

SweetTree Learning Disabilities Service

An introduction for clients and families



SweetTree
Home Care Services

Supporting people to reach their full potential

Hello, I am Natasha Murray the Learning Disabilities Service Manager and Registered Manager at SweetTree.

Few people are blessed to find their life's passion at 12 years of age, but that's what happened to me. I first accompanied my dad to his job as a charge nurse in an NHS residence for people with learning disabilities when I was a 12, and I got my first volunteer role at Mencap when I was 13. I had a cousin who had Down's Syndrome, and for me, people with learning disabilities were simply great people to be with.

Three decades later, with residential and support care management experience, a post graduate certificate in profound and complex learning disabilities, and an NVQ in care management, I still feel the same passion for working with people with learning disabilities. I love it.

The most satisfying part of my work is hearing a client say "No". When the person you are supporting says No, you know that they are taking control of their own lifestyle; that they feel empowered to make their own choices; and that they feel comfortable enough with you to assert these.

I'm proud to work with the SweetTree team because they understand that people-centred care is about far more than lip-service: It's about noticing little things about a person; about connecting with their personality; and about encouraging them to dictate their own life, with their own unique voice.

Natasha

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Design **your** care package

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To assist our clients, team members and the wider community to achieve the highest quality of life possible, through the provision of exceptional care and support, enhancing the wellbeing, growth and development of the individual and SweetTree as a service provider.

SweetTree Mission Statement

Hello, I am Laura Cheek,

As SweetTree's Complex Care Service Manager, I'd like to introduce myself the same way that I always do: As a parent of a person with autism. I'm a professional and a trainer and an experienced care provider, but in working with families who want the best for their own child or sibling with a learning disability, I'm also a parent.

I've worked alongside SweetTree for many years, and referred many families to their services, so I know first-hand what the SweetTree 'difference' is, and it is both simple and rare:

At SweetTree, people genuinely do care. They care about the individuals they are supporting; they care about the families they are partnering with; and they care about providing the very best professional, friendly, high quality support.

I'm delighted that it is now my role to bring more families and people into contact with SweetTree, because I believe that our community genuinely needs more of what SweetTree has to give.

At SweetTree, you're in control of your own future: Mix and match our activities and services; call on us for weekend and holiday support; or build SweetTree into your weekdays or evenings to improve your daily lifestyle.

We look forward to learning about you and your family. Please get in touch.

Laura

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At SweetTree, we support adults, and young adults with learning disabilities to achieve greater independence. We do this by:

- Putting **you** at the centre of your own support decisions
- Focusing on **your** goals and dreams, and helping **you** move towards these
- Involving **your** family, friends, and community in everything we do

From companionship and personal care to goal setting and gaining more independence. SweetTree can create a support package designed by **you**.



Build **your** SweetTree support package

Here's just a few ideas of what SweetTree's support at home could look like...

Home sweet home

Take advantage of your SweetTree support time to get stuck into your gardening or home decorating ambitions. We can work with you to plan a plot, shop for plants, and grow and tend your garden – at home, or in the community. SweetTree can also assist with any of your weekend projects around the house.

Be a better cook

Whatever your level of cooking ability, we can help you build new skills and confidence. From sandwich making to gourmet baking, let us assist you in planning, shopping for, and preparing delicious, nutritious and culturally appropriate meals.

Time with family

If it's supported family time that you want, SweetTree has a range of services to help make this possible. Call on us for help with catering, transport, event planning, and even party planning– so that you can enjoy more time together with the ones you love.

Get together

Your SweetTree support worker can help you connect with your existing friends and make new ones. Join other SweetTree clients and families for an outing to the beach or theatre, or let us help you get together with friends for a coffee, a movie, or disco. We know the importance of your social life – make the most of it





The benefits of getting outdoors are varied and vast! From quiet local spaces to exploring overseas, we can support you in the outdoor activities you enjoy.

Join a club

Whether its astronomy, drumming, martial arts or ten pin bowling talk to us about the activities you fancy, and we will support you through every stage of joining and participating in local groups.

Try something adventurous

Let us help you explore outside your comfort zone. Try rock climbing, hiking, horse riding, landscape photography, or discover new forms of music. We want to support you in trying something new – at your pace, in a safe environment, with the friends and family that you want to include.

Gardening and farming at SweetTree Farming for All

Get hands-on experience with animals, planting, bush-craft, and camp cooking in an outdoor environment at SweetTree Farming for All. Build confidence and self-esteem through projects that you can see grow and change over time. Get to know fellow farmers, learn about teamwork, and fall in love with our Mill Hill farm.

The SweetTree Charter

At the heart of everything we do at SweetTree is a dedication to improving the quality of life of our clients, our team members and the wider community.

Provide the highest quality care and support possible

Treat people with respect

Encourage independence and self-fulfilment

Embrace individuality

Enhance self-esteem

Preserve dignity

Support self-expression

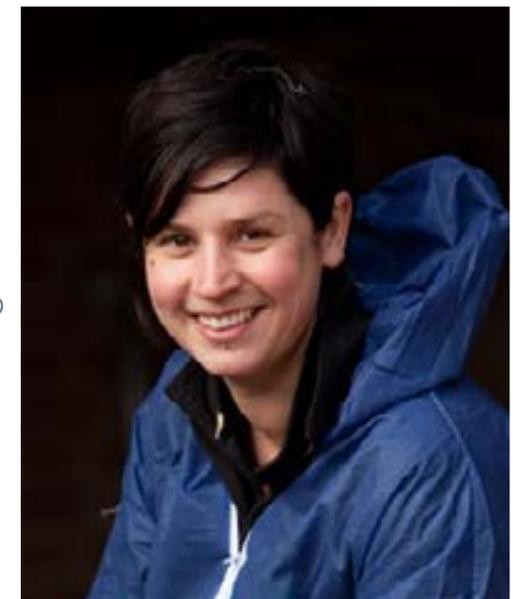
Recognise the right to take risks

Promote freedom of choice

Continually evolve and improve what we do



“Hi I am Jude, from SweetTree Farming for All. As one of the companies founders I have seen the many benefits that farming and horticultural therapy achieves. If you are looking to gain confidence, social skills, or build on your abilities in the great outdoors, I can say with confidence that we can help you. If you want to have a chat, just give me a call”



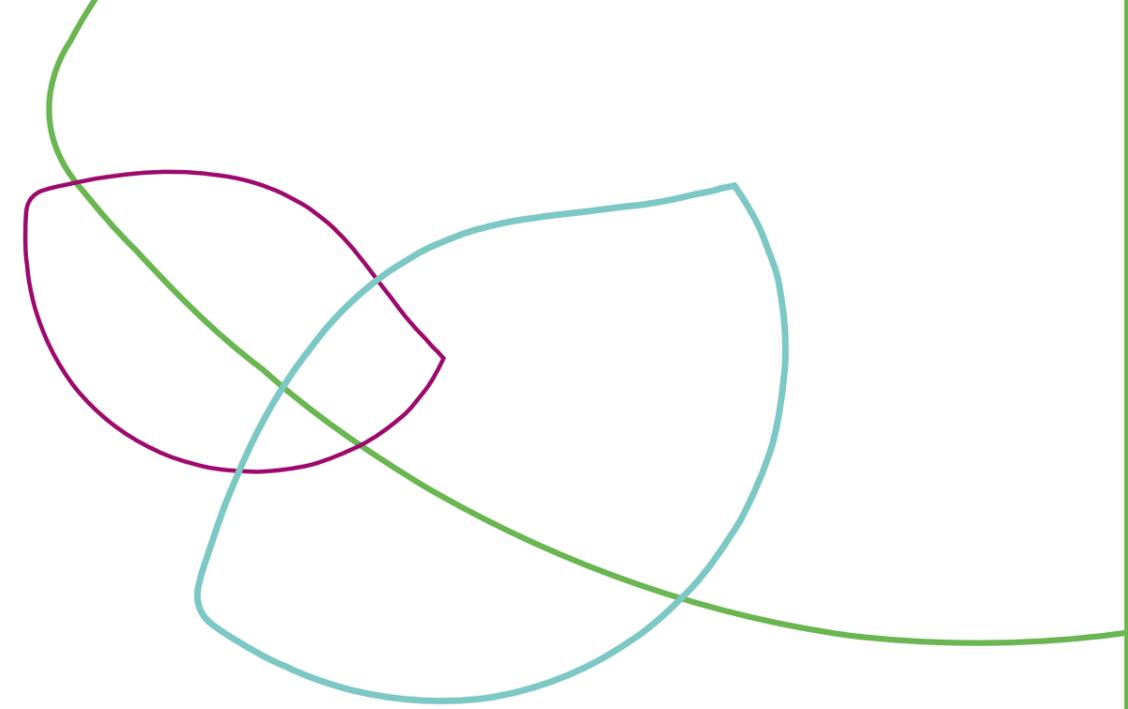
020 7644 9505





“It’s a SweetTree priority to make sure that families are always involved”

Jessica Monaghan,
Learning Disabilities
Support Manager.



Families must be kept in the heart of everything we do.

Families have a lifetime of knowledge about their daughter or son or sibling, and quality care is so much more achievable when we can learn from and work with them. From early stage assessment, through regular briefings and handover conversations, we want family members and guardians to feel as included as possible.

If you are a family carer or guardian, tell us what you need to improve your quality of life. We work with families of all shapes and sizes and we have a team and network of skilled people who are ready to help; from helping you achieve real rest; to helping with housework or shopping; to help negotiate legal or medical pathways. SweetTree has a lot of experience and good people on hand.

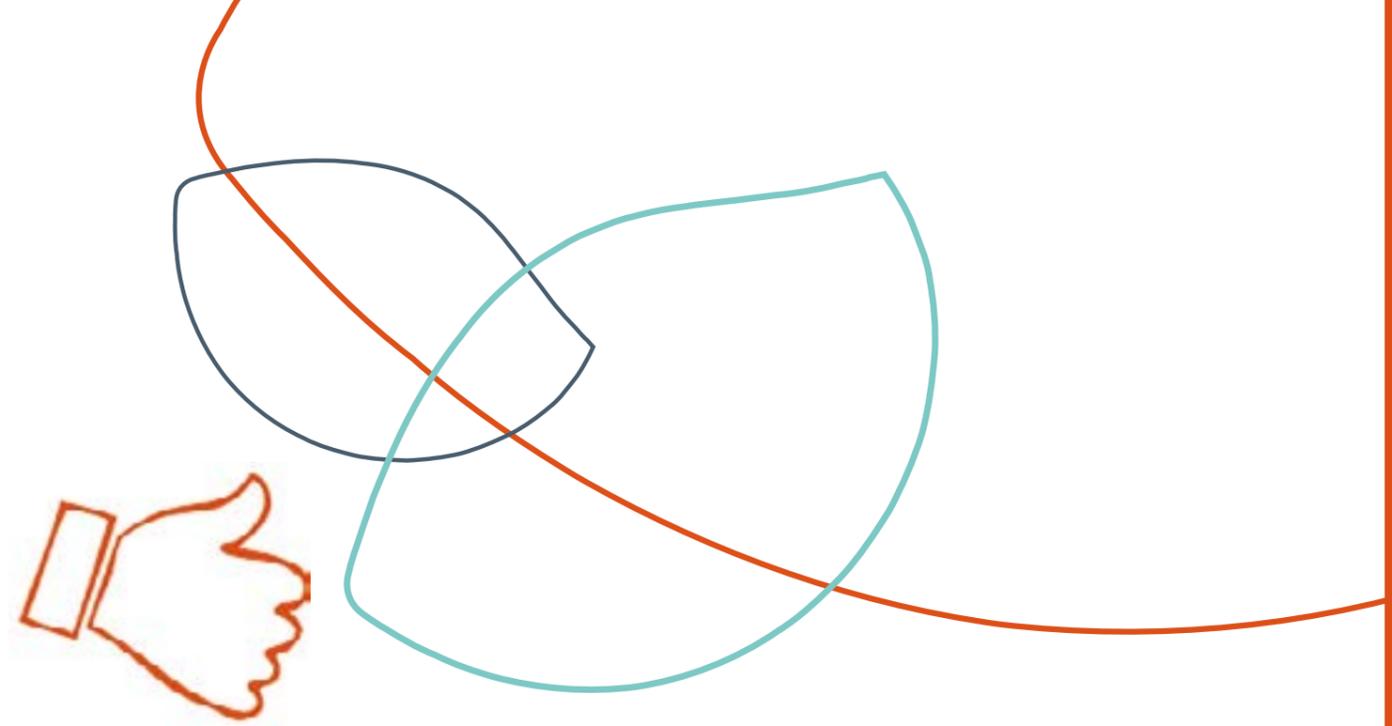
Take advantage of all the services that SweetTree can offer – from handyman and IT support, to scheduled exercise, or just a hand with this week’s cooking.

Culturally focused support

SweetTree’s culturally focused care is specifically designed to support the diverse communities that live across London. Each highly detailed assessment focuses on preferred lifestyle, culture, and beliefs. The selected care team members are fully briefed to ensure each client’s religious, spiritual and cultural lifestyle is always upheld.

On availability care team members can be selected according to a client’s individual language and communication needs. Having a robust understanding of the English language as well as speaking a client’s native language is an essential part of building up strong communication channels and genuine relationships.





The benefits of getting outdoors are varied and vast! From quiet local spaces to exploring overseas, we can support you in outdoor activities that you enjoy.

Wellbeing, health and happiness

Find out how improved well-being can boost your mental energy and optimism, improve concentration and reduce anxiety. With expert guidance, at home, or in a group, practice art, music, yoga, and many other techniques that can have a big impact on your well-being and lifestyle. Let us help you meet medical appointments, or call upon our trained team members to help with medical assistance at home.

Get physical

Regardless of whether it's the gym, the swimming pool, dance class, or just a good walk that gets you energised, let us partner with you to build exercise you love into your week. We'll work with you through managing the travel, getting used to the environment, and developing a regular routine – in clear, supported steps.

Get away from it all

Travelling with family or on your own, SweetTree holiday support can help make your next trip a success for everyone. Take a break to the country, the city, or the continent! We'll work with you to assess and prepare for all situations: While you travel, in your accommodation, during your activities, or on the road – SweetTree can be with you through every part of your journey.



“Set **your**
own
course.
Design
your own
package.
Be the
author of
your own
story.”

– Laura Cheek, SweetTree
Complex Care Service manager

The SweetTree team

Our team of support workers, supervisors, managers and specialists might be highly-qualified and experienced professionals, but it's their unique styles and characteristics that can make them truly valuable additions to your day.

We'll hand-select your support team to include caring people who share your interests. From motoring to baking to 80s pop music, the hobbies and interests of our support workers can add a level of engagement with you that we can't teach them: Enthusiasm!

Our team is equipped to offer you and your family support if you live with:

- Learning disabilities
- Down's Syndrome
- Autism
- Differing behaviours
- Dual Diagnosis: Mental health needs
- Self-harm behaviours
- Sensory impairments
- Speech and language needs



'Courage doesn't always ROAR.
Sometimes it's a quiet voice
at the end of the day saying;
'Let's try again tomorrow'.

Master greater independence

SweetTree support workers can help you feel more confident with: Travelling around town, meeting new people, managing your money, or finding and preparing for a new job. Whether its in education, employment, or home admin, we'll work with you to identify what your goals are, and help you build the skills to reach them.

Respite and home sitting options

Talk to us about your respite needs, and we can work to organise full or part-time live-in support, residential holiday breaks, home sitting, or shared home sitting. We also offer tele-care support, for greater peace of mind for both individuals and their families.

Take advantage of SweetTree flexibility

You own this process - Set your own course - Design your own package

- Try us occasionally for a couple of months before you commit to anything longer
- Let us build a support package that works for you
- We're flexible. Use us to support you through changes in schedules, lifestyle, or needs. All of our support packages are easily amended on the go



Positive Risk Taking is about finding the environments, tools, and support that best serve individuals when stepping out of their comfort zone”, says SweetTree founder, Barry Sweetbaum. “Positive risk taking can sometimes be more challenging for parents than for the people we work with. It’s something we must all work through together.



Positive risk taking acknowledges that:

- Risks are a part of everyday life experience
- It is a denial of individuality to deny risk taking
- Although risks can never be eliminated, they can be minimised
- Proactive collaboration is central to good risk management
- If handled well, risks are opportunities for learning and development

Positive Behaviour Support (PBS)

SweetTree has vast experience of supporting behaviours of concern (also known as challenging behaviour). We recognise these behaviours may be a client communicating their needs, wishes and preferences, therefore we respond by providing quality support and using Positive Behaviour Support.

Positive Behaviour Support, also known as PBS, is the UK’s national framework for positively reacting to behaviours of concern amongst people with a learning disability and/or who are on the autism spectrum. PBS takes a holistic approach to support with the primary focus being the person’s quality of life, whilst also incorporating co-production with the client, their families, circle of support and SweetTree staff. PBS strategies help us to plan ahead and avoid a client’s known triggers and dislikes, whilst focusing on their likes and preferences by providing support with a positive, proactive and calm approach.

SweetTree has case managers who are certified PROACT-SCIPr-UK Instructors, therefore our staff training and whole-organisational implementation of PBS is regulated and reviewed by an external regulating body.

PROACT-SCIPr-UK®



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We invest in people Gold