



# Easy Read Statement of Purpose



MY PESP  
Personal Enablement  
Support Partnership

## Date:

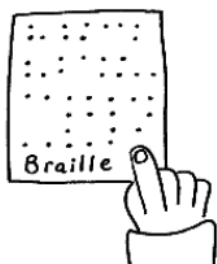
My PESP – The Watson Room  
St Elizabeth Church and Community Centre  
268 Victoria Drive  
Eastbourne  
East Sussex  
BN20 8QX



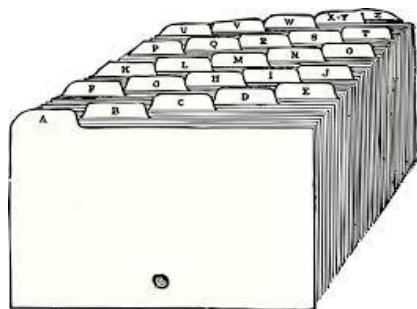
CQC inspection reprot

Tel: 07771357075  
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Web: [www.my-pest.co.uk](http://www.my-pest.co.uk)

This leaflet is available in other languages or formats



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# 1-1 Introduction

At My PESP, we want to do things really well and around the person.

We will get to know people really well before they get support.

We want to know there needs and wants.

We will always try to make sure people that are supported by My PESP are able and enabled to:

-  Go out
-  Have choice
-  Are learning
-  Are respected
-  And are busy

We listen to the people that we support.








We want to make sure it works in lots of ways and want to work with those people to make it perfect for them.

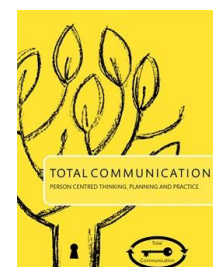
We do this with meetings, care plans, reviews, and lots more.

We also like to communicate really well and have lots of ways like pictures, sign language, video and easy read

Systems will be in place to give the power of life to the Adult Residents and to manage their own lives,

We do this in lots of ways: -

-  a weekly house/service meeting,
-  forms to fill in
-  TEACH boards/visual timetables
-  Easy read systems
-  Keyworkers
-  Menu planing meetings
-  And lots more



Also work very closely with doctors and other professionals







My PESP is always looking at the goal or outcome!  
This is towards good care and support and a great life and great moments



We use lots of tools to provide good care.

These include

-  Positive behaviour support,
-  Keeping to the Human Rights act
-  Valuing people,
-  The Mental Capacity Act











The Houses, staff and management help to have choice, independence, respect and to join in

At My PESP the rights of the people we support are very important



We do this with excellent: -

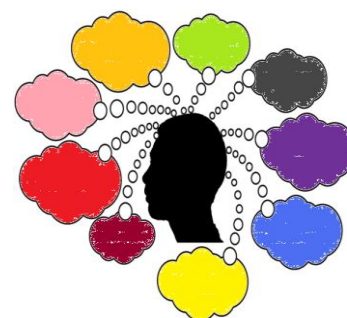
-  Training
-  Recruitment
-  Supervisions
-  Management skill and application
-  Day to day activities
-  Provisions of safe support and life
-  Care planning
-  Staff support/supervisions
-  Day to day standards and expectations



The Human rights act and principles of intimate and caring support are central to all that we do.

We make sure we understand: -

- 👁️ 'Who am i?'
- 👁️ 'Where have I come from?'
- 👁️ 'What do I like/dislike.'
- 👁️ 'Where do I see myself being'
- 👁️ 'Who do I want to support me'
- 👁️ 'Where do I want to be'
- 👁️ 'Who do I want to live with'
- 👁️ 'The uniqueness or me'
- 👁️ 'What I am great at and not so great at'
- 👁️ 'What makes me happy and smile'
- 👁️ The changing needs and ideals that people have



We do all this with various Person centred plans: -

- 👁️ Positive behaviour support plans (for Challenging behaviours),
- 👁️ Communication passports,
- 👁️ personal interaction profiles,
- 👁️ Essential lifestyle plans
- 👁️ Support Guidance
- 👁️ Hospital passports
- 👁️ Health action plans
- 👁️ Periodic service reviews and Pathway plans
- 👁️ Support guidance
- 👁️ and Person centred (pictorial) plans)



## What is a PESP?

We make a care and support circle around our users.

We place the person in the centre and make this circle a support circle to help them.

This can be with family and friends



## **2-1 Copies of this book go to**

- CQC
- SPECIALIST PLACEMENT TEAM
- ALL FAMILY MEMBERS
- SOP FOLDER
- THE ADULT RESIDENTS
- THE WELCOME TO OUR HOUSE FOLDER



This document is also available in easy read (in place and attached), Makaton, Audio and Brail as necessary.



This Statement of purpose can be made more pictorial if needed



## **3-1 About us**

Registered Provider:

My PESP



Address:

The Weston Room,  
St Elizabeth Church  
268 Victoria Drive  
Eastbourne  
East Sussex  
BN21 8QX

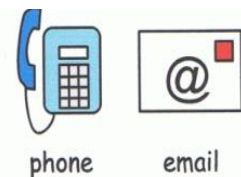


Telephone:

07771357075

Email:

[Luke.watts.my.pesp@hotmail.com](mailto:Luke.watts.my.pesp@hotmail.com)



Registered Manager:

Luke Watts



Director of Services:

Luke Watts

Registered Age Range:

4 to 12 year olds, 13 to 17 year olds and 18 to 65 years of age







Registered Service User Bands:

Learning Disabilities or autistic spectrum disorder, Mental health, Physical disability and Sensory impairment

## **3-2 The Houses and support we offer**

We can support people in their own homes all over East Sussex and Kent

We are based in Eastbourne, but can support all over the county. This includes: -

-  Hastings
-  Seaford
-  Brighton
-  Hailsham
-  Lewis
-  Polegate



We have the seaside of  
Eastbourne,



Brighton



Hastings



The forests in Ashdown.



The houses are small and friendly, they are between 2 to 6  
bedroom houses: -



The houses are very homely and friendly and can be decorated how our Adult Residents want.

But we can set up housing if needed, this takes about 3 months for us to do

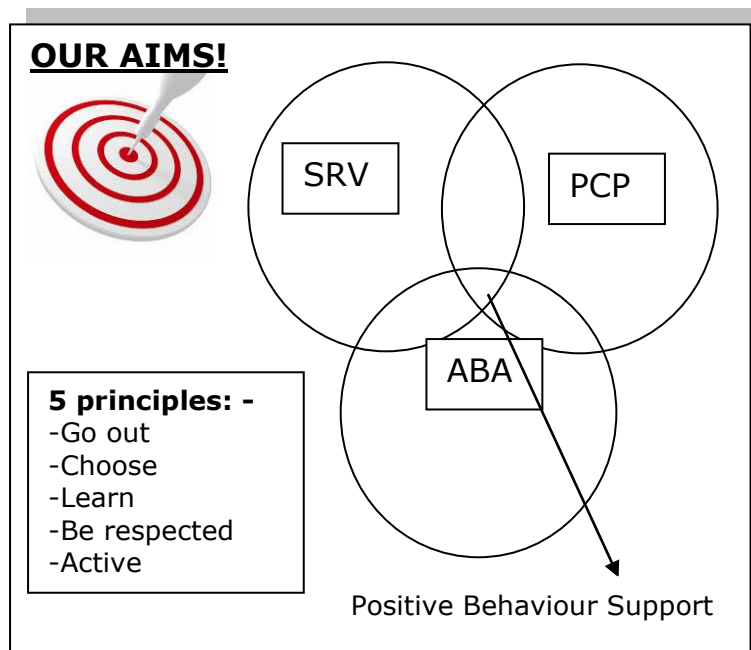


## 4-1 Our aims

We aim to provide care around the people that we support.



### Using PBS



We have 'supported living', where we help you find a house and support you

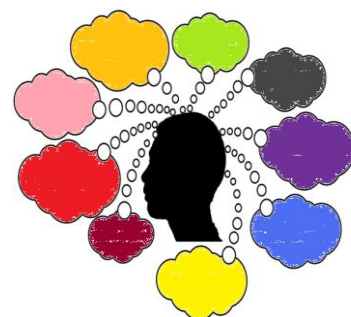
We have outreach support or domiciliary care – this is in your own home. It may be with family

We have PA's that we can support you with living at home



No matter what your needs are, we will set up a PESP around you. You will have your own PESP. This is your own: -

- 👤 Personal (about you, its yours)
- 👤 Enablement (all about meeting your needs and progressing you – giving you the best life)
- 👤 Support (just enough in place gto make it work – using PBS and PCAS)
- 👤 Partnership (group around you with you at the centre – family, friends etc)



We focus on what people like, feels nice and is good for the people that Live or supported under My PESP using PBS

Easy Read Social Impact

*The best support and housing to give great lives people and their family with Learning Disabilities, and Challenging behaviours.*

Easy Read Ultimate Social Aim

*For everyone with a Learning Disability to have really good lives that are growing, their own and lead by them and families. For everyone to know we are the best in East Sussex*



## **5-0 How are we good and checking up!**

*Our aim and focus is driven by a desire to provide quality services,  
this is done in the following ways!*

### **5-1 Policies and Procedures**

The policies and procedures are the rules and instructions that we set ourselves



### **5-2 CPD's and staff skill**

The staff must learn and study and be good at supporting the Adult Residents, they must constantly learn.



### **5-3 Training**

The staff are skilful and well trained



### **5-4 Supervision**

The process of supervisions is where the manager works with the staff, this is always undertaken



### **5-5 Reflective practice**

We always think and learn about what we are doing

### **5-6 Recruitment**

We make sure we get the right staff at all times

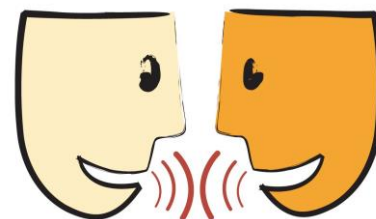


### **5-7 Quality assurance**

We have lots of checking to make sure we are working well

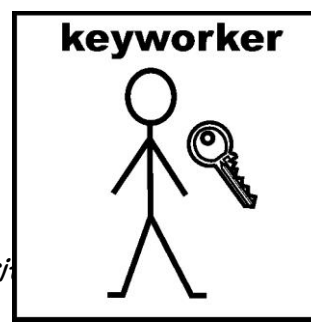
### **5-8 Feedback**

We want to talk and find out what others think of us



### **5-9 Care planning and PBS, reviews of care etc**

We have lots of useful care plans that the Adult Residents right about how they want to be supported



## 5-10 Its 'Your' life,

At My PESP, we want to support people to manage their own lives and house, we will help where there is a need.



## 5-11 Outcome based care

Our focus is always on the positive outcomes



## 5-12 Strong and supportive Management

The management are there to help everyone and make sure all is working well. This is Luke he is the manager



## 5-13 Our values, mission and visions, the Social Care Commitment, Restraint reduction network, Audit tools

We have a clear vision of what we do. We have a mission for how we want to get there and a set of Values that are our drive. We have posters that say what our values are, but our vision and mission are:



**We are also signed up to the latest government programmes and best practice guides, these are below: -**

**We've made the Social Care Commitment**

Working together to provide quality care and support

[www.thesocialcarecommitment.org.uk](http://www.thesocialcarecommitment.org.uk) @carecommitment



**restraint reduction**  
network

**We also use a system called PSR to set standards and various audit tools**

Within this, we use Periodic Service Reviews with agreed standards that are then reviewed to ensure a system of working towards excellent and scoring of our works.



## Equality and diversity

We make sure our practice is fair and equal.

We are signed up to a charter for equality and diversity



WHATEVER YOUR WORLD, YOU'RE WELCOME IN OURS

## 5-14 Positive Behavioural Support (PBS) and Person-Centred Active Support (PCAS)

We are specialist PBS and PCAS trained and the people we support get PBS based support at all times.



This means we  
Quality of Life of  
reduce the need  
We teach and


work to increase the  
the people we support and  
for challenging behaviours.  
support.





© Can Stock Photo

PBS promotes: -

 A person-centred approach.

 Behaviour as having meaning.

 The understanding of behaviour in leading to change.

 Predicting behaviour in reducing its likelihood.



### **5-15 Intensive Interaction**

My PESP incorporate intensive interaction. We use this to spend time with someone who needs this support. This fully incorporates training and systems to enable a total and progressive approach.



### **5-16 Systemic Practice**

My PESP has a systemic therapeutic approach.



We support people who in some cases have had difficult and traumatic experiences in their lives.

My PESP recognises that all individuals have different backgrounds, values and beliefs.



## **6-1 The *rights* of the people we support**

At My PESP we support and believe in the principles of Social Role Valorization and the Human Rights Act and we champion them in the following ways:

HELLO  
My Name Is

 The right to be called by the name of your choice

 The right to be in society

 The right to be safe and free from abuse

 The right to care for yourself as far as you are able

 The rights to have freedom of movement

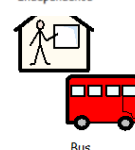
 The right to make choices

 The right to have your dignity and not discrimination

 The right to be treated as an individual



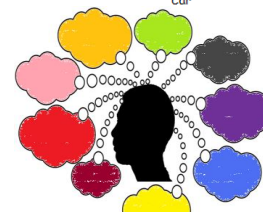
Independence




Bus



Car



 The right of private personal records



 The right to take an active part in any decisions



 The right to look after your own medicines




 The right to control your own finances, if you are able to do so.



 The right to make personal life choices



 The right to be involved in the writing of your care plan



 The right to access a formal complaints procedure



## 7-1 Facilities, policies and services

### Facilities

My PESP is part the local community we use the community a lot:

- Swimming pools
- Music Centre
- Cinema and Games
- Multi-sensory Room
- Sensory Garden
- Large outdoor spaces, parks etc
- Allotments
- Vocation opportunities
- Trampoline
- Sensory rugs
- And many more



### Health and Social Care Professionals

If you the people who need help from other people, we can help, this is with the list below:

- Optician
- Dentist
- Physiotherapist
- Psychiatry
- Psychology
- Occupational Therapist
- Chiropody
- Chiropractic
- Osteopathy
- Podiatry
- Acupuncture
- Reflexology
- Aromatherapy
- Hypnotherapy
- Anger management
- Positive behavioural Support
- Social inclusion / other activities



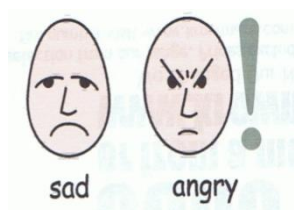
### Policies and procedures

We have lots of books and forms that detail how we work and ensure that we are good.

All are available in easy read, Makaton or audio



## **8-1 Easy read Complaints procedure and CQC**



Complain



suggestion



ideas



Well done

It is our policy that all comments, suggestions and complaints are dealt with quickly and effectively in line with the Complaints Policy.

We shall make every effort to provide the best possible service. However, there may be occasions when people are not happy with the service.

We recognise the right of all Adult Residents, relatives, representatives and members of staff to inform us of any problems or complaints they may have.

This can be: -

By phone: -



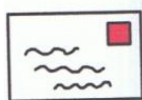
phone

By email: -



email

By post: -



Letter

Or meeting with staff



chatting

We are always looking to improve our services. All comments, suggestions or complaints regardless of how small are treated as serious by us and we are continually striving to improve.

We will always try to complete our investigations within 28 days.

First the Home Manager will deal with the complaint as quickly as possible

The Manager will make arrangements to discuss the outcome of the investigation with the person that is unhappy. However, if the Home Manager cannot make you feel better about your complaint you may contact the Director.



happy

**Luke Watts**

By phone: -

07771357075



phone

By email: - [Luke.watts.my.pesp@hotmail.com](mailto:Luke.watts.my.pesp@hotmail.com)

By post: - My PESP, St Elizabeth Church and Community Centre, 268 Victoria Drive, Eastbourne, East Sussex, BN20 8QX



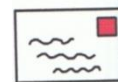
email

### Quality assurance manager

By phone: - Danielle Harmer Strange

By email: - [Danielle@grosvenorproperties.net](mailto:Danielle@grosvenorproperties.net)

By post: - My PESP, St Elizabeth Church and Community Centre, 268 Victoria Drive, Eastbourne, East Sussex, BN20 8QX



Letter

If you are still not happy, then again you can tell Luke Watts whereby alternative arrangements can be made to hear your concerns via other persons who are part of My PESP or external to the organisation.



We will always take notes and try to action support for people with complaints about us and we welcome any comments.



If you are happy or unhappy with the way we have managed this you can talk to an inspector with the **'Care Quality Commission (CQC)'**



By phone: - 03000616161

By email: - [enquiries@cqc.org.uk](mailto:enquiries@cqc.org.uk)

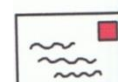
By post: - CQC South East, Citygate, Gallowgate, Newcastle upon Tyne, NE1 4PA



phone



email



Letter

## 9-1 Map of houses and pictures

