

Monthly  
Newsletter

# November Escapades & Autumn Favourites at Focus Home Care

Celebrating Community, Independence, and  
Connection across Cambridgeshire and East Sussex

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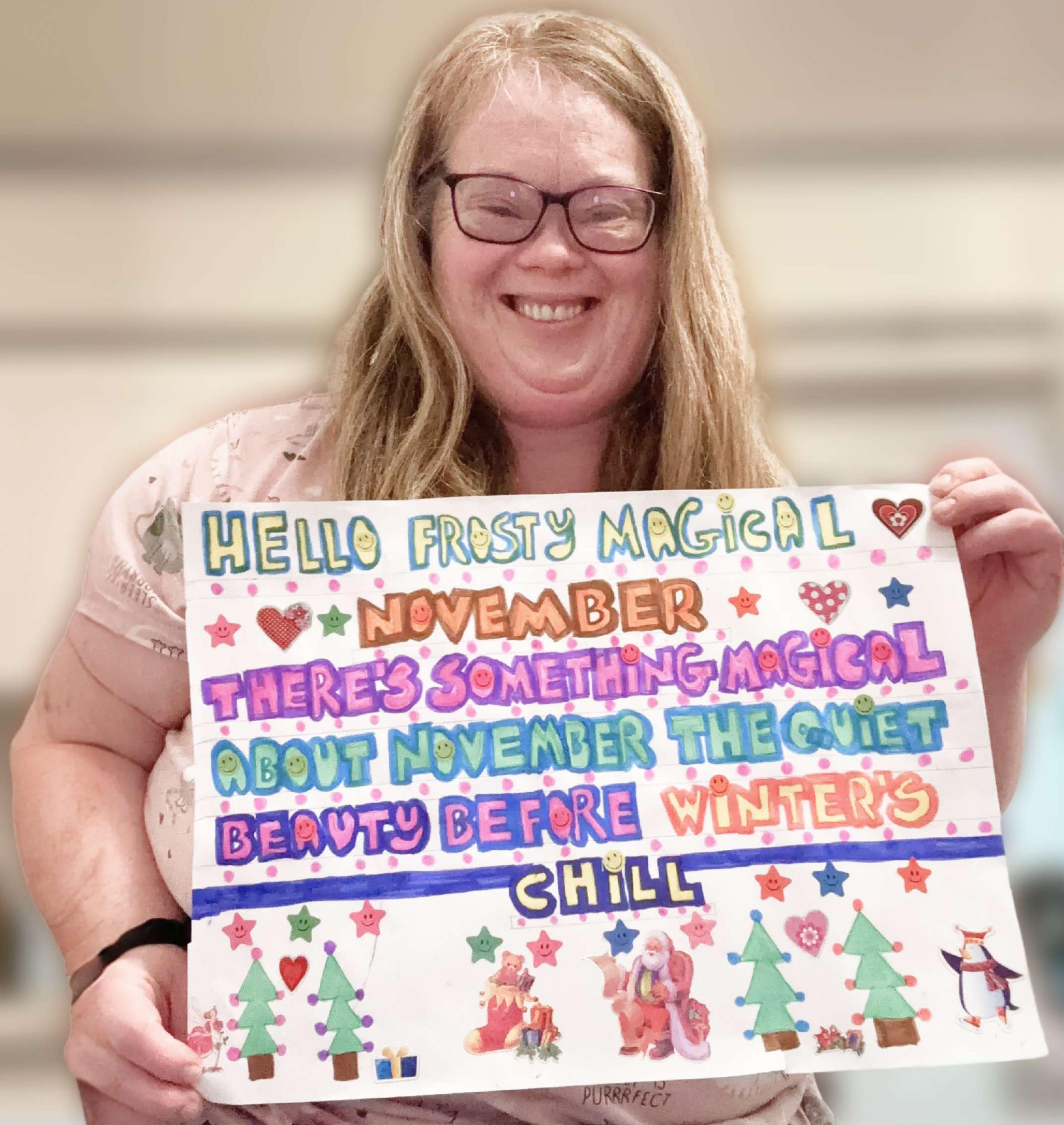
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## MONTHLY REFLECTIONS & EVENTS

### Remembrance Day:

Coming together in quiet appreciation to honour those who served. A poignant reminder of the value of peace.

### World Kindness Day:

Kindness walls and small gestures that made a big impact. Even small acts make a difference.

### International Men's Day:

Recognising the role of men in our communities and supporting mental and physical health.

# SERVICE USER SPOTLIGHT – CAMBRIDGESHIRE



## Jason's Adventures:

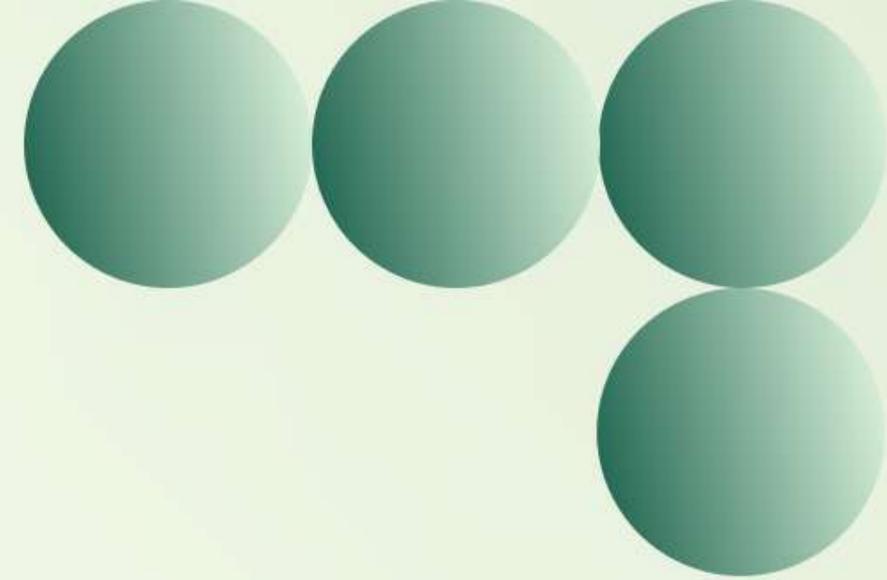
From a fresh cut at the barbers to exploring the vibrant animal life at West Lodge Farm Park.

## Festive Wanderings:

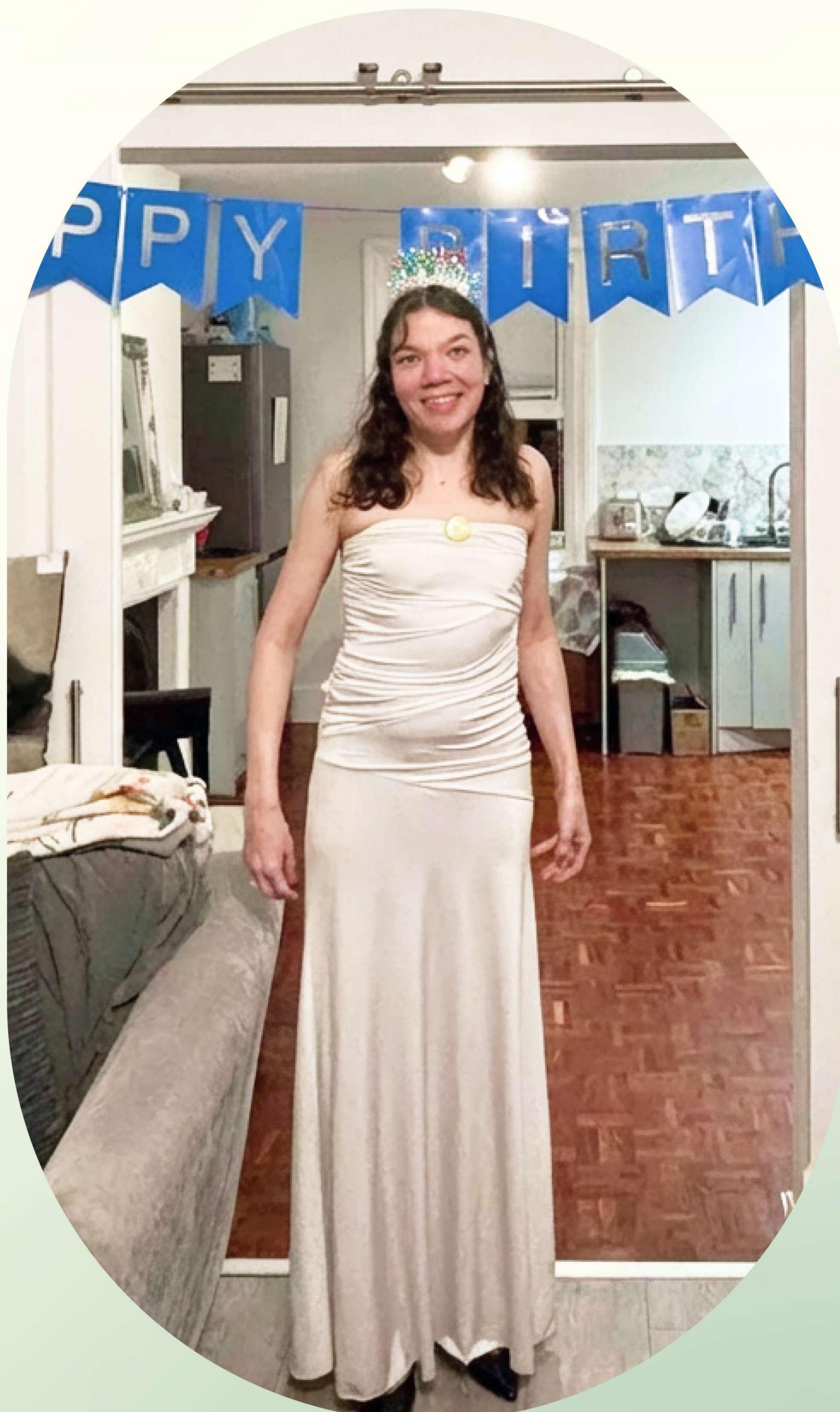
Jason enjoyed the twinkling lights and seasonal displays at Cherry Lane Garden Center.

## Jordan's Achievements:

Striking fun at the Hollywood Bowling Center and finding calm while feeding friends on the farm.



# SERVICE USER SPOTLIGHT – EAST SUSSEX



## Milestones:

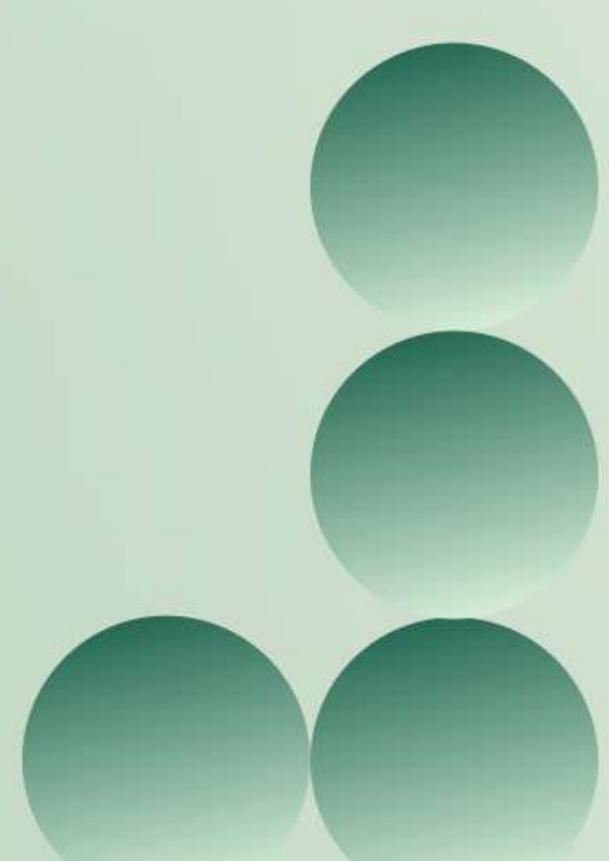
Lauren celebrated her landmark 40th birthday with a family meal and a party at home.

## Theo's Health Kick:

An incredible achievement – Theo has lost 44.6kg (7 stone) over the past year through dedication to fitness.

## Victoria's Magic:

A magical Harry Potter-themed birthday party and creative hand-crafted festive decorations.



# NEW CHAPTERS & EMPOWERMENT

## Juliet's Fresh Start:

"I absolutely love my new home; me and Minnie (hamster) are so happy. This is a new start for me".



## Kyle's Move:

Kyle has settled wonderfully into his new home in Hastings, even showing off his pumpkin pie baking skills.



## Empowerment in Action:

FHC is proud to be featured in Zetetick Housing's Autumn/Winter brochure, showcasing independence in the home.



### Empowerment starts at home

This summer has been a season of growth, celebration, and empowerment for our tenants. Collaborating with Focus Home Care, we've seen first-hand how the right combination of safe, supportive homes and personalised care can transform lives.

One standout story this month was Victoria's move into her very own home at Zetetick's new Farmer Close development in Brighton. After years of waiting, Victoria has stepped into an exciting new chapter filled with independence, pride, and joy. Don't believe us? Hear it from Victoria herself: "I'm so happy to finally have my own place. I have been living at home with my parents for a long time now, and I'm so happy to finally have my own home."

The heart of this partnership goes beyond emails and house viewings; one thing Focus and Zetetick have in common is a shared passion for making a positive impact on everything we do. Whether that is encouraging our tenants to pursue hobbies, strengthening family bonds, or simply providing a safe and supportive living environment. We are turning our shared mission into reality and we feel privileged to be a part of it alongside Focus, knowing they share that same dedication to empowerment.

### Sharing our stories to inspire and inspire

Helen, our new Fundraising and Communications Manager, knows the importance of sharing experiences to shape better housing services.

I am sharing my story to show others that there is hope. I have been fortunate to inform and inspire. I have been a wonderful autistic son. Then (11) and Emma (13) came along and changed our lives. I felt my dreams for the future were lost. But as I learned more, I became more understanding autistic individuals are.

I also realised that autism has always been a part of my life. My brother long ago accepted that autism had its place in the world. Finally, we had found the challenges he faced and could put in place the support he needs to put in place the support he needs to



through my art. I like to produce positive quotes to help others with disabilities to feel better about themselves. I have found that our focus disability doesn't mean we cannot and should not use our voices or our art to express our feelings. I hope that one artwork brings hope, joy and inspiration.

"I know that everyone including people who have a disability deserves to feel seen and valued. I want to be part of that. I want to be part of that and feel that they can speak up. I hope that any story can help make a difference.

Through our stories we can demonstrate the impact of our work, inspire people to help us house those in need, and influence others to take action and practice for lasting change.

Please get in touch, I'd love to know you! [01273970000](http://tel:01273970000)

# LIFE SKILLS & COMMUNITY

## Jasmine's Growth

Happy to be back at college, meeting new friends, and practicing for the Christmas show.



## Claire's Routine:

Balancing swimming, church services, and weekly 1-1 time with staff to build new skills.

## Charlotte's Independence

Managing her own health checks, car maintenance, and grocery shopping with confidence.



# FESTIVE FUN & PREPARATION



## Christmas Recipe:

"Unbelievably Easy Mince Pies" – A fun activity enjoyed by Juliet and Jonathan.

## Stress-Less Christmas Tips:

Plan ahead for routine changes and use visual schedules to prepare for the busy season.



## Upcoming Events:

International Day of Persons with Disabilities (Dec 3rd) and Human Rights Day (Dec 10th).

# FUN & GAMES

## The Grinch Appearance:

"Rhys brought plenty of smiles and laughter by dressing up as the Grinch for the festive season".

## Staff Birthdays:

Celebrating the dedicated team members including Adebola, Chinedu, and Adedimeji.



# FEEDBACK & CONTACT



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