

ADVENTURE & FUN
OUTDOORS

FOOD, FUN &
LOOKING AHEAD

CULTURE & COMMUNITY



WELLBEING IN
FOCUS

Celebrating Wellbeing, Milestones & Community.

MOMENTS THAT
BRING PEOPLE TOGETHER.

September, 2025

Monthly Newsletter

CONTENTS

→	Welcome from Our Leadership
→	September at a Glance
→	Leadership Spotlight
→	Life at home and in the Community
→	Exploring Calm, Choice & Sensory Experiences
→	Welcomes, Birthdays & Appreciation
→	New starters have spoken about
→	Our People: Birthdays & Thank You
→	Celebrating Onam & Cultural Diversity
→	Voices That Matter

Welcome from our Leadership

A season of balance, belonging and progress.

September has been a month of meaningful change across Focus Home Care.

As autumn arrived, we've been reminded of the beauty of balance between rest and activity, independence and support, fun and responsibility.

We also marked World Heart Day, shining a light on heart health, nutrition and the importance of staying connected to one another.

Our teams have continued to invest in training, development and quality, ensuring that safety and dignity remain at the centre of everything we do.

Focus Home Care



A Month to Remember

September at a glance.



- First Day of Autumn
- World Heart Day
- Big Achievements & Looking After Ourselves
- Celebrating Culture

From first autumn leaves to powerful personal milestones, September has been full of standout moments.

Celebrating Rachel's birthday: A leader who puts people first.

The celebration was filled with smiles, laughter and togetherness.

This month, we were delighted to celebrate the birthday of Rachel, our Area Manager, a leader whose kindness, calm presence and commitment make a real difference every day





Life at home and in the Community

New Beginnings, Big Smiles & Active Days.

This month, we're celebrating Jasmine's incredible progress as she steps into a new chapter of learning, independence and wellbeing.

Jasmine is thriving at college, staying active with swimming and the gym, enjoying seaside and art trips, and recharging with family growing in confidence every week.



Exploring Calm, Choice & Sensory Experiences

Calm & Creativity in Everyday life.

For many of the people we support, quiet, meaningful moments are just as important as big days out. This month, we've seen:

Sensory spaces in action

One individual has been spending time in a personalised sensory room-reading favourite books, colouring, arranging a treasured collection and solving puzzles.

These activities support focus, independence and emotional regulation.

Simple journeys, big smiles

Everyday trips, like a bus ride on a familiar route, have brought visible joy and reassurance, building confidence with travel and community access.

Peaceful time with animals

Visits to wildlife centres, farms and horse fields have offered gentle, sensory-rich experiences.

Watching birds, horses and other animals in calm environments has helped people feel more relaxed, grounded and connected with nature.



Welcomes, Birthdays & Appreciation

Warm Welcome to New Colleagues.

We're delighted to welcome new team members who have joined Focus Home Care this month.

They bring fresh perspectives, enthusiasm and a shared commitment to person-centred support.



To everyone who celebrated in September, Happy Birthday, and thank you for the unique contribution you bring to our community.

A Big Thank You to all our support workers, team leaders and managers: your hard work, patience and compassion are noticed and appreciated. You are the heart of Focus Home Care.

New starters have spoken about:

1. Feeling welcomed by staff and people we support.
2. Learning quickly about care plans, communication styles and safe practice.
3. Feeling proud to make a positive difference from day one.

Thank you for choosing to build your career with us, we're excited to see you grow.



Celebrating Onam & Cultural diversity

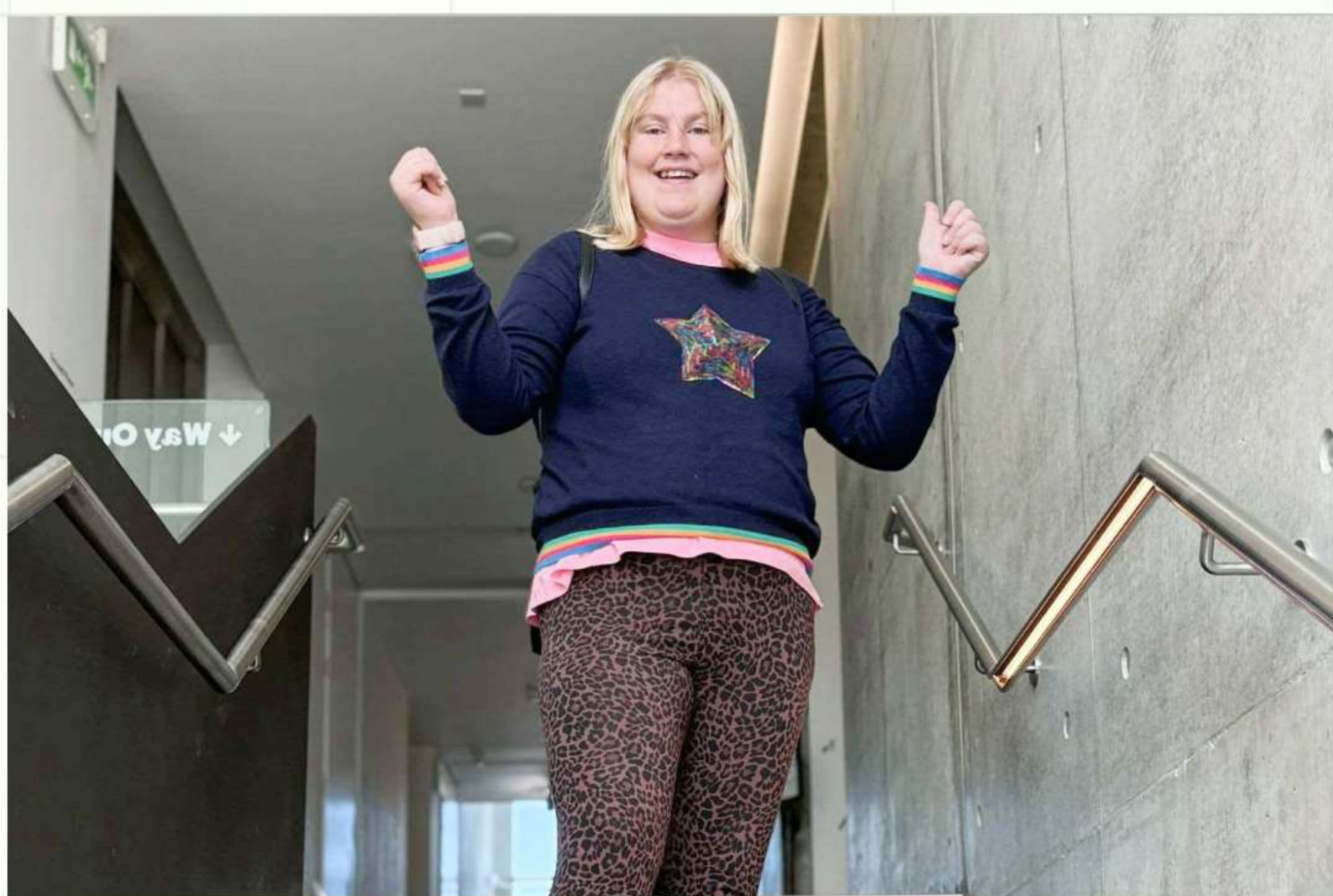
In September, Colleagues And Service Users Came Together To Celebrate Onam, A Major Harvest And Cultural Festival From The Indian State Of Kerala. Onam Is:

A cultural celebration, rich with music, dance, food and traditional dress.

A harvest festival, marking abundance and gratitude after the monsoon.

A reminder of the legendary King Mahabali and a time of generosity and togetherness.





Together, we focus on care
at home – every day, in every season.

Thank you

for being a valued part of
Focus Home Care.



East Sussex

Christine Goldstone
Regional Operations Director

christine.goldstone@focushomecare.net
07399549019

Cambridgeshire

Esther Shomoye
Regional Operations Manager /
Registered Manager

esther.shomoye@focushomecare.net
07523272209