

Oct, 2025



Autumn Adventures & October Highlights at Focus Home Care

Monthly
Newsletter



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OCTOBER MOMENTS & WARM BEGINNINGS



October at Focus Home Care was filled with colour, creativity, and connection.

Cultural Day, autumn walks, Halloween festivities, and mindful moments shaped a month full of joy and togetherness.

These memories reflect the spirit of Focus Home Care – celebrating individuality, building confidence, and nurturing warm, everyday happiness.



EAST SUSSEX HIGHLIGHTS

Autumn walks, cosy outings, and growing routines

East Sussex enjoyed a lively October with seaside trips, hydrotherapy, shopping days, baking sessions, and warm family visits.

Service users embraced independence through cooking, cleaning, travel confidence, and daily wellness routines.



Special highlights included pumpkin picking at South Farm, a cheerful Paddington Bear experience, and a four-day London birthday celebration filled with sightseeing and smiles.

CAMBRIDGESHIRE HIGHLIGHTS

Autumn walks, cosy outings, and growing routines

Cambridgeshire's October began with a vibrant Cultural Day – music, food, traditional attire, and shared stories filled the room with pride and connection.

Halloween brought creative costumes, decorations, and friendly moments. Mental Health Week encouraged calm walks, reflective conversations, and gentle activities that supported wellbeing.

From Skylark Garden to Hampton Lakes, every outing offered nature, relaxation, and the simple comfort of being together.



DAYS OUT IN NATURE



Fresh air, autumn colours, and new experiences

Walks through Central Park for World Mental Health Day, peaceful moments feeding ducks at Hampton Lakes, bright, cheerful visits to pumpkin farms and sailing days at Ferry Meadows, filled with excitement and confidence.



CREATIVE LIVING & HOME COMFORTS



Art, baking, and moments that make a home feel special

October was filled with creativity – LEGO builds, colouring, pumpkin crafts, and cosy baking days.

Jason enjoyed cookie making with the team, while Jordan embraced LEGO builds and art sessions that brought calm, focus, and imagination.

Small home routines – cooking simple meals, organising spaces, and decorating for autumn – added warmth to each day.



CELEBRATIONS & AUTUMN JOY



Halloween parties in both regions were joyful and lively – costumes, games, dancing, and lots of shared laughter.

Across each home, autumn themed days created a sense of belonging and community spirit.

Pumpkins, laughter, and festive fun across our homes

Cultural Day gatherings at Head Office brought colour, music, and delicious foods from around the world, celebrating unity in diversity.





SPOTLIGHT ON OUR INCREDIBLE TEAMS

Celebrating the dedication, kindness, and day-to-day support that make every moment possible.

This month brought creativity, calm, fun, and connection to countless activities, from Cultural Day to Halloween celebrations. Your work continues to shape warm, empowering environments where everyone can grow.

LOOKING AHEAD - NOVEMBER GLOW

Celebrating the dedication, kindness, and day-to-day support that make every moment possible.



As the season shifts, November brings, bonfire, night celebrations, early festive crafts, new wellbeing activities, more nature walks and warm gatherings across homes. We look forward to a month filled with gratitude, creativity, and shared moments.



RECIPE OF THE MONTH



Creamy Chickpea & Spinach Pasta Bake

A warm, comforting dish that brings flavour and smiles to the table – full of vegetables, chickpeas, and golden baked cheese.

Perfect for chilly evenings and shared dinners.

A HEARTFELT THANK YOU



Celebrating the dedication, kindness, and day-to-day support that make every moment possible.

Thank you to our service users, families, and incredible staff teams for making October a month filled with warmth, creativity, and joyful memories.

Your care, commitment, and positivity make Focus Home Care a place where every day matters.

East Sussex

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