



SUCCESS STORY: KELLY MOVING INTO THE COMMUNITY

Kelly moved into the Sunnyside training house back in June 2009 to start her independence journey. During her time in the house her confidence has grown whilst she developed her daily living skills. Kelly became the first service user to move into our My L.I.F.E transition flat in May 2011 where she was able to put all she had learned into practice. Kelly made full use of the My L.I.F.E programme that has been available to her and she has taken part in modules such as 'Building Confidence', 'Relationships', 'Healthy Eating' and many more. Kelly said that the 'Money Management' module really helped her to budget and make sure she keeps on top of paying her bills. Kelly is now due to move into her own flat in the community and everyone at Sunnyside House would like to wish her the best in sustaining an INDEPENDENT future.

DOUBLE NATIONAL AWARD WINNERS

In our most significant night since opening in September 2008, we are proud to announce that on the 8th March



2012 at the Skills for Care "Accolades"



awards not only did we win our Category for "Best New Approach To Service Delivery" in England we also won the prestigious "Winner Of All The Winners" Award against competition from some of the best providers of Adult Social Care in the country.

To be selected by Skills for Care, who form a strategic overview of workforce needs in adult social care accounting for nearly 1.56 million workers in over 48,000 establishments, is a phenomenal achievement and we are keen to spread the work of Sunnyside and the MY L.I.F.E Programme further afield. We will be working hard to ensure that similar best practice examples can be enjoyed in other regions in the U.K where honest services focus on supporting individuals to realize independent living opportunities via the My L.I.F.E Programme.



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Thurrock Business Awards 2012 Winners



Continuing with our awards spree, we are happy to announce that Sunnyside House was also named winners at this year's Thurrock Business Awards, in the "Staff Training and Development" category.

We really believe that the way we train and develop our workforce is integral to all of our accomplishments. We will continue to train our staff to the high standard that we have set. We are very proud to put Thurrock on the map in the



care sector. This was the first time we had applied for this award and we were so pleased to have opportunity to show our hard work when it comes to developing our team first hand. The team had a really lovely evening and we want to thank everyone involved in making the night a success.

Gavin Is Moving To The Transition Flat And He's Got A New Job



We are happy to announce that Gavin has been doing well with his independence training and will very shortly be moving in to the transition flat once Kelly has completed her move to the community in order to test out what he has learned and to further his journey to independent living.

Gavin has also got himself an exciting new job on reception at Thurrock Council's Civic Offices. Please enjoy the following story from Gavin.

Hello, my name is Gavin, I am 24 years old and after a long time of job searching I have now got a job! I have been living at Sunnyside for just over three years and have been working very hard on learning to be independent. I did have a job before tidying up the local pub garden but I didn't like it anymore. Since then I have applied for jobs at Lakeside and Grays and have had interviews but I didn't get the jobs. Everyone was very proud of me when I came back from my interview at Thurrock Council and told them I had the job, I couldn't wait to start there!

On my first day I was nervous but all the people I work with were very helpful and nice to me. I work at Thurrock Council three times a week on reception. I really enjoy this job and have learned new things, like how to welcome customers and some general office duties. I like to keep all the staff on their toes!

I travel to and from work on my own which is good because it means I am getting better with my independence. I am very happy working at Thurrock Council. I want to thank them for giving me the chance to gain this experience.

TRANSITION FLAT

MODULE



We recently introduced a new "Transition Flat" module to our My L.I.F.E programme.

The purpose of this is to help service users when they actually take the final step from our training house to our flat to further develop their skills so they are able to live independently. The module covers every thing that our service users need to know whilst they are making full use of our training flat service. This includes things like paying their bills on time and appropriate relationships with neighbours, things that they might not have had to deal with before. We hope this helps our users to have a smooth transition.



We would like to give you all an update as to how The My L.I.F.E programme is progressing. The team are very pleased with the progress achieved by our service users, they have shown much enthusiasm to participate both in the group sessions and one to one work with their individual key workers. The knowledge they are gaining along the way is proving to raise their self esteem and in so doing has increased their capacity to have their voices heard. Increasing our group sessions gradually from one day a week to three days a week has led to our service users making better judgments and choices as well as voicing opinions in open discussions.

Service users have completed their 'Healthy Eating' and 'Lifelong Learning' modules and are now working on the 'Communication' module in their group sessions. Improvements have been seen with service users' confidence and their awareness of the importance of a good diet .

We have also now completed our 'Easy Read' version of the programme which is aimed at making the programme accessible to all.



.....Awards Article Continued



We seriously hope to change the face of Independence Training in England so that every adult with a learning disability can benefit from a consistent standard of life skills training and that providers ensure they display the honesty required to support those who are ready to become more independent to do so, even if that means more vacancies in their services as their service users progress to independent living.



To assist Sunnyside in keeping up the work we are doing, we are actively seeking commissioners and service users from across the UK who would like to pilot the My L.I.F.E Programme and help us develop it further. We are due to move approximately 3 more service users to independent living in 2012 alone so please do let us know if you would like to see first hand how the My L.I.F.E approach could benefit users from your borough/county.

Josh's Story



Hi my name is Joshua, I'm 20 years old and I moved into Sunnyside House in April 2011.

When I first came here I felt home sick a lot as it was the first time I hadn't lived with my parents. However I soon settled in and had lots to keep me busy. Now I take part in drama group each Friday and am doing well. I have been given a part in a play in a few weeks. I am also vice captain of the group which is an honour.

I now am able to make my own meals and thanks to the 'Healthy Eating' module in the My L.I.F.E programme I have lost over a stone and I'm feeling more healthy.

I find that doing the My L.I.F.E programme and having the support from staff I am learning how much more independent I can be. I was very happy to be given 'Service User of the Month' for March, it made me feel excellent and shocked. I feel I can be independent and reach my goals now.

Josh's next goals are to start travelling independently in the community and learning about boundaries.

Makaton Training



This is the Makaton sign for Tree

Staff at Sunnyside recently received Makaton training to enable them to communicate better with a respite service user that was due to use our service.

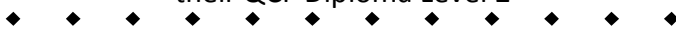
In the training, staff were briefly told about the history of Makaton and the connections with British Sign Language (BSL). Staff did an exercise to help us understand the affects of not being able to communicate. Staff went on to do stage 1 which was to help establish interaction and learn words like 'Mum', 'Dad', 'Brother' and 'Sister' as well as 'Dinner', 'Eat' and 'Drink' plus many more.

After the lunch staff worked on stage 2 which was based on words from around the home, familiar people and food. Using words like 'Man', 'Lady', 'Boy', 'Girl' and 'Milk', 'Sugar', 'Tea', 'Coffee' and 'Cake'. All staff that attended the training enjoyed it and have

continued to practice what they learned. Thanks to this training the visit with the respite service user went very well and staff were able to communicate better with him.

ACHIEVEMENTS & AMENDMENTS

Congratulations to David Mernissi, Samantha MacLennan and Matthew Smith for completing their QCF Diploma Level 2



We would like to make an amendment to our last newsletter (Autumn/Winter 2011). In the 'Welcoming Susan To Sunnyside' article we stated that Susan had 'lived in care for most of her life'. We would like to say that Susan had spent some time in care as well as spending time with her family at home.



Planning Permission



We are happy to let you know that we have been granted planning permission to extend our transition flat. This addition will give us two fully self contained flats as opposed to one. We hope this will help us to move more service users into the community sooner than previously possible. We sincerely hope all users of the flats get the most out of their time there.



sunnyside  **house**
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