



Small wins, big smiles

Celebrating Growth, Independence and Community Together

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Welcome to our September 2026 edition, celebrating holidays, fresh starts and friendships across Cambridgeshire and East Sussex. Thank you to everyone who made this month so special.

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A September Welcome

A month full of celebrations

Welcome to our September newsletter, a month full of celebrations and achievements. I loved visiting the Lansdowne Villas ladies on holiday and seeing the teddy bears, frames and sand art they'd made. Thank you to everyone we support, their families and our dedicated teams.

– Christine Goldstone

Regional Operations Director · East Sussex



This month we raised awareness of blood cancers and Alzheimer's, got active and celebrated sign languages and inclusion. I'm proud of our teams for their care and commitment every day. Here's to another meaningful month together in October.

– Esther Shomoye

Regional Operations Manager · Cambridgeshire





“Every journey, near or far, leaves a story worth sharing.”

September brought sunshine, suitcases and plenty of laughter. From caravan holidays and Cornish clifftops to Skegness Pier and Thorpe Park rollercoasters, it was a month of making memories away from home.

#MadeWithLove

Holidays & Adventures



Days Out & Discoveries

Farm parks, seafronts & a favourite author

This month brought fresh air, familiar favourites and a few unforgettable moments. From farm parks and lakeside walks to musicals, football grounds and a meeting with a much-loved author, there was something new around every corner.



Juliet

Juliet has loved Jacqueline Wilson's books for years, so meeting her at a book-signing tour was a dream come true. She had her copy of Esme Pepper personally signed, posed for a photo with Jacqueline, and has proudly been telling everyone about it since.



Katy

Katy has been a Jacqueline Wilson fan for years, so meeting her at a book signing and getting her copy signed is something she's been talking about ever since. A few days away with her parents and a visit to SEA LIFE Brighton rounded off a happy month.



Stephanie

Stephanie's week isn't complete without the Art Café for crafts, a chat and her favourite cup of tea. She took the train to Bexhill, joined her former neighbour's birthday party and strolled the seafront in the sun. Her verdict on September: a big thumbs up.

#DaysOut

“Learning opens the door to new skills, new friends and new possibilities.”

Learning continued to play an important role across our services this month. From first days at college and new cooking courses to YouTube videos and household routines, September was full of fresh starts and proud moments.

Learning & Everyday Living

William

William has been busy at college with painting, crafts and hands-on sessions, and has been out on regular community walks. On one trip, he used the touchscreen kiosk to order his own food at KFC.

Jack

A second laptop means Jack and his support team now play games together, and the friendly rivalry is part of the routine. “Yeah, I’ve been alright, matey,” he says. “When are you going to visit me?”

#EverydayLearning

Charlotte

Charlotte has started a cooking course at Sussex Downs College and celebrated her birthday at home with her family for the first time. She said, “I had a good birthday, I love college.”

Jonathan

Jonathan began college classes in Cooking and Sports & Wellness, and his birthday party reunited him with old neighbours and friends. After picnics, bowling and a day in Hastings, he told us: “I did so much walking, I feel worn out.”

Rhys

Rhys has been creating YouTube videos and now manages his laundry independently. He shared, “Shrek 6 is coming out next year. I’m busy now, bye.”



Friendships & Celebrations

Swoove nights, birthday wishes & good company

This month brought music, movement and plenty of good company. From Swoove sessions and bowling lanes to sailing boats and bandstand concerts, friendships old and new were at the heart of it all.

Squidge

Victoria (Squidge) enjoyed a busy week of Swoove, drama and hospital shop shifts. Her highlight was dancing and going on stage at a Madness tribute band performance in Eastbourne.

Mollie

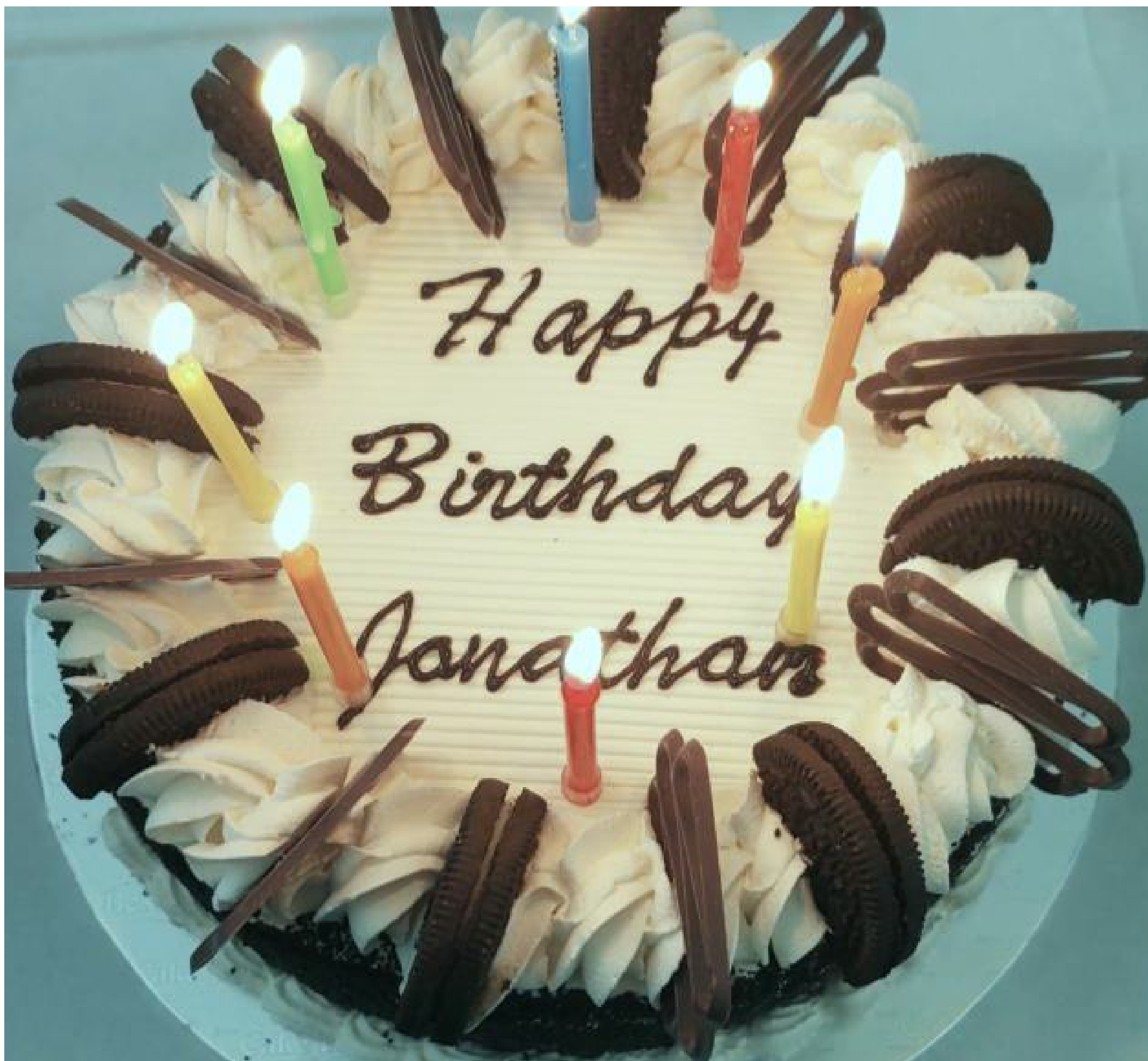
Mollie spent a special day out with her stepmum, and a second day catching up with her friend Jasmine. In between, there was Swoove every week, swimming and a night on the dance floor at Millie’s Disco.

Jasmine

Jasmine has become a regular at Thursday night Swoove, earning a certificate for “amazing swooving” and celebrating with a big smile.

Birthday Celebrations

September brought plenty of reasons to celebrate, from a first birthday celebrated at home with family to party balloons, family visits and favourite meals out.



Every celebration looked a little different, but each one was filled with laughter, cake and the people who matter most.

Big days out & small steps forward

Some of the month’s proudest moments came from trying something new, while others happened close to home. From rollercoasters, bowling and bus trips to weekly planners and shopping lists, every day brought more confidence, choice and independence.

Theo

Theo enjoyed the rides at Thorpe Park, encouraging his support team to join him on the biggest rollercoasters. He also loved cycling, bus trips and puzzles.

Clare

Clare enjoyed bowling, shopping, cinema trips and a day in Brighton, alongside time with friends and activities at a local day centre.

Personal Milestones

Juliet

Juliet continued volunteering at Cancer Research UK. She also kept up her weekly planning and cared for her hamster.

Lauren

Lauren likes to have her say in the week ahead, so the grocery list is very much her list. Meals with friends at her local pub, picking her favourite from the menu, round off the week nicely.

#GrowingEveryDay

#ProudMoments



Recipe of the Month

Roasted Fig, Plum & Halloumi Salad

Sweet roasted fruit, golden halloumi, peppery leaves and toasted walnuts come together with a honey-mustard dressing.

Ingredients

- 4 fresh figs, halved
- 3 ripe plums, sliced
- 1 block halloumi, sliced
- 2 handfuls rocket or mixed leaves
- 1 small handful toasted walnuts
- 1 tbsp olive oil
- 1 tsp butter (optional)

Method

1. Roast the figs and plums with olive oil at 180°C for 10–12 minutes.
2. Pan-fry the halloumi for 2–3 minutes on each side until golden.
3. Whisk together the dressing ingredients.
4. Arrange the leaves, roasted fruit, halloumi and walnuts on a plate, then drizzle with dressing.

Dressing Ingredients

- 1 tbsp honey
- 1 tsp wholegrain mustard
- 2 tbsp olive oil
- 1 tbsp lemon juice
- Pinch of salt & papper

#MonthlyRecipe



Contact & Feedback



Every story matters.

September has been filled with new experiences, favourite routines, shared laughter and personal milestones. Thank you to the people we support, their families, our Support Workers and Team Leaders for being part of these moments.

As we move into autumn, we look forward to more opportunities to learn, explore, connect and celebrate life together.

We'd love to hear your thoughts and compliments.
Email us at info@focushomecare.net.



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