

# Waterside Lodge Newsletter

1st Edition  
December 2014



## Welcome

Waterside Lodge would like to welcome readers to the 1<sup>st</sup> Edition of our Newsletter. Staff and residents are very excited about it and we intend to use our quarterly newsletter to publicise activities, events and positive outcomes achieved within the service for our residents and staff.

## Move-On Update

### **Nia's Pathway to Independent Living has been achieved!!!**

Nia's recovery commenced soon after she moved into Waterside Lodge on 19th June 2013. Understanding Nia's identity and mental health issues was critical to enabling a personalised support tailored to her recovery and Nia engaged well with staff and other residents.

**"I was not sure about the flat after my first viewing but after thinking about it, I now feel ready to move into my new flat so I can have my Christmas dinner in my new place! I will come back to visit Waterside Lodge too after I am settled, thank you for my support"**

Nia comments about her move

Offering Nia choice and control of her support needs allowed staff to relate to her in the way she wanted to be supported which contributed to the speed of her recovery. Partnership working with Nia's care coordinator was vital to managing her mental health, which also helped develop her trust and confidence with support staff and other professionals.

**"I am pleased with Nia's progress at Waterside Lodge and believe she has gained the skills needed to do well in her new accommodation. Thank you to all staff at Waterside Lodge for encouraging and supporting Nia"**

Care co-ordinator

Nia's move to semi-independent accommodation has been a gradual progression, and has given confidence in key areas in managing her mental health needs. Nia is now able to self medicate, maintain good personal hygiene, improve healthy eating and integrate safely within the community very well.

Accompanying Nia to view her potential new accommodation, which is also in good proximity and accessible to services she uses, provided additional assurance to Nia to re-consider her decision of moving on to the next stage of independent living.



*Nia celebrating her birthday at Waterside Lodge*

# Upcoming Events and Activities in December

## Pamper session

Residents will be treated to an afternoon of pampering, manicure, nails painting, music and relaxation in the new Waterside Lodge therapy room.

## Christmas party

**Residents Christmas party** agreed with residents for the **19<sup>th</sup> December 2014** followed by Music and Dance.

## Music & dance

Not only do we have music and dance on the 19th December we also hold regular relaxing music, dance and refreshment afternoons every Wednesday.

## Talkback surgeries

Waterside Service Manager and Deputy Manager will be availing themselves all day for 1 – 1 feedback sessions with residents giving every resident a chance to talk about their support, raise any concerns or make suggestions about the service they receive.

Please encourage residents in your support sessions and arrange the best time that suits them. Starting from **8<sup>th</sup> December 2014**

## Residents meeting

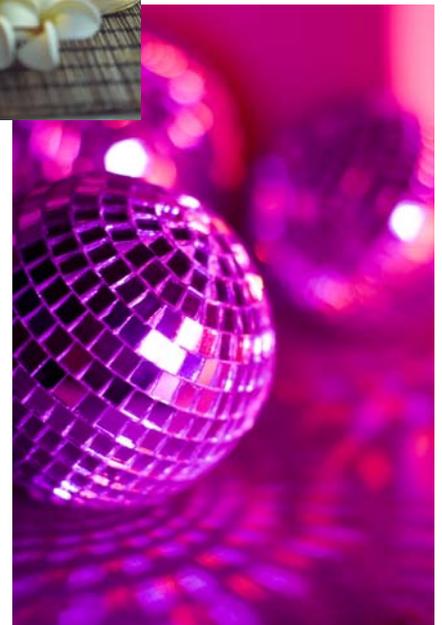
Monday 8 December @ 3pm

## Staff awayday

Thursday 11 December

## Staff Christmas meal

Taking place in Ilford



## Bi-monthly Advocacy Service

Residents are receiving free independent advocacy service at Waterside Lodge, which is giving our residents a voice around their support, finances, safety etc.

We are working in partnership with **Pohwer** a Community Base Advocacy service in Waltham Forest providing advocacy support, information, advice and signposting. They provide information in a variety of languages, formats, Easy Read, audio and DVDs.

They also have access to transition and interpreting services. They use communication toolkits, Makaton and other sign techniques depending on the support needs of our residents.

If you need further information contact **Shane or Kelly on 0208 221 2260**

# Vacant Rooms available for New Referrals

## Message to all Care Coordinators and our Partner Agencies



All Bedrooms are fitted with modernised Telecare system for residents' support and emergencies as well as fire resistant beds, linen and curtains etc.

**Phone us now to discuss referrals or any aspect of the support offered at Waterside Lodge on 0208 539 9443**

Residents are supported to personalise their rooms in a variety of ways which helps create a homely atmosphere for each resident living at Waterside to support their recovery.

