

Monthly Newsletter

Oct 2026

Tales of October

Stories from across our services

A month of new faces, proud milestones and golden autumn adventures – told by the people we support and the teams who walk alongside them.

Focus Care Supported Living Ltd 13 The Metro Centre Peterborough PE2 7UH www.fcsupportedliving.co.uk

Inside October

Three regions, one family – every success shared and celebrated together.

Focus Care
Supported Living

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Please note: To protect the privacy of the people we support, images in this edition are stock or AI-generated and used for illustration only. Staff portraits are genuine.

Welcome, Greg Lapham

- Group Managing Director
- Joined Focus Care in September 2026

"Put simply, my job is to make sure every person we support receives safe, high-quality support that is built around them."



Greg leads the day-to-day running of Trust Management Group's companies, including Focus Care Supported Living. Reporting to Chief Executive Deen Chaudhry, he heads the senior team overseeing our services.

He brings 25+ years in UK health and social care, most at board level. Formerly COO of CareTech Community Services and CEO of Holmleigh Care Homes, he saw every Precious Homes service rated Good or Outstanding by the CQC.

What matters to Greg

Listening to the people we support

Everyone should have a real say in their own life and in the support they receive.

Stable, caring staff teams

Hiring for values as well as skills, so people see familiar, trusted faces.

Safe, high-quality services

Meeting the standards of CQC, the people we support and their funders.

Working in partnership

Open, honest work with the families, carers and professionals who know people best.

How to reach Greg

Your service's Registered Manager remains your first point of contact. If they can't resolve your question, contact your Regional Operations Manager, who can also pass feedback to Greg.

"I am because we are."

UBUNTU

October, in their words

Each region had its own story this month. Here's what our managers want every colleague, family and person we support to know.

Esther Shomoye

Regional Operations Manager - **Cambridgeshire**

"This month we stood together for Breast Cancer Awareness, opened up honest conversations on World Mental Health Day, and shared plenty of creativity and laughter at Halloween.

I remain incredibly proud of our teams. Your compassion, professionalism and commitment make a real difference to the people we support every day. As we look ahead to November, let's keep supporting, learning and making a positive difference in our community."

Mel Purcell

Regional Operations Manager - **Essex & Suffolk**

"Another incredible month across Essex and Suffolk. There were challenges along the way, but also real learning, growth and new strategies.

Most of all, October showed the strength of our teams, the value of supporting one another and our shared commitment to helping the people we support continue to thrive. Thank you to every member of staff, team leader and manager for your dedication."

Maha Mustafa

Service Manager - **Stockwell Road**

"In my first month, our proudest moment has been turning ideas from the people we support into reality.

We now have a Wednesday Breakfast Club, Thursday Movie Nights, Saturday Activities and a Gardening Club. A special thank you to our Activity Champion, MJ, and to everyone who has made me feel part of the Stockwell Road family."

A heartfelt thank you to every Support Worker, Team Leader and Area Manager, from all of us, including Nicolas, Martin and Vicky in Essex & Suffolk.

Awareness, Celebration, Togetherness



Halloween

Costumes, face painting, decorating and treats: seasonal fun enjoyed safely and inclusively across every service, filled with laughter and togetherness.



Breast Cancer Awareness

Sharing information, encouraging breast awareness and early detection, and standing in solidarity with everyone affected by breast cancer.



World Mental Health Day

Promoting wellbeing, reducing stigma and encouraging open, supportive conversations about mental health across our services.

Milestones & moments

15 OCT — **DignityTea Day at Brickfields.**
Stowmarket and Ipswich came together for food and laughs.

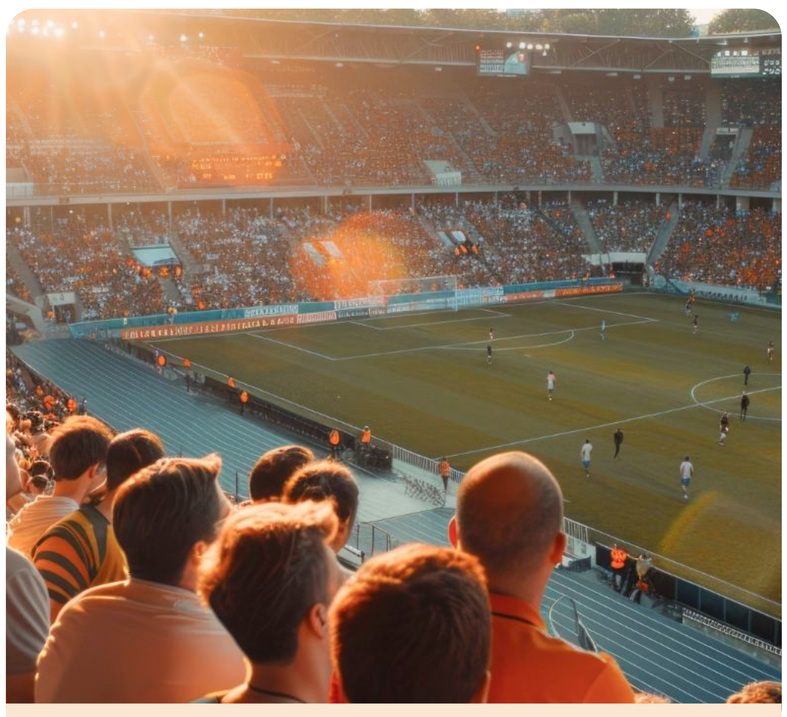
26 OCT — **Lily turns 20.**
Her first birthday with us, celebrated at Finborough with her mum, her nan and a pizza party.

2 YEARS — **Happy anniversary, Emma!**
Two wonderful years since Emma joined Focus Care.

30 OCT — **Halloween Movie Gathering.**
JP, GS, ED and EY enjoyed spooky films, tasty food and real togetherness at Shoebury Road.

October reminded us that the smallest moments - a cup of tea, a shared film, a candle on a cake, are often the ones people remember most.

Our People: Cambridgeshire



MATCH-DAY MEMORIES

Sean

Cheered at Yaxley Football Stadium, toured the King Power Stadium and won four prizes at the PHAB Club with his family there.



HALLOWEEN HOST

Ellie

Garden centre trips, hot chocolate in the sun, then face paint and a spooky clown outfit to welcome visitors.



BUSY & CREATIVE

Nicola

Baked a cake, picked pumpkins, cycled three rounds and spent a happy day by the water at Willen Lake.



LEADING THE WAY

Jay

Chaired a meeting at Head Office, baked gluten-free chocolate biscuits and enjoyed a funfair and a train journey.



VOLUNTEERING MILESTONE

Hywel

Completed his volunteering induction with the British Heart Foundation, plus coffee mornings and plans for a Cambridge trip.



STAYING CONNECTED

Jordan

Art and crafts, adaptive cycling and bus rides, and he sent birthday gifts and cards to his dad and brother.

Our People Across the Regions

Essex & Suffolk



Lily

Turned 20 on 26 October, her first birthday with us. Her mum and nan came to celebrate with pizza, laughter and great company.

Emma

Celebrated two years with Focus Care and tried something new: bold red hair that really suits her. Thank you, Ray.

JP

His bedroom makeover is complete and personalised to everything he loves. Thank you, Ellie and Angel. Lounge and bathroom next month!

Andrew

Received a brand-new mobility car at Pettitward, opening up more freedom and independence for the months ahead.

West Midlands

JJ

Doing his own supermarket shop, carrying groceries home and keeping his flat spotless, plus a lovely visit from his grandad.

David

Choosing his own fresh fruit and veg, wiping down tables and vacuuming the living room. His confidence grows every week.

Emily

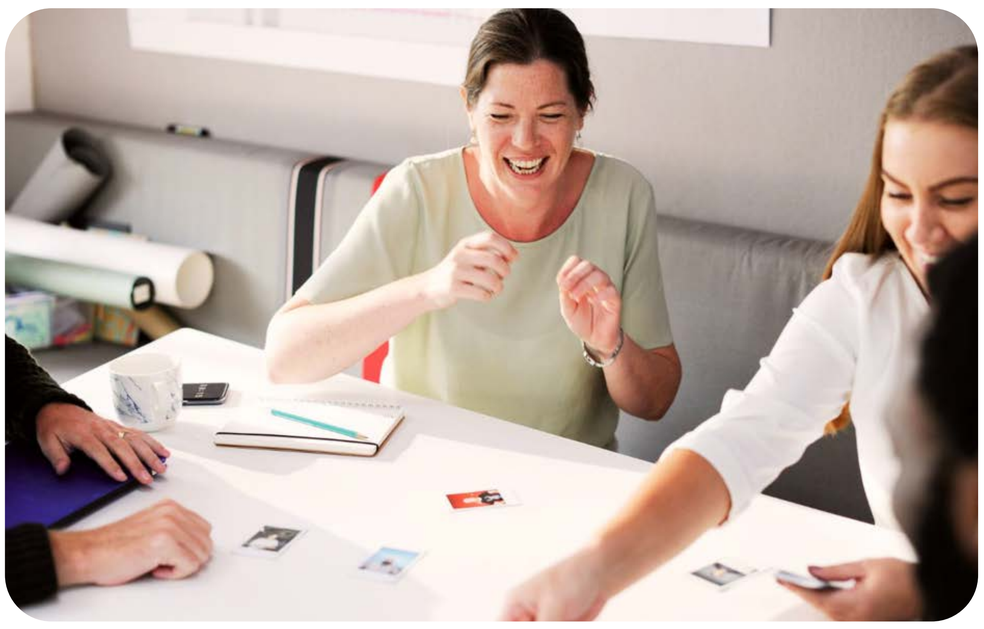
Planning and enjoying activities on her own, from café visits to shopping trips, and making confident choices in her community.

Callum

Met the deer and dinosaurs at Zoo and Dinosaur World, then got hands-on building a piece of equipment with the team.



Our Teams



Learning to sign together

Our colleague Emma led a lively, hands-on Makaton session. Staff practised signs, worked through symbol sheets and learned from one another, and the learning now continues every week in our Monday Makaton sessions.

A THANK YOU LUNCH

A roast to say thank you

Sandra McMillan treated the Stockwell Road team to a roast lunch with all the trimmings, as a thank you for the kindness they show every day.



WELCOME TO THE TEAM

Onyinye, Edeosa, Novella & Saheed

Our newest Support Workers at Stockwell Road. We can't wait to see the skills, energy and kindness you bring.

"We get to witness individuals gain independence and reach personal milestones."

PETER · 4 YEARS AT STOCKWELL

"I have never felt like just a colleague. I have always been treated like family."

TEMIDAYO · JOINED MARCH 2026

WE'RE RECRUITING · ESSEX

Know someone with a caring heart?

We have vacancies thanks to continued growth in Essex, with full induction and training. Call **01733 261233, option 1**.

Refer a friend and receive a £250 bonus once they pass probation.

SUPPORT FOR YOU

The Care Workers' Charity

Independent help for people working in UK social care: crisis grants of up to £500 that don't need repaying, and up to 10 sessions with a qualified therapist. Funding availability changes, so check the live website before applying.

thecareworkerscharity.org.uk/get-help

Recipe of the Month

Creamy Pumpkin Soup



PREP **10 mins** | COOK **25 mins** | SERVES **4**

Ingredients

- 1 medium pumpkin (about 1 kg), peeled, deseeded and chopped
- 1 onion, chopped
- 2 garlic cloves, minced
- 1 carrot, chopped
- 1 potato, chopped
- 750 ml vegetable stock (low salt)
- 150 ml double cream (or single cream)
- 1 tbsp olive oil
- Salt and black pepper to taste
- Optional: a pinch of nutmeg or mixed herbs

Method

1. Heat the olive oil in a large saucepan over a medium heat and sauté the onion and garlic for 2–3 minutes until soft.
2. Add the carrot, potato and pumpkin, and stir for another 2 minutes.
3. Pour in the stock, bring to the boil, then simmer for 20–25 minutes until the vegetables are tender.
4. Blend until smooth using a hand blender or food processor.
5. Stir in the cream, season with salt, pepper and a pinch of nutmeg, and heat for 2 more minutes.

Contact & Feedback

Your views help us grow. Whether it's an idea, a compliment or a concern, the people we support, families, professionals and staff are always welcome to get in touch. Complaints are acknowledged within 3 working days, and compliments are always passed on to the team.

Stay in touch

Cambridgeshire

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Regional Operations Manager

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Essex & Suffolk

Mel Purcell
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Stockwell Road

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A Heartfelt Thank You

To the people we support, their families and every member of our teams – thank you for making October so special. See you next month!