

My L.I.F.E. Development Continues - By Andrew Azzopardi

The potential for a national model of our Independence Skills Academy is being displayed through our superb CQC Compliance visit with no recommendations, being made one of only 3 National finalists in the Skills for Care Accolades awards, the exciting developments of our My L.I.F.E. classroom and My L.I.F.E. "Easy Read" version which is generating interest from local authorities across the country. I am fortunate to have a truly amazing team who never cease to amaze me with their hard work, enthusiasm and genuine care for our service users so we really hope you enjoy our most recent update on life at Sunnyside!

Care Quality Commission **OCTOBER 2011 COMPLIANCE VISIT**

We are proud to announce that The Care Quality Commission visited us in October 2011 and judged us as **"Compliant"** all 6 Outcome Areas inspected! The inspector had the option of the following judgements in each of the 6 areas checked.

Compliant **Minor Concern** **Moderate Concern** **Major Concern**

The following quotes are an overview from the comments we received in the report.

Outcome 01 – Respecting & involving people who use services "People are involved, where possible, in making decisions about their care and treatment. Their responses to the service provided are taken account of and acted upon"

Outcome 04 – Care & welfare of people who use services "People who use this service receive good care and support that meets their needs"

Outcome 07 – Safeguarding people who use services from abuse "People living at Sunnyside receive safe care and support through appropriate procedures and practice being in place"

Outcome 10 – Safety & suitability of premises "People live in a comfortable and accessible environment"

Outcome 14 – Supporting Workers "People receive care from staff who receive training for their roles and are supported and supervised in their roles"

Outcome 16 – Assessing & monitoring the quality of service provision "People live in a service where the quality is monitored and their opinions are considered"

The full report can be found at www.cqc.org.uk and www.sunnysidehouse.co.uk

Accolades 2011/12

Celebrating the very best practice in workforce development



We are proud to announce that we have been selected as one of 3 **National finalists** for this years "Most Effective New Approach To Service Delivery" in the 2011/12 Skills for Care "Accolades" Awards after we were nominated by Thurrock Council earlier this year. According to the skills for care website this means we are "improving the lives of people using social care services through workforce development."

This is a massive achievement. In the past we have won Thurrock District & Essex County Awards, but this is our 1st nomination for a National Award. We want to thank Thurrock Council for nominating us. The winner will be announced in March 2012.

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Sunnyside's Got Talent



On 26th November 2011 Sunnyside held an end of year show to celebrate staff and service user achievements during the year. Preparation for the show started 6 months ago with rehearsals every week then every night as the date came closer, resident's practiced singing and dancing for the eagerly anticipated



event. Families, staff and local professionals in the community were invited with the hope of drawing a big crowd to support the service users and staff that worked so hard to make the show a success.

The evening started with a bang as the residents sang their hearts out to their chosen songs and left the audience blown away by the confidence they showed on stage. This was followed by the wonderful buffet made up of sandwiches, mixed platters and delicious homemade cakes and a great disco with music from DJ Jim leaving all to dancing the night away. Service user's spoke after of the great feeling they felt seeing the audience's reaction to their performances. Finally, we would like to thank everyone that helped out on the night, including those who didn't perform but helped with the smooth running of the evening such as Gemma (Drinks), Louise (programmes) and Chris (Door man) plus a special thanks



to Katie (Senior Support) and Jan (Lead Senior) who organised the night and helped prepare the stars of the show in such a caring and professional way.



RESPIRE CARE

Here at Sunnyside we now offer respite care. Please enjoy the story below from Jack who is currently using this service.

My day at Sunnyside

My chauffeur (My dad), drops me off at Sunnyside where I am greeted at the door by smiling staff and happy residents.



I rush into the garden to see the cat and rabbit. I like to go shopping so the staff took me to lakeside for some retail therapy and a spot of lunch.

Later back at Sunnyside for my evening meal. After we all decided to have a movie night so the lights were dimmed and out came the popcorn and crisps. After a while I started to feel tired so time for bed.

In the morning, just in time for my full English breakfast before my chauffeur (My dad) returns to collect me. What a life!

By Jack

Jack's mum wanted to add that she is very happy with Sunnyside as he has never been this happy before with a respite placement and she loves to see Jack happy. Her & her husband feel reassured when Jack is at Sunnyside because he always arrives and returns happy!

Book Corner

Lead Senior Jan had the idea of creating a space in the house dedicated to reading, she said "My thoughts to create a book corner came from my own enjoyment of books and wanting to help enrich the minds of our service users. To stretch the imagination, to gain knowledge, to empower them with choices and also the opportunity to access the community by joining the local library. This also helps service users to socialise with each other and to enjoy a relaxed atmosphere while discovering and evaluating the world around us."

When reading the books staff are able to pin point areas of interest and can then talk about topics with the service users. Emotions such as like, love, forgiveness, loss, anger, loneliness can be easily discussed which leads directly to examining ways to help cope with these feelings.

For new words that have not been understood a meaning is given which increases the understanding of language. It is a good tool for helping communication which increases self confidence and therefore aids independence. All who attend the group said they are enjoying this activity very much.



Welcoming Susan To Sunnyside

Service users and staff welcomed Susan in the summer to Sunnyside House.

Susan has lived in care for most of her life moved in to the house with the aim of living independently in the future.

She has enrolled in the My L.I.F.E programme and has started her independence training.

She is currently working alongside her key worker and we would like to take this opportunity to give Susan a warm welcome. We hope she enjoys her time here at Sunnyside house.



Follow us on
twitter

We are pleased to announce that you can now follow Sunnyside House on twitter!

We will be using twitter to keep our followers up to date with all our latest news, achievements and challenges.

To follow us, use the address below:

<http://twitter.com/sunnysidehouse>

Blooming Great Tea Party



In one of the weekly Service Users meetings at Sunnyside house, Staff and residents had a discussion on charities and if the service users would like to get involved in helping raising money, with all the residents replying "YES!"

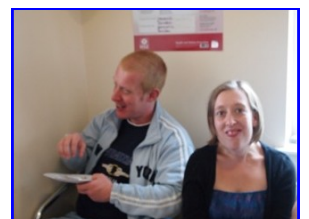
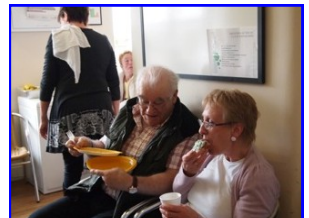
Over the next few weeks our newly promoted "Acting Senior" Katie went online to look it to different charities. After all her research she shared the information with the residents and asked the service users which one they think the house should support? After a short discussion the staff and service users decided on the 'Marie Curie Cancer Care Tea Party.'

However the staff and resident wanted to do more for the Tea Party. So as well as delicious cakes and sandwiches along with tea and coffee the house had a raffle with some stunning and amazing prizes.

Some of the prizes were made by the residents, which included Teapots with beautiful plants potted in them. The service users also collated money for games such as 'Guess the weight of the cake' and 'How many sweets in the jar?' at the end of the evening the karaoke started with the residents, staff and the guests joining in.

Katie the organiser said "As you can imagine we wanted to do our utmost to raise as much as we could in supporting Marie Curie Cancer Care, so we invited as many people as possible, including the service user families and friends, previous residents, social workers, staff and their families and any visitors that had come to Sunnyside in the previous weeks. We were all so proud when we counted up a total of £212.40. When the service users were asked how it made them feel, they all replied "Very happy". They know that by raising money they have help people that need extra care when dealing with various forms of cancer. This makes them feel proud and honoured to be able to help others in need. All the service users are asking when the next tea party is going to be and how we can raise more money for other charities.

We would like to take this opportunity to say a big **THANK YOU** to all who came to join in the tea party, and also to Katie for all her hard work in making the day a great success!



My L.I.F.E Classes

As part of our model to teach independent living skills, we have created an innovative new learning environment the “ My L.I.F.E Classroom ”. We have invested in a touch screen computer, projector and specialist training for our staff to form this dedicated educational facility which is already making a positive difference to our service users. In addition to the 1 to 1 support that service users already receive they will now have the opportunity to participate in a specialist independence training



session with a trainer. We have 2 dedicated trainers who are currently undergoing their own training in P.T.T.L.S (Preparing to teach in the life long learning sector) course.



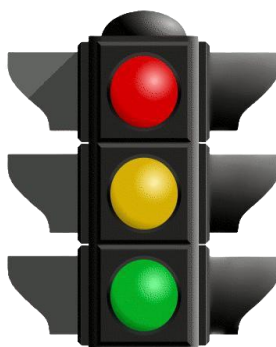
David Mernissi and David Fisher are putting all of the things they are learning into practice, and are delivering regular MY L.I.F.E training sessions. This is being done under the supervision of our Lead Senior Jan who has done a stunning job of helping make this dream a reality. Whilst this is happening we are working on National Accreditation so that as many people with a learning disability in the UK can see the benefits of the My L.I.F.E model of support. Our

founder Andrew Azzopardi had this to say “ This is one of my proudest achievements, sitting in on a session recently was very emotional and seeing service users thoroughly enjoying themselves whilst receiving high quality, relevant skills training was a joy to watch. ” Our goal is to create a life changing educational programme that will be available to all adults with a learning disability in the country!



My L.I.F.E Easy Read

We are well underway with our development of our My L.I.F.E “Easy Read version of our independence training programme. We are using a highly recommended Easy Read specialist to convert our “Classic” version of 20 modules which we launched last year of which Healthy Eating, Managing Change and Lifelong Learning have already been converted. Our service users have begun testing the Healthy Eating Module which they love! This was done after obtaining feedback from our service users who suggested that parts of the programme were a little difficult to understand. The next recommendation was for an online version..... we wouldn't would we.....? Watch this space!



Achievements

Congratulations to Taiwo Osazee, Jan Davis and Jane Asemota for completing their NVQ 3 qualification in Health and Social Care.

Stacey Linnen and Natalie Saunders for completing their NVQ 4 in Leadership and Management.

Plus David Fisher and David Mernissi for completing the Practical assessment section of their PTTLS (Preparing to Teach in the Lifelong Learning Sector) course as they take over My L.I.F.E coordinator roles within the home.



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