



FOCUS HOME CARE
We Focus On Care At Home



April 2026

Monthly Newsletter

Spring Into April

Everyday Moments, Shared Smiles
& Meaningful Days

A month filled with wellbeing, connection, familiar routines,
and moments that mattered.

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A Warm Welcome

April has been a month filled with celebration, wellbeing, achievements, and meaningful experiences across Focus Home Care.

Service users spent time exploring favourite places, celebrating special occasions, sharing meals, enjoying time outdoors, and taking part in activities that felt meaningful to them. From Easter gatherings to peaceful walks and creative afternoons, the month carried many gentle moments of wellbeing, connection, and happiness.

From conversations over coffee to laughter shared during games and outings, people continued choosing what mattered to them and enjoying the things they looked forward to.

As we look back on April, we are reminded that meaningful days are often made up of small moments shared together.

Easter And Community Moments



Easter Enjoyment

April began with joyful Easter celebrations across services, bringing together service users, families, and staff for shared moments and time together.

Activities included:

- Easter Egg Hunts
- Creative Easter crafts
- Music and games
- Family visits
- Community celebrations
- Social activities

Shared Moments

The Easter celebrations created opportunities for friendship, laughter, and memorable experiences in a warm and welcoming atmosphere.

From exciting Easter egg hunts to quieter moments spent in each other's company, the day offered something for everyone to enjoy.

Familiar faces, cheerful conversations, and shared experiences helped make the beginning of spring unforgettable.

Shared Smiles

"Togetherness, happiness and shared memories made this Easter celebration truly special."

Jason And Jordan's Active Days

Exploring, Discovering & Staying Active

Throughout April, Jason and Jordan enjoyed a variety of outdoor experiences and meaningful activities, spending time exploring favourite places and taking part in moments that brought enjoyment to their everyday routines.

Jordan's Highlights

Jordan had a fun and active April, taking part in his favourite activities and trying new experiences.

- Bowling sessions
- Basketball activities
- Sensory walks
- Farm visits
- Weekly shopping
- Sailability experiences



Jason Highlights

Jason enjoyed a variety of calm and engaging experiences throughout the month, exploring his favourite places and activities.

- Hunstanton Beach visit
- Train watching sessions
- Tulip field visits
- Farm Park experience
- Puzzle achievements
- Daily living skill development



Creativity And Everyday Moments

Celebrating Individual Successes

April brought many opportunities for service users to enjoy their favourite activities, spend time with family, and take part in experiences that felt meaningful.

Claire

- Easter celebrations
- Family visits
- Cycling
- Creative artwork
- Community outings



Charlotte

- Bowling activities
- Cooking and baking
- Grocery shopping
- Building independence
- Personal achievements



Lauren

- Singing and guitar sessions
- Family time
- Baking
- Social activities



Clare

- Hairdresser achievement
- Bowling
- Library visits
- Building confidence



Healthy Living

And Wellbeing

Healthy Choices & Active Days

Throughout April, service users enjoyed a variety of activities that supported movement, wellbeing, and opportunities to spend time doing things they enjoy.

From favourite routines to outdoor experiences, the month brought many active moments shared with friends, staff, and family.

Activities included:

- Cycling sessions
- Swimming
- Gym activities
- Healthy eating choices
- Seafront walks
- Bowling

Theo's Healthy Journey

Theo continued enjoying many of his favourite activities throughout the month while making positive choices within his daily routine.

Theo continued:

- Healthy meal choices
- Weekly cycling
- Outdoor adventures
- BBQ cooking
- Family visits

Alongside staying active, Theo enjoyed spending time outdoors and taking part in activities that brought happiness.



"From cycling and swimming to healthy choices and favourite activities, April brought active days and meaningful moments together."

Learning And Growth

Everyday Learning & New Experiences

April brought many opportunities to enjoy familiar routines while also stepping into something new. Service users took part in activities that encouraged choice, personal growth, and meaningful engagement in their day-to-day lives.

Developing Skills:

- Daily living skills
- Community participation
- Travel training
- College courses
- Volunteering
- Communication development

Wellbeing Focus Supporting Autism Awareness

Areas include:

- Communication support
- Sensory awareness
- Positive behaviour support
- Individual care planning
- Independence and choice

Safety & Care:

- Safeguarding awareness
- Safe care practices
- Data protection
- Health support

People enjoyed learning through experiences that felt natural and meaningful to them.

From choosing household items and taking part in travel training to spending time volunteering and enjoying community activities, everyday moments continued to create opportunities to explore interests and develop new skills.



Family And Special Moments

Cherished Time

April brought meaningful moments with loved ones, from family visits and birthdays to special celebrations and happy memories.

Kyle enjoyed celebrating his birthday with friends, music, and favourite moments shared together.

Matthew looked forward to celebrating with classmates, family, and friends, creating a day filled with smiles and happy memories.



Special Moments

Juliet enjoyed a very special family moment as she took part in her brother's wedding as a bridesmaid, creating memories she will continue to treasure.

Rhys spent enjoyable time with family during Easter and looked forward to familiar visits and shared moments together.

Victoria continued preparing for her role in Grease, enjoying travel training and looking ahead to future experiences.

Recipe Corner

Tasty Moments & Shared Flavours

April brought many opportunities to enjoy favourite meals, shared conversations, and moments gathered around the table.

Food often brings people together, creating time to connect, relax, and enjoy simple everyday moments.



Homemade Vegetable Pasta Bake

A warm and comforting recipe filled with colourful vegetables, rich tomato flavours, and melted cheese, perfect for enjoying together.

Ingredients:

- Tomatoes
- Garlic
- Onion
- Red Pepper
- Courgette
- Mushrooms
- Cheese
- Pasta

Simple Steps:

- Cook and drain the pasta
- Sauté onion and garlic
- Add vegetables and seasoning
- Mix with pasta and sauce
- Sprinkle cheese on top
- Bake until warm and golden
- Cheese
- Pasta

Alongside tasty meals, people also enjoyed baking activities, favourite treats, BBQ moments, and time spent sharing food with family and friends throughout the month.

"Some of the best moments are shared around a table with good food and good company."

Connect

With Us

Keep in Touch

We always welcome your feedback, ideas, and suggestions. Sharing your thoughts helps us continue creating meaningful experiences and supporting what matters most to people.



Cambridgeshire

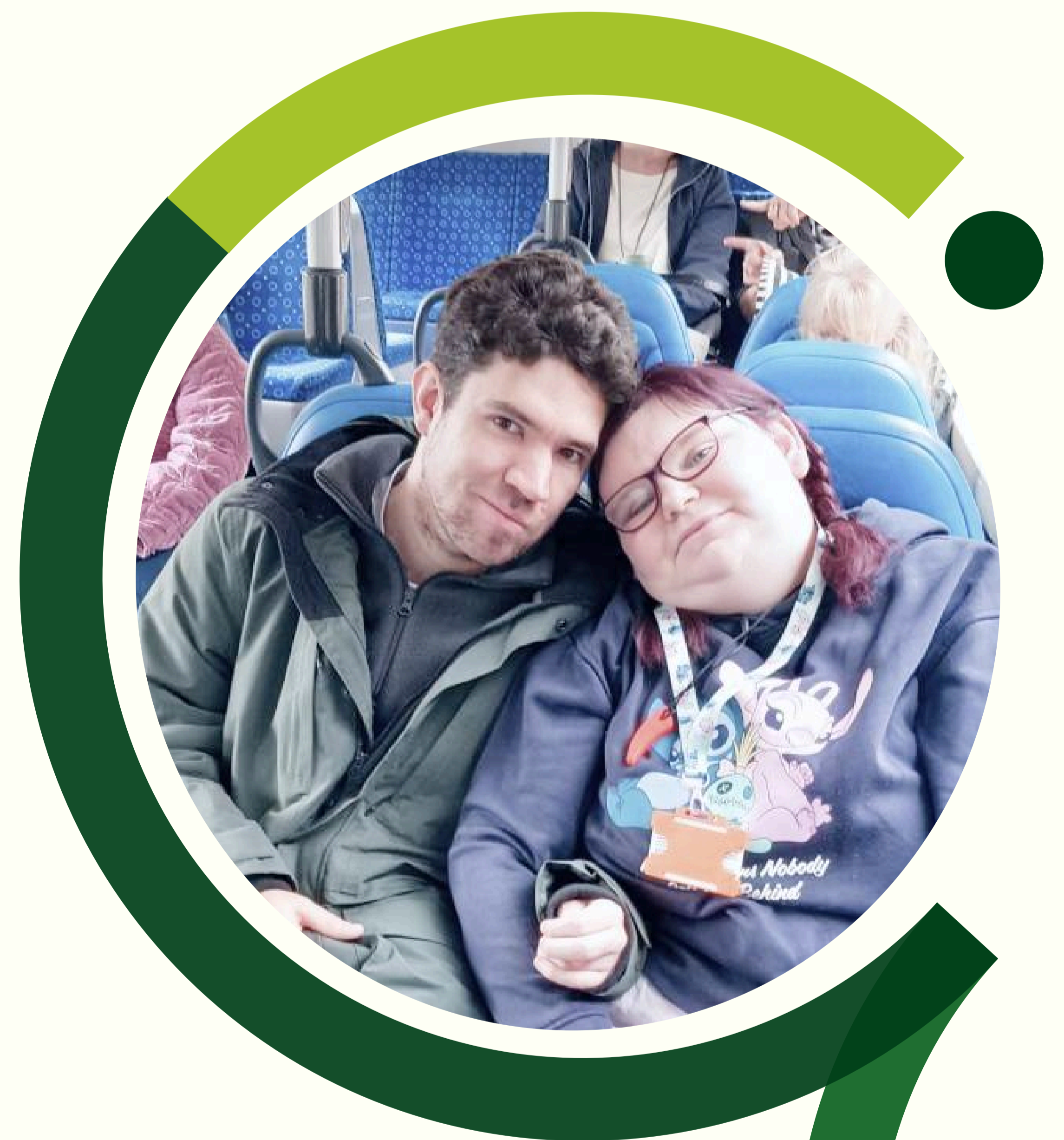
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"Thank you for being part of our journey and for helping create meaningful moments every day."