



FOCUS HOME CARE
We Focus On Care At Home

Monthly
Newsletter

March
2026



Celebrating Care, Community & Everyday Achievements

Highlights From Cambridgeshire & East Sussex
Celebrating Moments Than Matter Most

Content Overview

Welcome Message 01

A message from leadership celebrating teamwork, positivity, growth, and community spirit.

March Highlights & Awareness 02

Mother's Day celebrations, awareness campaigns, learning moments, and spring activities.

Service Users Highlights – East Sussex 03

Featuring Claire, Charlotte, Lauren, Theo, and Clare.

Service Users Highlights – East Sussex 04

Featuring Rhys, Juliet, Victoria, Mollie, and Jasmine.

Jason & Jordan's Monthly Highlights 05

Creative activities, bowling, community outings, and outdoor wellbeing.

Spring Stories – East Sussex 2 06

Featuring Kyle, Matthew, Jonathan, Stephanie and Jack.

Celebrations & Milestones 07

Matthew's 10-year celebration, birthdays, Easter fun, friendships, and personal achievements.

Health, Wellbeing & Staff Development 08

Meningitis awareness, Nutrition & Hydration Policy, Regulation 12, and NAPPI training.

Recipe Corner 09

Honey garlic chicken thighs, and Kyle's cupcake.

Contact & Feedback 10

Find Focus Home Care team contacts and share feedback easily.



Welcome Message

March has been a month filled with positivity, achievement, creativity, and community spirit across Focus Home Care services.

Throughout Cambridgeshire and East Sussex, Service Users and staff embraced opportunities to celebrate awareness days, enjoy meaningful outings, strengthen independence skills, and create joyful memories together.

This month highlighted:

- Mother's Day celebrations
- Community engagement
- Outdoor wellbeing activities
- Learning and creativity
- Friendship and family connections
- Personal achievements and milestones

We are proud to celebrate the dedication of our staff teams and the incredible progress, confidence, and happiness shown by the people we support every day.

As spring begins, we continue to focus on inclusion, wellbeing, independence, and meaningful experiences for everyone across our services.



Mother's Day Across Our Services

Service Users across Focus Home Care celebrated Mother's Day with thoughtful cards, gifts, shopping trips, and meaningful family moments.

Service Users including **Jason, Jordan, Theo, Matthew, Jonathan, Jack, Mollie,** and **Jasmine** proudly selected cards and presents for their mothers and families, encouraging independence, decision-making, emotional connection, and meaningful community participation while creating thoughtful and memorable moments throughout the celebrations.



Awareness & Wellbeing

March also included important awareness and wellbeing themes such as International Women's Day, World Happiness Day, World Wildlife Day, Earth Hour, World Water Day, and Meningitis Awareness.

All of which encouraged inclusion, positive mental wellbeing, sustainability awareness, community connection, and healthier lifestyles across our services.



March Highlights & Awareness



Claire

Claire enjoyed holidays, bowling, cinema trips, shopping, and creative activities while growing in confidence and independence.



Charlotte

Charlotte enjoyed cycling, bowling, shopping, cooking, and family time while building self-reliance.



Lauren

Lauren enjoyed singing, shopping, cooking, social outings, and treasured time spent with family and friends.



Theo

Theo celebrated his birthday, enjoyed cycling, cinema trips, shopping, and family time while improving self-confidence.



Clare

Clare enjoyed Brighton outings, bowling, reading, organising her home, and spending meaningful time with loved ones.

Service Users Highlights

-East Sussex



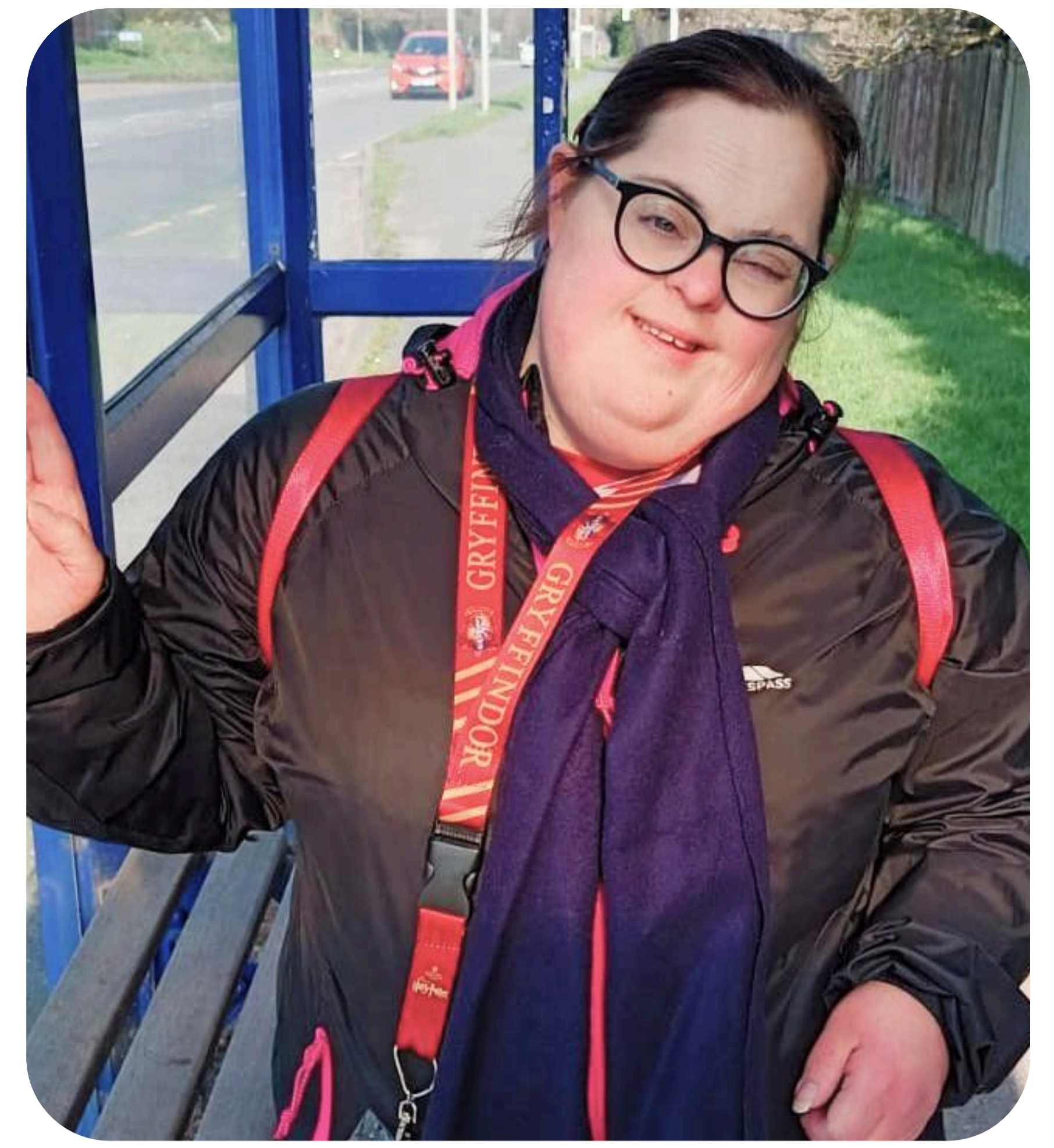
Rhys

Rhys enjoyed bowling, cinema trips, family visits, and community outings while continuing to build confidence and self-sufficiency.



Juliet

Juliet enjoyed volunteering, theatre trips, cycling, gym sessions, and preparing for her role as bridesmaid at her brother's wedding.



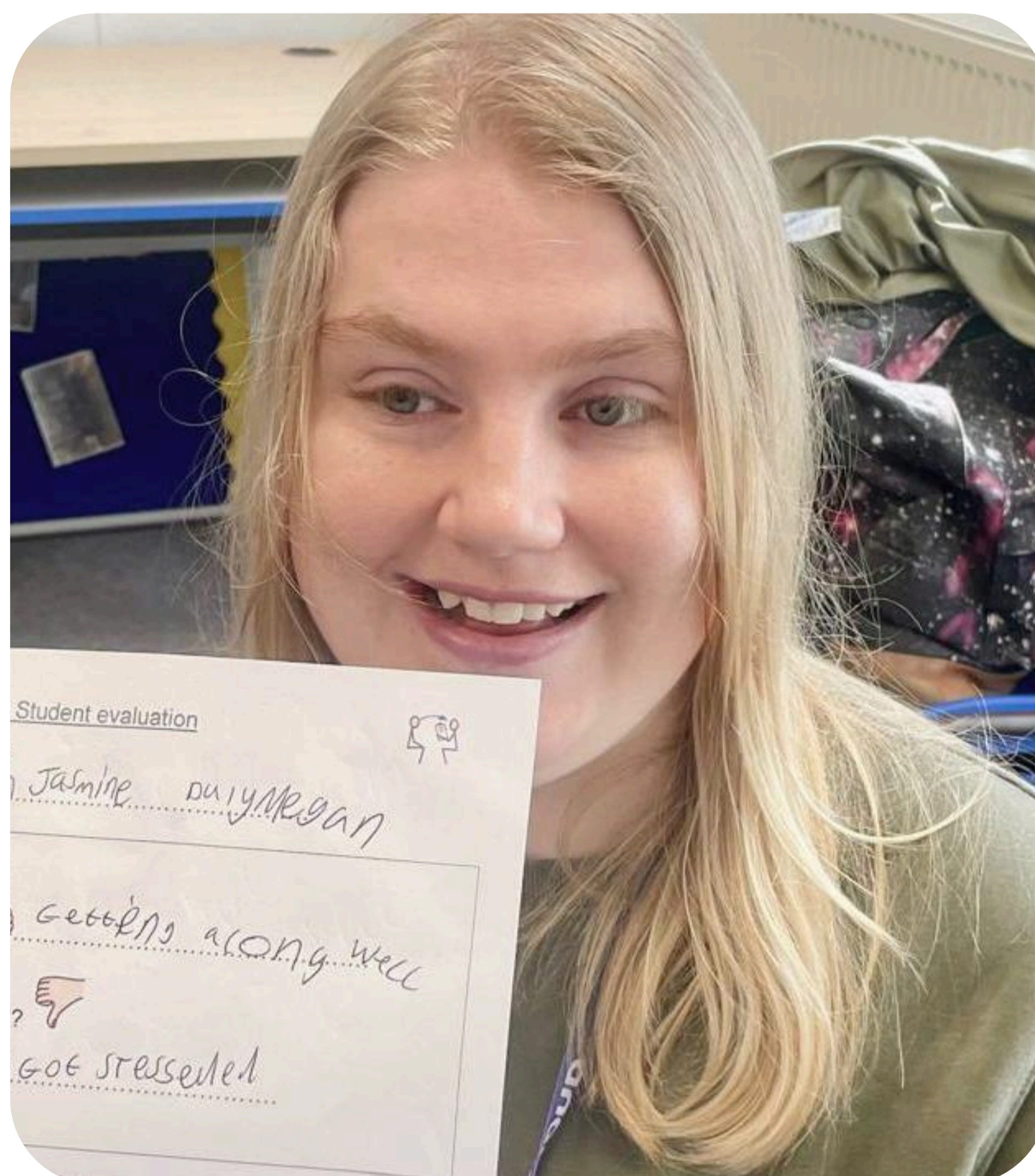
Victoria

Victoria enjoyed rehearsing for Grease, attending Swoove classes, volunteering, and spending time with friends through fun community activities.



Mollie

Mollie enjoyed baking, swimming, community outings, bowling, and social activities while improving her sense of confidence.



Jasmine

Jasmine celebrated her birthday, attended college, continued gym sessions, enjoyed karaoke nights, bowling, Nando's visits, and relaxing walks along Eastbourne seafront.

Jason & Jordan's

-Monthly Highlights



Jason's March Adventures

Jason enjoyed a busy and engaging month filled with:

- Visits to Park Farm Playground
- Burghley House outing
- Riverside nature walks
- Wansford Railway exploration
- Shopping trips
- Puzzle-solving activities

Jason demonstrated:

- Confidence
- Focus
- Problem-solving skills
- Social interaction

A major highlight included independently completing 30 Thomas & Friends puzzles, showcasing determination and patience.

Jordan's Community Journey

Jordan had an energetic and enjoyable month involving:

- Bowling at Holly Wood Bowling Centre
- Museum and art gallery visits
- Newark Park Farm outing
- Basketball and park activities
- Community shopping
- Art and craft sessions

Jordan remained:

- Happy
- Focused
- Independent
- Socially engaged

These experiences supported creativity, wellbeing, teamwork, and confidence-building.

Spring Stories

-East Sussex 2



Kyle

Proudly completed the Hastings Half Marathon while enjoying creative activities, family time, and community outings throughout March.



Matthew

Enjoyed college activities, museum visits, cooking sessions, sports, and family time while building self-reliance.



Jonathan

Enjoyed a busy month filled with college activities, community outings, bowling, cinema visits, and a Comic Relief triathlon challenge.



Stephanie

Celebrated her birthday with family and friends while enjoying shopping, crafts, and community outings.



Jack

Celebrated his 30th birthday, received a new laptop, and enjoyed shopping trips, walks, and independent daily routines.



Jasmine's Birthday

Jasmine celebrated her birthday with family time, karaoke fun, and a special meal at Nando's.



Jack's 30th Birthday

Jack celebrated his 30th birthday with family, thoughtful gifts, and a new laptop while enjoying his independent routine.



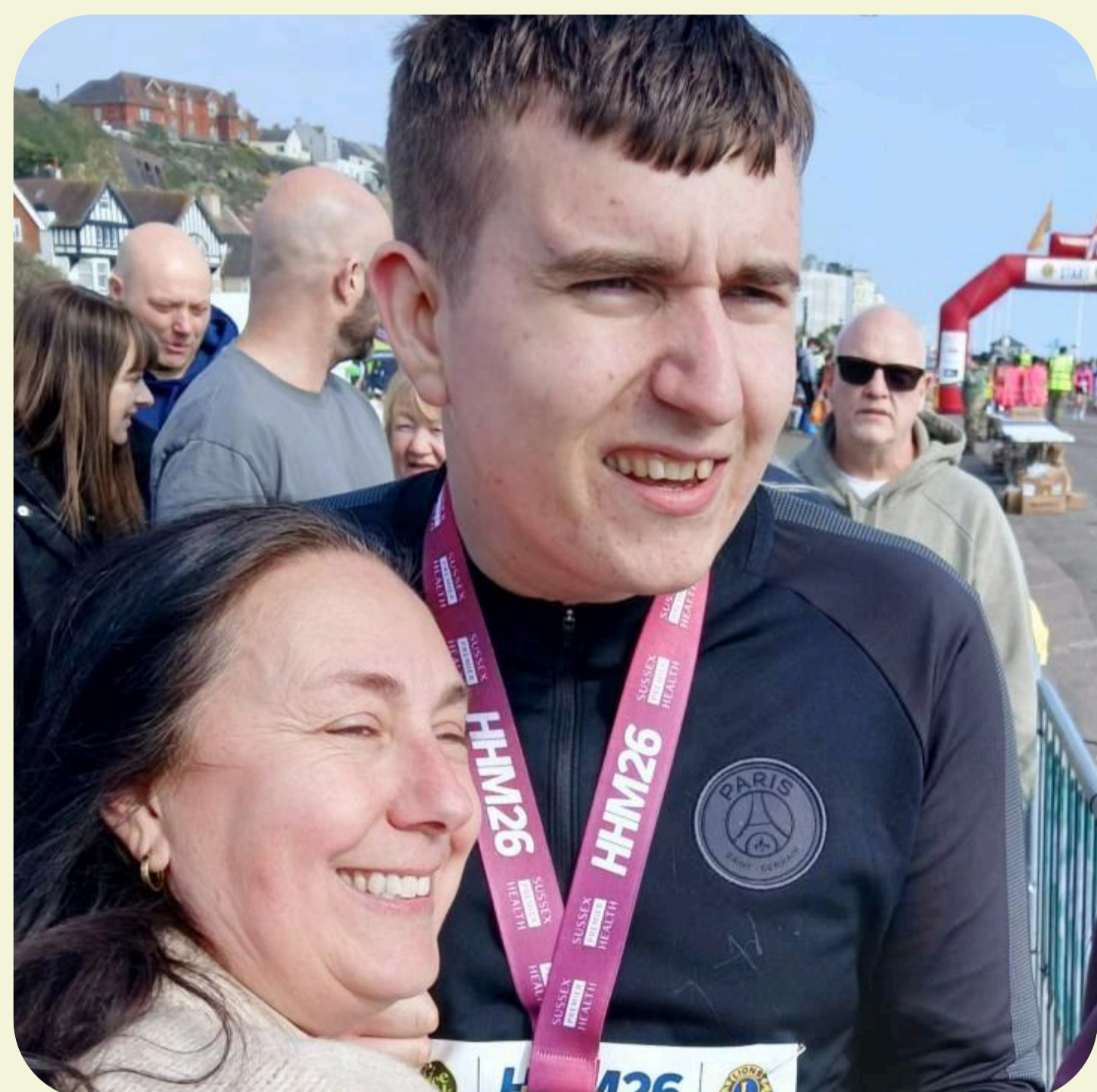
Stephanie's Birthday

Stephanie celebrated her birthday with loved ones, shopping, crafts, and springtime joy.



Matthew's 10-Year Milestone

Matthew celebrated 10 wonderful years with the FHC/FCSL family, filled with growth, friendships, and cherished memories.



Kyle's Marathon Success

Kyle proudly completed the Hastings Half Marathon with Team Leader Alex and earned a gold medal.



Easter & Spring Celebrations

Service Users across both regions enjoyed early Easter celebrations, spring outings, creative activities, and meaningful moments shared with staff, friends, and families throughout March.

Celebrations & Milestones



Health, Wellbeing & Staff Development

Nutrition & Hydration

Focus Home Care continues promoting:

- Healthy nutrition
- Hydration monitoring
- Safe food practices
- Person-centred dietary support
- Independence and choice

NAPPI Staff Training

Training focused on:

- De-escalation techniques
- Communication skills
- Calm and supportive environments
- Person-centred dietary support
- Safe person-centred care

Staff teams completed:

Non-Abusive Psychological and
Physical Intervention Training

Regulation 12 – Safe Care & Treatment

Key focus areas:

- Tailored risk assessments
- Medication safety
- Infection control
- Skilled and compassionate staff
- Safe environments
- Collaborative care planning

Zetetick Housing Partnership

We proudly continue working with
Zetetick Housing to provide:

- Safe supported living homes
- Empowerment and independence
- Community-focused living environments

Recipe Corner



Recipe of the Month

Honey Garlic Chicken Thighs

Ingredients

- 4 chicken thighs
- 2 tbsp olive oil
- 3 garlic cloves
- 3 tbsp honey
- 2 tbsp soy sauce
- Smoked paprika
- Salt & pepper
- Fresh parsley

Method

- Preheat oven to 200°C
- Season chicken
- Sear both sides
- Mix honey, garlic & soy sauce
- Pour over chicken
- Bake for 15–20 minutes
- Garnish and serve

Kyle's Cupcake Recipe

A fun baking activity enjoyed during March celebrations.



Contact & Feedback

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
07523 272209

East Sussex

Christine Goldstone
Regional Operations Director

christine.goldstone@focushomecare.net
07399 549019



Focus Home Care

Thank You