FOCUS HOME CARE
We Focus On Care At Home

A Season of Celebration



Every month, the people we support remind us what independence, friendship and community really look like.

This issue celebrates birthdays, new homes, new roles and the small steps that add up to big change.

2026

October

Monthly Newsletter

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Every month, the people we support show us what independence, friendship and community really look like. This issue is theirs.

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Welcome to our combined newsletter for Cambridgeshire and East Sussex. This month has been full of celebration, from birthdays and Halloween to new homes, new volunteering roles and new friendships.

We are especially pleased to welcome four people from HH, with their families and staff, who joined Focus Home Care after moving into their new home.

We also marked Breast Cancer Awareness Month and World Mental Health Day, sharing information and encouraging open conversations. To every support worker, team leader and manager: thank you.

Christine Goldstone
Regional Operations Director, East Sussex

Esther Shomoye
Regional Operations Manager, Cambridgeshire

Welcome & Leadership



Introducing

Greg Lapham

Group Managing Director

Greg joined Trust Management Group in September 2026, leading Trust Care Management, Focus Care Supported Living, Focus Home Care and Harbourstone Care. He brings more than 25 years in UK health and social care, most at board level.

“My job is to make sure every person we support receives safe, high-quality support that is built around them.”

Listening Stable teams Quality Partnership

Cambridgeshire Stories

William

Dancing, bowling & Halloween spirit

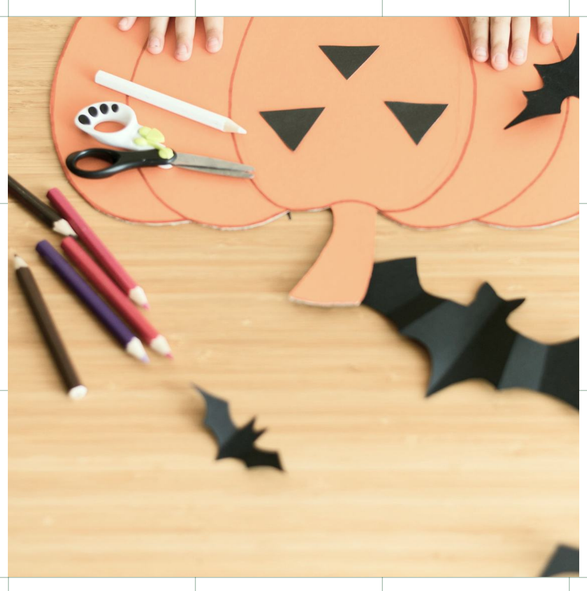


William had a lively month. At the PHAB Club he danced to his favourite music and joined in with the social activities. He began another day with learning, then took to the bowling lanes and arcade games, scoring some great throws. He also got into the Halloween spirit, posing proudly beside the spooky decorations.

PHAB Club Bowling Gaming Halloween

Jordan

A month of new experiences



Jordan explored the funfair's colourful rides, got creative at an art and craft session and enjoyed a relaxing game at Hollywood Bowl. A highlight was his sailability session at Nene Park Lakeside, where he took his place on board. He finished the month exploring the festive displays at Dobbies Garden Centre.

Funfair Art & craft Sailability Dobbies

Shout-out

Well done, Upton Close team!

A big thank you for your dedication to Jason during a challenging period. You made sure he was supported in a calm, person-centred environment, with his wellbeing as your priority. It is wonderful to see Jason making positive progress.



Kyle

Halloween Mansion creator

Center Parcs, art, football and bowling, plus his proudest moment: designing the H Halloween Mansion.



Stephanie

Harvest, home & tea

Pumpkin harvesting, spooky crafts, a party at HH and new goals, plus seaside walks with a nice cup of tea.



Jonathan

Castles & train rides

College, Hastings Castle, Sea Life and cycling, plus a brave flu jab celebrated with a meal out.

Making Every Day Count



Matthew

Football, friends & cake

College courses, an Eastbourne Borough match, bowling in Hastings, plus a tricky Bus Simulator level beaten.



Jack

The long walk home

Jack took on an hour-long walk home from town, then visited a potential new home, with snooker-table plans.

I did loads and loads of walks and train rides.

Jonathan

Celebrations & Big Steps



Molly

Driving ambitions

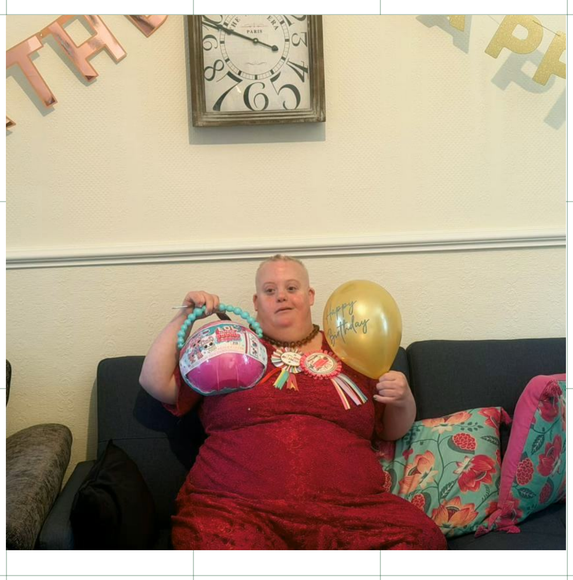
Molly celebrated her birthday in London, bought gifts for her housemates and completed her Oliver McGowan meeting.



Shannon

A new volunteer role

Shannon planned her own birthday party at HH and started volunteering at the Oxfam bookshop in Eastbourne, alongside Marie Curie.



Natalie

A happy month

Natalie chose her own party food, earned a certificate for her progress, and loves Mencap, PHAB Club, drama and the gym.



Feature

Celebrating Dignity

Over tea and cupcakes, Natalie and Shannon led a conversation about dignity: being listened to, feeling valued, making your own choices, and kindness to all.

In Their Own Words

“Hi, monkey, I had my birthday this month and got nice presents.”
Natalie

“Can I have a snooker table, please, Dejan?”
Jack

“Well, Mum and Dad visited me. I went to football.”
Matthew

“I don’t want to talk today. Make an appointment, haha!”
Chloe



Claire

A month to shine

Swimming, cycling, bowling, dancing and drama kept Claire busy, with café catch-ups in between. The highlight: special days with her mum.



Charlotte

Busy adventures

Charlotte is making friends at college and keeps active with Zumba, cycling, swimming and competitive bowling.



Lauren

Friends & family

Baking, films and singing with her housemates, lunch at her favourite pub, ten-pin bowling and a lovely dinner out with her parents. Lauren’s month was full of smiles.

Active & Creative



Theo

Steady adventures

Weekly bowling, cycling, arcades and meals out, plus cooking, board games and crafts at home. Theo's motto: "Good things happen to good people."



Clare

An exciting new chapter

Clare moved into her own two-bedroom house with a garden, and turned the dining room into her art studio.



Katy

Creativity & celebration

Katy painted pottery, enjoyed the carnival, met the local MP and baked a banoffee pie she’s proud of. Birthday plans are underway, so look out for photos next issue!

Growing Independence



Rhys

Growing independence

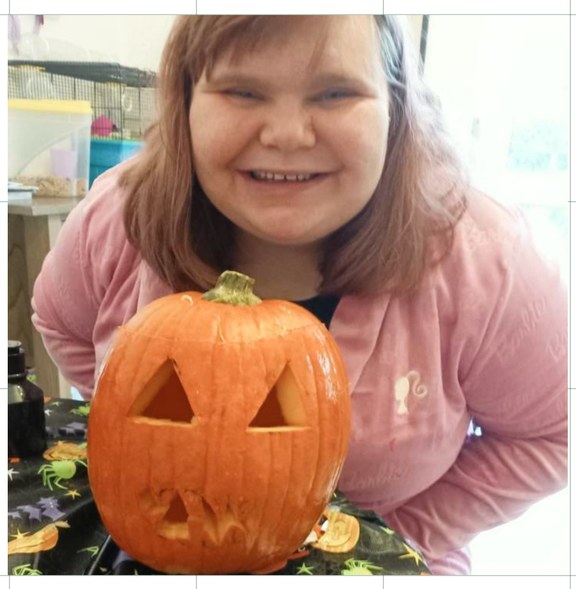
Rhys creates YouTube content, shops twice weekly, and now runs his own bath and does his own laundry.



Charlotte

Farm adventures

Spider-Man at the cinema, farm visits (the pigs are her favourite), cycling, bowling and Tuesday dinners with her nieces.



Juliet

A spooktacular month

Volunteering at the Cancer Research shop, pumpkin carving and Halloween decorating, plus a proud deep clean.



Squidge

Showtime & service

Front row at Man in the Mirror, volunteering at the Eastbourne Hospital shop, plus drama and Swoove.



Mollie

Fun & independence

Halloween fun, swimming and bus trips, plus weekly fire alarm testing and a day out with her mum, Louise.



Jasmine

Fun, fitness & family

College, the gym and Swoove, plus a Halloween disco and lovely days at home with her family.

Recipe of the Month

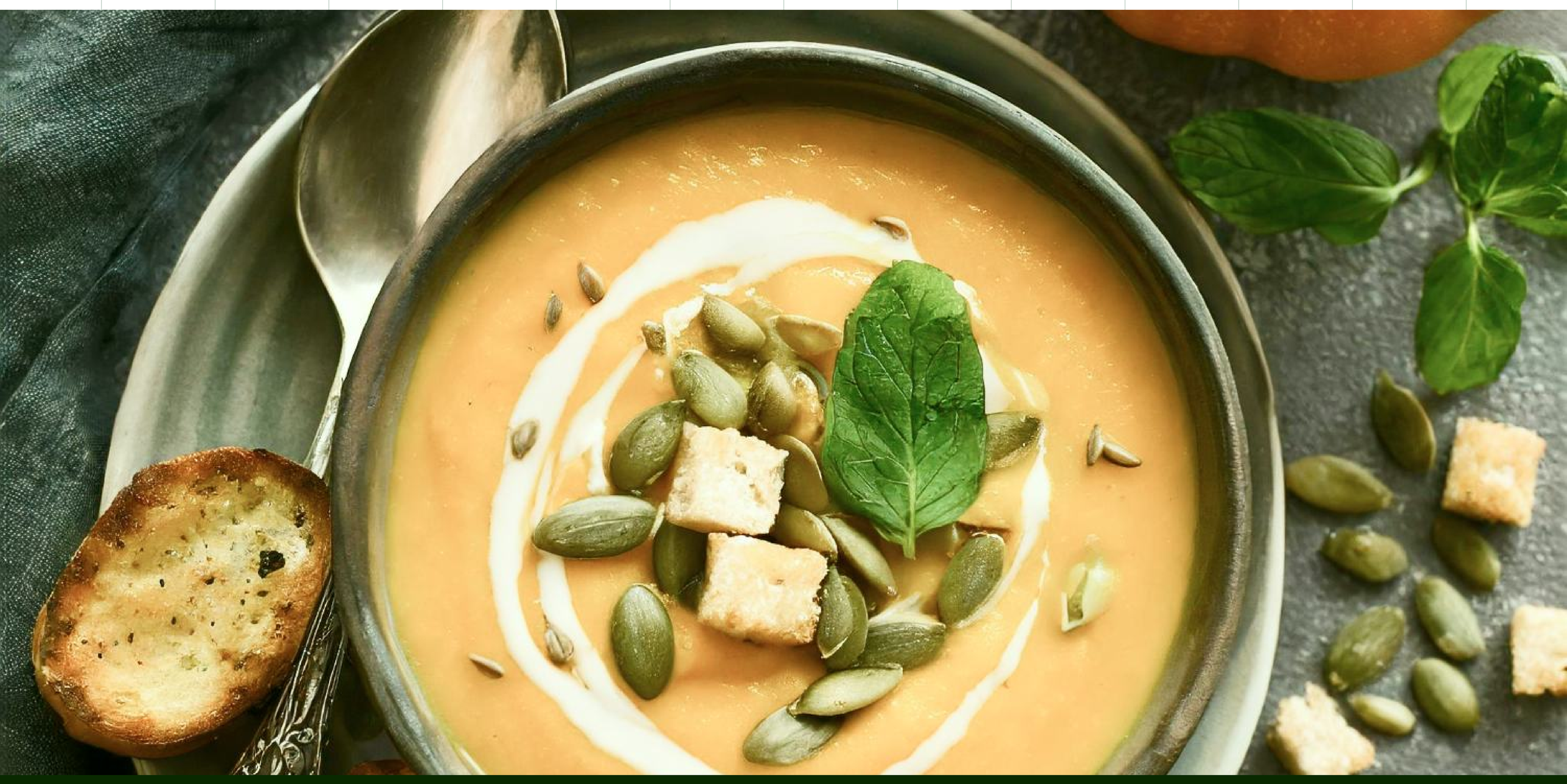
Creamy Pumpkin Soup

Ingredients

- 1 medium pumpkin (about 1 kg), peeled, deseeded and chopped
- 1 onion, chopped
- 2 garlic cloves, minced
- 1 carrot, chopped
- 1 potato, chopped
- 750 ml vegetable stock (low salt)
- 150 ml double or single cream
- 1 tbsp olive oil
- Salt and black pepper
- Optional: pinch of nutmeg or mixed herbs

Method

- Heat the oil in a large pan and soften the onion and garlic for 2–3 minutes.
- Add the carrot, potato and pumpkin and stir for 2 minutes.
- Pour in the stock, bring to the boil, then simmer for 20–25 minutes until tender.
- Blend until smooth.
- Stir in the cream, season, add nutmeg if using, and heat for 2 more minutes.



Serve: warm, with crusty bread or wholemeal rolls.

Contact & Feedback

Your thoughts and experiences help us provide the best possible care. We welcome feedback from the people we support, their families, our staff and professionals.

Cambridgeshire

Esther Shomoye
Regional Operations Manager / Registered Manager

esther.shomoye@focushomecare.net
07523 272209

East Sussex

Christine Goldstone
Regional Operations Director

christine.goldstone@focushomecare.net
07399 549019



A huge thank you to all our support workers, team leaders and area managers: every story in this issue is shaped by your care.