

New Autism Team and Unit



We have now completed our new extension which makes room for an additional self contained unit fitted with assistive technology, which will be used to support service users who have Autism and/or Aspergers Syndrome who are working towards independent living but who require individual personalised support.

We have put together a specialist team who have undergone professional training over two levels with the 'National Autistic Society' in the subjects of 'Level 1— Understanding and supporting people on

The Autism Spectrum" and Level 2—"The SPELL Framework for Intervention". This training will help our team really get to know the needs of our service users and help support them on an individual level specific to their needs. This will also enable us to tailor the service provided and help progress our service users towards further independence.

The team who attended said "It was best training I have been on. Its really opened my eyes about the needs of people with autism but also people without autism and the difference between them. I can't wait to see how this is used within the home."

"It's really broadened my understanding of autism and by putting this knowledge into practice it will help me support the individuals I am caring for."

Our 1st service user Rob, is about to make the move into the unit and we look forward to working along side him and his family in putting all the new training received into action.



Special Offer

We are currently offering a discounted rate for new placements at Sunnyside House. This includes enrolment into our fantastic My L.I.F.E programme, including modules such as 'Relationships', 'Money Management' and 'Job Search'. We offer 3 sessions a week on the programme in our on site My L.I.F.E training room.

We have 12-bedrooms in our training home plus two on site transition flats including our independence training flat and a specialist Autism/Aspergers Syndrome studio flat. Please email andrew@sunnysidehouse.co.uk for more information on this offer.



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Community Care Live

Sunnyside was recently invited to speak at the 'Community care live' event. The Presentation was to discuss the way independent living can be achieved.

During the presentation, different methods of achieving independence for service users were talked about for example; travel training, money management and stress management.

Gavin, one of the service users to live at Sunnyside wanted to tell his story in person so he put together his own presentation to deliver.

Gavin who was nervous, overcame his fear and courageously stood up before a crowd of 60 to 70 people. At the end of Gavin's

presentation the audience were so touch it moved some to tears.

Other service users: Allan, Michael and Kelly, told their story through video recordings. The service users had a great day making the videos

and were happy that they had an outlet to tell the world of their achievements, we later uploaded these videos on to our YouTube Channel. (SunnysideHouse1)

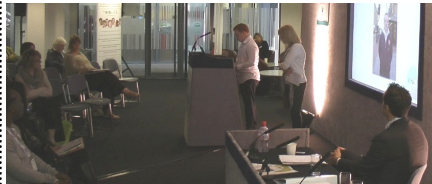


Smoke Free House

We are pleased to inform you that Sunnyside is now a smoke free zone.

The subject was raised in our regular staff meeting in August and it was agreed that staff smoking on the property was not inline with our culture and something we did not want to promote to our service users.

It was put to the team as a months trial that staff would no longer be able to smoke on the premises. At our next team meeting it was agreed that this would now be a permanent adjustment. Andrew the Managing Director said "This was a tough decision, but it was in the interests of our service users whose home this is. Our team have the right to smoke, but our service users have the right to live in a smoke free zone."

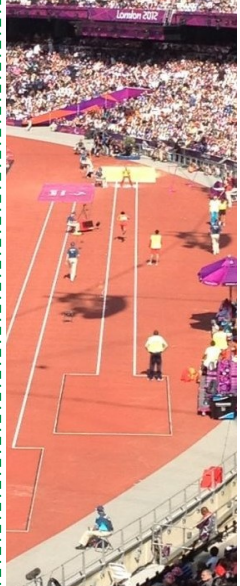


A Day at the Paralympics

Back in August Sunnyside House arranged a trip to go to the

London 2021 Paralympics with some of the services users. Everyone had an amazing day out where they were all able to enjoy watching a number of sports including long jump, sprint, javelin and hurdles. As you can see from the surrounding pictures all present had a really enjoyable time and felt privileged to be there supporting the Paralympics and the whole of London 2021.

The day really inspired everyone, it helped all understand that even though people have limitations, they do not have to hold you back from achieving your goals.



Fund Raiser

After such a success of our 'Blooming great tea party' last year, staff and service users at Sunnyside decided we would like to host another fund raiser this year. As many of us are aware, cancer claims the lives of many and has most likely affected all of us in one way or another, so we thought we would do our bit to help.



We decided to focus on breast cancer this year so we went online and ordered our fund raiser pack and started the process of what turned out to be a very special day.

Each and every service user played a part in the day from coming up with ideas for stalls to working on them, collecting money and even working behind the bar.



We had raffles, cake stalls, face painting and even 'pie the staff' games which the service users seemed

to enjoy the most.

The raffle was made up of donations from staff, friends and family which was greatly appreciated.

The fun started the day before as staff and service users prepared the hall to make it as pink and perfect as possible.

For the occasion we brought a karaoke machine and disco lights which came in handy when we played the game 'Guess the bear's name' which incidentally was 'Ronnie'.



We would like to thank everyone for working so hard and raising a fantastic amount of £340.71 for breast cancer care. We could not have been more proud of everyone who came and joined in, we hope you enjoyed it as much as we did.

A special thanks to Samantha MacLennan for all her hard work in planning the day and making it a success.

Black Tie Event

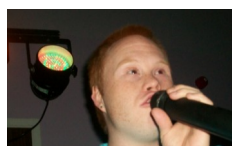


To celebrate our amazing 'Winners of Winners' awards at the Accolades we decided its only fair to give our service users the same experience we had at our awards ceremony, especially considering that they are the reason we were recognised for this award.

As staff had a dinner and dance at the ceremony, we decided that we would do the same for our service users. We arranged a black tie event for all to attend which included a 3 course meal and a dance.



The evening consisted of dinner, followed by an awards ceremony where everyone was presented with a framed certificate thanking them for their hard work and their huge part in the awards we had just won. We topped the night off with karaoke and a disco.



When each service user received their certificate they gave a speech saying how they felt they had a part in Sunnyside winning the awards. It was fantastic to hear their individual expressions.

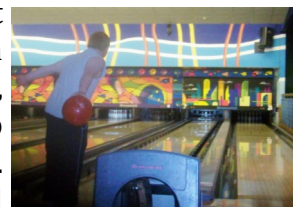
We soon had everybody's certificates hanging on their walls for them to look at and remember how appreciated they are.

SERVICE USERS HOLIDAY



After two years of holidaying at Haven, the service users choose to go to Butlins this year. So it was booked and off we went to Bognor Regis. Everyone was so excited, it was all that we would talk about.

Once we settled into our apartment it was time to explore. There was so much to do, bowling, karaoke, fun fair, swimming, arcades and more. Safe to say everyone slept well the first night. Then it was off to the swimming pool again the next day. Everyone loved the pool with all the slides, the rapids and the wave machine.



Each day we went to the fun fair where everyone enjoyed the rides, although one member of the support team was too scared to go on them but was happy to sit and watch us all have fun.



Each evening we went to the club house where we saw shows and danced until we couldn't dance anymore. We saw lots of singers and tribute acts like Elvis, Queen and Michael Jackson. They were all really good.

We can't wait until our next holiday. And want to thank everyone that arranged it and the support team that took us, we had so much fun!!!

The Day the Mayor Came to Visit



Earlier in the year everyone at Sunnyside welcomed The then, Current Mayor of Thurrock.

Staff and service users had an exciting day. Service users were able to be involved in open discussion about Citizenship and the Mayor's job role. The morning was rounded off with an informal lunch before the Mayor's leaving to a huge round of applause.

Sunnyside House is an independence training facility for young adults with learning disabilities using the innovative 'My Life' educational programme that incorporates the many aspects of life skills needed to attain sustainable independent living. Service users were awarded their well deserved certificates by the Mayor for the modules that they had completed within the My L.I.F.E programme. We would like to take this opportunity to thank him for his visit as it gave a great boost to the service users spirits.



Welcome to Sunnyside!

We would like to take this opportunity to welcome our newest service user Marilyn to Sunnyside House.

We wish Marilyn all the best as she embarks on her journey with us and we look forward to helping her make full use of the My L.I.F.E programme.



Specialist Activity Sessions



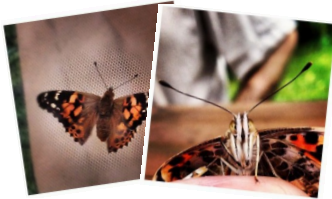
Service users now enjoy weekly activity sessions with instructor Trevor Rawson.

They use everyday recycled objects such as; cartons, newspapers, plastic bottles as well as sports equipment like bats, balls and hoops to make up games. During the summer they made use of the garden but have now moved inside.

The aim is to improve; balance, co-ordination, functional movement, bone/muscle mass and confidence.

Service users are encouraged to use their weaker arms or legs to develop equal strength on each side. Everyone gets the chance to lead part of the warm up. We are already seeing improvements to skills such as throwing, kicking and batting as well as gaining a sense of achievement, teamwork and improving communication.

Home Grown Butterflies



Back in the summer the team and service users decided that they would like to get back to nature.

So it was decided that we would grow butterflies.

We looked after them by feeding them strawberries and grapes. We are proud to say that 4 made it to become beautiful full grown butterflies. It brought great joy and a sense of achievement to all when they were able to be released.



sunnyside house

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