



Sunnyside House

Leading Independence Training Provider in the South East



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INVESTORS
IN PEOPLE

Gemma's Living Independently



We are so pleased to let you know that Gemma is now living in her own flat in the community, here is some of Gemma's story...

I liked living at Sunnyside House because the staff would help with cooking and completing my daily chores. When I was upset I could speak to a member of staff who would listen to me and help me feel better.

When I was at Sunnyside, I did My Life sessions which I enjoyed. I feel since doing the My Life programme, I have learnt new things and have improve my life skills.

In the beginning, I needed a lot of support with cooking and making the right choice when deciding on what food to eat. This was a struggle and I would get angry with staff advising me but with time I was ok with it and started listening and was able to have a more balanced diet.

I moved out of Sunnyside's transition flat in May. I love my new flat and I am coping well. I still keep in touch with the staff and learners at Sunnyside and I visit them whenever I can.

We are so happy for Gemma and wish her all the best in her new independent life.

health plus care event

We had a fantastic time exhibiting at the recent Health Plus Care Event at London Excel. Our Manager, Natalie was on hand to meet and greet professionals from the fields of Health, Care and Technology. Not only did we have a number of visitors to our stand, where we showcased the benefits of the My Life programme at Sunnyside; we were also able to visit other exhibitors and sample their products and commodities, which we can hopefully incorporate into Sunnyside House. This interchange of practical ideas will ensure that residents and staff at Sunnyside will always have the best equipment, technology and facilities available to ensure a smooth running home, with learner's best interests at heart. Special thanks to Shane, Sam, Fola, Juliana and Deborah who attended as guests and bought back many free samples. As well as our Head Office team who organised and arranged our presence at the event.

Melissa in Training

Melissa has been with us just over a year and has now progressed to the point of being able to live in our training flat. Please enjoy some of Melissa's thoughts on her experience.....

When I moved to Sunnyside I didn't have much confidence . I have learned new skills and made some really good friends. I done so well with my independence I moved into the flat two weeks ago and have my friends over for dinner.

I've got more confidence and speak up more. I love living in the flat it's nice and big. I cook for myself, I do my own washing and cleaning. I like doing activities and can still spend time with my friends. Staff support me in my flat and I can call them when I need . I'm looking forward to inviting my Mum and Dad over and cooking for them .

I have my own garden and can relax in my own space. My goals now are to carry on learning independence skills and to get a job, working in a hospital or as a hairdresser.

We wish Melissa the best and look forward to seeing her progress.

Opportunity to Learn

Sunnyside House are pleased to inform you of an opportunity for a new learners to join the group. We currently have availability for residential and a day service where individuals can benefit from the living skills we provide by means of the My Life programme. If you are, or know of anyone who would be interested in visiting us please do not hesitate to contact us on 01708 861 201. We are now able to cater for adults with mental health as well as learning disabilities.

Congratulations Lee

Congratulations are in order for Lee as he is now living in the community, what follows are his thoughts on his time at Sunnyside....

I got on with the staff at Sunnyside. I liked the way they treat the learners. They show them a lot of care and compassion.

I enjoyed My Life due to the fact that I learnt stuff that I learnt at school but have forgotten with time. My Life refreshed me in some areas.

If it wasn't for the staff at Sunnyside I wouldn't be where I am today. I learnt how to clean, cook and maintain my personal hygiene. I also learnt how to build my confidence which was one of the biggest thing for me.

Moving on was hard at first, I thought that I was ready but then the reality kicked in. I got used to staff and learners being around and if I wanted to talk to someone. I reached a low point and felt like I wanted to go back. I went to visit the learners at Sunnyside and I saw the video I made about my time there. That really made me realise what I had achieved in my life and I didn't want to go backwards. Since then I got the support from the staff at Sunnyside who provide me with an outreach service, My life has changed drastically. I am now working on going to college and doing things to motivate myself. Now I am doing great and I feel like I am not far away from living my life without any support. My life is getting to where I always wanted it to be.

I couldn't have done this without the support of Sunnyside staff They are amazing!

To see the video mentioned by Lee please follow the link. https://youtu.be/Qz_qPMAkgEQ



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