



**FOCUS HOME CARE**  
We Focus On Care At Home

Nov, 2025



Monthly  
Newsletter

# November Escapades & Autumn Favourites at Focus Home Care

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



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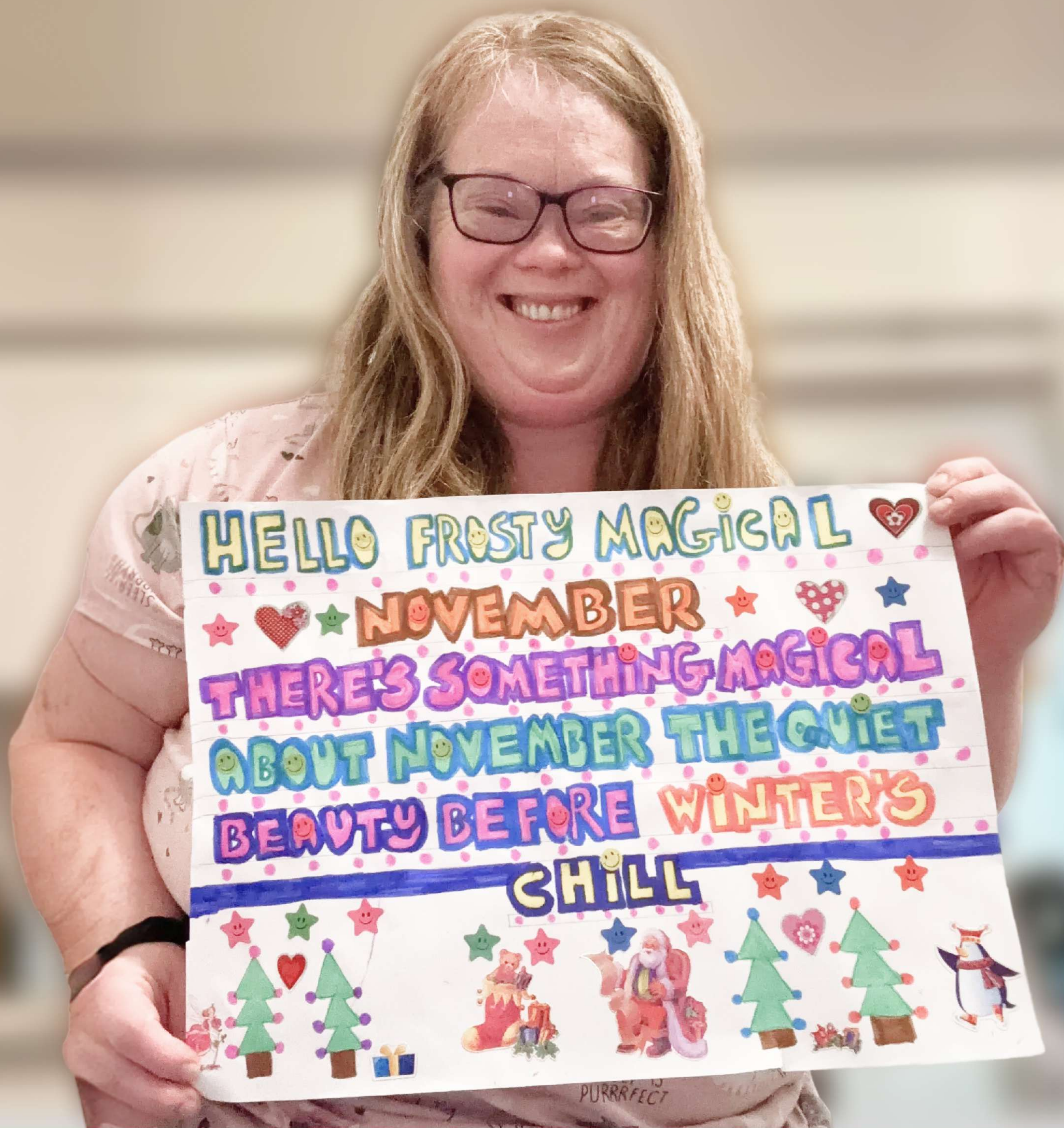
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# MONTHLY REFLECTIONS & EVENTS

## 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:

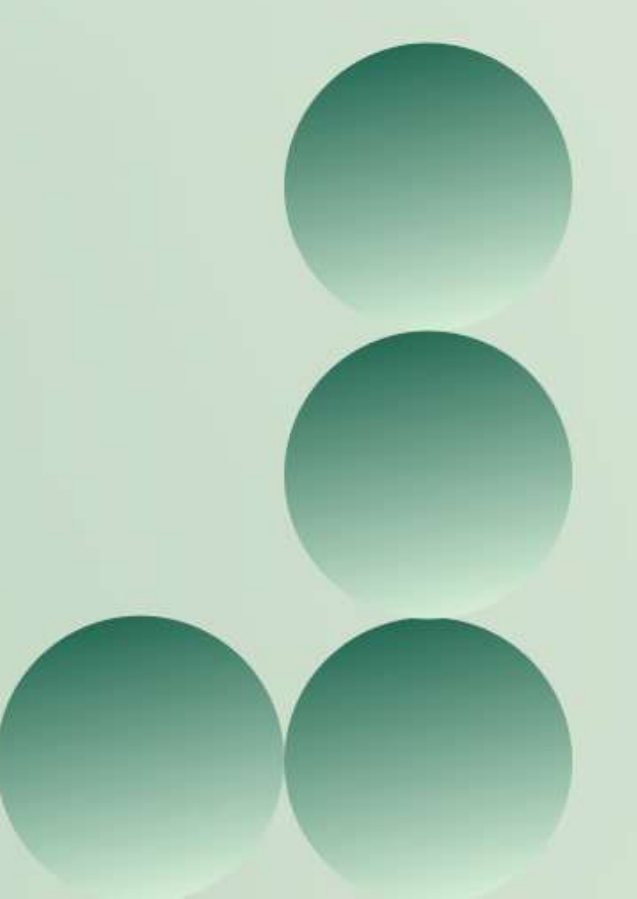
Lauren celebrated her landmark 40th birthday with a family meal and a party at home.

## 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 Zetetic Housing's Autumn/Winter brochure, showcasing independence in the home.





# 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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## East Sussex

Christine Goldstone  
Regional Operations Director

[christine.goldstone@focushomecare.net](mailto:christine.goldstone@focushomecare.net)  
07399549019

## Cambridgeshire

Esther Shomoye  
Regional Operations Manager /  
Registered Manager

[esther.shomoye@focushomecare.net](mailto:esther.shomoye@focushomecare.net)  
07523272209

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