

# OUR NEWSLETTER

LEARNING INDEPENDENCE

SPECIALIST CARE HOMES IN THE SOUTH EAST

## APPROACH LODGE & SUNNYSIDE HOUSE

MEET STACEY

NEW STRUCTURE

SPEAK EASY SEXUAL  
HEALTH EDUCATION

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MY JOURNEY



INVESTORS  
IN PEOPLE



## Sunnyside House

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Aveley

Essex

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Sunnyside House is an 11 bedroom care home with 3 additional specialist flats. We have 1 internal unit and 2 external training flats for our learners to practice their independence skills in a safe environment.

## approach lodge

2 Approach Road

Bethnal Green

Tower Hamlets

E2 9LY

*Manager: Jimmy B Songa*

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*Email: [care@approachlodge.co.uk](mailto:care@approachlodge.co.uk)*

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Approach Lodge is a 7 bedroom mental health rehabilitation unit in the heart of Tower Hamlets.

Approach can boast of its highly trained and dedicated team. It has successfully supported a number of its learners back into the community.

## My Life

Sunnyside House and Approach Lodge have been making full use of an innovative programme designed to increase the independence of our learners.

### **Here are a few words from the creators of the 'My Life' programme:**

We all desire the right to live in a manner where we are in control of making decisions in our life.

We have invested heavily in becoming specialists in providing training for independent living skills.

We have absolute faith and confidence in the programme we have created and deliver.

We are not saying that 'My Life' guarantees total independent living. We know that every person has their own challenges and level to reach, but we believe that 'My Life' is the best way to find out what you can reach as an individual, whether that's living independently or in supported living.

'My Life' gives you the opportunity and tools so that you can reach your goals.

We are focused on:

**"MAKING INDEPENDENCE POSSIBLE"**

# INTRODUCING

Stacey is the Home Manager of Sunnyside House.

She started as a Support Worker and has work in a variety of roles within the Home.

Using our newsletter article we want her to share her story.

## How long have you been here? Tell us about your journey.

I've been here since October 2008. I studied Health & Social Care in college. I got a job as a Support Worker in 2008 and was promoted to a Senior in 2009. In July 2010 I was asked to become the Deputy Manager and I became the Home Manager in 2012. In February 2014 I completed my registration with the CQC and was happy to become the Registered Manager.

## What attracted you to the Company?

Since I was a young girl I have always enjoyed caring for others, especially those who benefited from my help. When I saw Sunnyside House it looked amazing. The aim of the company was everything I was interested in. I applied and was very happy to get the job.



## What do you think 'My Life' is achieving?

I think we have benefitted greatly for using the programme with adults with learning disabilities. There are still exciting things to come from the programme that will give the learners more tools to support themselves towards independence.

## What is the most challenging part of your Job?

I find it hard when I can't spend as much time with the learners as I would like because I have a lot of office work. I have to deal with the administrative and managerial side that can take up a lot of my time.

## MY VIEWPOINT

Mark, a learner from Approach Lodge, is currently working on the Relationships module in his 'My Life' sessions. With what result? It has had a positive impact on his personal attitude, especially towards those of the opposite sex.

Mark has been known for using inappropriate language when speaking to females, but recently he has started greeting people without causing offence. Mark now understands how his words can impact on others, and how to communicate in a private and public manner. Mark is enjoying his sessions and he continues to put a smile on the face of the staff at Approach Lodge.



# NEW STRUCTURE



Sunnyside has an exciting new addition to the house routine, the introduction of the;

## “ Support Plans ”

These plans are aimed to help the learners to progress in their independence training. During the support plans learners are able to work on activities that link with their ‘ My Life ’ programme. Learners work with a member of the team to support them. These plans have been an amazing aid in helping our learners to be able to grow.

Here are some comments from Jan our ‘ My Life ’ Assessor:

*“Here at Sunnyside House, we wanted to bring structure to the home so that everyone could be involved in enjoying practical sessions.*

*Small groups of learners work with a team leader on subjects that run parallel to the ‘My Life’ programme.*

*It is proving to be very beneficial for the learners, and we are proud of everyone who is taking part. As this moves forward I am certain that the work the learners are putting in will give them further success with their independence skills.*

*Throughout the support plans there is opportunities for praise, mutual respect and confidence building for all involved “.*

Our aim is for all our learners to be able to grow and reach the maximum level of independence that is possible for them as individuals.

The support plans enable this and encourage the learners to expand their knowledge, skills and confidence.



We asked some of the learners how they feel about the support plans.

Here are some of their comments:

"I like reading, writing, cleaning and using the computer.

I feel like I have learnt a lot".



"Job search is fun, I am learning how to do a C.V. this has given me more confidence. I am enjoying

Doing the support plans".

"The support plans are good fun, I like the craft activities.

I like all the staff.

We have fun together".

"The support plans are really good, they help me a lot in my life".



" I like everything about the support plans. I did my C.V and printed it out. I enjoyed cooking.

I like doing the support plans with all the other learners, and I really get along with all the staff".



"The support plans are really good, we do them every day between 10am-2:30pm.

I really like doing the support plans."

## SPEAK EASY

In a society that values freedom of choice it is very important we all make decisions that affect our lives with the proper knowledge, understanding and awareness of consequences. But, how would we know unless we had someone to teach us? When it comes to sexual health some might feel that this is still a taboo subject. But we strongly believe it is important to educate our learners on safe sex and how to keep themselves free from STD 's and STI' s .

With this in mind the tutors at Sunnyside House recently attended a specially designed course run by the N.H.S to enable them to teach sexual health to our learners. The course was facilitated by two senior and experienced N.H.S nurses who had an in-depth knowledge on the subject.



All those who participated found the course to be enjoyable and extremely valuable to their aims of supporting our learners with good, accurate and safe advice. We believe that having fully trained staff is the only way to give the best to our learners.

**WE WOULD LIKE TO SAY THANK YOU TO THE  
N.H.S FOR PROVIDING THE TRAINING.**

## MY VIEWPOINT

Approach Lodge have been using the 'My Life' programme since July 2014. What have been the effects on the learners and how did they react when changing from a paper based to an online learning programme? This is what a Senior Support worker and Tutor had to say:

*"In my opinion the learners are enjoying the My Life online and they are learning a lot. It seems to capture their attention better than looking at a sheet of paper. A few of our learners especially like watching the video demonstrations. Information still has to be discussed for better understanding but the colours, images and sounds help our learners to acknowledge more information."*



# MY JOURNEY TO INDEPENDENCE

Gavin was a learner at Sunnyside House, he recently moved into his own flat. To celebrate his achievement we made a small video about his journey. You can check this out on our website and YouTube channel. Below is what he had to say:

“ Hello I am Gavin!

I 've been at Sunnyside for five years spending two years inside the training flat.

I 've learned to budget my own money. I go out on my own, do my shopping, pay bills, do my washing, Ironing and stock my fridge-freezer and cupboards up.

I cook all my own meals, my favourite is chicken and new potatoes and veg. I wash up and dry up and put my things away. The sides and the cooker are always wiped down the same as the table and floor. My flat is always clean and I am very comfortable.

I go on the bus to Lakeside shopping centre. I walk to places as well.

I think I have definitely developed all my skills but I've changed as well, I was sometimes angry but I now feel happier. I feel more confident in myself and speak up for myself too. ”



Gavin really enjoyed his time at Sunnyside with all the staff and fellow learners and wanted to say  
**“ Thank You to Sunnyside House ”**

You can view Gavin 's video at [www.sunnysidehouse.co.uk](http://www.sunnysidehouse.co.uk)



## LEARNING INDEPENDENCE

**approach**  lodge

[www.approchlodge.co.uk](http://www.approchlodge.co.uk)



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