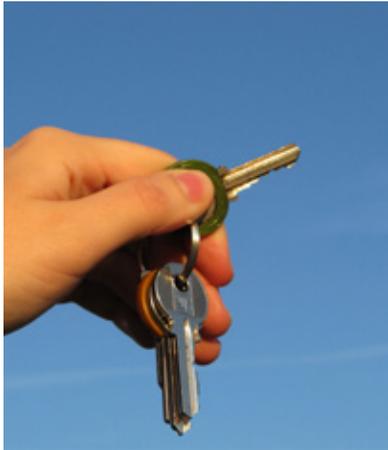


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Individual support for individual people



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Providing Accommodation and Support for Young People Leaving Care

Enhanced Care Group





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Providing Accommodation and Support for Young People Leaving Care

Individual support for individual people

About Children Leaving Care

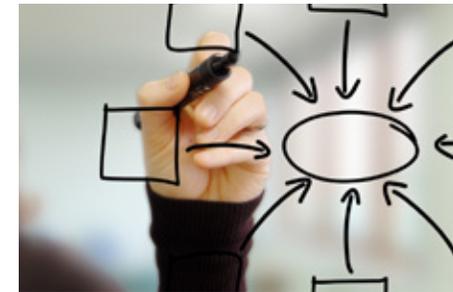
At Sunningdale we provide support to young people who may have been in social care and are now moving on to the next stage of their young adult life. We work closely with local authorities in the North East of England and across the UK, looking after children and young people aged 17 to 24.

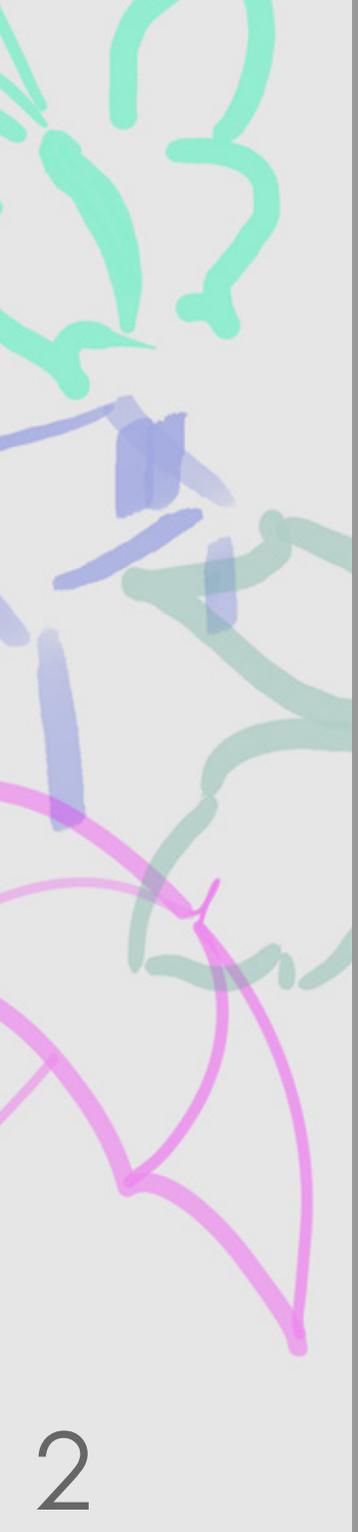
Having often experienced some family trauma or mental health issue, the transition from full-time care to independent living can be a daunting one and so support at this stage is crucial for such vulnerable individuals. There have been many studies that unfortunately prove that children leaving care have a much higher risk of developing depression, abusing drugs or becoming homeless.

Children in care often appear to grow up fast, especially when forced to due to their circumstances. They may act like an adult at the age of 17, but they still need support and guidance, the same as most of us do even when coming from a stable home environment.

The children or young people who come to us often have emotional, behavioural and mental difficulties caused by some form of trauma, physical or sexual abuse, or neglect. They can for example:

- **Self-harm**
- **Have an eating disorder**
- **Display anger or aggressive behaviour**
- **Have ADHD**
- **Have depression**
- **Have attachment difficulties**





Sunningdale

Sunningdale provides safe and comfortable accommodation specially designed for children and young people leaving care.

Sunningdale has a number of independent one bedroom apartments as well as a larger apartment suitable for more specialised supported living.

Stability

We provide our young people with a stable and nurturing home, where they feel safe and comfortable, so that are able to learn and develop to the best of their abilities. Each of our rooms are individual with a character of their own, but throughout all of them we ensure there is a consistency of quality.

Professional Care

The care we provide is on a medium to long term basis to ensure a sense of stability for all of our young residents. Our friendly and professional staff are always on hand to deliver support at any time of day or night. The team consists of highly trained carers, consultants, specialists and therapists who have been carefully selected not just for their qualifications, but their ability to treat every individual gently, with respect and understanding. Fully qualified professionally trained staff are on duty 24 hours per day, every day.

A Brighter Future

Sunningdale's primary objective is that all the children and young people in our care have the opportunity to develop in confidence, and learn important life and work skills so that they can achieve a better future for themselves.



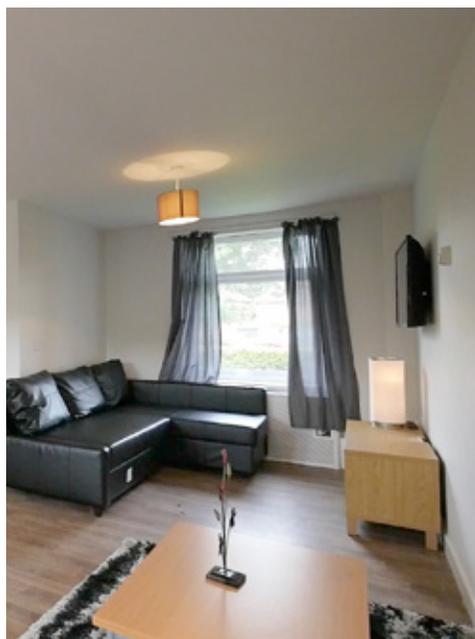
Individual support for individual people

Our Accommodation

Sunningdale works in partnership with Auckland Home Solutions (a registered social landlord) to provide accommodation and support for young people leaving care.

Our current independent living home is centrally located in Middlesbrough, with good transport links to the town centre and surrounding areas. Within walking distance there are shops, local cafes and restaurants, parks and education establishments.

The modern refurbished accommodation includes:



Studio Flats

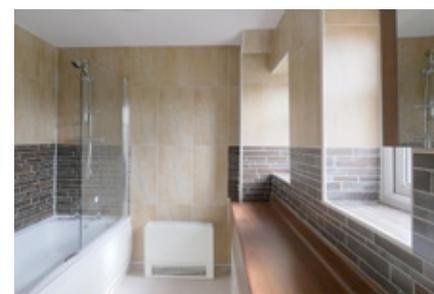
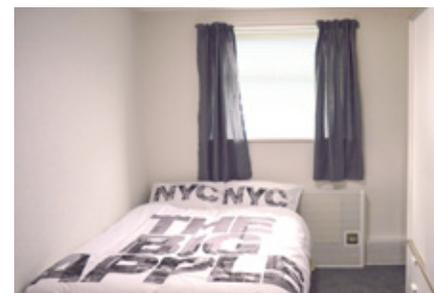
With open plan lounge/kitchen and diner, bedroom and bathroom.

One Bedroom Flats

With separate kitchen, lounge, bathroom.

Two Bedroom Flat

With separate kitchen, lounge and bathroom to accommodate a young person who may require 24/7 support. It also provides access to communal living areas so that the young person can socialise if they want to. This consists of a living room, spacious gardens and a communal kitchen.



Preparing for the future

At Sunningdale we help our young people get ready for the future in a number of ways including their Practical Life Skills, Education, Training and Employment.

Practical life skills

We teach our young people the basics of independent living so that they understand the importance of looking after themselves and the home they live in. For example: cooking, cleaning, putting out the rubbish, laundry, budgeting and paying for bills, food and clothes shopping, getting out and about on public transport.

Lifestyle coaching

We also provide advice and coach in areas such as choice making, building self-esteem and independence, maintaining health, interaction with neighbours, or people in authority (police, etc.), personal relationships with friends/family, responsible use of social media.

Education and training

Whenever possible, the young person will be educated in a local authority educational placement, which is in line with their age and educational needs. When this is not appropriate Sunningdale will assist in arranging alternative solutions. Our approach is completely person-centred and flexible to the needs of the individual.



Preparing for the future

We can arrange one-to-one tutoring or group classes in an extensive range of academic, vocational and skilled business related training depending on requirements. For example: English, Maths, Sciences, Information Technology, Hair and Beauty, Building, Mechanical or Electrical Skills, Music, Animal Care

Learning goals and achievements are celebrated with each young person through external achievements, personal goal achievements, award schemes and other relevant award bodies.

Employment

We work hard to provide our young people with education and training that suits their talents and abilities, primarily so that they can afford to support themselves in the future. We also provide access to specialist trained recruitment agencies, who advise on current qualification requirements, how to apply for a job, write a CV, dress codes and attending interviews.

We also introduce opportunities in apprenticeship schemes and work experience placements.



Therapeutic and Specialist Support

Sunningdale's dedicated team of highly trained carers and health professionals provide personalised support to all our young people based on their individual needs.

We work with the young people to develop their independence and increase their self esteem, and support them with their life skills to enable them to move on into independent living within their communities. Our accommodation and support is a pathway to greater independence. We hope to see people moving on with reduced support packages or no support at all.

We have qualified, accredited and experienced psychologists who provide specialist therapeutic interventions when necessary in the following areas:

- **Attachment difficulties**
- **Relationship difficulties**
- **Traumatic experiences**
- **Negative self-image / perception**
- **Chronic anger**
- **Chronic stress**
- **Low mood**
- **Vulnerability to sexual exploitation**
- **Physical aggression / interpersonal violence**



Individual support for individual people

Therapeutic and Specialist Support

Measuring Outcomes and Celebrating Achievement

The primary focus for Sunningdale is to have significantly improved outcomes for our Children Leaving Care. We aim to:

- **Reduce their level of vulnerability when they leave care**
- **Reduce any risks that they might pose to themselves or other people**
- **Improve their mental health and emotional well-being**
- **Improve their adjustment to independent living**
- **Improve their education and employment opportunities**
- **Improve their family or personal relationships**
- **Ultimately prepare them for a better life when they leave care**

By continually monitoring and measuring their progress from our perspective as well as theirs, we aim to see improvements in all aspects of the child's development.



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■ Pathway Plan

A “Pathway Plan” is formulated by the young person in conjunction with their social worker when they are 16 years old, and it is based on the needs of the young person. It importantly includes their own views and preferences in order to begin the process of increased independence.

Alongside the pathway plan, the health care professionals at Sunningdale devise a person-centred support plan with the young person in order to identify their support and outcome areas to enable them to live independently in their own accommodation.

We understand that each young person is different; they have different goals, wishes, needs and aspirations. They also have different starting points; we aim to support each young person to achieve different milestones of achievement within different time scales. For this reason our plans are flexible, robust and bespoke to each young person.

Celebrating Achievements

We have high expectations for our young people in all areas of their lives. We celebrate their achievements and progress in a multitude of ways ranging from personal praise to parties to personalised rewards for achievement. The aim is to use these opportunities to help build each young person's self esteem, self value and sense of achievement.



Sunningdale

Providing an enhanced level of care, exceeding expectations and providing positive and improved futures for the children and young people that we look after.

Please contact if you would like more information on our services.

Sunningdale
11a Sunningdale Road
Middlesbrough
TS4 3JA

01642 688550

info@childrenleavingcare.co.uk
www.childrenleavingcare.co.uk

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