FOCUS HOME CARE
We Focus On Care At Home

Issue #01

Celebrating Community, Inclusion & Joy

Focus Home Care

June, 2025

Monthly Newsletter

An independent healthcare provider for you

Focus Home Care | Unit 13, The Metro CentreWelbeck Way | https://focushomecare.net/

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Welcome from the Management

A warm message from the Christine Goldstone,

Regional Operations Director

Welcome to the June 2025 edition of our newsletter. As we reach the year’s halfway mark, we reflect with pride on the achievements of our service users and staff. This month, we celebrated Learning Disability Week, Pride Month, and Father’s Day — each reinforcing our values of inclusion, love, and gratitude

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Monthly Highlights & Celebrations

Pride Month

Honouring love, identity & inclusion

Learning Disability Week

Celebrating visibility & community

Father's Day

Thanking all father figures for their guidance and love

Spotlight: Claire & Charlotte

Claire

has been active and creative, swimming, shopping, and attending Pride & LD Week events.
She's also working on nutrition with support from her learning disability nurse.

Charlotte

Enjoyed regular outings, yoga, and family time.
She visited Thorpe Park, farms, and picked out a special gift for Father's Day.

We danced, we laughed, and we made beautiful memories!

Spotlight: Theo & Clare

Theo

had a month full of activity—walking, cycling, gardening, and socialising. His Pride & LD Week celebration earned him a medal!

Clare

balanced creative hobbies, family visits, and community outings. She attended Pride & LD events with confidence and joy.

Spotlight: Rhys & Jasmine

Rhys

Enjoyed the cinema, beach, bowling, and quality time with family. He also continued creating for his YouTube channel

Jasmine

visited a fun fair, went swimming, fed farm animals, and proudly attended a dentist check-up. She also spent time at her mum's new house with her dog Boris.

A New Beginning: Victoria's New Home

Healthy Living Focus

We're thrilled to announce that VICTORIA has moved into her very own home at Falmer Close!

Thanks to Zetetick Housing for their support. Victoria is excited and settling in wonderfully

Healthy minds

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Health Awareness: Men’s Health & Diabetes

Many men face mental health challenges but often delay or avoid seeking help. It's essential to talk, reach out, and know that support is always available.

CALM Helpline – 0800 58 58 58
A confidential helpline for men in the UK who need to talk.

SHOUT Text Line – Text “BEAMATE” to 85258
24/7 free mental health support via text.

National Suicide Prevention Helpline – 0800 689 5652
For anyone struggling with mental health or suicidal thoughts.

Step Change – 0800 138 1111
Free, confidential advice on managing debt and financial stress.

MEN’S HEALTH MATTERS

Diabetes Awareness

Type 1 Diabetes

An autoimmune condition where the body cannot produce insulin. Daily insulin management is required

Type 2 Diabetes

Often linked to lifestyle factors like diet and activity. It can usually be managed with medication, healthy eating, and exercise

Inclusion & Learning

Learning Disability Week

Raising awareness

Promoting dignity

Breaking down barriers for 1.5 million people in the UK

Autistic Pride Day

Celebrated with the rainbow infinity symbol

Stand for diversity, identity, and acceptance

Focus-wide celebrations included food, games, dancing, and laughter across our services

Welcomes & Farewells

Welcome Adebimpe to Lansdown Villas & Beckets Lodge!

Farewell Gary

My time here has been inspiring — filled with laughter, challenges, and a sense of purpose. Thank you all.”

Community Corner

Recipe of the Month

Chicken Rice –

A delicious blend of spice, protein, and love!

Zetetick Housing wins National Care Award

Congratulations for providing safe, well-maintained homes.

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Caring Every Day

Thank you