

Waterside Lodge Newsletter

2nd Edition
March 2015



Spring is here!

Waterside Lodge is back offering our readers the 2nd Edition of our Newsletter this spring time. We hope it inspires confidence in our residents to continue to engage meaningfully in their support and excites all readers! We intend to use our quarterly newsletter to publicise activities, events, feedback and positive outcomes achieved within the service.

Delivering Person Centred around residents interests and hobbies

Gaining independent Living skills



Waterside Lodge is now accessing external therapeutic intervention to aid residents recovery, this includes 1-1 guitar lessons, musical and talking therapy for residents.

Residents are taking the opportunity available to them to explore what interests and hobbies they like to pursue as part of their recovery and mental health stability.

One of our residents received a guitar as present from her father and she now enjoys her weekly guitar lessons with a professional tutor. 'I am loving it' says EL

Manager's Talkback Surgeries with Waterside Lodge Residents-Quarterly

Open door access to residents for 1-1 feedback sessions with Waterside Service Manager giving our residents a voice to talk openly about their support, raising any concerns or suggestions to improve the quality of the service offered to residents.



Next Manager's Talkback surgery is 18th April

Fire Safety Inspections at Waterside

Fire safety Waterside remains a priority and inspections from both W/F Fire safety officer & Fire Safety consultant received glowing comments:-

'I found the result of the audit to be broadly compliant with a good level of management for the premises - comments by W/F fire safety officer

Themed Events/Activities between Apr- May 15

Pamper session

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



Music & dance

Residents will enjoy an evening of music and dance on the Easter week-end 30th April and 1st May Bank holiday—Food/Refreshments will be provided.



Recovery & Therapeutic sessions from Psychologist for Waterside Lodge Residents

Waterside Lodge residents are receiving specialist input with their support including weekly psychologist visits.

The Therapy room is being used in a personalised way to support residents recovery.

The Psychologist is also extending her support to staff to enhance learning using the best approach to working with residents.

Residents meeting

Monday 13th April @ 3pm

Menu meeting

5th May @ 11am

Smoking Cessation

Taking place in May

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**

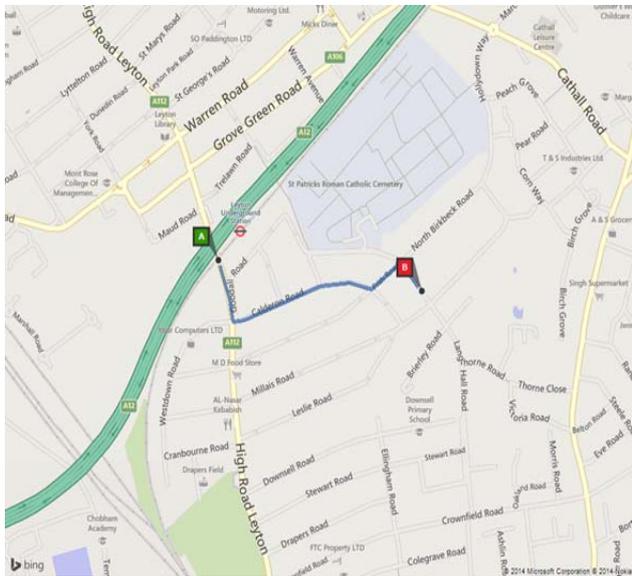
Welcome to Waterside Lodge

This is where people with individual needs living the lives they choose reside



7 Langthorne Road, E11 4HL, Leytonstone
Tel. 02085399443

Waterside Lodge is situated in the heart of Leytonstone - near Langthorne Health Centre, walking distance from Leyton tube station (Central Line) and 4 minutes walk from Leytonstone High Road (bus 257)



Visits from Psychologist, Advocacy and Smoking Cessation services at Waterside Lodge

Waterside Lodge residents are receiving specialist input with their support including weekly psychologist visits, advocacy service attending residents meetings and advocating on behalf of residents to ensure they have independent representation at any multi-agency, safeguarding and best interests meetings at Waterside Lodge giving our residents a voice around support services, financial matters etc.

Waterside Lodge thrive on partnership working with Community Based Multi-Agency services in Waltham Forest and neighbouring boroughs.

If you need further information contact **Kelly (Powher Advocacy service)** on **0208 221 2260**

Smoking cessation service- Stop Smoking Service -North East London NHS Foundation Trust - : 020 8532 6284

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.



Comments about Waterside Lodge from Stakeholders and Families Jan - Mar 2015

'Friendly and committed staff team' - Commissioner

'Staff are really good at identifying what each resident needs' - CPN

'I am pleased to have my father cared for at the home' – Relative

'The service has made further progress since the previous inspection. I am pleased with what I have seen at Waterside' – CQC Inspector

'Waterside service has been transformed for the better' – CRT manager

'Outlook care's courtesy, listening to people, being proactive and so on' – Senior Contract Manager (Commissioning Support Unit)

'I think Waterside is working with quite a range of service user needs and is doing a very good job. There is an openness to learning and changing clinical approaches with clients which is a credit to the staff there' – ISA Placement Lead