

Introduction

Sunnyside House is an innovative CQC Registered 12 bedroom Independence training home located in Thurrock, Essex. Sunnyside House specialises in preparing young adults with learning disabilities for independent living .

We are passionate about developing the independence of our service users in every aspect of their life to enable them to reach their potential and live as independently as possible through our personalised "My L.I.F.E" programme.

My L.I.F.E. Programme

We are very proud to introduce our new L.I.F.E independence training programme which is to be launched in August 2010

The My L.I.F.E programme has been designed to help service users gain the skills, knowledge and confidence to live independently and successfully.

It will complement other independent living activities that service users may be involved in, such as training and education, work experience and one-to-one support. This programme has also been designed to complement individual Care Plans and will help service users achieve the goals within their Care Plan.

The My L.I.F.E. programme has 3 steps for service users to achieve: **READY STEADY GO** with each step being made of a number of modules which can be seen below:

STEP 1: READY	STEP 2: STEADY	STEP 3: GO
1. Lifelong Learning	1. Personal Hygiene 2. Healthy Eating	1. Health and Safety
2. Managing Change	3. Keeping Fit And Active 4. Communication	2. Job Search
3. Time Management	5. Relationships 6. Assertiveness	3. Travel
4. Stress Management	7. Equality & Diversity 8. Dealing with Conflict	4. Housing
5. Citizenship	9. Money Management	
6. Confidence Building		

There are three My L.I.F.E. programme hallmarks which will help service users to get the most out of the programme:

My L.I.F.E. programme is a journey, not a race!

My L.I.F.E. programme is about quality, not quantity!

My L.I.F.E. programme is to enjoy!

Service users will be guided through their My L.I.F.E. programme, step by step from the start to the finish of each of the 3 steps to independence and as they successfully work through the programme, they will receive a number of certificates of completion as evidence of their progress and every time a service user completes an activity they are one step nearer towards independence.

We wish every one all the success in getting the most out of the My L.I.F.E programme.

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Focus on..... Williams Syndrome

We are pleased to introduce our "Focus On" area, aimed at raising awareness in society on different Learning Disabilities. Williams syndrome is a rare congenital abnormality, which is caused by deletion of the gene that makes the protein elastin from chromosome 7. This protein is responsible for providing strength and elasticity to blood vessel walls. It's not thought to be inherited, as the chromosome abnormality occurs randomly and is unpredictable.

There may be some degree of learning disability and problems with coordination and balance. High energy levels can make sleeping a challenge. People with Williams syndrome are very sensitive and extremely polite. In particular, children tend not to fear strangers, show a great interest in contact with adults and may have problems forming relationships. They have very sensitive hearing, and may be startled easily by loud noises.



2010 Thurrock Business Awards Triple WINNERS!

We are proud to announce that Sunnyside House won all THREE awards that we were finalist for at the recent 2010 Thurrock Business Awards, these were

"NEW COMPANY"

"EDUCATION & LIFELONG LEARNING"

And Andrew Azzopardi won

"YOUNG ENTREPRENEUR OF THE YEAR"

We would like to take this opportunity to thank the organisers of the event for hosting a wonderful evening. We also want to say thank you to every one who has supported us over the last few years and for helping us achieve these awards.



Michael's Story

Hello my name is Michael. I moved into Sunnyside House on the 10th August 2009 from Linkage College to learn daily living skills and how to be more independent.

Living at Sunnyside is good I have made good friends here like Gavin, Catherine and Elisabeth. I like all the staff; they are always happy and friendly.

I get to talk to Donna the house counsellor who comes here once a week as well. I wanted to learn how to drive so my key worker has helped me book driving lessons recently which is fun.

Learning to be independent is good; I have learnt to cook good and health meals, my favourites are homemade chicken soup and beef pie however for my breakfast sometimes I like a bacon sandwich.

My room is nice and big, I always try to make sure it's clean as my parents come and visit me a lot, also I have good views from my windows.

I now take the bus to college I don't need staff support because I have learnt how to use my local bus service. I am now able to take a trip to my family home on public transport independently, my key worker helped me to plan my trip.

By Michael



Catherine's Story

Hello my name is Catherine, I am 37yrs old. I used to live with my mum in Thurrock until she went to hospital. She died in Jan 2009. I used to look after her. I would help her with the shopping and housework. When she died I was left in the house on my own, it was very frightening and I didn't know what to do. My family from Ireland came over to help me. When my family went home to Ireland, I went to live in a house in Hathaway Road and had a lovely time there.

I came to live at Sunnyside on 1st October 2009 I wanted to learn how to look after myself properly and have my own flat. I love living at Sunnyside House, when I first came here I wasn't scared, everyone made me welcome. I like the staff here.

I moved all my things in and soon made this my home. I was frightened that I would not be able to see my friends but was told that my friends are welcome here. My friends and family are free to come and see me whenever they want. I keep in contact with my friends at 'Footsteps' and 'Zero 5' clubs each week and I phone my family in Ireland.

We go out lots here, I go bowling, to the gym, swimming, we went to a disco, we go to the seaside and we go on the train to London. We have been to the Queens House and seen her guards, we went to the British Museum, we saw Phantom of the Opera and after every trip we have been to a restaurant for a meal, this was brilliant. I love trying different foods.

In December I had 2 mini strokes and had to stay in Basildon Hospital, I had lots of friends and family come to visit me. I am now much better and can get on with my life.

At Sunnyside we have key workers to help us. I know how to budget my money, cook a meal, how to keep my room clean as well as keeping the rest of the house clean. I also know where to go to pay by bills after going to the bank to get my money. I have got a new job since coming to Sunnyside in a Charity Shop.

I love playing snooker with Gavin. He makes me laugh. I went to football to see West Ham. I went to Ireland to see my family and I stayed for 5 weeks.

I will be getting my own flat soon now that I have learned living skills. I am looking forward to this. I hope I can live near my friend Susan. I will still be able to go for my holiday with Sunnyside even though I may not be living there anymore.

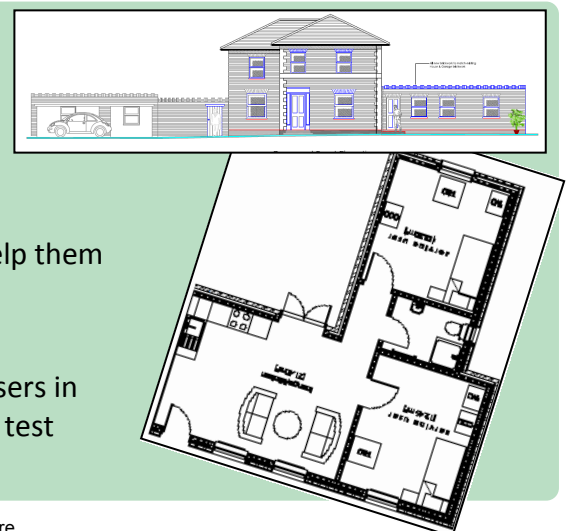
By Catherine

My L.I.F.E[®] Training Flat

We are delighted to announce that we have now started work on our two bedroom independence training flat, which is going to be situated next to Sunnyside House.

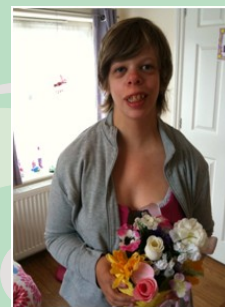
The flat has been designed as a training unit for our service users to help them increase their independence skills further with the goal of living in the community

The flat will consist of two bedrooms, lounge and bathroom. Service users in the flat will be supported by our team but will have the opportunity to test their independence skills in a real live environment before moving on.



Workshops at Sunnyside

A pleasurable afternoon was spent with senior support worker Jan and all at sunnyside on our 1st floral workshop. A choice of pretty pastel silk flowers were offered to everyone, all participants created their own basket arrangement that was finished off with silk ribbon bows.



We all learned how to use floral wire to build our arrangements. Some of the baskets was put on display in the dining room area, so everyone could enjoy them.

The second workshop was themed around gardening, Jan said "We sat down with a bunch of gardening books and wrote down the names of the plants we liked the look of, then we wrote down their individual features for example, how tall they grow, whether they like the sun or the shade and if they keep coming back every year, we have made a list to take along when we visit our local garden centre.

What we have planned next is a woodland walk. We hope to find natural flowers and other bits & pieces that we can collect and make a seasonal flower arrangement to put on display here at Sunnyside."



Achievements

Congratulations to
Stacey Linnen,
Mohammad Korim
And Helen Ghandi
for completing their
NVQ level 3.

Team Member of the
Month was achieved
by Lynne Linnen in
May and Jan Faulkner
in June

Service User of the
Month was won by
Michael in May and
Gavin in June
Well Done!

Green Cleaning At Sunnyside House

More and more people are becoming aware of the importance of reducing our exposure to toxins and chemicals in our diet, homes and natural environment. We have produced a cleaning product that is totally natural, made by hand and based on kitchen ingredients .

Sunnyside House uses a chemical free cleaner that ensures the home is cleaned to a high standard, whilst caring for your health and the environment.

Just guilt free cleaning!



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