



FOCUS CARE SUPPORTED LIVING
“Our Focus is You”

Monthly Newsletter

Sep 2026

Autumn moments



Celebrating Everyday Life

From everyday choices to memorable days out,
September has brought opportunities to learn,
connect, celebrate and enjoy life across our services.

#FocusCareSupportedLiving

Inside this edition

Five regions, one community, and a month full of moments worth sharing. Here is where to find everyone in this edition.

01	Warm Welcome
02	Adventure, Activity & Community
03	Friendship, Family & Belonging
04	Celebration, Discovery & Togetherness
05	Journeys, Visits & Home Comforts
06	Meet the Team
07	Recipe of the Month
08	Your Voice Matters

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Warm Welcome

Welcome to the September 2026 edition of the Focus Care Supported Living Newsletter, bringing together stories from Cambridgeshire, East Sussex, Essex, Suffolk and Stockwell Road. As summer gently turned to autumn, our services were full of laughter, plans and new beginnings.

From seaside days out and birthday breaks to a holiday at Butlin's and a Dolly Parton party at Shoebury, September was packed with good times. It has been a joy to see people choosing how they spend their time and sharing it with the people who matter to them.

A big thank you to the people we support, their families, our staff teams and our partners. Your kindness, ideas and encouragement are woven through every page that follows.

— Focus Care Supported Living



Adventure, Activity & Community

There was something happening every day in Cambridgeshire this month. Highlights ranged from a holiday at Butlin's to bowling, steam trains and a brand-new work placement.



Hywel

Hywel began e-learning for his new BHF placement and enjoyed visits to local cafés, the cathedral and church.



Jessica

Jessica enjoyed music, dancing, scenic drives and park visits, and shared her views at meetings.



Nicola

Nicola enjoyed independent shopping, plane spotting, steam trains and bowling.

Zackery

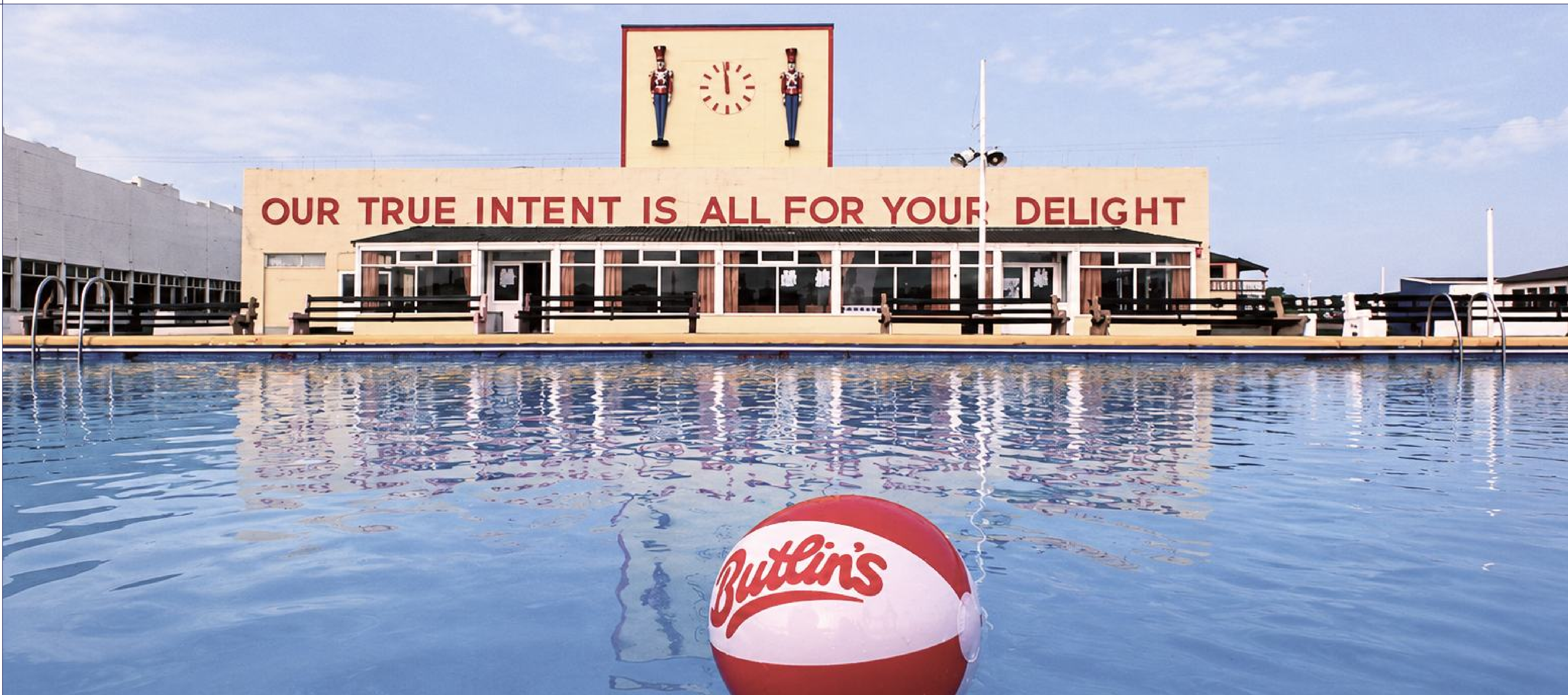
Zackery enjoyed a fun-filled Butlin's holiday, arcade games, sea air and a visit to his aunt.

Ellie

Ellie chose dog-themed items, danced at church and visited Peterborough Cathedral.

Sascha

Sascha joined virtual classes from home and enjoyed time with his parents.





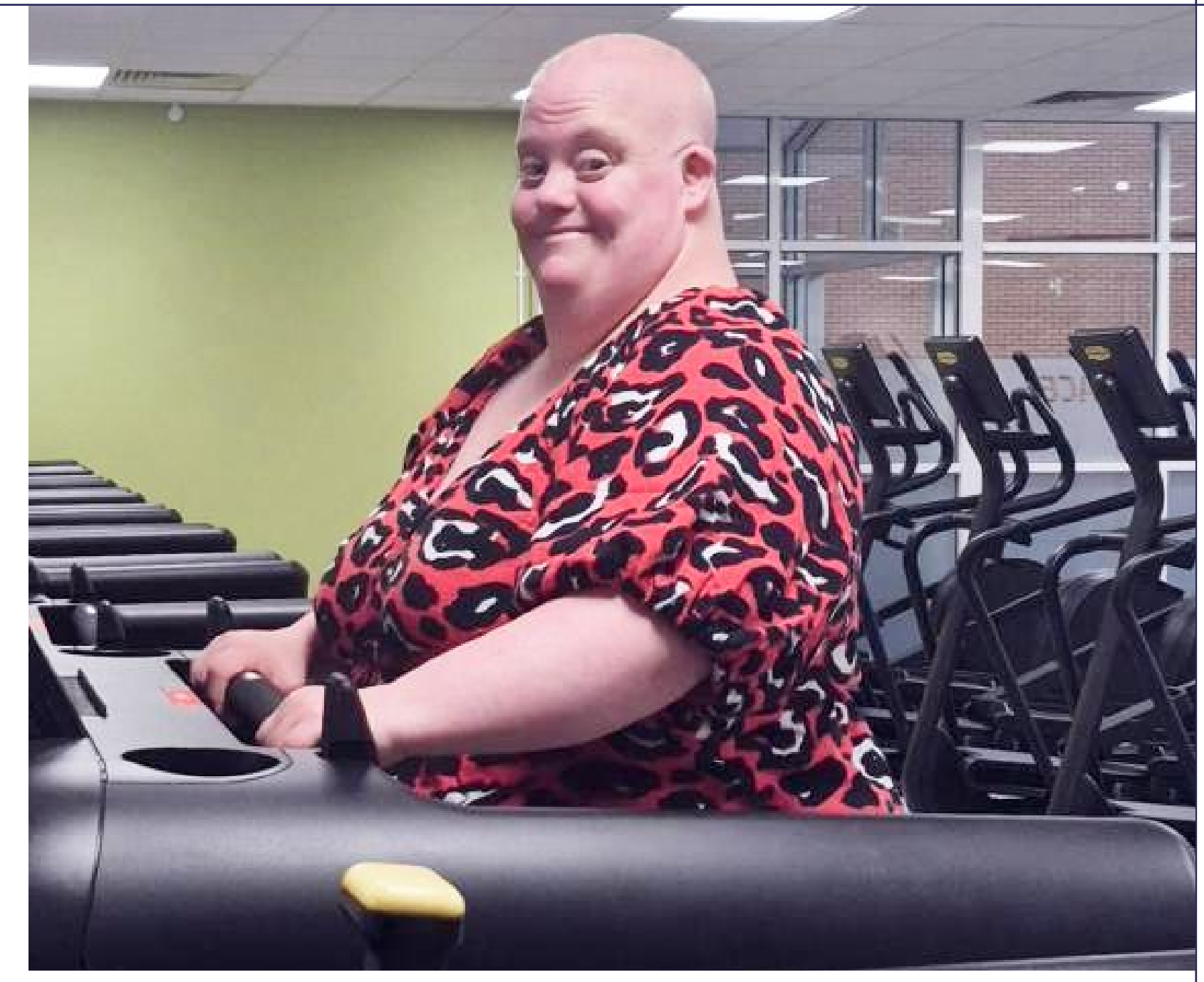
Shannon

Shannon enjoyed arcade games, bowling and bus rides, got a new TV and is about to start volunteering at Oxfam.



Molly

Molly volunteered with Scope, chose gifts for her housemates and prepared for her new job.



Natalie

Natalie enjoyed Phab Club, drama and birthday celebrations with friends and family.

Friendship, Family & Belonging

It has been a month to remember in East Sussex. The house feels more like home every week, with friendships growing and plenty of plans for October.

Chloe

Chloe took her duvet to the launderette in Eastbourne and sorted the whole wash herself. After a week with family for her birthday, she shared her goals for the months ahead at her Circle of Support meeting.



Celebration, Discovery & Togetherness



Essex had plenty to celebrate this month, from a garden party at Shoebury to stories that reminded us why every voice matters.

Friday 25th September · Shoebury

The Dolly Parton Party

The garden at Shoebury turned pink for the afternoon, with balloons along the patio, cowboy hats in every shade and a playlist that kept everyone on their feet. Plates of burgers and cupcakes did the rounds, and the lawn soon became the dance floor.

John Paul's Life Story

John Paul (JP) completed and shared his "My Life Story" book, highlighting his love for music, animals, gaming and art, and the importance of his family, friends and home.

#EveryStoryMatters



JJ in Blackpool

JJ spent five days in Blackpool, visiting the Pleasure Beach, Sea Life and Coral Island and taking plenty of seafront selfies. Thank you to Team Leader MJ, Clement and Peter for making the trip happen.



Journeys, Visits & Home Comforts

From a day among London’s landmarks to five days by the sea in Blackpool, September was full of new places across Suffolk and the West Midlands. It was also a month for family, with birthday breaks and visits home.

James

James enjoyed the London Eye, tried new foods and laughed along with the South Bank street performers.

Matthew

Matthew celebrated his birthday at Hornbeam Lodge with family and staff, enjoying a chocolate-covered cake.

Rowland

Rowland enjoyed a special family visit, playing guitar and sharing homemade cakes.

Daniel

Daniel headed to the cinema to see *Shaun the Sheep: The Beast of Mossy Bottom*. With a box of popcorn in hand, he enjoyed every laugh.

David

David has made regular walks part of his week. He enjoys the bus rides and café stops along the way.

Emily

Emily plans her own outings, with cafés and clothes shopping top of her list. This month, she chose a soft pink jumper.

Meet the Team

Greg Lapham
Group Managing Director

Greg joins the Focus Care Group with more than 25 years of senior leadership in health and social care. He will lead day-to-day operations across our services and teams.

Maha Mustafa
Service Manager, Stockwell Road

Maha joins Stockwell Road after many years as a Registered Manager in supported living. She believes good care is about choice, independence and dignity, and loves nature walks, music and history books.



Omodolapo
Focus Care Suffolk

Omodolapo joined the Focus Care Suffolk team this month. We are so glad to have you with us and hope your first weeks have felt welcoming.

Recipe of the Month

Roasted Butternut Squash Soup

This simple, warming soup is perfect for the first chilly days of autumn. It is easy to make together, kind on the budget and full of goodness. Serve it with crusty bread and good company.



Ingredients

- 1 butternut squash, peeled, deseeded and chopped
- 2 carrots, chopped
- 1 onion, chopped
- 2 cloves of garlic, crushed
- 1 litre of vegetable stock
- 1 tablespoon of olive oil
- Salt and pepper, to taste
- Optional: a splash of cream and fresh herbs to serve

Method

- Preheat the oven to 200°C (180°C fan) / Gas Mark 6.
- Place the squash, carrots, onion and garlic on a baking tray. Drizzle with olive oil, season and roast for 25–30 minutes until soft.
- Add the roasted vegetables to a large pan, pour in the stock and bring to the boil.
- Simmer for 5–10 minutes, then blend until smooth.
- Serve with an optional splash of cream and fresh herbs. Enjoy!

Your Voice Matters



At Focus Care Supported Living, we value every voice. Compliments are shared with the team, and concerns are handled confidentially and fairly. To share either, email, write or simply chat with your team leader.

Essex & Suffolk

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