



Monthly Newsletter

Aug, 2026

August In Focus



A month of sunny days, fresh starts,
warm connections, and small everyday wins.

Here's a look back at everything that
made August one to remember.

#StrongerCommunities



FOCUS HOME CARE
We Focus On Care At Home

Inside This Month

A look inside this month’s stories, summer moments, new beginnings and the people who make our communities special.

Please note: Images in this edition include stock imagery, AI-generated visuals, and images provided by the company.

#FocusHomeCare

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August Together

Celebrating summer, wellbeing & community

August was filled with summer adventures, new experiences, creative activities and time with the people who matter.

Across Cambridgeshire and East Sussex, people enjoyed outings, family time, hobbies and everyday routines, making the most of the season in their own way.

The month also highlighted wellbeing through National Relaxation Day, World Humanitarian Day and National Immunisation Awareness Month.

#SummerMoments

Thank you to everyone who brings care, encouragement and warmth to everyday life.

Relax

Connect

Explore

Celebrate



New Beginnings

Choice, independence & new experiences

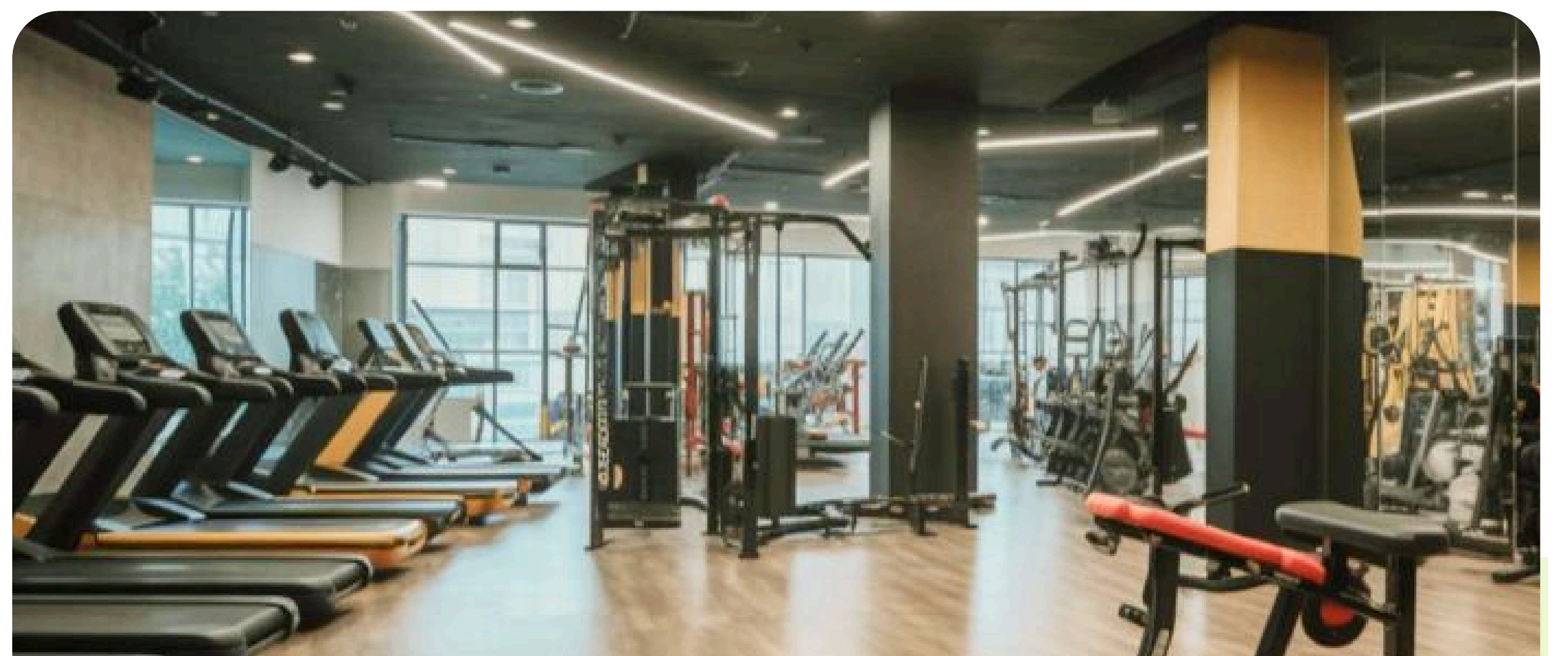
Celebrating everyday choices, personal interests and new experiences that make each day meaningful.

#EverydayChoices



Jason — Summer Choices

Jason enjoyed choosing new summer clothes, exploring colours and styles before picking his favourites. He also enjoyed a peaceful afternoon feeding the swans.



Jordan — Everyday Independence

Jordan enjoyed gym sessions and caring for his garden, watering the plants and flowers at home.



William — A New Chapter

William moved into his forever home in August. He began settling in, meeting neighbours and making his new space feel like his own.

Choice

Growth

Home

"New choices. New places. A place to call home."

East Sussex In Summer

Adventure, creativity & connection

Summer moments filled with new experiences, personal interests, friendships and time spent together.

Adventure

Creativity

Connection



Kyle

Kyle enjoyed a busy August with a London trip, the Eastbourne Air Show, painting, bird-watching, cinema trips and time at the beach. He also enjoyed walks and cuddles with Kim's dog, Red.



Stephanie

Stephanie enjoyed pampering with Juliet, arts and crafts, daily walks and plenty of tea. She also created a ceramic Pokémon at the Arts Café.



Matthew

Matthew enjoyed the Eastbourne Air Show, a trip to Brighton and a visit to Drusillas Park. He also enjoyed relaxing by the coast and getting ready for his holiday.



Jonathan

Jonathan enjoyed Sovereign Harbour, Gatwick Airport, cinema trips and Michelham Priory. He also caught up with Juliet and prepared for college.

Friendship & Community

Juliet — Community Connections

Juliet celebrated one year volunteering at the Cancer Research shop. She also enjoyed bowling, cinema trips, drinks with friends, gym sessions and a seaside day with her mum.



Charlotte — Shared Moments

Charlotte enjoyed walks, swimming, cycling and bowling, alongside family time and outings with her housemates. A meal at the local pub was a highlight, with good food and plenty of conversation.



Victoria — Friends & Community

Victoria continued volunteering at Eastbourne Hospital, attending church and meeting friends for tea. She also enjoyed the Bandstand, tribute performances and celebrating Mollie's birthday with friends.



Shared Moments, Stronger Connections

Small moments of friendship can bring people closer — from meeting friends and enjoying activities together to sharing a meal, a conversation or a celebration.

These everyday connections help make each community feel welcoming and personal.

#SharedMoments

Friendship can look different for everyone

shared meal

A celebration

familiar face

Everyday Achievements

The moments that make August special

Claire



Claire enjoyed time with her parents, followed by swimming, cycling, bowling, baking, artwork and drama preparations.

Clare



Clare enjoyed cinema trips, shopping, bowling, time with her mum, the seaside, pier arcades and a hairdresser visit.

Lauren



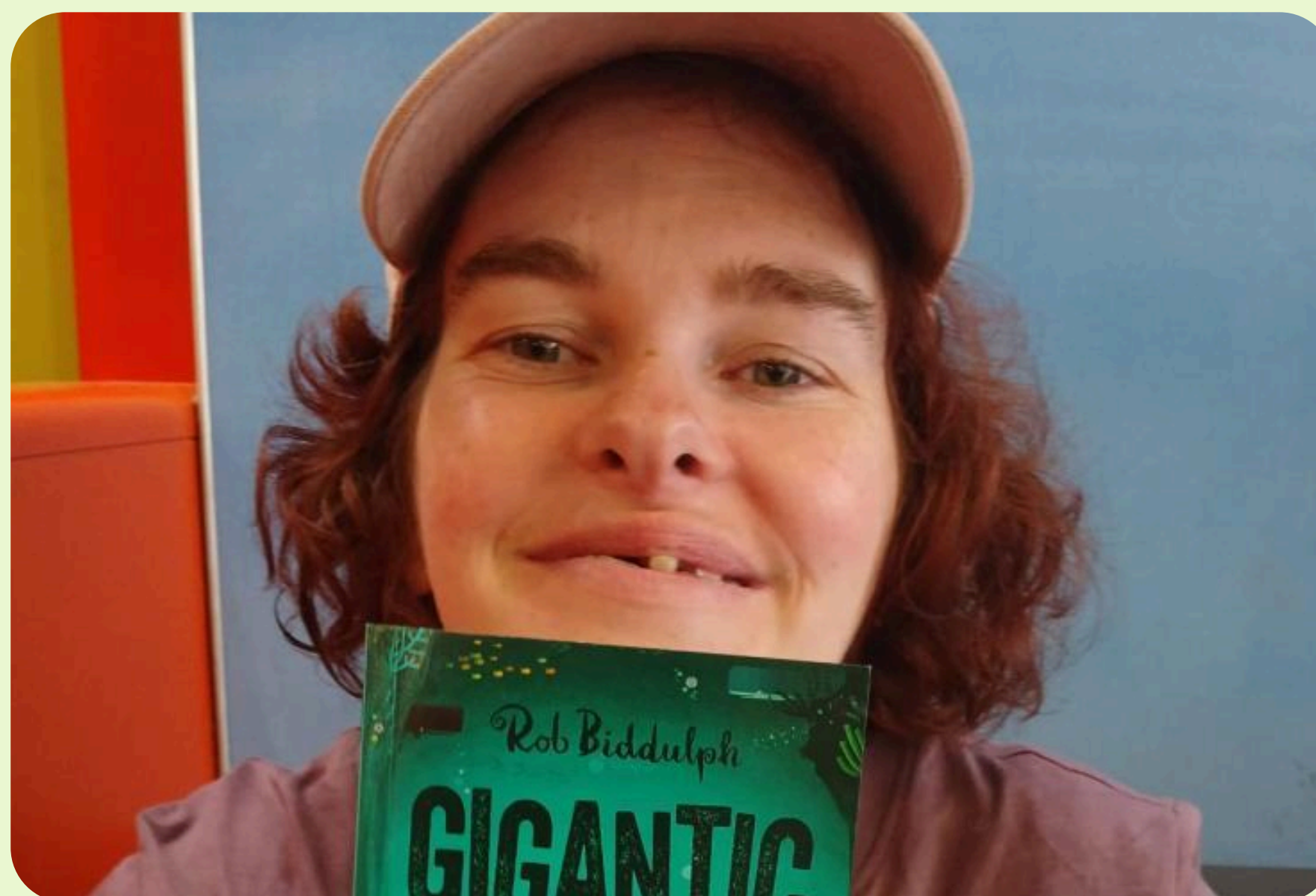
Lauren enjoyed playing guitar, walks, baking, reading and films. She also celebrated a friend's birthday in Eastbourne.

Theo



Theo enjoyed the circus, Air Show, cycling, puzzles, Lego, arts and crafts, and helping with his shopping list.

Katy



Katy enjoyed summer events, library visits and shopping, alongside cooking, baking, crafts, laundry and household tasks.

From trying new activities to enjoying favourite hobbies, every achievement matters. August was filled with personal interests, shared experiences and everyday moments that brought a sense of enjoyment and accomplishment.

"August was full of moments worth celebrating."

Recipe of the Month

Millet Veg Noodles

A wholesome, colourful and satisfying noodle dish packed with fresh vegetables and ready in just 15 minutes.

Ingredients

- 1 pack millet noodles
- 1 tbsp oil
- 2 cloves garlic, minced
- 1 tsp grated ginger
- ¼ cup onion, sliced
- ¼ cup carrot, julienned
- ¼ cup capsicum, sliced
- ¼ cup cabbage, shredded
- ¼ cup spring onions
- 1 tbsp soy sauce
- 1 tsp chilli sauce (optional)
- 1 tsp vinegar
- ½ tsp black pepper
- Salt to taste

Method

Cook the millet noodles according to the package instructions and set aside. Heat oil and sauté garlic and ginger, then stir-fry the onion, carrot, capsicum and cabbage for 2–3 minutes. Add soy sauce, chilli sauce, vinegar, black pepper and salt. Toss in the cooked noodles until well coated, garnish with spring onions and serve hot.

Healthy

Quick

Delicious



Contact & Feedback

Your Voice Matters

Your feedback helps us understand what is working well and where we can improve. We welcome your comments, suggestions and experiences.

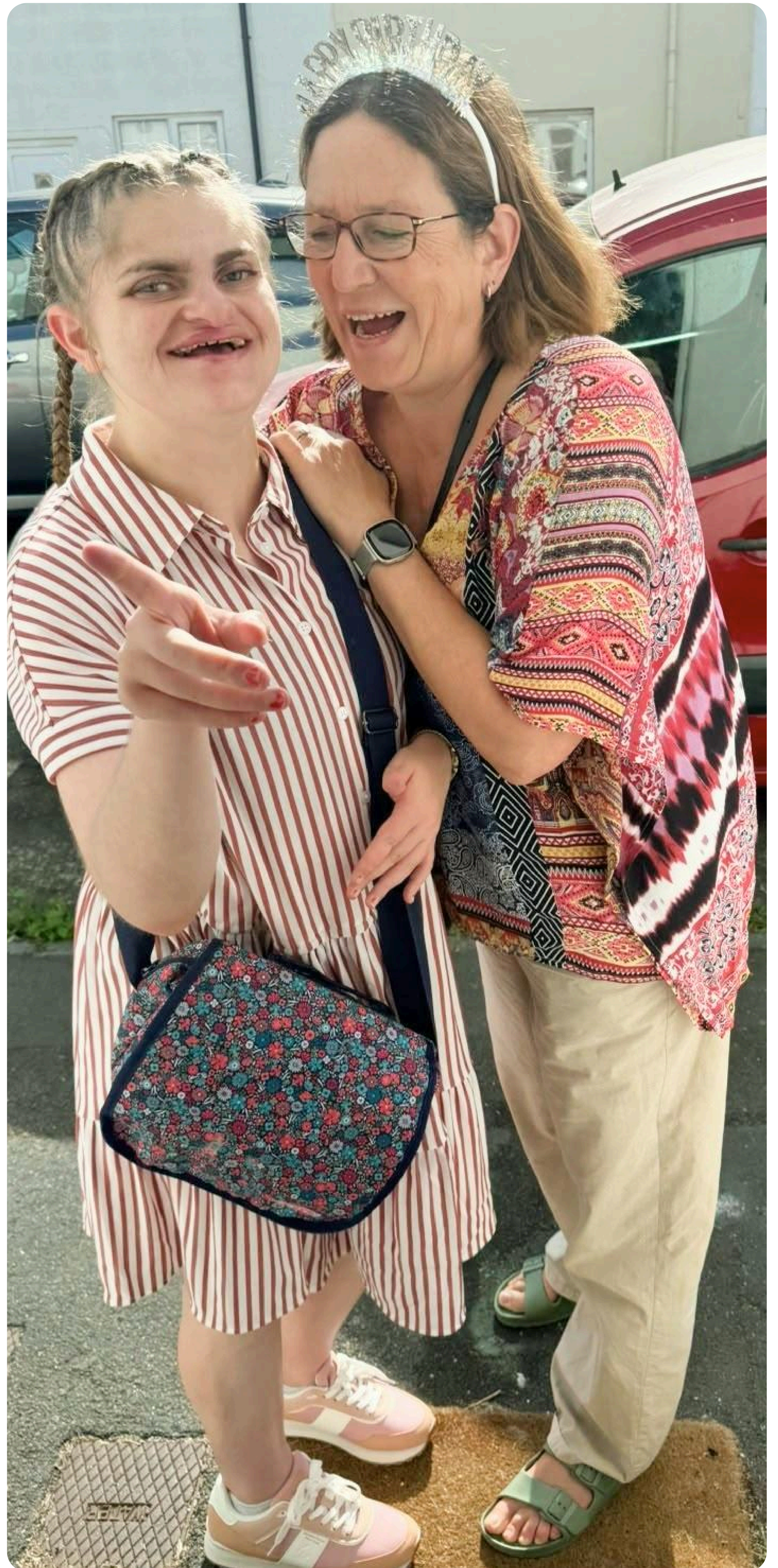
Compliments & Complaints

We are always happy to hear about the positive experiences that matter to you, and we also welcome concerns or complaints so we can respond and improve.

Thank You

Thank you to our service users, families, staff and wider teams for helping us create supportive, connected communities.

#FocusHomeCare



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