



June, 2026

Focus Care
Supported Living

Celebrating

Independence, Inclusion & Everyday Achievements

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Welcome To June

Celebrating Growth, Independence and
Community Together

"Alone we can do so little;
together we can do so much."

Welcome to the June 2026 edition
of the Focus Care Supported Living
Newsletter.

This month has been filled with
inspiring achievements, meaningful
experiences, and memorable
moments across our services.

From community adventures to
personal milestones, our service
users continue to grow in confidence,
independence, and wellbeing.

We also proudly celebrated Pride Month,
Autism Pride Day, Disability Pride Month,
and Father's Day, reinforcing our
commitment to inclusion, respect, and
person-centred support.

A heartfelt thank you to our service
users, families and dedicated teams for
making June another month of progress,
positivity and shared success.

Enjoy reading!

*Please note: Images in this edition include
stock/AI-generated images.*

June Highlights

A celebration of inspiring achievements, awareness campaigns and memorable moments that brought us together this month.

June has been a month full of positivity, community spirit and meaningful experiences across our services.



Father's Day



Autism Pride



Pride Month

Here's a look back at the key highlights that made June a truly memorable month for our service users, families and dedicated teams.

Together, we're creating meaningful moments and brighter tomorrows.

#BestOfJune

Service User Achievements

Every achievement—big or small—is a meaningful step towards greater independence, confidence, and wellbeing.

Throughout June, our service users embraced new opportunities, reached personal milestones, strengthened valuable life skills, and continued to make positive progress with the support of our dedicated teams.



01

Shannon

Shannon proudly completed her IT course, earned her certificate, and continued building confidence through volunteering, college, and community activities.



02

Molly

Molly continued volunteering, driving lessons, and regular exercise, showing dedication, independence, and personal growth.



03

Natalie

Natalie continued to make positive progress by attending regular swimming, gym, and psychology sessions while building healthy routines and confidence.

04

Rosie

Rosie took a step towards independence by applying to volunteer with Age UK while enjoying community outings and family time.

05

Zackery

Zackery built daily living skills, strengthened family connections, and explored future education opportunities.

Their journeys reflect the power of person-centred support and the incredible potential within every individual.



Shannon



Molly



Natalie

Community Adventures

Every adventure is an opportunity to learn, connect, and create lasting memories.

Throughout the month, our service users enjoyed a variety of community outings, from shopping trips and bowling to local events, family visits, and exploring new places.

These experiences encouraged confidence, independence, and meaningful social connections while supporting health and wellbeing.

By taking part in everyday community life, service users continued to develop new skills, strengthen relationships, and enjoy the freedom to make choices that matter to them.

Each outing reflects our commitment to person-centred support and empowering individuals to live fulfilling, active lives.

#ExploringTogether





Family & Celebrations

Emma's 54th Birthday

Service users and colleagues across Southend celebrated Emma's birthday with delicious food, shared stories, and wonderful community spirit.

Ellie's Birthday Celebration

Surrounded by friends and staff, Ellie celebrated her birthday with music, dancing, cake and plenty of smiles.

From birthdays and family visits to holidays and special occasions, our service users enjoyed meaningful moments and created lasting memories with loved ones.

You Said, We Did

Listening Today. Supporting Tomorrow. Achieving Together.

At Focus Care Supported Living, every voice matters. Throughout June, we listened to our service users, understood their goals, and worked together to turn their aspirations into meaningful achievements.



You Said

"I'd love a new, reliable car."

We Did

We supported a service user to choose and purchase a brand-new 2026 Ford Kuga, providing greater comfort, confidence, and independence for appointments, community activities, and days out.

Our Promise

Every conversation helps shape the support we provide. By listening, responding, and working together, we continue to empower every service user to achieve their goals and live fulfilling, independent lives.

Health & Summer Living

Staying Healthy, Active & Safe This Summer

June encouraged everyone to embrace a healthy lifestyle while enjoying the warmer weather safely.

From outdoor activities and fitness sessions to healthy eating and wellbeing support, our service users continued to build positive routines.

As temperatures rose, staying hydrated, protecting ourselves from the sun, and looking after our wellbeing remained a priority across all our services.



Wellbeing Matters

Looking after both physical and mental wellbeing is essential. Regular exercise, healthy eating, community participation, and meaningful social connections help build confidence, independence, and a happier, healthier lifestyle.

Summer Safety Tips

1. Drink plenty of water throughout the day.
2. Apply sunscreen before going outdoors.
3. Wear light clothing, a hat, and sunglasses.
4. Spend time in the shade during the hottest hours.
5. Enjoy fresh fruit and light, nutritious meals.
6. Check in on friends, family, and neighbours.

Recipe of the Month

Summer Salmon Niçoise Salad

A refreshing summer salad combining tender salmon, crisp vegetables, and a tangy homemade dressing—ideal for lunch or a light evening meal.

Ingredients

2 salmon fillets
600g new potatoes
150g green beans
2 soft-boiled eggs
1 small red onion
Cherry tomatoes
50g black olives
Rocket or watercress

Method

Bake the salmon until cooked through.
Boil the potatoes and green beans until tender.
Whisk together the dressing ingredients.
Arrange the salad, potatoes, vegetables, eggs, and salmon on a serving plate.
Drizzle with the dressing, toss gently, and serve warm or chilled.



Contact & Feedback

Your Voice Helps Us Grow

Every compliment, suggestion, and success story supports us in delivering better person-centred care. We'd love to hear your thoughts and experiences.

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