



FOCUS HOME CARE
We Focus On Care At Home

Focus Home Care



August Adventures & Achievements at Focus Home Care

August 2025

Monthly Newsletter

Content Overview

Golden Days, Lasting Smiles	Reflecting on summer’s joy, unity, and achievements	01
Charlotte’s Sparkling Summer	Seaside walks, family time, and joyful routines	02
Theo’s Month of Fun & Fitness	Circus thrills, seaside joy, and healthy habits	03
Lauren’s Bright New Beginning	Embracing independence, friendship, and wellness	04
Jordan’s Galactic Adventures	Space, sailing, and city sights inspire wonder	05
Squidge’s Sweet Achievements	Baking, volunteering, and joyful community ties	06
Spotlight on Our Incredible Teams	Celebrating dedication, leadership, and teamwork	07
Homes Full of Heart	Togetherness turns houses into caring families	08
Looking Ahead - September Spark	Awareness days and autumn activities await	09
Recipe of the Month	A hearty dish to share, nourish, and enjoy together	10
A Heartfelt Thank You	Gratitude for every smile, effort, and achievement	11

Golden Days, Lasting Smiles

01



August at Focus Home Care was a celebration of warmth, creativity, and connection.

These moments highlight the true essence of Focus Home Care, building memories, nurturing joy, and reminding us that every smile strengthens our sense of community.

As we turn the page to September, we pause to celebrate the achievements and adventures that made August unforgettable.



Charlotte's Sparkling Summer

02



Seaside strolls, family moments, and daily routines that nurture independence and happiness

Charlotte's August was vibrant with seaside walks, shopping, and animal encounters. She embraced wellness through yoga, dancing, and hula hooping, while cherishing time with her mum.

From daily Starbucks visits to keeping her home tidy, Charlotte balanced independence with joy. Her positivity shines, reminding us that true wellness is found in family, routine, and everyday happiness.

Charlotte's Sparkling Summer



Theo's Month of Fun & Fitness

03

From farm animals to gliders and trains, every moment sparked curiosity and joy



At home, he stayed active with lawn care and healthy routines, while celebrating a new TV purchase.

Sharing special time with his mum, Theo balanced fun and fitness, showing how energy and independence create a fulfilling, joyful life.

Adventures & Summer Fun

Lauren's Bright New Beginning

Independence, friendship, and healthy living turned her new house into a home

Settling into her new home, Lauren embraced independence with enthusiasm. From grocery shopping and cooking nutritious meals to bonding with her housemate through games, singing, and laughter, she built a warm, joyful routine.



Her daily walks added community connection, while her positivity turned a house into a home –showing how new beginnings bring growth, happiness, and friendship.



Jordan's Galactic Adventures

05

From space missions to city sights, each adventure built confidence and wonder

Jordan embraced adventure this August, from exploring space wonders at the National Space Center to sailing at Ferry Meadows and taking in London's iconic sights.



His hard work at Newark Park Farm also stood out, earning admiration from the team.

Jordan's mix of curiosity, dedication, and joy shows how every new experience builds confidence, resilience, and lasting memories.

Squidge's Sweet Achievements

Awards, baking, volunteering, and joyful outings made her month shine.

Squidge lit up August with creativity and kindness – earning a Best Mover award at Swoove, baking a stunning birthday cake, and making homemade jam from her own harvest.



She also volunteered at the hospital shop, expanding her impact beyond home. With family time, bowling, and tea meetups, Squidge balanced independence with community, proving that joy grows when shared with others.

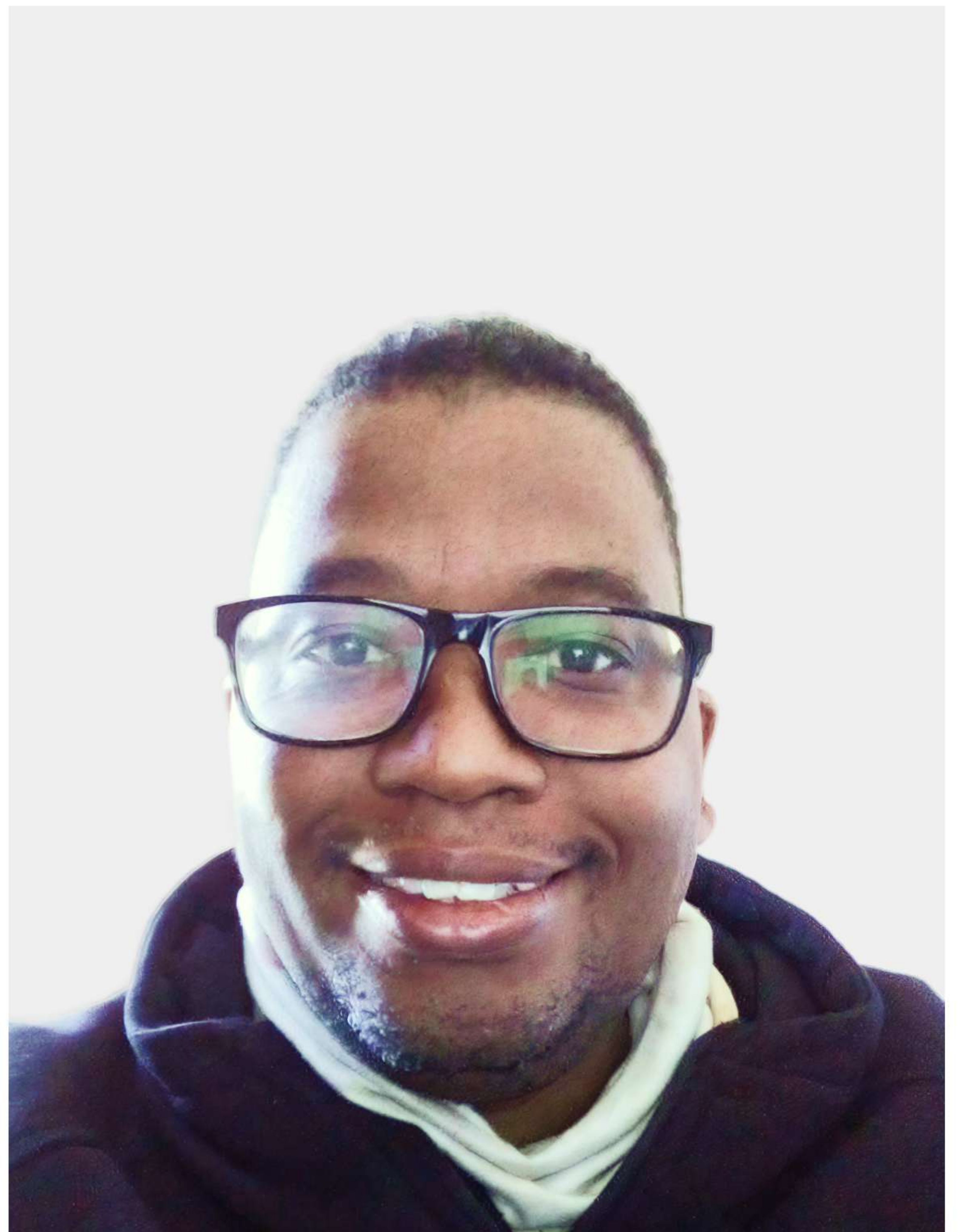


Spotlight on Our Incredible Teams

Celebrating dedication, leadership, and teamwork that bring care to life every day

Shout-out to Rudy and the Chain Close's Team for a fantastic End of Summer Party that united FCSL and FHC service users in a day of joy, connection, and celebration. Your teamwork and creativity made the event special and memorable.

We also congratulate Dejan Tachovski on his promotion to Area Manager—a well-deserved milestone that reflects his leadership and commitment to high quality support.



Homes Full of Heart

Celebrating shared laughter, strong bonds, and the spirit of belonging across our homes



This August, Focus Home Care homes thrived with warmth and togetherness. At Lansdown Villas, housemates bonded through cooking, laughter, and shared routines, while End-of-Summer gatherings across Cambridgeshire filled gardens with joy and music.

From tidy spaces to creative touches, each home became more than shelter—a place of belonging, connection, and empowerment, where everyday moments blossomed into lasting memories.

Looking Ahead - September Spark



Awareness days, autumn vibes,
and new opportunities to learn,
connect, and grow

September brings fresh energy with events like World Sepsis Day, Literacy Day, and Dementia Awareness Week. Focus Home Care will mark these with workshops, creative displays, and awareness activities, while autumn inspires crafts, nature walks, and gratitude reflections.

As the season turns, we'll continue nurturing growth, celebrating individuality, and strengthening community bonds with joy and unity.



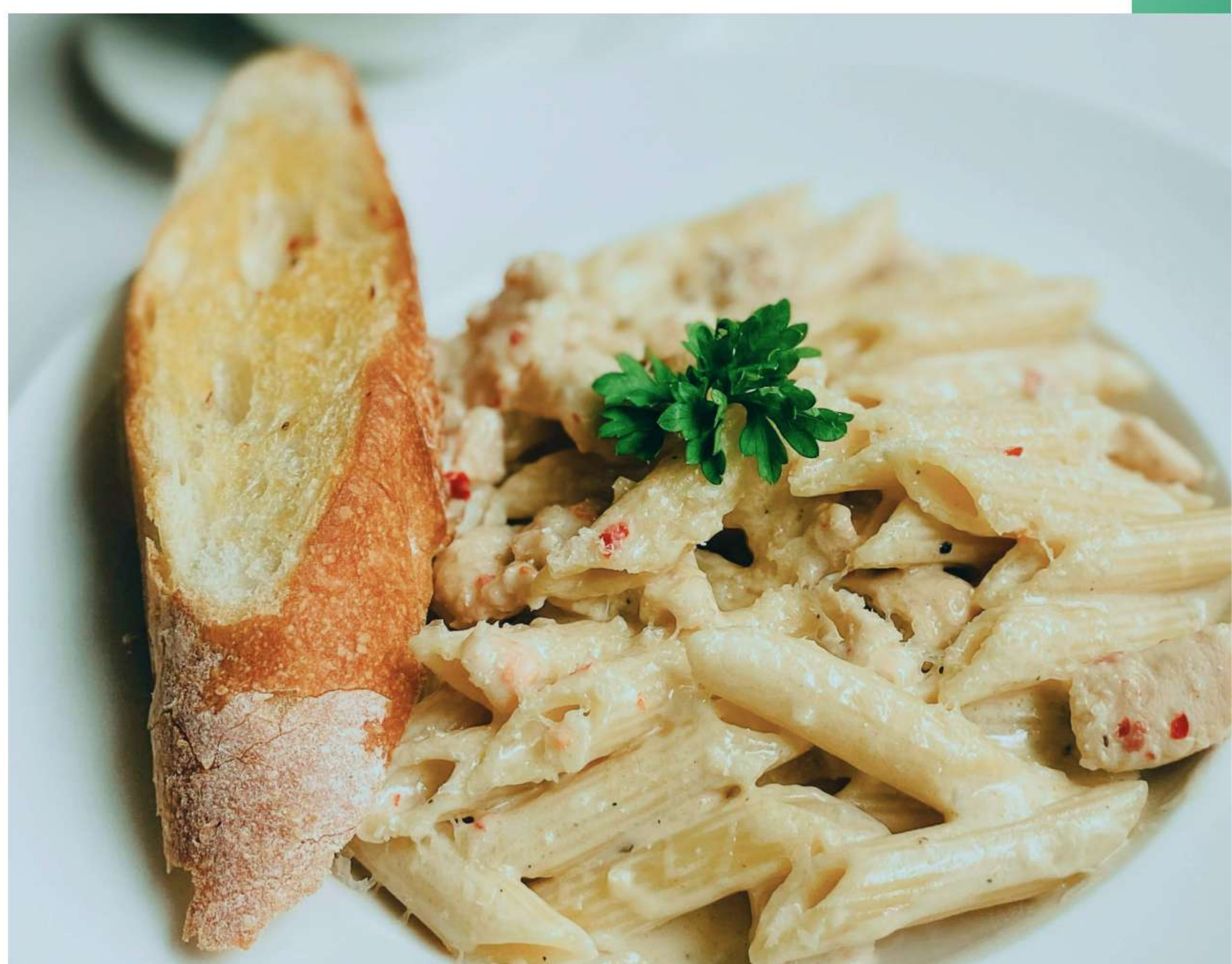
Recipe of the Month



A simple, hearty pasta bake that brings flavour, comfort, and smiles to the table

This month's recipe is a hearty Vegetable Pasta Bake, made with courgettes, peppers, mushrooms, and Italian herbs. Tossed with pasta, topped with cheese, and baked to golden perfection, it's comforting and nutritious.

Perfect with salad or garlic bread, this dish brings people together, promotes independence in the kitchen, and fills homes with both warmth and flavour.





Thank you to our service users, families, and staff for making August unforgettable

East Sussex

Christine Goldstone
Regional operations director

christine.goldstone@focushomecare.net
07399549019

Emma Rycraft
emma.rycraft@focushomecare.net

Cambridgeshire

Esther Shomoye
Regional Operations Manager/
Registered Manager

esther.shomoye@focushomecare.net
07523272209

