

Monthly Newsletter



FOCUS HOME CARE
We Focus On Care At Home

July 2025

Summer Stories of Joy & Independence.

Focus Home Care



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July Joy: A Month of Sunshine & Smiles

July was a month brimming with friendship, celebration.



From picnic weeks and ice cream socials to birthday parties and theatre performances.

our service users embraced opportunities to connect, grow, and enjoy life's simple pleasures.



Friendship Day at Fulbridge Road brought together FHC and FCSL for laughter-filled activities.

Our dedicated staff worked tirelessly to make each moment special, whether through careful planning of outings, supporting hobbies, or simply being there to listen.

Summer of Independence



In Cambridgeshire, Jordan joined in Picnic Week celebrations, enjoying delicious treats under sunny skies, and kept active with outdoor gym sessions.

In East Sussex, Claire enjoyed her newfound freedom with solo trips to Eastbourne, leisurely strolls along the seafront, and fun-filled cinema outings.

Charlotte balanced her days beautifully with regular exercise sessions, experimenting in the kitchen, and sharing laughter during outings with friends.





Celebrations that brought us together

At Franklyn Crescent,

Jay's birthday turned into a true community affair, bringing together friends and staff from both Focus Home Care (FHC) & Focus Care Supported Living (FCSL).

Charlotte's Big Month:
Graduation, Birthdays & Besties!



Interactive And Fun Time

Meanwhile, Victoria, affectionately known as Squidge, reached an exciting new chapter, settling into her very own home.



Adventures & Summer Fun

Rhys spent time exploring Drusilla's Zoo Park, meeting fascinating animals, and enjoying a lively day out.

He also tested his skills at bowling, followed by the heart - warming surprise of a family reunion with relatives visiting all the way from New York

- A moment filled with hugs, stories, and shared laughter.



Jasmine embraced the summer energy with regular gym sessions, scenic walks, and playful afternoons at the arcade, proving that fitness and fun can go hand in hand.

Our Dedicated Teams in Action

Our teams truly went above and beyond this July, demonstrating once again the dedication and heart that define our services.

Across all regions, staff members successfully completed NAPPI training, further strengthening their expertise in positive behaviour support and safe practice.

This investment in learning ensures that our care remains both compassionate and effective, empowering staff to confidently support service users in every situation.



East Sussex Highlights

East Sussex was alive with energy this month, with service users embracing independence and making the most of summer opportunities.



Theo took steps towards greater independence by exploring public transport, navigating routes with confidence and curiosity.

Claire and Charlotte enjoyed a variety of community outings, from leisurely walks through local parks to browsing favourite shops and visiting local cafés



Cambridgeshire Highlights

Cambridgeshire service users enjoyed a summer of togetherness, with activities that celebrated both the season and the connections that make our communities so special.

At Fulbridge Road, community spirit was at its peak, as service users and staff from across services came together for shared activities, strengthening bonds and creating memories that will last well beyond summer.



Jordan embraced the outdoors, exploring local green spaces and making the most of the warm weather.

Jason found a healthy balance between relaxation and fitness, enjoying leisurely activities alongside invigorating workouts.



Recipe of the Month

This month's kitchen favourites include hearty Shepherd's Pie from East Sussex and zesty Lemon Herb Chicken Skewers from Cambridgeshire.



Shepherd's Pie

A comforting classic with golden, buttery mash and a rich, savoury filling that had everyone coming back for seconds.

Whether it's a comforting classic or a fresh summer dish, our recipes encourage cooking together, sharing meals, and enjoying the tastes of the season.

Zesty Lemon Herb Chicken Skewers





Birthdays, Milestones & Thanks

Cambridgeshire

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East Sussex

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Emma Rycraft
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We celebrated many birthdays this month:
Charlotte, Jay, Amanda, Ehizogie, and more.

Each was marked with personal touches,
laughter, and the warmth of friends
and family.

We also welcomed new service users and staff,
marking the start of exciting new chapters.

A heartfelt thank-you to all our team members
for their dedication, kindness, and
resilience.