



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

February  
2026  
Newsletter

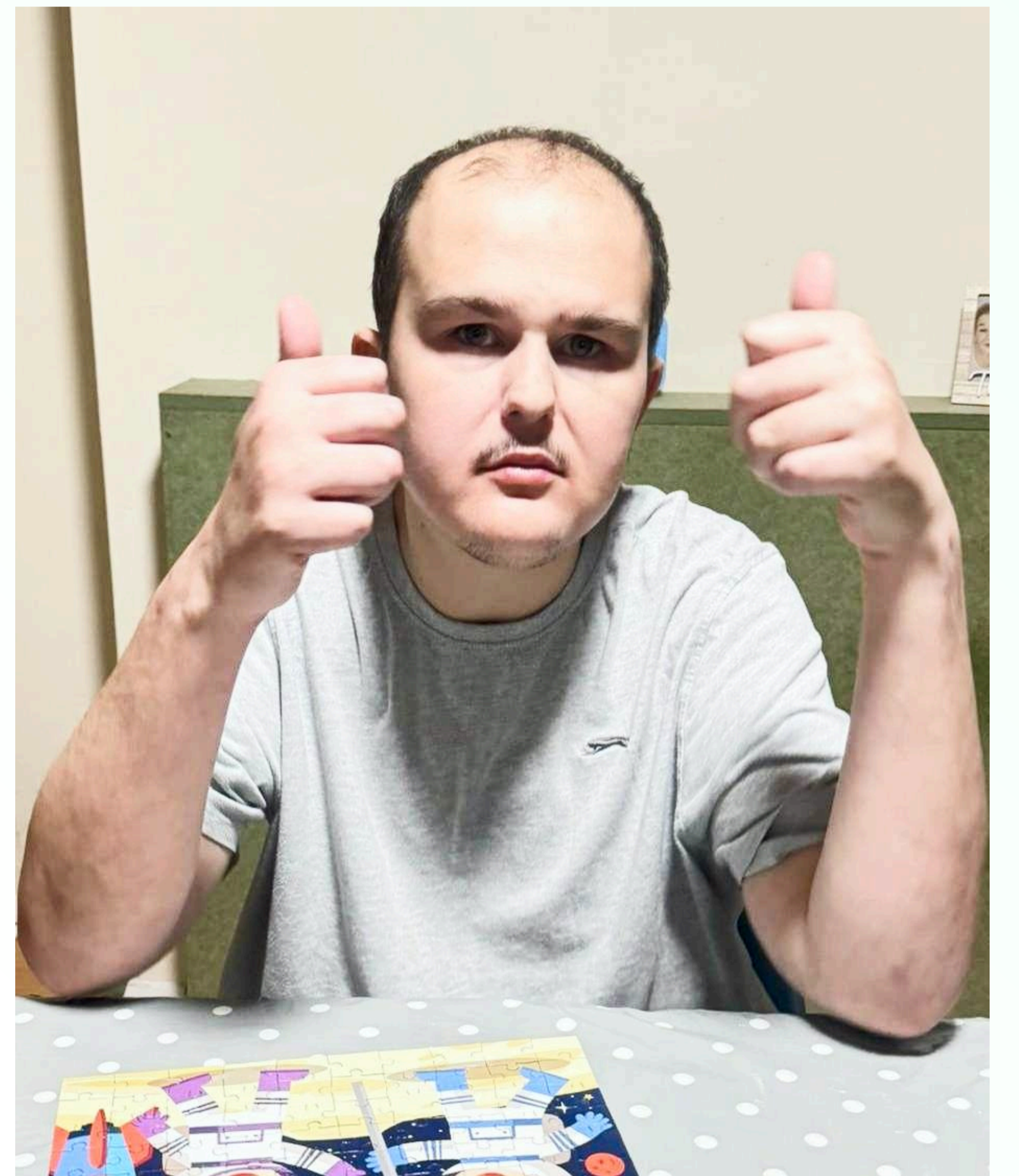
Together  
We Make  
A Difference  
Every Day

Monthly  
Newsletter

Celebrating

# Care, Growth & Everyday Achievements

# Content Overview



- Welcome Message
- February Highlights
- Service User Stories – Cambridgeshire
- Service User Stories – East Sussex
- People, Insights & Achievements
- Health, Safety & Policies
- Food, Fun & Community
- Feedback & Contact

# Welcome Message

---

## A Message from Our Team

February has been a month of connection, growth, and celebration across Focus Home Care. From Valentine's Day to Pancake Day, we've shared meaningful moments filled with joy and togetherness.

Our teams continue to support independence, confidence, and wellbeing through everyday achievements and new experiences.

We are proud to celebrate both our service users and our dedicated staff who make a difference every day. As we move into spring, we look forward to more positive moments ahead.

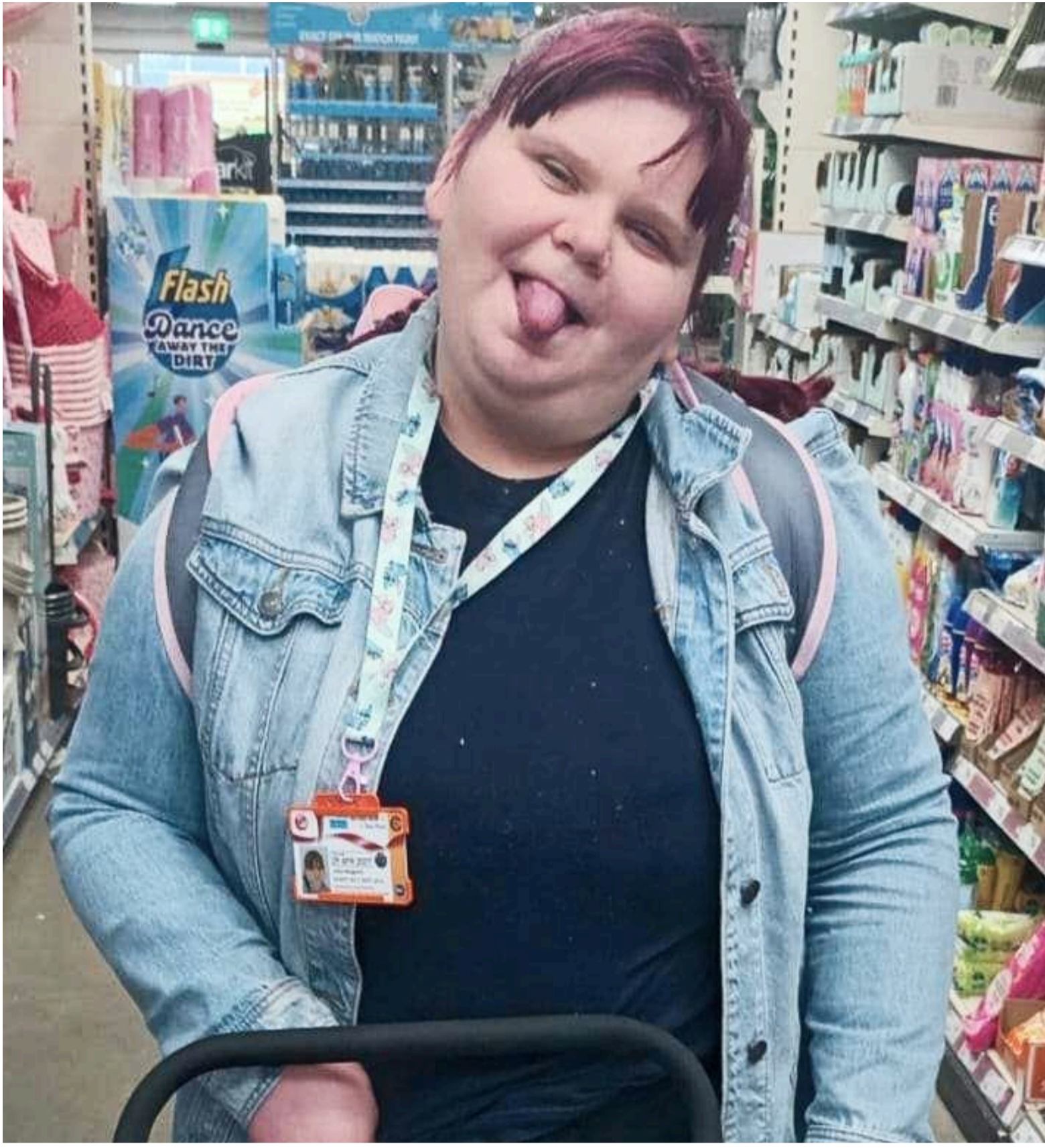
— Esther Shomoye & Christine Goldstone  
Regional Leadership Team

Warm regards



# Community & Activities

From outings and sports to creative hobbies, February was full of engagement and exploration.



## Pancake Day

Fun-filled cooking sessions brought laughter, independence, and delicious results.

# February Highlights

---

## Valentine's Day

A time of kindness, connection, and shared joy through creative activities and celebrations.



# Service User Stories

## Cambridgeshire Stories

### Jason's Experiences

Jason has enjoyed a varied and engaging month filled with new experiences. His visit to Peterborough Flying School sparked curiosity, while feeding swans and ducks provided calm and mindfulness.



### Jordan's Activities

Jordan has enjoyed a month full of exploration and activity. Bus journeys and city outings built independence and confidence, while bowling improved coordination through fun and friendly competition.

Valentine's Day disco boosted social confidence, and cooking on Pancake Day supported his independence and achievement.

Confidence Building

# East sussex Stories



## Claire's Activities

Claire has had an active and positive month, building confidence through cycling, bowling, and daily routines. She has also enjoyed cooking and community activities, developing new skills and engaging socially with growing independence.

Active Living

## Charlotte's Growth

Charlotte has had a busy and rewarding month, building self-reliance through cooking, daily responsibilities, and community activities.

Her involvement in drama and outings has boosted her confidence, organisation, and social interaction.



Everyday Living



Engagement



Relaxation

# More Stories

East Sussex Stories



Active Lifestyle

Music & Expression

Physical Activity



# People, Insights & Achievements

---

## People, Learning & Awareness

### Getting to Know You

We thank Ricardo Machado, managing director of SquareLogik, for sharing his insights into recruitment, technology, and the importance of human connection in care.



### Shout-Out to Sherin!

Congratulations on securing a nursing position at Prime Rose Hill. A fantastic achievement reflecting dedication and hard work.



Career Achievement

# Health, Safety & Policy

---

Care Standards

## Online Safety & Data Protection

- Be mindful of what you share
- Protect personal information
- Use strong passwords
- Report suspicious activity

## Nutrition & Hydration Policy

- Supports dignity, health, and wellbeing
- Encourages independence
- Focuses on person-centred care

## Our Commitment

At Focus Home Care, health and safety are at the heart of everything we do. By maintaining high standards and working together, we create environments where individuals feel safe, respected, and supported every day.

– Focus Home Care

## Regulation 12: Safe Care & Treatment

We ensure safe care & treatment with risk assessments, medication safety, infection control, open communication, and more.

# Food, Fun & Community

---

Bringing people together through shared experiences, creativity, and everyday moments that matter.

## Recipe of the Month

### Heart-Shaped Jam Tarts

A simple and enjoyable recipe that brings activity into the kitchen. Perfect for sharing moments, building skill, and enjoying something sweet together.

### Quick Steps

- Prepare or use ready-made pastry
- Roll out and cut into heart shapes
- Place into a baking tray and add jam filling
- Bake until golden
- Allow to cool and serve



## Fun & Engagement

Word search, puzzles, and interactive games that encourage enjoyment and connection.

"Thank you to all staff, service users, and families for your continued support and care."

## Your voice matters.

We value your feedback, ideas, and experiences as we continue to improve our services together.

## We Value Your Feedback

Your thoughts help us grow and deliver better care.

If you have suggestions, compliments, or concerns, we encourage you to share them with us.



## Cambridgeshire

Esther Shomoye  
Regional Operations Manager /

[esther.shomoye@focushomecare.net](mailto:esther.shomoye@focushomecare.net)  
07523 272209

## East Sussex

Christine Goldstone  
Regional Operations Director

[christine.goldstone@focushomecare.net](mailto:christine.goldstone@focushomecare.net)  
07399 549019

# Feedback & Contact

---

Together, we continue to grow.