



Growth

Community

Everyday Achievements

Togetherness

Independence

Memories

Adventure

MAY 2026

# Monthly Newsletter

## A Month Shaped by Friendship, Adventure, and New Experiences.

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# Welcome to May



## A Month of Growth & Connection ↗

Welcome to our May newsletter, a celebration of the people, experiences, and everyday moments that make our community so special.

As the days grew brighter, individuals across our services embraced new opportunities, enjoyed favourite activities, and created lasting memories. From outings and creative projects to shared celebrations, May was full of meaningful moments.

In this edition, you'll find stories of achievement, creativity, friendship, and personal growth across our community.

Thank you to everyone who continues to support and inspire these journeys. We hope you enjoy reflecting on a wonderful month.

#EverydayAchievements



# May Moments



Ferry Meadows Picnic



Steering Committee Meeting



Palmers Road

## Bringing People Together ↗

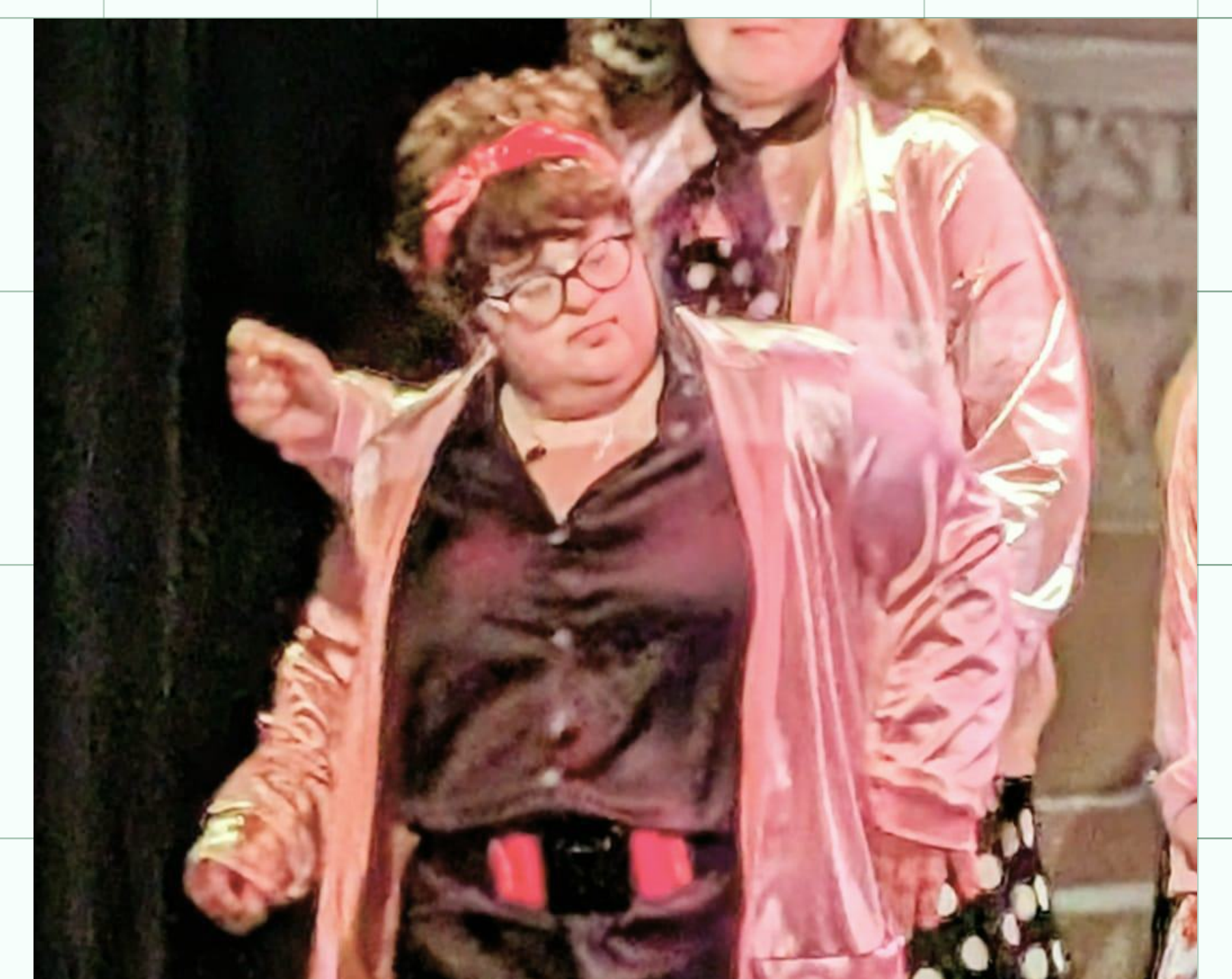
May was filled with opportunities to connect, celebrate, and share meaningful experiences across our services.

From the Ferry Meadows picnic to community events and open day celebrations, people came together to strengthen bonds, build connections, and create lasting memories.

These shared experiences created opportunities for conversation, friendship, and belonging, highlighting the strong sense of community that continues to grow across Focus Home Care.

"Every shared experience helps create stronger connections and lasting memories."

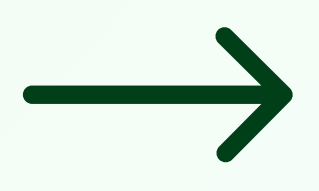
#CelebratingTogether



Summer Nights Performance

# Stars of the Stage

Celebrating talent and dazzling performances on stage.



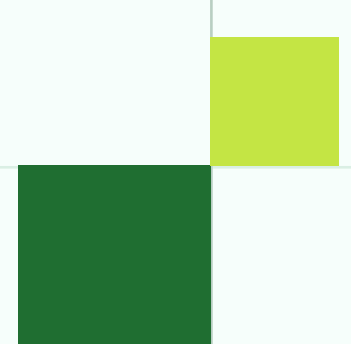
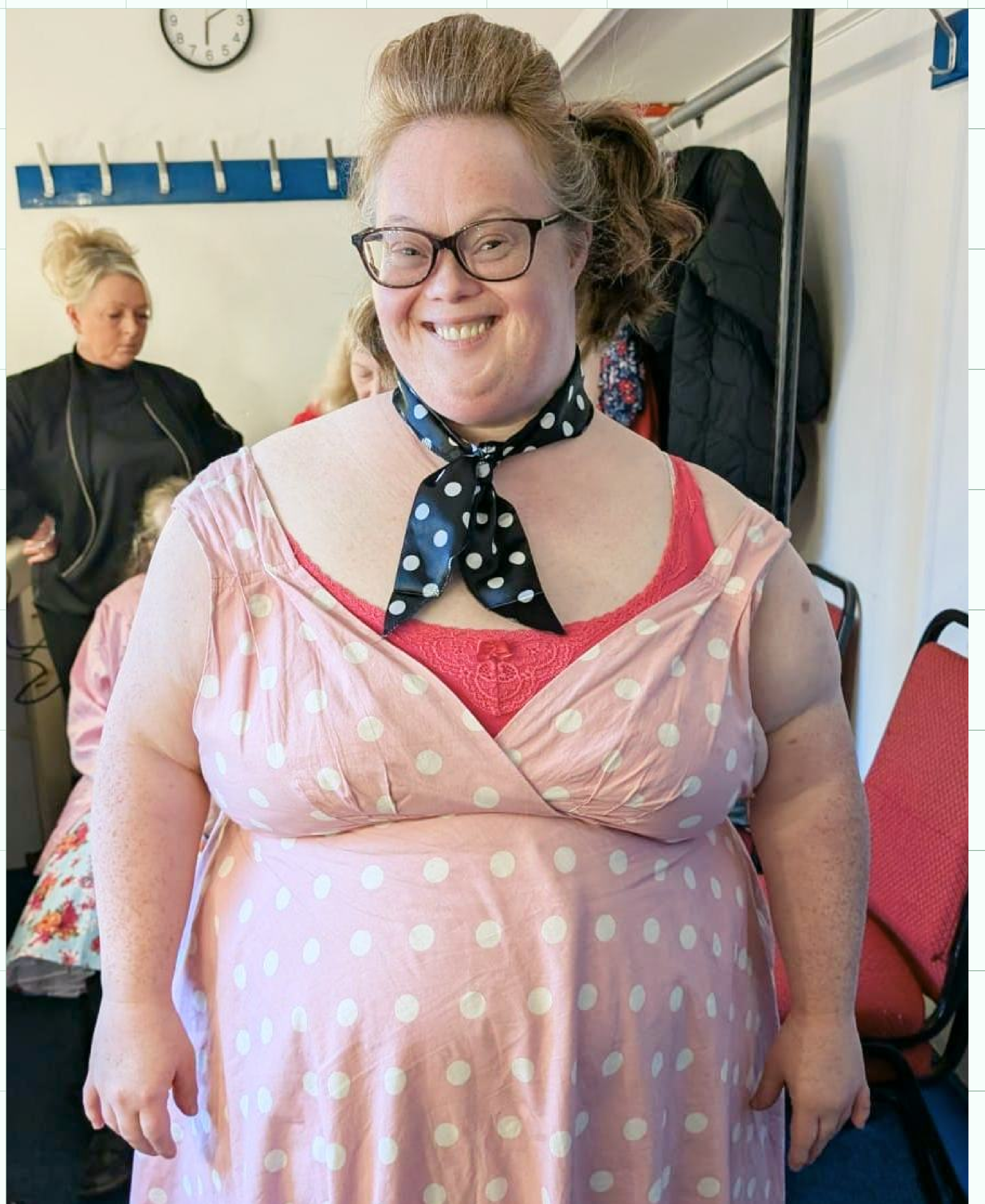
#TalentInTheSpotlight

One of the standout moments of May was the wonderful production of Summer Nights at the Hippodrome Theatre.

**Claire** took to the stage as a Pink Lady, while **Victoria** proudly performed the role of Rizzo. Months of rehearsals, teamwork, and dedication came together in front of family, friends, and supporters.

Away from the stage, both enjoyed time with friends, volunteering, community groups, and their favourite activities.

The smiles backstage were every bit as memorable as the performance itself.



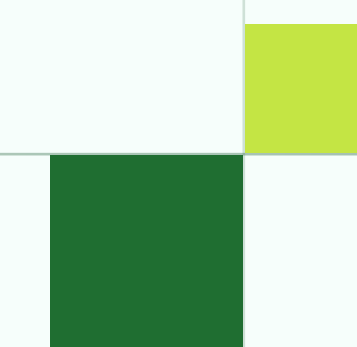
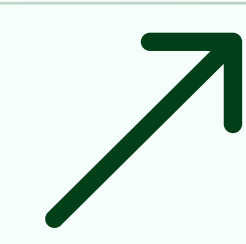
#TheatrePerformance



#ExploringTogether

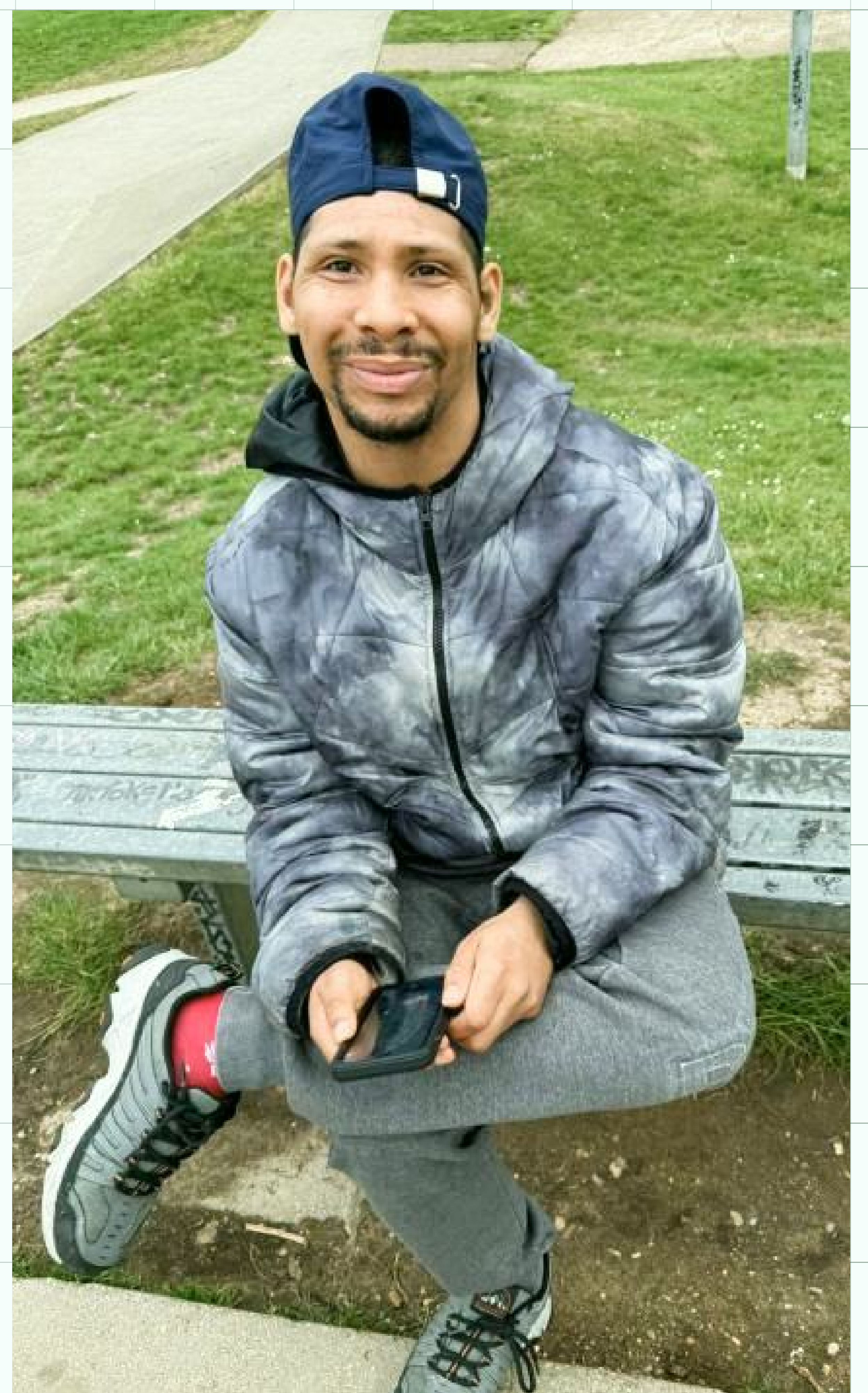
Jordan made the most of the warmer weather too, enjoying Ferry Meadows, farm visits, bowling sessions, beach days, and time at the garden centre.

# Adventures & Discoveries



May was filled with opportunities to get out and explore.

Jason enjoyed everything from visits to the National Space Centre and local zoo to feeding ducks by the water and spending time outdoors on some of his favourite bus journeys.



#OutdoorExperiences

# Creativity & Learning

Celebrating creativity, curiosity, and new experiences.

Exploring new skills, creative interests, and opportunities to learn through everyday experiences.



**Matthew** enjoyed college sessions, sports activities, and creative workshops, while **Kyle** spent time at the art studio creating colourful pieces and adding his own personal touch to his home.



**Lauren** enjoyed visits to her favourite supermarket and community outings, while **Stephanie** spent time gardening, creating artwork, and welcoming a new team member with a handmade piece.

**Jonathan** continued exploring new interests through college, train journeys, and visits to museums, while **Juliet** combined volunteering with creative gardening projects that transformed her outdoor space.

"Every new experience brings fresh opportunities to learn, create, and shine."

# Connections & Community

## Celebrating friendships and shared experiences.

**Jonathan** enjoyed a memorable trip to Centre Parcs with his sister, while **Theo** spent quality time with his mum during outings to the circus, funfair, and local attractions.

**Rhys** enjoyed family visits and proudly shared his excitement for the upcoming Toy Story 5 release.



**Juliet** met friends for meals and drinks while continuing her volunteering routine, and **Katy** settled into new experiences while enjoying days out with family and walks with her dog, Lara.

"The best moments are often the ones shared with family, friends, and community."

# Food & Fun

## Sharing good food and great company.

Food has a wonderful way of bringing people together, whether it's preparing a favourite meal, sharing recipes, or enjoying time around the table with family and friends. This month, we're featuring a simple seasonal recipe that's perfect for sharing.

## Recipe of the Month

### Lemon, Asparagus & Pea Risotto



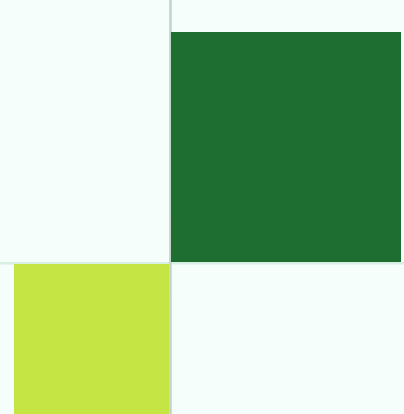
#### Ingredients

- 1 tbsp olive oil
- 1 tbsp butter
- 1 small onion, finely chopped
- 2 garlic cloves, crushed
- 250g Arborio rice
- 1 litre vegetable stock
- 150g asparagus, chopped
- 100g frozen peas
- Zest and juice of 1 lemon
- 50g grated Parmesan cheese
- Salt and pepper to taste

#### Method

- Heat the oil and butter in a large pan and gently cook the onion and garlic until softened.
- Stir in the Arborio rice and cook for 1–2 minutes.
- Add the stock gradually, stirring regularly until absorbed.
- Add the asparagus and peas during the final 5–7 minutes of cooking.
- Stir through the lemon zest, lemon juice, and Parmesan cheese.
- Season to taste and serve warm.

#HomeCooking



#RecipeOfTheMonth

# Looking Ahead

As a new month begins, we look forward to more opportunities to connect, explore, and create lasting memories.

We value your feedback, ideas, and suggestions.

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## Thank You

Every story in this newsletter reflects the people who make our community so special.

Thank you to our service users for sharing their experiences, families for their continued encouragement, and support teams for helping individuals pursue the things that matter most to them.

Your feedback, ideas, and stories are always welcome.



**"To new months, new opportunities, and new stories ahead."**