



FOCUS CARE SUPPORTED LIVING
“Our Focus Is You”

Growing Together

Celebrating everyday moments, new beginnings
& life across our communities.



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



July At Glance

New homes. New routines. New experiences.

July has been a month of change and celebration across Focus Care Supported Living.

From new homes in East Sussex and Suffolk to birthdays in Essex, summer outings in Cambridgeshire, and busy days at Stockwell Road, people across our services have been making the most of the month in their own ways.

There have been cinema trips, seaside days, bowling, swimming, shopping, music, family visits, birthdays, volunteering and plenty of time outdoors.

We have also welcomed Lilly to Finborough, celebrated Connor's Silver Award, supported new routines and listened to what people want from their everyday lives.

Across every story, the details are different — but the feeling is shared: choice, connection, belonging and the freedom to enjoy life.

#FocusCareSupportedLiving



New Chapters

Finding a place to feel at home

July brought several important moves across Focus Care Supported Living. Each new home has been shaped around familiar routines, personal choices and the things that matter most to each person.



Shannon

Shannon spent July settling into her new home, organising her wardrobes, visiting the salon and enjoying her Monday food shopping. Her favourite update was simple: "I love the new house."

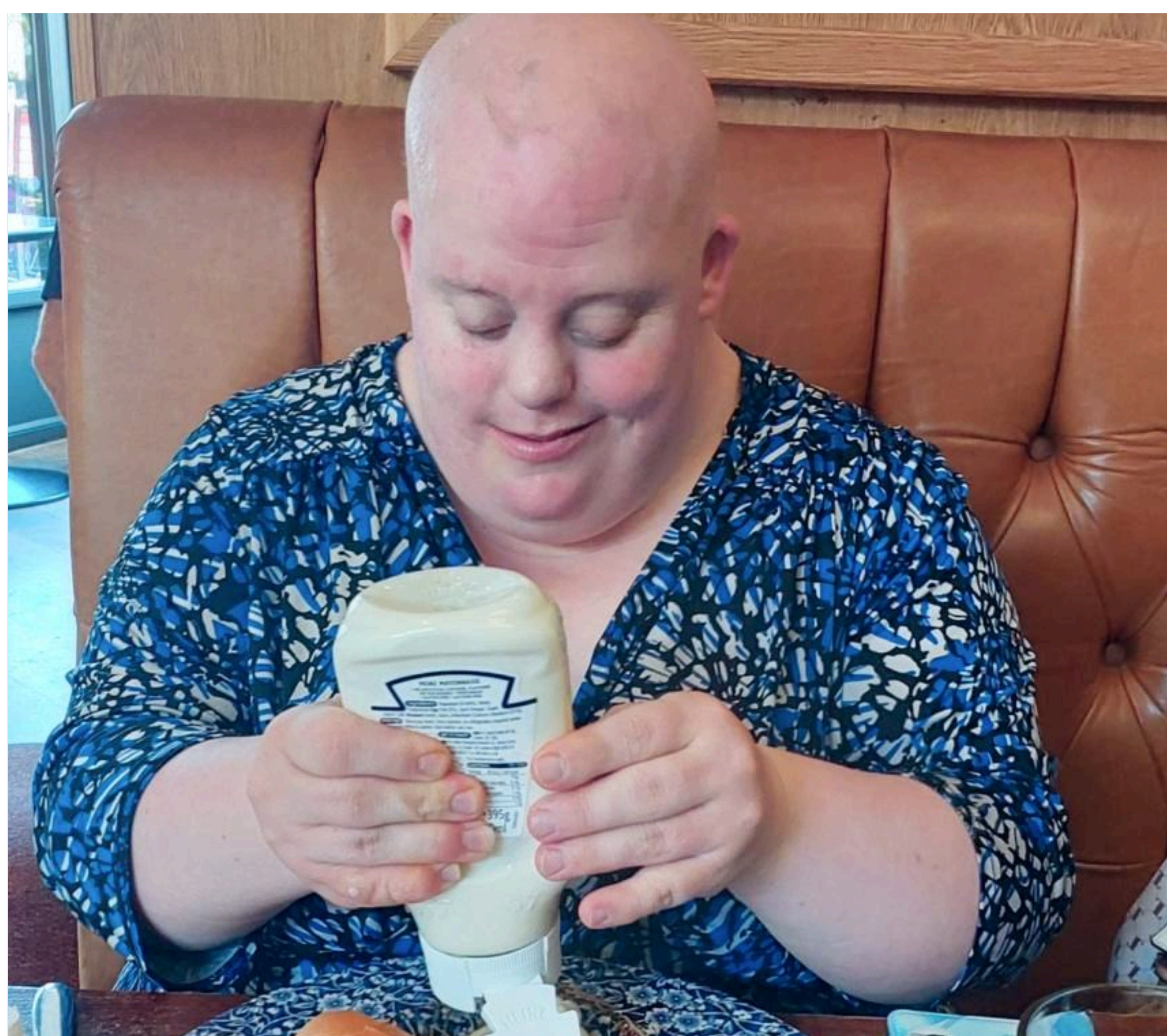
-East Sussex



Molly

Molly chose her bedroom and kitchen cupboard, helped pack and dismantle her bed, and is now settling into her new home while continuing volunteering, shopping and driving lessons.

-East Sussex



Natalie

Natalie prepared for her move and quickly settled into her new home, getting familiar with local transport links while continuing swimming, gym sessions, walks and weekly shopping.

-East Sussex

Chloe

Chloe was excited to visit her new home before moving day and quickly chose her bedroom, describing it as “Much bigger.” She helped pack her belongings, including her much-loved baby doll accessories, and has settled into her routines with meal preparation, personal care, walks, bowling and bus trips.

–East Sussex

Lilly

July marked the opening of Finborough, where Lilly began a new chapter in her forever home, with routines and activities tailored to her interests, wellbeing and choices.

–Suffolk



Everyday Independence

From familiar routines to new experiences

Everyday life is full of choices — what to buy, where to go, what to cook, who to spend time with and how to make the most of each day.

RH

RH enjoyed visits to Central Park, meals out and stepper exercises throughout July. At home, she kept up with personal care, household activities and nutritious meals, with plenty of time to relax.

NB

NB enjoyed park walks, weekly shopping and games at Hollywood Bowl, and made flaxseed crackers with staff support.

JB

JB enjoyed chair-based exercise, Phab Club, weekly shopping and a Teams call with her mum, while continuing activities that support her routine.

JT

JT's July included shopping at Queensgate, ASDA and local shops, household chores and visits to his sister. He also chose and purchased a new phone — another practical part of managing everyday life.





Family Time JP

JP enjoyed a few sunny days in Southend with his mum and uncle. Together they explored the local area, enjoyed the seaside atmosphere and made time for laughter and conversation.

#ProudMoments

Celebrations & Milestones

Special days, proud moments, and plenty of smiles

Kenny's Birthday

Kenny celebrated his birthday with staff and friends, choosing gifts that reflected his own interests and enjoying a birthday meal with JP and the team.

A particular favourite was the passion fruit mocktail, which Kenny and JP both enjoyed.

Connor's Birthday

Connor spent his birthday at his mum's house, enjoying time with family, laughter and a relaxed celebration surrounded by people close to him.



Connor's Silver Award

Connor also finished his college year with a Silver Award, recognising the impressive number of credits he earned throughout the academic year.

It is a lovely reflection of his commitment to his studies and the progress he has made.

#EverydayAchievements

Community & Connection

Time together, places to go and people who matter

A walk in the park, a family visit or an afternoon with friends can turn an ordinary day into a favourite memory.

EM

EM enjoyed Sunday church, a peaceful dinner in the garden and a scenic drive followed by a milkshake. The sunny weather gave her plenty of opportunities to enjoy relaxed time outdoors.

ZJ

Weekly shopping, community walks and mini shopping trips kept ZJ busy throughout July. He also spent time with his sister and her family and enjoyed a BBQ at his mother's care home.



Summer moment

Friendship, family, and familiar places all have a part to play in feeling connected to the community.

Listening, responding & making everyday life work better

At Focus Care Supported Living, feedback helps shape practical decisions and everyday experiences.

You Said, We Did

You Said

You wanted a new rollator to make moving around more comfortable, safe and independent.

We Did

Alison sat down with you to explore different options and consider the features that would work best for your everyday needs.

Your new rollator has now arrived, giving you another practical tool for moving around with confidence and comfort.



Staff Spotlight

At Essex, CW's team supported him through his first dental appointment, using patience, encouragement and a person-centred approach to make the visit a positive experience.

The Sandon team also received recognition for working together to follow a contingency plan and support CG safely through a period requiring additional care and attention.



Summer Wellbeing

Staying safe in the summer

Keeping cool, hydrated & comfortable

Heatwave awareness was the policy focus across several FCSL regions this July.

Our approach is simple: prepare, stay hydrated, keep cool and check in with people who may need additional support.

Prepare

Weather and heat-health alerts are monitored so teams can respond early when temperatures rise.

Hydrate

Regular drinks and water-rich foods help support hydration throughout the day.

Keep Cool

Where possible, living and working spaces should remain comfortable, with ventilation, shade, blinds and appropriate cooling measures.

Check & Support

Teams remain alert to signs of dehydration, heat exhaustion and heatstroke, with additional support provided where needed.

Look Out For

Dehydration

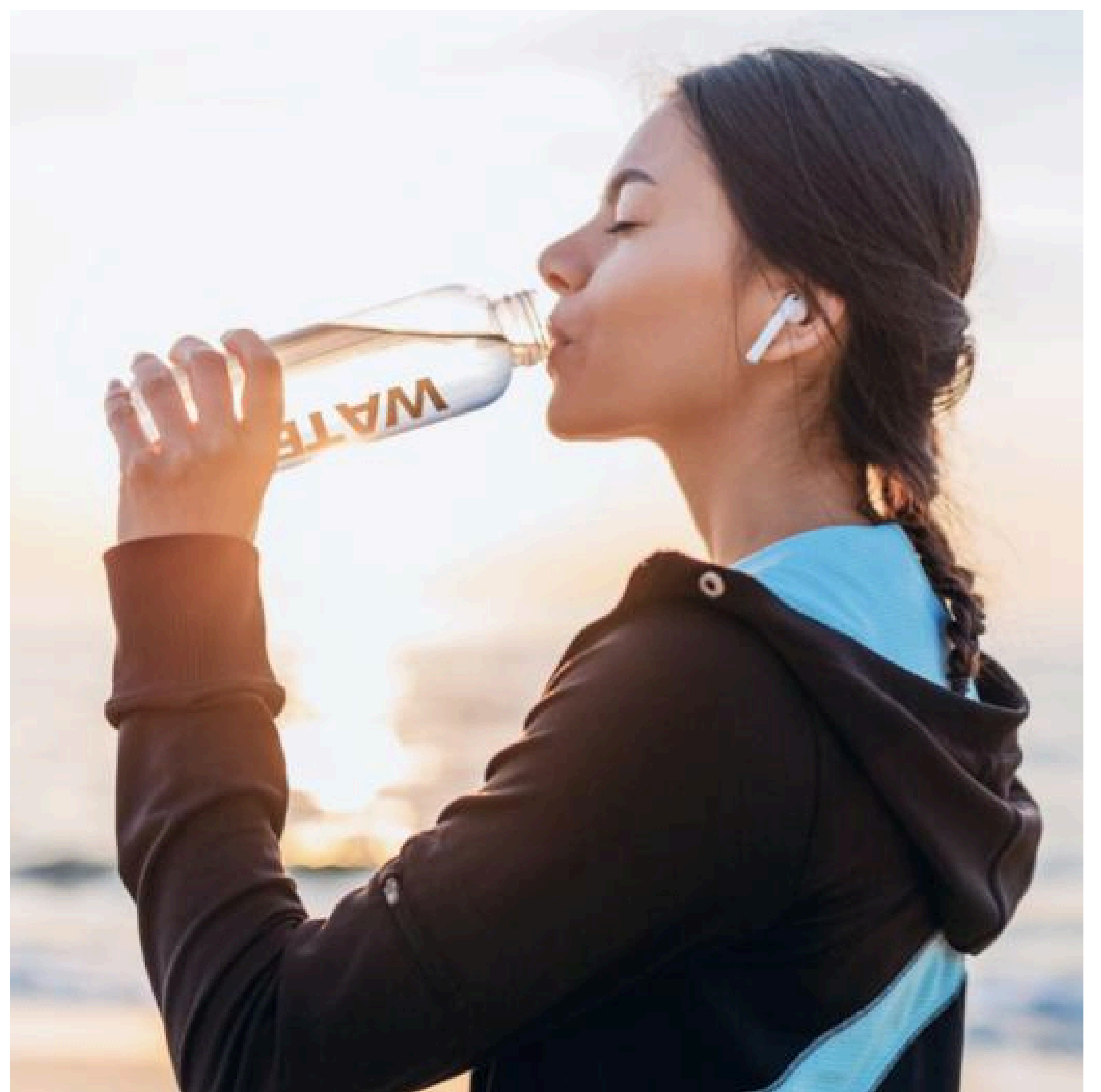
Dry mouth, thirst, tiredness or dizziness.

Heat exhaustion

Heavy sweating, weakness, headache or nausea.

Heatstroke

A medical emergency requiring immediate action.



Food & Fun

Summer flavours to enjoy together

Summer Berry Eton Mess

A light, fruity dessert made for summer afternoons.

You'll Need

- 300g fresh strawberries
- 150g raspberries
- 2 tbsp icing sugar
- 300ml double cream
- 4 meringue nests
- Fresh mint, optional

Make It

- Mix the berries with icing sugar and leave for 10 minutes.
- Whip the cream until soft peaks form.
- Fold most of the crushed meringue through the cream.
- Layer fruit, cream and meringue.
- Finish with berries and mint.
- Serve straight away.



Your Voice Matters

Listening, learning & improving together

At Focus Care Supported Living, feedback helps us understand what matters to people and where we can continue to improve.

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