

Celebrating A New Year Filled With Care, Connection, And Community.

JAN
2026

Monthly Newsletter

Jan 2026 Edition



FOCUS HOME CARE
We Focus On Care At Home

CONTENT OVERVIEW



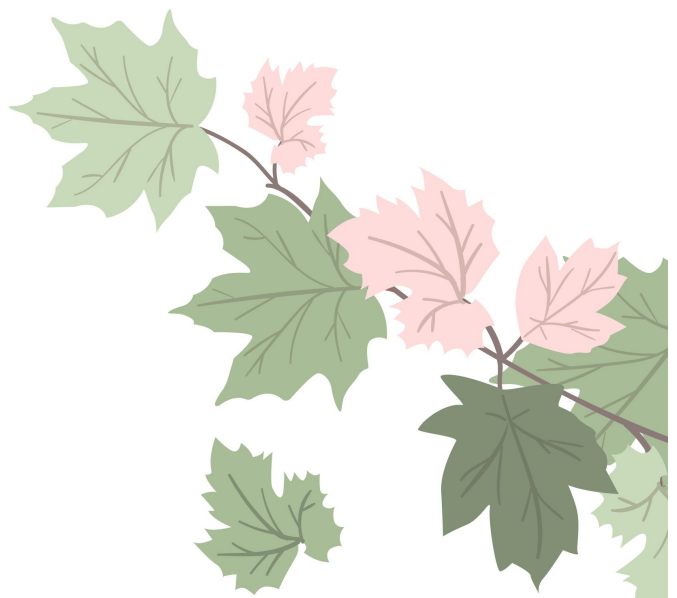
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WELCOME TO OUR JANUARY EDITION



**By: Christine Goldstone &
Esther Shomoye**

A positive start to 2026 focused on
creativity, independence, and
meaningful community engagement.



JANUARY HIGHLIGHTS

New Year celebrations

A joyful start to 2026 with celebrations, milestones, and activities that built confidence and community.



Birthdays & Achievements

We celebrated many birthdays and achievements, bringing happiness, pride, and a sense of accomplishment to our residents.

Joyful Start

EVENTS & ACTIVITIES

Joyful Engagement

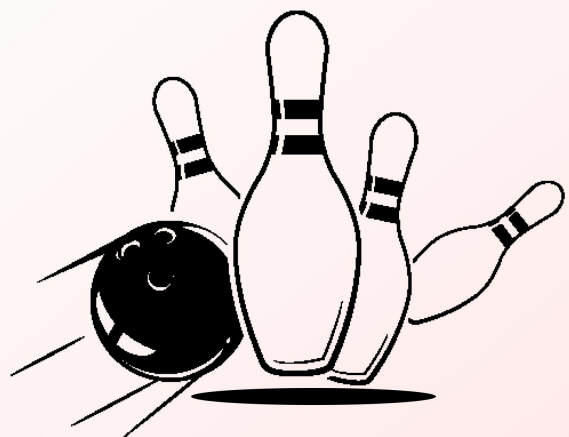
Farm & Nature Visits

Jordan enjoyed his nature and farm visits. Feeding animals and being in nature helps him feel connected.



Bowling, Cinema & Outings

From bowling to cinema trips, the outings were filled with fun and brought us closer together.



Everyday Independence

LIFE SKILLS & INDEPENDENCE

Grocery Shopping

Rhys enjoys choosing his own items during regular grocery trips.



Cooking & Routines

Lauren's home-cooked meals show independence & pride. She's a natural in the kitchen.



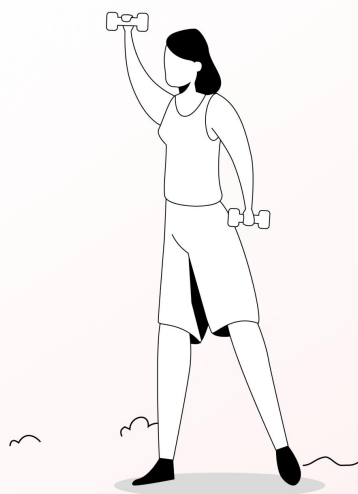
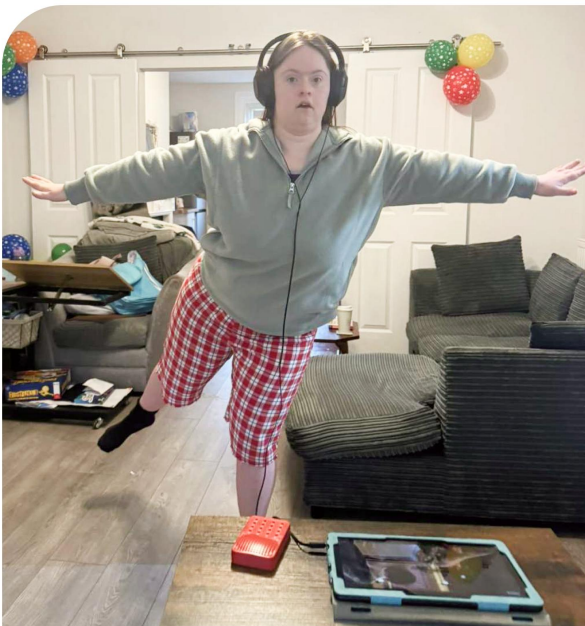
Travel & Daily Tasks

Theo's travel and daily activities continues to build confidence and promote independence.

HEALTH & WELLBEING

Gym & Fitness Journeys

Charlotte's confidence continues to grow as she becomes more independent in her routines.



Walking, Swimming & Cycling

She enjoys her new weekly cycling sessions, and loves the fresh air and exercise.



CREATIVITY & LEARNING

Painting & Creative Crafts

Creative activities encouraged joy, expression, and confidence in our residents.



Music, Drama & Performances

Engaging in music and drama supported creativity, passion, and social confidence.



COMMUNITY & STORIES

Family Visits

Family visits are always special! They made Jason's day extra meaningful and joyful.

Social Outings

Social outings promoted interactions, enjoyment, and pride in many of our residents.

Volunteering

Volunteering provided meaningful experiences, building confidence and a sense of purpose.



RECIPE & UPCOMING EVENTS

Homemade Vegetable Pasta Bake



Ingredients

Pasta, mixed vegetables, tomato sauce, garlic, olive oil, herbs, salt, pepper, and grated cheese.

Method

Preheat the oven and cook the pasta until tender. Sauté garlic and vegetables, add the sauce, and mix with the pasta. Transfer to a baking dish, top with cheese, and bake until golden.

CONTACT & FEEDBACK

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THANK YOU !

Thank you to our service users, families, and staff for your continued support.

