



# Sunnyside House

Leading Independence Training Provider in the South East



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INVESTORS  
IN PEOPLE

# Allan's Living Independently

Allan moved to Sunnyside House back in September 2008 and he had chosen not to talk for several years. When asked why, he replied 'the bullies, they targeted me because of my disability. I handle it much better now because this is who I am.'

It was a very significant time for both Allan and the team at Sunnyside when he felt comfortable enough to open up and to start to talk to us. All the hard work had paid off. From that point on, we were really able to support Allan in his progress towards independence. Allan was able to move into the training flat once staff at Sunnyside felt he was capable of living more independently.

This move gave Allan the confidence and freedom to explore the community. Allan even signed himself up to a dating site to find himself a girlfriend. Allan clearly understood what a girlfriend meant and the steps to being in a relationship and he finally found a lovely lady called Ellen that he went to meet.

Allan had many challenges along the way, such as him struggling to manage his emotions, which sometimes led to outbursts of anger and aggression; this has improved through behaviour therapy, the My Life independence training Programme that Sunnyside uses and support from his girlfriend.

Allan is very knowledgeable when it comes to independence and he continued to progress so well in the flat that it was time for him to move on into the community to a shared flat. Allan had a meeting to discuss his options and felt comfortable with the outcome.

Allan now lives in a 2 bedroom flat shared with his flat mate. Allan gets on well with his flat mate, although they do have their ups and downs every now and then; Who's doing the dishes? Who's turn is it to Hoover? But they work together and get their jobs done.

Allan still visits Sunnyside regularly and still meets his girlfriend most Sundays. He regularly visits his parents' especially to watch the football with his Dad. Allan also visits his local youth clubs every now and then to have a catch up with his friends.

Allan has come very far in his progress and is always keen to learn more things, a few reminders here and there to keep Allan on the right track and he's off and away on his adventure. Well done Allan, we are very proud of you and the changes you have successfully made to achieve your goal of living independently.

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## 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

## Under New Management

Sunnyside House is pleased to let you know that Stacey Linnen had a health baby boy back in August. We are happy to announce the appointment of Natalie Bissessor as the new Registered Home Manager.



Natalie brings to her role a strong knowledge and understanding of Sunnyside House, the team and the learners. Most recently Natalie served as the Deputy Manager at the Home and has been with us for the past eight years.

In her new role, Natalie will provide management and administrative leadership to ensure the efficient and effective operation of the Home and care to our learners.

Please join me in congratulating Natalie on her most recent success!



We want to take this opportunity to thank everyone who was involved in arranging and supporting the Macmillan coffee morning that was held at Sunnyside House recently.

We love taking the time to support and raise money for an amazing charity like Macmillan Cancer Support. Everyone who attended the morning enjoyed a slice of cake and a nice cup of coffee.



## Welcoming Melissa

Hello, I am Melissa and I have recently moved into Sunnyside House. I wasn't happy where I was living before. I didn't have friends there that I got along with.

Sunnyside helped me to get my confidence back on track, and they always give me advice and help me to be myself again.

I'm starting college next week which I am really looking forward to. The Staff are very polite and always happy to support me. I look forward to learning new skills and working towards moving into a training flat so I can learn to live on my own one day soon.



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