

# Monthly Newsletter

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



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

**DEC  
2025**

## December Delights & Winter Wonders at Focus Home Care

# CONTENT OVERVIEW

Cambridgeshire – Jumper Day & Cheer

01

Cambridgeshire – The Spirit Of Christmas

02

Service User Spotlight – East Sussex

03

East Sussex Spotlight – Mollie's Independence

04

Clare's Sparkling Month

05

East Sussex Spotlight – Jonathan's Win

06

Bexhill Adventures & Social Stars

07

Empowerment – Disability History Month

08

Recipe Of The Month

09

# CAMBRIDGESHIRE - JUMPER DAY & CHEER



## **Kicking Off the Season:**

Festive Jumper Day brought a burst of creativity and colour to our services.

## **Self-Expression:**

From classic knits to sparkling designs, the day was filled with laughter and a shared sense of fun.

## **Building Bonds:**

Simple moments of playfulness brighten our days and bring our community closer together.

# CAMBRIDGESHIRE - THE SPIRIT OF CHRISTMAS



## **Anticipation:**

Christmas Eve was a time for reflection, decorating, and quiet moments of connection.

## **The Big Day:**

Christmas Day centered on generosity and goodwill, featuring shared meals and thoughtful exchanges.

## **Meaningful Connections:**

We celebrated the importance of togetherness and cherishing the small moments that make the season special.

# SPOTLIGHT ON EAST SUSSEX - MOLLIE'S INDEPENDENCE

## A Fresh Start:

Mollie has moved into her new home and is embracing her new routines with incredible positivity.

## Daily Living Skills:

Taking charge of laundry, baking, and keeping her home clean are fantastic steps in her journey.

## Staying Active:

Mollie enjoys her daily walks, exploring her new surroundings and keeping healthy.

## Highlight Of The Month:

Mollie loves grocery shopping. She confidently collected items while pushing the trolley.



# CLARE'S SPARKLING MONTH

## Grocery Goals:

Clare was busy with shopping, cinema, meals, and relaxing rides. These activities kept her active and connected.

## Festive Cheers:

Clare's festive month was full of creativity. Her flat was decorated for Christmas with lights and a stunning tree.

## Creative Efforts:

Clare has been creative at home, completing a 3D puzzle and painting a Stitch lamp.



# EAST SUSSEX SPOTLIGHT – JONATHAN'S WIN



## **Award-Winning Spirit:**

Jonathan earned a well-deserved medal for his commitment and teamwork during sports sessions.

## **Festive Preparation:**

With staff support, Jonathan decorated the tree and beautifully wrapped gifts for his friends and family.

## **College Life:**

While he loves his classes, Jonathan eagerly looked forward to the holiday break spent with his loved ones.

# BEXHILL ADVENTURES & SOCIAL STARS

## Jasmine's Busy Month:

A wide range of activities in Bexhill-on-Sea kept Jasmine engaged and joyful throughout December.

## Jack's Heart-Warming Reunion

This Christmas, the team supported Jack in visiting his friend Matthew to celebrate together – a great You Said, We Did moment.

## Celebration at Hollywood House:

Jonathan and friends danced the night away at a vibrant Christmas party.



# EMPOWERMENT – DISABILITY HISTORY MONTH



## Honouring History:

This month, we participated in UK Disability History Month celebrations.

## Inclusive Fun:

Our service users attended parties filled with singing, dancing, and meaningful social connection.

## Our Commitment:

Celebrating diversity and the unique contributions of every person we support.



# RECIPE OF THE MONTH

## Crispy Herb-Butter Turkey Legs:

### INGREDIENTS

- 1 whole chicken (approx. 1.5–2kg)
- 2 tbsp olive oil or melted butter
- 3 garlic cloves, minced
- 1 lemon, halved
- 1 onion, quartered
- 2 carrots, cut into chunks
- 2 parsnips, cut into chunks
- 500g baby potatoes, halved
- 200g green beans or sugar snap peas, trimmed
- Fresh thyme or sage (optional)
- Salt and pepper to taste
- 150ml chicken or vegetable stock
- 2 tbsp pomegranate seeds (for serving)
- 2 tbsp honey (optional, for glaze)



### METHOD

Preheat the oven to 190°C (170°C fan).

Place the chicken in a roasting tray. Rub with olive oil or butter, minced garlic, salt, pepper, and thyme.

Stuff the cavity with lemon halves.

Surround the chicken with onion, carrots, parsnips, and potatoes.

Pour 150ml stock into the tray. Drizzle honey over the vegetables if using.

Roast for 1 hour 30 minutes, basting halfway through cooking.

Add green beans or peas for the final 10–15 minutes.

Once cooked, remove the chicken and vegetables from the tray to rest.

For the Gravy: Place the roasting tray on medium heat, stir in flour, and slowly add stock, whisking until thickened.

Carve the chicken and serve with the roasted vegetables, green beans, gravy, and a sprinkle of pomegranate seeds for a festive New Year's touch.

# FEEDBACK & CONTACT



---

## East Sussex

Christine Goldstone  
Regional Operations Director

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

## Cambridgeshire

Esther Shomoye  
Regional Operations Manager /

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

---