



Community
Connection
Celebration

#GreatMemories.

May 2026

Monthly Newsletter

Hello, May!

Celebrating the people, places, and moments that made May memorable.

From community adventures and personal achievements to new experiences and lasting friendships, discover the stories that brought our community together this month.

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Welcome to May

Welcome to the May edition of the [Focus Care Supported Living](#) Newsletter.

Across [Cambridgeshire](#), [East Sussex](#), [Essex](#), [Suffolk](#), and the [West Midlands](#), service users enjoyed a month filled with community outings, outdoor adventures, celebrations, and opportunities to try something new.

From Ferry Meadows picnics and Brighton seafront visits to theatre performances, family gatherings, and local events, it has been wonderful to see so many people making the most of the season.

This edition brings together some of the stories, achievements, and experiences that made May such a positive month across our services.

#FocusCareSupportedLiving



May Highlights

A Month Filled with Adventure, Friendship & Community

Across our services, May was filled with memorable experiences as service users embraced the warmer weather and enjoyed spending more time in their local communities.

From **Ferry Meadows** and **Brighton seafront** to **Suffolk Show**, **Peterborough Cathedral**, **Woburn Safari Park**, shopping trips, cafes, theatres, and **local festivals**, every outing created opportunities to explore new places, strengthen friendships, and celebrate everyday achievements.

Whether enjoying a picnic in the sunshine, discovering local attractions, or simply sharing time with friends, May reminded us that meaningful moments are often found in everyday experiences.

#CelebratingCommunityMoments



Ferry Meadows community picnic



Brighton seafront



Suffolk Show



Peterborough Cathedral



Woburn Safari Park



Coastal adventures

Community Stories

Celebrating Everyday Achievements

Every service user experienced May in their own unique way, creating moments of confidence, independence, and personal growth.



Jordan enjoyed cycling sessions, library visits, shopping trips, and time outdoors.



Jamie continued building independence through community outings, appointments, and social activities.



Ellie embraced creativity with swimming, picnics, a visit to a petting farm, and exploring Flag Fen.



Rosie enjoyed family visits, volunteering opportunities, and peaceful walks around her local community.

More Moments to Celebrate

May also brought many exciting adventures across our services.



Shannon celebrated five years of volunteering with Marie Curie while enjoying trips to Brighton and the Sea Life Centre.



Molly balanced driving lessons, gym sessions, family meals, and travel, continuing to build confidence and independence.



Hywel enjoyed church gatherings, coffee mornings, shopping, and cinema visits.



Sahir participated in swimming, community walks, and learning activities that supported his communication and personal development.



Nicola embraced an active and creative month, taking part in bowling, cycling sessions, gardening, baking, wellness walks, and the Leicester Aero Club Fun Day.

Across every service, service users continued discovering new experiences while enjoying the support of friends, families, and colleagues.

Celebrations

Every Milestone Deserves Celebrating

Birthdays, anniversaries, and personal achievements brought our community together throughout May.

Special celebrations included birthdays for **Chris, Archie, Jayne, and Callum**, while **Sandra's one-year anniversary** at Stockwell Road was recognised by colleagues and service users alike.



Sandra's one-year anniversary



Chris's Birthday



Archie's 38th Birthday

We were also delighted to welcome a new young person to Palmers Road. With interests including cooking, animals, cinema, swimming, and spending time with family, we look forward to supporting her journey and celebrating many more milestones together.

Health & Wellbeing

Growing Through Every Experience

Mental Health Awareness Week encouraged conversations about emotional wellbeing, resilience, and self-care.

Across our services, service users enjoyed walking groups, swimming, cycling, gardening, volunteering, fitness sessions, creative activities, and opportunities to spend more time outdoors.

Learning also remained an important focus. Staff across Suffolk began Level 3 and Level 5 Health & Social Care qualifications, while many service users continued developing everyday life skills through cooking, travel, shopping, household routines, and volunteering.

Every experience helps build confidence, independence, and a stronger future.



Emma's wellbeing journey

Food & Fun

Sharing Moments Together

Whether enjoying favourite meals, solving puzzles, trying seasonal recipes, or spending time with friends, May reminded us that simple moments often become the most memorable.

Recipe of the Month



Chicken Spring Pie

Ingredients

Chicken, onion, garlic, carrots, asparagus, peas, chicken stock, milk or cream, Dijon mustard, herbs, puff pastry, and egg.

Method

Cook the vegetables, stir in the chicken and creamy sauce, transfer to a baking dish, top with puff pastry, brush with egg, and bake at 200°C for 20–25 minutes until golden. Serve warm and enjoy!



Lemon, Asparagus & Pea Risotto

Ingredients

Arborio rice, asparagus, peas, onion, garlic, vegetable stock, parmesan, lemon, butter, olive oil, and fresh herbs.

Method

Sauté the onion and garlic, stir in the rice, then gradually add the vegetable stock until creamy. Mix in the asparagus, peas, parmesan, lemon zest, and a squeeze of lemon juice. Finish with fresh herbs and serve warm.



Strawberry & Cream Eton Mess

Ingredients

Fresh strawberries, double cream, meringue nests, icing sugar (optional), mint leaves.

Method

Whip the cream, fold in chopped strawberries and crushed meringue, spoon into serving glasses, decorate with extra strawberries and mint, then serve chilled.

Looking Ahead

Exciting moments are just around the corner

As we welcome June, we're looking forward to another month of community events, personal achievements, and opportunities to connect, learn, and celebrate together.

We'd Love to Hear From You

Your feedback helps us continue improving the support and experiences we provide every day.

Every voice matters, and every idea helps us grow.

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