

Lets Focus On Outcomes! By Andrew Azzopardi

I hope you enjoy these amazing stories which show that creativity, hard work and honesty achieve outcomes. Our service user's are gaining paid employment, taking driving lessons, cooking independently, moving into flats in the community, stepping into our own training flat, having fun and making new friends whilst they work on their independence training programme. When you consider that the average stay of our current group of residents is just over 12 months they are sensational outcomes!. We are striving to set the standards nationally not just locally and we hope our evidence will show local and national government the long term value in our model of support even during the cut backs. Ultimately, what's more important than outcomes and value for money for people with learning disabilities?

Catherine moves to independent living

We are proud to announce that the first (of many) of our residents has moved into her own flat thanks to our independence training programme.

Catherine 37, lived with us for less than a year, but thanks to our innovative programme, she is now living independently.

The My L.I.F.E programme helps to enable adults with learning disabilities to live independently, through different daily living skills training modules such as cooking, cleaning, shopping, and budgeting. It also includes coaching in social skills such as assertiveness, relationships and citizenship.

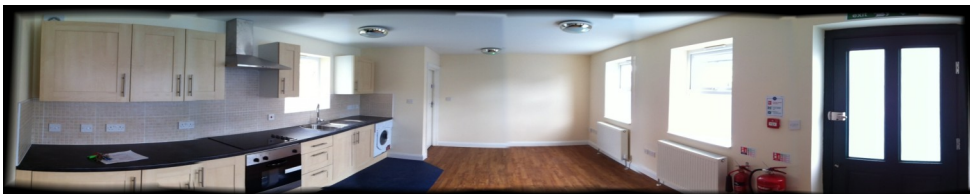
Catherine said: "I wanted to learn how to look after myself in my own flat. I know how to budget my money now and I can cook meals and pay my bills. I have a job in a charity shop."

Sunnyside is the only home in Essex to offer this kind of training. Our managing director, Andrew Azzopardi, says the programme is good value for money for Thurrock, Essex and other neighbouring borough councils. Andrew said: "Working with Catherine helped us to develop our unique programme, which gives our service users structured coaching. Thurrock Council have worked in partnership with us to make this possible for Catherine who is now very happy in her own flat. "We are now looking to help as many of our service users live independently whilst providing high quality, cost effective support for all of our local boroughs"



My L.I.F.E.® TRANSITION TRAINING FLAT READY!

Our newly constructed training flat is now complete and due to be occupied with our first (very excited) service user in April 2011. It is fully equipped with Assistive Technologies to enable service users residing in it to carry out day to day tasks as independently as possible.



The flat will be the final step toward independence where service users are able to test their skills in a secure living environment before moving on. The training flat is next door to the main home so staff will be available to offer support to the service users when needed whilst encouraging them to do as much as they can independently.

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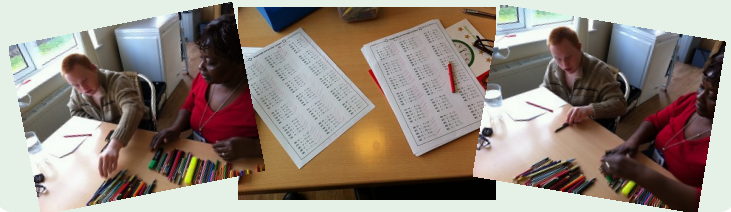
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FOCUS ON..... DYSPRAXIA

Developmental dyspraxia is an impairment or immaturity of the organisation of movement. It is an immaturity in the way that the brain processes information, which results in messages not being properly or fully transmitted. The term dyspraxia comes from the word praxis, which means 'doing, acting'. Dyspraxia affects the planning of what to do and how to do it. It is associated with problems of perception, language and thought. Dyspraxia is thought to affect up to ten per cent of the population and up to two per cent severely. Males are four times more likely to be affected than females. Dyspraxia sometimes runs in families.

MATHS CLASS

A new aid to learning has begun at Sunnyside. Our Support Worker Helen has introduced her very own 1 to 1 maths classes to help those service users who wish to improve on their maths skills. The plan for the class is to help the service users improve their budgeting skills and help them to take a more independent hold on their finances.



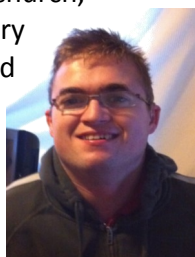
MATTHEW'S ACHIEVEMENTS

Huge congratulations to Matthew who has completed a Preparing To Teach in the Lifelong Learning Sector course (PTTLS). The course lasted for 15 weeks, during which Matthew learned many new skills such as delivering a session of his choice, where he carried out two presentations of the course to fellow students and also the staff team at Sunnyside. Mathew's talk lasted for 40 minutes and centred on giving people a basic understanding of Asperger's Syndrome. When asked how he felt about his achievement, Matthew said "I am very proud of what I have achieved so far, but this is only the first step, I now feel confident I can take what I've learnt to hopefully gain more qualifications and in the future get a teaching job".



MICHAEL'S DRIVING LESSONS

Special mention to Michael who continues to make excellent progress with his weekly driving lessons. Michael's driving instructor, Carol, has said that he is doing particularly well at present with traversing roundabouts and just recently drove back to Sunnyside from Hornchurch, navigating some difficult country lanes. When asked, Michael said that he feels he is doing really well with his driving and was very pleased when on his most recent driving lesson his instructor gave him 10 out of 10!



My L.I.F.E[®]

LEARNING INDEPENDENCE FOREVER

My L.I.F.E training

Helping young adults with learning disabilities gain the skills, knowledge and confidence to live independently

A journey, not a race
A programme to enjoy
Quality, not quantity

Launch Party

We would like to take this opportunity to thank all who came to our My L.I.F.E. Independence Programme launch in October. It was good to meet you all and to tell you a about our innovative new programme.

The My L.I.F.E. programme is unique to Sunnyside, making us the only provider in Essex to offer this kind of independence training. Our approach has already won us 3 awards for our work at last year's Thurrock District Business Awards. Education and Lifelong Learning, Young Entrepreneur Of The Year and New Company.

My L.I.F.E programme

Has been designed to help service users gain the skills, knowledge and confidence to live independently and successfully.

Will complement other independent living activities such as training, education, work experience and one-to-one support.

Has been designed to complement individual Care Plans.

Has 3 steps for service users to achieve: **READY STEADY GO** with each stage made up of a number of modules.

Lifelong learning ● Job search
Healthy eating ● Confidence building
Money management *and more ...*

My L.I.F.E training flats

*The final step on the road to independence.
Testing skills in a real environment before moving on.*



JOB SEARCH PAYS OFF



Congratulations go to Kelly, who is starting a new job in April with Family Mosaic. In Thurrock. Kelly said that she owes some of her success to the My L.I.F.E Programme "Job Search" module that she

completed as this gave Kelly ideas about things like interview techniques and dressing to impress, leading her to buy new clothes and go through some likely interview questions with her key worker in a role play activity.

Kelly will be starting training for her new position in March and had this to say "I'm very much looking forward to it'. I feel very proud of myself for getting a new job, and its great as it will be in a new environment and I'm hoping this will be for the long term". Other service users at Sunnyside including Gavin, Alan, Michelle and Matthew, are also looking to get into paid employment, by liaising with their employment advisors, as well as filling out application forms with the help of staff from Sunnyside and again using the "Job Search" module from the My Life programme.



NEW PRICING PLANS

In the current financial climate, we're keen to work alongside commissioners to make sure our approach not only supports the goal of independent living for service users, but also considers the needs and expectations of local authorities. We are taking a pro-active approach to this by introducing a new pricing plan here at Sunnyside House which includes:



- Part time stays
- Fixed terms stays
- Day visits
- Short term stays

We are hoping that this will be a cost effective option and open the door to more people being able to benefit from the service that we are providing. If you would like to receive more information about this please contact our Proprietor Andrew Azzopardi at:

andrew@sunnysidehouse.co.uk

Elisabeth's Story

Hi my name is Elisabeth I moved to Sunnyside in August 2009. I liked it at Sunnyside from the first day, but I was very shy and didn't talk much.

I felt so comfortable here that I didn't want to go out to the clubs, but the staff at Sunnyside explained to me how much fun I would have if I was to go to Zero 5 Club each Tuesday night.

I found it a bit scary as I wasn't used to going there but by talking to staff, the other residents and Donna the counsellor, my confidence grew and going out to new places and meeting new people become less scary and I made new friends. Now I go to a club on Fridays too.

At first I needed help with personal hygiene like washing my hair but I soon was able to do this without support. I also learnt about healthy eating and now I'm able to choose healthy foods and need less help with preparing meals. I have also lost 2 Stone in weight because I am eating healthily and I'm doing more actively.

I have started the My L.I.F.E programme which is going to help me become more independent. At the moment I am working on Life Long Learning which shows me the opportunities to learn throughout my life. Because of this I have attended lots of College courses which I really enjoy.

There are many things that have changed in my life since I moved to Sunnyside but the biggest change is my confidence, now I have lots of friends and I'm looking forward to my future, being as independent as possible. I was very happy to hear that I won service user of the month in February.

Written by Elisabeth with the support of Katie (support worker)



WINNERS TO JUDGE

We have been asked to give something back after last years achievements at the Thurrock Business Awards.

Managing director Andrew Azzopardi has been selected as a Judge this year for the new award category "Outstanding Employee Of The Year".

Andrew says "I am proud to have been asked to be a judge at this years Thurrock Business Awards and I am very much looking forward to the process of selecting a worthy winner".

We are looking forward to another brilliant evening in Thurrock.



Assistive Technology

Sunnyside House is now equipped with Assistive Technologies that will be available to all 12 bedrooms plus the new training flat. Assistive Technology promotes greater independence by enabling its users to perform tasks safely and independently which they were previously unable to accomplish if unassisted.

Service users will become familiar with the Technologies in the training flat so that when they move on to independent living, it will make the transition easier as they are already used to using the Technology.

Each service user will have an Assistive Technology assessment to review their needs so that a personalised support plan can be implemented to help their transition into independent living.

The Assistive Technology that can be found in the house and flat includes Tele-care options such as:

- Temperature regulated bath plugs
- Flood detectors
- Epilepsy sensors
- Medication Dispensers
- Bogus caller Alarms



Achievements



Congratulations to:

Natalie and Katie for achieving their NVQ Level 3 in Health And Social Care, Stacey and Gillian for achieving their A1 Assessor award, ten members of our team for completing their LDQ Awards and Stacey and Lynne for achieving the Learning Champion qualification.



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