



Providing Care, Developing Independence



Maldon House
26 Belgrave Road
Seaford
East Sussex
BN25 2EG

Achievements in 2008

Throughout this year individual activities have been planned, these activities took into account each resident's preferences and needs as well as maintaining and/or enhancing their independence and skills.

Some of these activities included:

College Courses

Two residents attend college on a full time basis, on life skill courses. One resident attends Seaford Head Community College and one attends Downs View Link College in Brighton. Other residents continue to enjoy accessing Seaford Head Community College where they attend a variety of courses from around the world cooking, gardening, pottery, sensory art, digital photography and introduction to dance.

Activities in the Community

Residents enjoy a variety of day and evening activities which help develop both social skills and a healthy lifestyle through exercise.

Day activities include bowling, local walks, external games such as football at the local recreation ground and visits to places of interest such as Raystede Animal Sanctuary, Drusillas Zoo, Brighton Pavilion and Hever Castle.

Evening activities include swimming, pub trips also attending a weekly (Friday) evening social club which is run by the Newhaven and District Mencap team.

Residents continue to go to the cinema regularly at both Brighton and Eastbourne and in the past twelve months have seen a variety of films that have included Mama Mia, Twilight, James Bond, Space Chimps and Inkheart.

Theatre Trips continue to be a favourite and residents have especially enjoyed Holiday on Ice, X Factor Live Tour, Shout the Musical, Bjorn Again and the Wizard of Oz.

This year we have also achieved a lifetime goal for one resident who went to London's West End to watch 'The Phantom of the Opera'

Activities in the Home

This year we have taken on various art and craft projects from a project on Hever Castle to Christmas Cards. Art and Craft remains a popular activity in the home.

This year we have created the Maldon House Newsletter as a fun way of informing families and friends of what has been happening at Maldon House. The newsletter is issued quarterly and incorporates photos, pieces of art and will be edited by two residents each quarter.

Residents are encouraged each week to take part in preparing and cooking meals, maintain the cleanliness of their rooms as well as the home and doing personal shopping where residents are supported on a 1-1 basis to purchase toiletries, clothes and items of their choice.

Other activities include hair and beauty sessions, karaoke nights, pool nights, inter active sensory books (Bag books), story gloves, disco's and a favourite with all residents lots of parties (birthdays or even themed evening parties, this year we had a Eurovision Song Contest party where residents picked a country and wore the colours if that country).

The Sensory cabin has been a great success since it was erected and is being used more by all residents. The cabin has been fitted out to provide a whole sensory experience.

On a Wednesday afternoon the sensory cabin is used for aromatherapy/reflexology sessions. These sessions are rotated to ensure that all residents that wish for an aromatherapy/reflexology session receive one within a four week period.

Holidays

All residents enjoyed a holiday this year to a Hoseasons cottage in Norfolk. During their holiday in Norfolk residents visited many places of interest including, Great Yarmouth, Norwich Cathedral and the Norfolk Broads.

All resident were support to produce a scrap book of their holiday containing photos and brochures of places that they had visited.

Residents Meetings

We continue to hold regular House meetings this provides an opportunity for residents to voice their opinions and suggestions about activities, meals, staff and about general living at Maldon House. These meetings are documented and the minutes are displayed in the main lounge using a mixture of words and pictures. Any suggestions made are then put in place wherever possible, or reasons are given why not. For example residents will discuss activities and holidays during meetings.

In 2009 we plan to video residents meetings as this will provide a more comprehensive visual record of meetings.

Menu and Diet

We continue to have a four-week rotating menu, which reflects the changing seasons and aims to offer residents a varied choice of food. We continue to include individual dietary needs, likes and dislikes and beverages into the menus.

Each main meal has an alternative option and we encourage healthy eating for most meals. Residents have the opportunity to suggest menus during residents meetings and any changes required are made accordingly.

Choices of hot and cold beverages are available to residents throughout the day.

Transport

The home continues to have access to two cars which residents enjoy using. We continue to have excellent public transport in the area, with both buses and trains close to our doorstep.

We continue to make use of public transport to make trips to Lewes, Newhaven, Brighton and Eastbourne for shopping trips, visiting places of interest and cinema trips.

Access to Health and Social Care Services

Since the last achievement report in January 2008, residents have transferred from Seaford Medical Practice to The Old School Surgery which is a smaller surgery and it was felt that resident's needs would be better met. The newly appointed GP is currently getting to know each resident and their individual needs.

We continue to maintain good links with the local dentist and continue to support residents at appointments.

We have maintained our good links with the Local Community Learning Disabilities Team and will contact them for access to the community nurse services, speech and language therapists and dietician. We will also contact them for psychiatric or psychological input.

We continue to access specialist health consultants for neurology, audiology and appliances.

A chiropodist continues to visit residents weekly and will rotate which residents she see's ensuring that all residents are seen within a four week period.

Staff Achievements

During 2008 the home was pleased to promote three staff internally. Kari Richardson was promoted from Assistant Manager to Deputy Manager, Samantha Sistroam was promoted to Assistant Manager and Justin Hanwell was promoted to Senior Support Worker.

We continue to ensure that the staff team at Maldon House are qualified to give the support residents need by ensuring a comprehensive training schedule is put in place.

In the past year all staff have undergone at least 7 days of formal training. The mandatory courses attended have included First Aid, SOVA (safeguarding of vulnerable adults), Infection Control, Moving and Handling, COSHH and Basic Food Hygiene.

As well as mandatory training staff have attended various specialist training such as Positive Behavioural Support, Epilepsy and Autism.

Staff continue to work towards their NVQ qualifications and this year Colin has achieved his NVQ4 and RMA (Registered Managers Award) qualification. We currently have 1 staff member working on their NVQ 2, 5 staff working on their NVQ 3 and 2 staff due to commence their NVQ 4 at the beginning of 2009.

On completion of their common induction standards workbook, 8 staff will be commencing their NVQ2

Plans for 2009

1. We will continue to develop person centred lifestyle plans incorporating the use of technology to facilitate enhanced residents involvement in person centred planning for each resident.
2. Discuss and plan for Holidays 2009
3. Video residents meetings
4. Ensure that all staff are either working towards or are near completion of their NVQ's by the end of 2009
5. Continue to book a variety of theatre trips and concerts, chosen by residents during residents meetings.
6. Continue to produce the quarterly newsletter.