
- 1 egg
- Salt and pepper
- Olive oil or butter

### Method

- Preheat the oven to 160°C (140°C fan).
- Mix the breadcrumbs, onion, garlic, fresh herbs, egg, salt, and pepper together to prepare the stuffing.
- Spread the stuffing evenly over the lamb.
- Carefully roll the lamb and tie securely.
- Rub the outside with olive oil or butter and season lightly.
- Place the lamb in a roasting dish and cover with foil.
- Roast slowly for 3–4 hours until tender.
- Remove the foil for the final 30 minutes to allow the outside to brown.
- Leave to rest for 15 minutes before slicing and serving warm.

"Good food brings people together, and shared laughter makes every moment sweeter."

# Stay Connected

## Looking Ahead Together

April was filled with meaningful moments, shared experiences, and everyday memories.

From Easter celebrations to favourite routines and time together, each moment helped create connection and joy. Thank you to our service users, families, and teams for making every day meaningful.



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