

Supporting people in the heart of their community to lead happy, fulfilling lives

# Welcome to Brightside

It is with great pleasure that Brightside brings you the first edition of our quarterly newsletter.

In this and future updates you will gain a further insight into our day services, learn more about our staff, hear from families and find out about news and upcoming events.

Our range of services for 18-35 year olds with additional needs continue to thrive and expand, which now include day services, respite provision and independent supported living services, along with wrap around support.

Our day services operate for 50 weeks of the year and are unique in that we offer support according to the level of need of individuals, across six distinct groups. This grouping according to need and ability allows us to differentiate the support and education that is offered, while remaining true to our core ethos of providing outstanding care and support to adults across the continuum of additional needs.

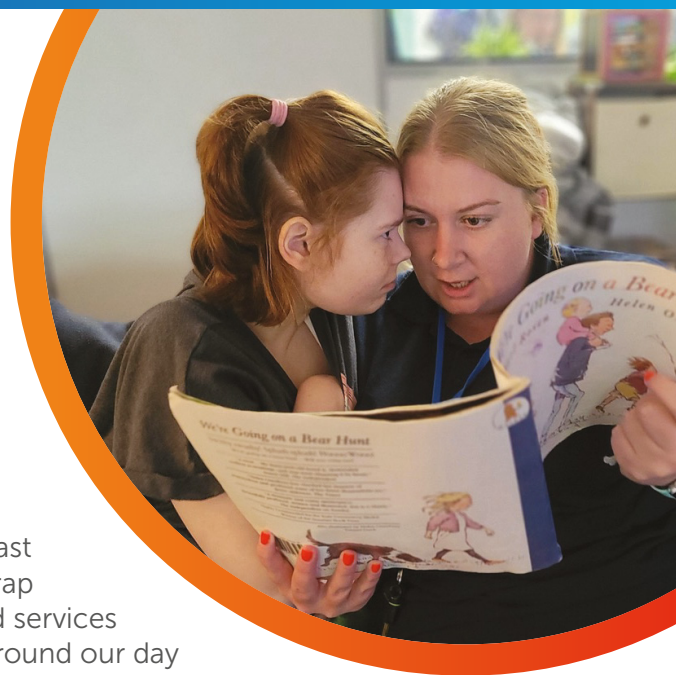
- **Low Needs**
- **Moderate Needs**
- **Moderate Needs Next Steps**
- **High Needs**
- **High Needs Next Steps**
- **Specialist Services**

Breakfast and wrap around services exist around our day service offer, meaning that group members can attend Brightside from 7.30am to 6pm, supporting parents and carers to fulfil work commitments and other caring responsibilities.

Respite support provides parents and carers with an opportunity for a much needed break at both weekends and during the week, whilst providing fun and engaging opportunities for the young adults who attend.

The most recent addition to Brightside is our CQC (Care Quality Commission) registered supported living services, enabling adults to have their own home with their own tenancy and thus the opportunity to become established and valued members within their community. Supported living will be explored further in future newsletter updates.

We welcome the opportunity for you to learn more about us and to see for yourself what it is that makes us different. If you are interested in learning more about our services, please contact us on 01670 857484 or by emailing [info@brightsideadultservices.co.uk](mailto:info@brightsideadultservices.co.uk)



# Happy Snaps

**Mick and Janet Shipley live in Warkworth, Northumberland and have been married for 28 years. They are parents to Jonny Shipley (aged 25) and Tara Shipley (aged 21) who have attended Brightside day services for 5 and 3 years respectively.**



Jonny is one of the longest attending members, commencing the Saturday club right at the beginning! Jonny has mobility issues, is on the autistic continuum, has complex additional needs and attends the High Needs group.

Tara also has mobility issues and additional needs and attends the High Needs Next Steps group. Both siblings enjoy coming to Brightside and are constantly challenged by the stimulating, fun environment.

The family are keen to endorse the Brightside philosophy, Mick states "The staff are lovely, very welcoming, they give us the flexibility we need as a family, keeping us updated and informed, by use of a personal diary - a simple communication tool, but it is effective".

Mick goes on to say "we also receive a weekly written schedule of activities, this contains both written information of the daily schedule and accompanying photos, so the kids understand what they are doing before it happens. This really helps us and Jonny to prepare for the week ahead".

Tara is forthcoming too, she speaks enthusiastically about Brightside, "it keeps me thinking and my mind going. The bit I enjoy most is cooking different recipes, we do this every Wednesday with my friends in the group". The whole family agree that her self-confidence is vastly improved, largely due to the opportunity to socialise with people of a similar age and level of need in a caring, safe environment.

Both parents thoroughly endorse the Brightside experience. Jonny also uses the respite facilities, ensuring that Tara has much needed time alone with her parents and the opportunity for family short breaks and holidays.

Jonny prefers to stay at home on these occasions. Mick goes on to say, "respite gives us time to take Tara out for meals and to do the things she enjoys in her own right and to spoil her, which is what she deserves".

Our thanks go to the Shipley family for their support and positive endorsement. In future editions there will be more fabulous family testimonies.

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**Brightside is the leading and largest specialist organisation in Northumberland, providing a wide range of unique, high quality and educationally focused services to 18-35 year olds across the continuum of additional needs.**

**As a provider organisation, we have not become the largest by design, but simply because of the popularity and demand for our services, which puts the needs and choices of the people we support firmly at the centre of all we do. We feel that our commitment to this ideal should be uncompromising.**

## **A bit about us**

Brightside is owned and operated by professionals, who together have an interdisciplinary background of SEN teaching, inclusion consultancy, social work, psychotherapy, behaviour specialism and Makaton training, with experience of working across and supporting individuals within the full spectrum of needs.

We understand the many challenges and barriers faced by individuals and their families when seeking appropriate support for their loved ones, from both a personal and professional perspective, and have designed our services as a result of this very real experience.

Brightside aims to provide a lifelong pathway of support for individuals and their families, through our day services, respite and supported living, which hopefully goes some way to alleviate the understandable anxiety that many feel about the future for themselves or their loved one.

Our innovative approach and model of care and support dynamically challenges the stereotypes of traditional day, respite and independent living services. We are the strongest advocates for high quality opportunities and equitable life choices for those with additional needs and believe in full and meaningful integration into local communities.

In fact, every service is centred around this inclusive ethos. It is our belief that the driving force behind all care and support should be improving and maintaining individual life outcomes to promote a good quality of life. This is every persons right and they should expect nothing less.

**Brightside Directors**  
**Cheryl Wade and Amy-Jane Farrar**

## **Our areas of expertise**

Every individual is different, with unique strengths and needs and this is reflected in our holistic approach to support. We cater for those across the diverse range of additional needs, including:

- Autistic spectrum disorder
- Attention deficit (hyperactivity) disorder
- Sensory needs
- Speech and language needs
- Mental health needs
- Behaviour that challenges
- Mild to profound learning disabilities





# In the Spotlight

**Wendy Caldicott has worked for Brightside for just over two years and is currently Team Lead in our Specialist Service. It is more than just a job for her, it is a vocation and one she truly loves.**

Wendy Caldicott has worked for Brightside for just over two years and is currently Team Lead in our Specialist Service. It is more than just a job for her, it is a vocation and one she truly loves. Wendy has previously worked in Early Years Education performing various roles, notably as the manager of a small Forest School nursery based in Northumberland.

During lockdown Wendy worked in the care sector, providing personal care to vulnerable adults and she supported a young adult at home whilst his mum worked as a nurse. We decided to interview Wendy to capture her thoughts and find out what motivates her every day.

In response to the question posed, what's the thing you most enjoy about working at Brightside? Wendy became animated, radiating passion for her job. "What gets me up every morning is the young adults themselves, they are so diverse. Whatever we do with our young adults we have to first think about what they are going to get out of it.

We ensure we extend or modify the activity based on capabilities to ensure each young adult gets a real sense of achievement.

The thing that gets me most excited is actually the progress made, no matter how small, for example, getting a gentle touch, meaningful eye contact, or watching a young adult successfully move from one activity to another and them making their own choices.

To put that into context, I have been here just over two years and only in the last few weeks has one of our young adults very gently touched my face and then put her nose on to my nose. I actually cried! I love seeing and recording progression.

Our young adults all have a starting point and we create meaningful outcomes for each. We support them in achieving their outcomes and when it happens it's very, very special". Wendy is hugely enthusiastic about her role, her team and even more so of the group of Young

Adults she has under her care. Wendy also provides monthly weekend respite to one of the young adults in her service, giving his parents the opportunity of a well-deserved break.

The final question posed to Wendy was "understanding that any support service can be demanding, what is the most challenging part of your role?" She replied, "it can be the unpredictability that comes with each day.

You can come in anticipating one set of behaviours and very quickly you experience a different set and this can be physically and mentally challenging. However, we have a fantastic team of people working in the service and we are very supportive of each other.

The team are really intuitive and every day we make sure we share our day, the good and bad, which enables us to learn and move forward positively. Sometimes the noise levels can be high so even just having taking a minute out can make all of the difference!" It is absolutely certain that Wendy Caldicott is one of our Brightside stars.

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IN THIS EDITION WE ARE FEATURING...

# Specialist Services

**Our highly regarded and in demand Specialist Service is led by Wendy Caldicott, who is supported by a team of committed and highly skilled staff.**

The service caters for young adults with complex needs, including severe learning needs, autism, health and physical issues and other needs associated with global developmental delay, who may require 1-1 or 2-1 support, some or most of the time.

Those who attend our Specialist Service typically function at an early stage of development, around the 0-5 early years range and so require a very different provision to those young adults in any of our other services.

This is one of our smallest services by necessity, with 7 young adults currently attending our multi space environment which features a sensory room, a creative room and an exploratory room with purpose built bespoke fittings to encourage creative interaction. This interactive environment facilitates a sensory based service that promotes opportunities to feel safe, explore and learn.

All young adults have individual plans that capture their goals and aspirations and any progress, however modest to some, is always celebrated and built upon.

We value our positive relationships with families and support these with frequent communication to ensure the highest standards of care are maintained; this also allows staff to be as prepared as possible to best support individuals on a day to day basis.

As with all Brightside services and in keeping with one of our central beliefs, this service actively integrates into the local community. Young adults enjoy swimming at the local pool, shopping outings, trips to local beaches, weekly outings to places of interest and bespoke trips depending on the young adults' interests.

This service also benefits from our breakfast and wrap around services each weekday, between the hours of 7.30am and 9.30am and 3.30pm and 6pm.







## Social Event

We are delighted to announce that after 2 long years, we are finally able to recommence our popular Brightside social events.

These events offer an opportunity for young adults with additional needs and their families to come together, relax and have fun in an inclusive, accepting environment.

All individuals with additional needs and their families are invited to attend, regardless of Brightside membership, on

**Saturday 2nd July, 7pm - 11pm  
at Widdrington Community  
Centre, NE61 5LZ.**

Come along for a fun filled evening including a buffet, disco, raffle and entertainment. Tickets are £7 per person, individuals with additional needs go free.

Soft drinks will be available to buy on the night, however you are able to bring your own alcoholic beverages too. Ticket numbers are limited so secure yours quickly to avoid disappointment. We look forward to seeing you all there!



**01670 857484**

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