



FOCUS CARE SUPPORTED LIVING
“Our Focus is You”

Aug 2026



• Cambridgeshire

• East Sussex

• Essex

• Suffolk

• Stockwell Road

Monthly Newsletter —

Summer Shared



A month of sunshine, new experiences, celebrations
and everyday moments across our services.

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Welcome To August 2026

Welcome to our August newsletter.

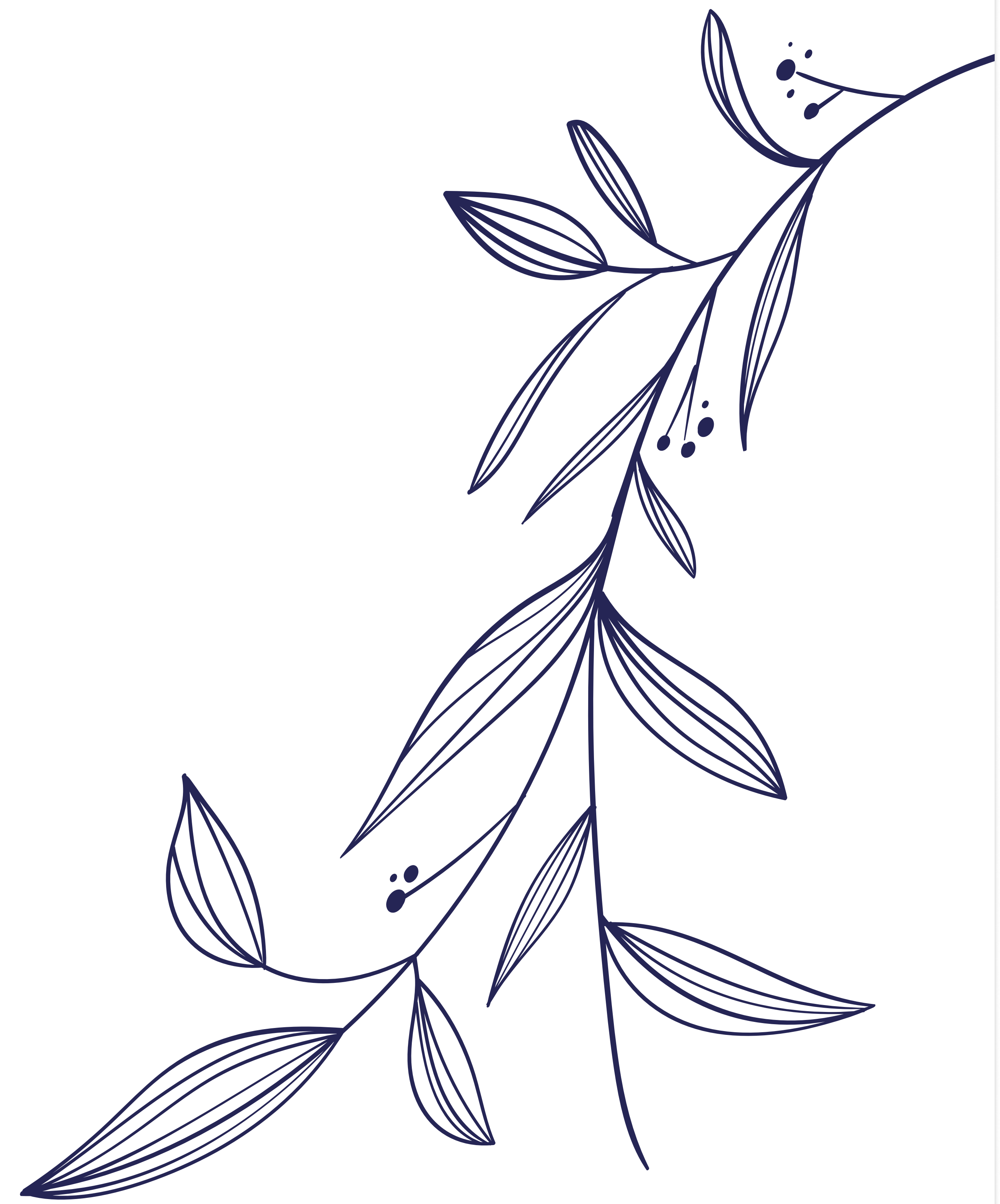
August has been a month of connection, reflection and looking ahead, with teams across our services continuing to create opportunities for people to enjoy their interests, spend time in their communities and make the most of the summer.

This month has been filled with summer experiences, community connections, celebrations and new opportunities across Focus Care Supported Living.

From days out and new homes to birthdays, hobbies and time spent with family and friends, August has been about making choices, enjoying experiences and creating meaningful moments.

Thank you to everyone who continues to make these moments possible.

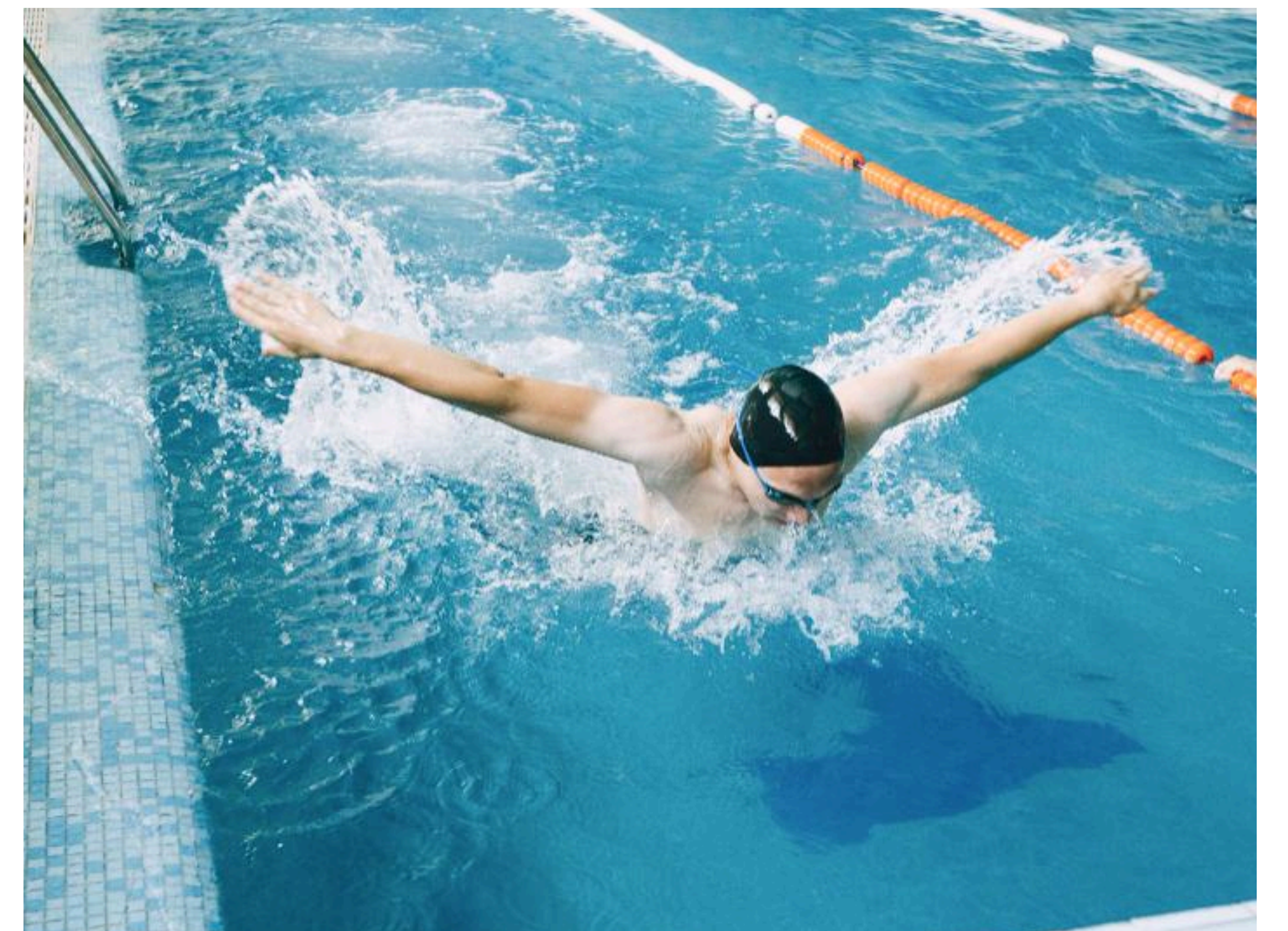
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August In Focus

A summer filled with places to go, people to see and things to enjoy.

August brought plenty of opportunities to get out, try something new and enjoy time with others across Focus Care Supported Living



Community & Days Out

From Nene Park and Railworld in Cambridgeshire to Blackpool, London and local outings, people enjoyed discovering new places and making the most of the summer.

New Experiences

Jason enjoyed summer shopping and a visit to Welland Gliding Club, while Emily began a new college session. Shannon also took an exciting step towards volunteering with Oxfam.

Celebrations & Connection

Birthdays, family visits, meals out, cinema trips and cultural celebrations — including Onam in Suffolk — brought people together throughout the month.

Everyday Wellbeing

Gardening, gym sessions, swimming, sensory activities, art and time outdoors provided different ways to enjoy August and support individual interests.

“August was about making the most of summer — one experience, outing and shared moment at a time.”

Small moments. New experiences. Personal journeys.

August was full of stories that reflected individuality, choice and everyday life across our services.

From settling into new homes and starting new chapters to spending time with family, friends and the wider community, each experience brought something personal to the month.

People continued to explore their interests, try new experiences and make choices about how they wanted to spend their time.

From volunteering and college to celebrations, hobbies and days out, these moments made August a month of shared experiences and personal milestones.

#OurStories

#PersonalJourneys

Real Stories



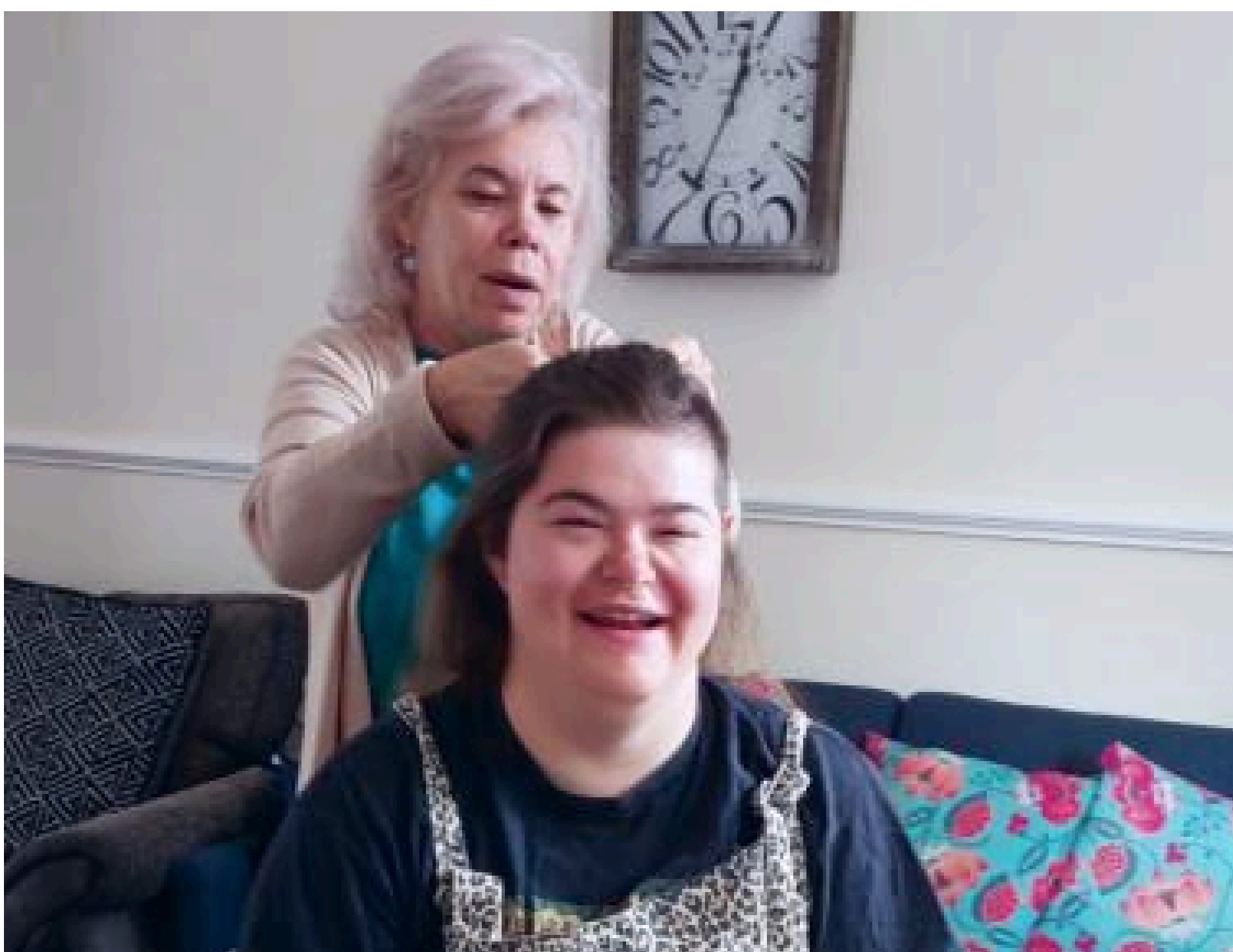
Shannon

Settled into her new home, cared for her garden, and celebrated her Oxfam volunteering acceptance.



Natalie

Settled into her new home, stayed active, and enjoyed time with family and friends.



Molly

Enjoyed summer with friends at camp and a family wedding.

“Every story is different — and every moment matters.”

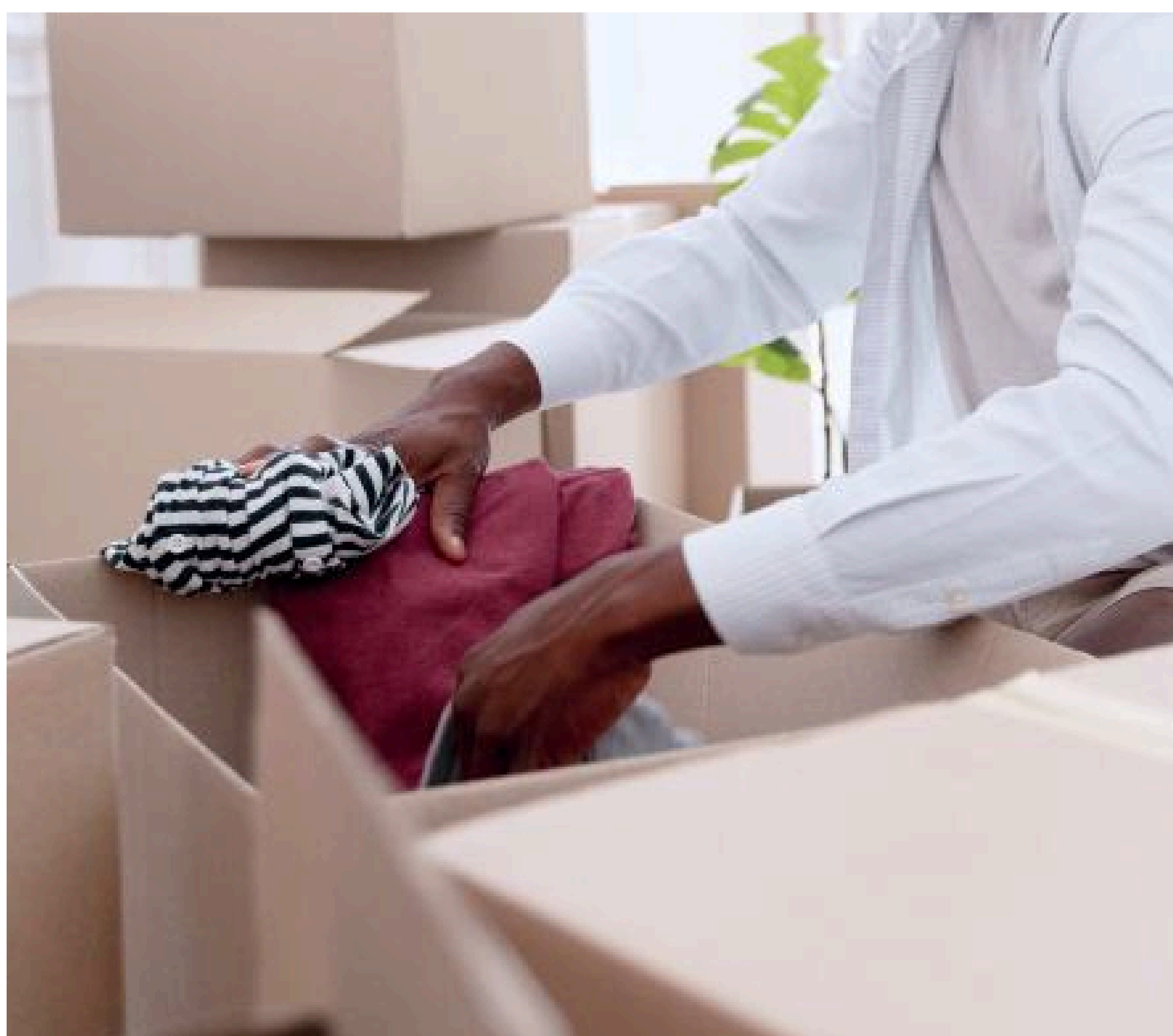
New Chapters

Fresh starts, new spaces and opportunities to grow.

August brought several meaningful new beginnings across Focus Care Supported Living.

William

Moved into his long-awaited forever home, beginning to unpack, arrange his belongings and settle into his new surroundings.



Emily

A new college session brought fresh experiences and opportunities for the months ahead.



Elsewhere, JJ enjoyed a special day in Blackpool with his mum, creating new memories through a meaningful community experience.

#NewBeginnings

#FreshStart

New places, new experiences and new possibilities — August was a month of looking ahead.

Making the most of summer, together.

August created plenty of opportunities to connect with people, places and communities.

From days out at Nene Park and Railworld to trips to Blackpool, London and local attractions, people enjoyed discovering new places and sharing experiences beyond their homes.

Community also meant spending time with family, friends and familiar faces.

Cinema trips, lunches, shopping, church activities and family visits brought people together, while the Onam celebrations in Suffolk offered an opportunity to experience new traditions, food and culture alongside colleagues, friends and families.

#DaysOut

Community & Connection





Celebrations

Birthdays, family time and moments worth remembering.

August gave us plenty of reasons to celebrate.

Antony enjoyed his 34th birthday surrounded by friends from other services, with presents, food, treats and plenty of laughter.

David also celebrated his birthday with family, friends and the people around him.



Across our services, celebrations were about more than special occasions.

From family visits and weddings to shared meals, cultural celebrations and time with friends, August brought people together and created moments to remember.



In Suffolk, the Onam celebrations offered an opportunity to wear traditional dress, enjoy authentic food, and learn more about the festival alongside colleagues, friends, and families.

#Onam2026

Creativity & Wellbeing

Finding enjoyment through creativity, movement and everyday interests.

August offered many different ways to support wellbeing and personal interests. From gym sessions, swimming and daily walks to gardening, art and time outdoors, people found activities that suited them and brought enjoyment to their routines.



In Suffolk, a dedicated sensory space was created for Lily, giving her a calm place to explore, relax and spend time in a way that felt meaningful to her.

Gardening also featured across services, with plans for new garden sessions at Stockwell Road.



Different interests, different ways to unwind — from creativity and movement to nature and everyday hobbies, wellbeing looked different for everyone.

Recipe of the Month

Lemon & Blackberry Cake

A simple, summery bake combining fresh blackberries with bright lemon and finished with a light lemon drizzle. A lovely recipe to enjoy together during the warmer months.

Ingredients

- 200g unsalted butter
- 200g caster sugar
- 3 large eggs
- Zest of 1 lemon
- 200g self-raising flour
- 150g fresh blackberries
- 2 tbsp milk, if needed
- Pinch of salt
- Juice of 1 lemon
- 75g icing sugar

Method

- Preheat oven to 180°C and line a loaf tin.
- Cream the butter and sugar until pale and fluffy. Add the eggs one at a time, followed by the lemon zest.
- Gently fold in the flour and salt. Add milk if needed, then carefully fold in the blackberries.
- Bake for 45–50 minutes, until golden and a skewer comes out clean.
- Mix the lemon juice and icing sugar, then pour over the warm cake.
- Allow to cool completely before slicing and serving.



Contact & Feedback

Your voice helps us grow.

We value your thoughts and feedback. Your experiences help us celebrate what’s working and identify where we can improve.

Essex & Suffolk

Melanie Purcell
Regional Operations Manager

melanie.purcell@focuscareagency.com
07708 076469

Cambridgeshire

Esther Shomoye
Regional Operations Manager

esther.shomoye@focuscareagency.com
07523 272209

East Sussex

Christine Goldstone
Regional Operations Director

christine.goldstone@focuscareagency.com
07399 549019

Stockwell Road

Sandra McMillan
Regional Operations Manager

sandra.mcmillan@focuscareagency.com
07593 270870

