Gretton Homes
Specialising in
Prader-Willi Syndrome

Established in 1982, the Gretton Homes Group is renowned worldwide for its success in supporting people with Prader-Willi Syndrome (PWS).

Gretton Homes is owned and operated by Consensus Support Services, a national award winning, quality accredited specialist provider of residential and supported living services for adults with learning disabilities and associated complex health needs.

PWS is a rare genetic condition that requires in-depth understanding and support to enable the delivery of positive outcomes to those with the condition.

Our philosophy is to recognise individual needs whilst understanding the challenges that an individual with PWS experiences daily. For some, PWS is considered an eating condition where sufferers are restricted in their daily life through their insatiable appetites. At Gretton Homes we recognise all the other challenges that this condition presents to individuals; emotionally, physically, cognitively, behaviourally and socially. This in-depth understanding enables us to deliver a person-centred approach that is appropriate to each individual whilst addressing their specific needs and supporting positive outcomes for them.

We are good at what we do...

Priding ourselves on developing and equipping our team members with the skills they need to thrive in their roles. We provide ongoing training programmes to ensure our colleagues can develop their careers and continue to provide the highest standard of support.

Our Positive Behaviour Intervention (PBI) Team comprises of care professionals with decades of relevant experience in supporting people who have behaviours that may present challenges including PWS.

The PBI Team is managed by a Lead Behaviour Practitioner and includes behaviour practitioners who support services throughout the UK.

The methodology used is ‘Applied Behaviour Analysis’ (ABA) providing Functional Assessment and intervention strategies to reduce challenging behaviours. The team also provides staff with advice, support, mentoring and training in Positive Behaviour Support.

In addition to this, the team supports initial assessments of complex PWS referrals to Gretton Homes and its services and also transitions to new developments. The team has established links with multi-disciplinary teams; Health and Social Care Professionals, Commissioners and Community Networks, all of which are very important.

The PBI Team works with individuals who require additional support for periods of time providing support staff at our services with a dedicated support network.

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Gretton Homes is passionate about raising awareness of the syndrome among the medical profession in particular, as an early diagnosis is vital. Gretton Homes has worked collaboratively with the NHS to broaden understanding of the syndrome, in particular with A&E and the Ambulance Services and supports people with PWS regardless of whether they are residing at one of Gretton Homes’ services. The key to the organisations’ success lies in its profound and almost unique breadth of experience, knowledge and understanding of the condition which enables each care team to provide a level of support tailored to each individual’s unique requirements. People residing at our services are supported very much as individuals in their own right and their respective support plans embrace and reflect this ethos.

Throughout Gretton Homes there is a commitment to providing the highest standard of care and support. Regulatory bodies review and inspect each of our homes to ensure we meet all required standards and all receive excellent reports on a regular basis.

With a desire to be recognised as forward thinking, innovative and a leading provider of PWS services, Gretton Homes conducts internal monitoring processes through comprehensive questionnaires to both individuals and employees audited by Consensus Support Services.

Gretton Homes has a robust operational management system in place and has attained the ISO9001 Kitemark, proving its Quality Management System has been certified against a best practice standard.

Supportive Care for those with PWS

The most commonly publicised consequence of PWS is a tendency by some to overeat and become obese. As a result, individuals with PWS often suffer from obesity-related conditions such as diabetes and heart disease. To counter this, Gretton Homes provides fresh, nutritious and calorie controlled meals combined with regular visits to the local gym and swimming pool as well as regular walking. If left unsupervised, some people with PWS can be tempted to steal food. Gretton Homes takes a practical approach to this problem in each of its homes; for example, allowing only supervised access to the kitchen.

Some individuals with PWS are prone to challenging behaviours, temper outbursts and obsessive or compulsive traits as well as other complex behaviours. These can be greatly minimised by providing a structure which incorporates social, educational and recreational community based activities with a range of courses, outings, work placement schemes as well as a wide range of other activities.
‘Gretton Homes’ Services

The Gretton Homes group comprises of nine services located in Northamptonshire, Peterborough and Dunblane. All services offer a homely, family atmosphere with bright, spacious living areas. Most bedrooms are en-suite and individuals are encouraged to personalise their bedrooms to their own tastes and styles.

A high standard of accommodation is provided and settings range from rural to town based and are located within easy access of local amenities. Individuals are supported to actively engage in community life as much as they wish.

Gretton House
Location: Gretton, Northamptonshire

Gretton House is a grade 2 listed building built in the mid-1800s providing accommodation for 20 individuals with PWS. Located in the village of Gretton, the service provides an alternative to a town based service. Gretton House offers a very spacious, landscaped garden to the rear of the property with spectacular views across the Welland valley. The service has been supporting people with PWS since 1982.

Clare House
Location: Dunblane, Stirlingshire, Scotland

Located in Dunblane, Clare House is the first service in Scotland to exclusively support adults with PWS and accommodates 13 individuals from all over Scotland.

The accommodation consists of nine spacious en-suite bedrooms within the main house and four adjoining self-contained cottages where individuals are supported to lead a more independent lifestyle.

Clare House was specifically designed and constructed so that individuals can enjoy and make use of the various large communal areas with the home as well as the extensive landscaped garden. Clare House is located within a short drive of the City of Stirlingshire that offers a number of amenities and facilities and is within easy reach of Edinburgh and Glasgow either by road or rail. The service opened in 2009.

Bannigans
Location: Corby, Northamptonshire

A bright, spacious property located in the ‘old village’ of Corby offering accommodation for four individuals with PWS. This service encourages all individuals to engage in the local community and is situated within walking distance of several local amenities and leisure facilities. Bannigans has been supporting adults with PWS since 2006.

Fletton Avenue
Location: Peterborough, Cambridgeshire

Located in the Cathedral town of Peterborough. The service is a bright, spacious Edwardian property offering single en-suite accommodation with three lounges and a games room. The service opened in 2008.

Haydock House
Location: Kettering, Northamptonshire

Located within minutes of Kettering town centre and situated on one of the main roads into the town. Haydock House is a spacious Edwardian property offering accommodation for eight individuals with PWS. The service has been supporting adults with PWS since 2001.

Heatherington House
Location: Kettering, Northamptonshire

Located within minutes of Kettering town centre. Heatherington House is a spacious Edwardian property offering en-suite accommodation or private bathing facilities for those living there. The service has been supporting adults with PWS since 2000.

Parvale House
Location: Kettering, Northamptonshire

Located on one of the main roads into Kettering. Parvale House is in easy reach of a local facilities and amenities. Parvale House is a spacious, substantial Edwardian property with front and rear garden areas. Parvale offers accommodation for seven individuals and has been supporting adults with PWS since 1997 and was the first service in the UK to support adults exclusively with PWS.

Perrywood House
Location: Kettering, Northamptonshire

Located on one of the main roads into Kettering, Perrywood is in easy reach of a local facilities and amenities. Perrywood House is a spacious, substantial Edwardian property with front and rear garden areas. Perrywood offers accommodation for seven individuals and has been supporting adults with PWS since 1998.

Smythe House
Location: Kettering, Northamptonshire

Smythe House is also within reach of local community facilities and amenities. Smythe House is a spacious Edwardian property offering accommodation for seven individuals and has been supporting adults with PWS since 1999.

Heatherington House is a spacious Edwardian property offering en-suite accommodation or private bathing facilities for those living there. The service has been supporting adults with PWS since 2000.

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Meet the Gretton
Homes Team

“We live in a world that offers unprecedented opportunities and choices for people living with Prader-Willi Syndrome (PWS). Gretton Homes provides the right support that enables them to live active, engaged and meaningful lives. But we also face a time of ever increasing pressure on budgets and finances. At Gretton Homes we understand the difficult realities commissioners of care face and have an outstanding track record in working together to deliver support services that are appropriate, cost effective and, most of all, enable the people we support to do amazing things.” Kathryn Clarke

Kathryn Clarke  Head of Operations
Kathryn Clarke is Head of Prader-Willi Syndrome (PWS) services. Joining the company as the Catering Manager in 1983, Kathryn worked in a variety of managerial positions before taking over as General Manager in 1997, then Head of Operations in 2011.

Myles Kelly  PWS Liaison Officer
Myles has worked for Gretton Homes since 1986 before being promoted to a range of managerial positions. He then became part of the small but energetic Management Team who helped develop and grow Gretton Homes to be the world’s single largest provider of PWS residential services.

Gail Ghavami  Divisional Manager
Gail is Gretton Homes’ longest serving employee commencing her career in 1982. Gail has worked in a variety of roles at Gretton Homes and was the first person in the UK to manage a PWS service when Parvale House opened in 1997.

Karina Carvell  Deputy Divisional Manager
Karina has worked for Gretton Homes since 1997 as a Support Worker but was soon promoted to other senior positions. Karina is recognised as the architect of the highly successful healthy eating plans which are a key component in managing an adult with PWS.

Sharon Main  Gretton House Service Manager
Sharon has worked for Gretton Homes since 1990 and is now responsible for the day to day management of the largest PWS service in the world. Beginning her career as a Support Worker, Sharon became Service Manager for Gretton House in 1999.

Eve Price  Parvale House Service Manager
Eve has worked for Gretton Homes since 1997. Like many of her peers she began life as a front line carer before eventually progressing to her present role of Service Manager of Parvale House, the UK’s first PWS service.

Caroline White  Perrywood House Service Manager
Caroline has worked for Gretton Homes since 1995. Having worked in a variety of roles where the experience she acquired of front line care as well as other senior roles, prepared her for her present role as Service Manager.

Caroline Curtis  Smythe House Service Manager
Caroline has worked for Gretton Homes since 2001 and has worked at various Gretton Homes locations and in various roles all of which have culminated in her present role of Service Manager.

Lisa Keenan  Heatherington House Service Manager
Lisa has worked for Gretton Homes since 2003 and manages the UK’s first all-male PWS service. Having previously worked for Mencap, Lisa brought with her a wealth of experience which helped set the foundations for managing such a unique group of people and challenges.

Michelle Barford  Haydock House Service Manager
Michelle has worked for Gretton Homes since 2001. Having worked as a Support Worker then Team Leader and now Service Manager, Michelle, like many of her Service Manager peers, has acquired a unique and profound knowledge of PWS.

Lisa Carvell  Bannigans Service Manager
Lisa has worked for Gretton Homes since 1995. Having worked in a variety of care roles and in several of Gretton Homes locations, Lisa is ably suited and qualified to manage the all-female PWS service that she oversees today.

Moyra Logue  Clare House Service Manager
Employed in 2007 and the former PWS Association’s Outreach & Development Worker in Scotland and mother of a PWS son, Moyra brings a unique perspective to the day to day responsibilities of managing a PWS service. Clare House is the only dedicated PWS service in Scotland.

Christina Taruvinga  Fletton Avenue Service Manager
Christina commenced working for the organisation in 2004 and now manages an all-male service in Peterborough. Having worked in a variety of roles and in various locations throughout Gretton Homes, Christina is suitably qualified to juggle the daily responsibilities of managing a PWS service.
Gretton Homes Case Study

Lisa

Lisa was admitted to Parvale House in 1997, at that time the only dedicated PWS service in the UK. Weighing a life threatening and incapacitating 23st and 7lb (just over 149kg) which was further complicated by her short stature, common in PWS. Lisa’s breathing was so seriously compromised that she required apparatus at night to assist her to breathe. Life was frustratingly a daily struggle for Lisa. Other aspects of her health were severely weakened including poor diabetic control and poor overall tissue viability, especially around her legs. Her overall state of health had also affected her emotional confidence and wellbeing.

For the first few weeks after admission, Lisa continued to use walking sticks to assist her to move. The temporary use of a hospital bed as well as the daily and intensive input of local health services and Parvale House Support Staff quickly served to get Lisa’s health back on track. Today, Lisa weighs 11st and 2lb (70kg). This astounding loss of weight, together with the overall improvement in her health and life skills, has enabled her to lead a relatively full and active life underpinned by a safe and supportive environment at Parvale House together with a skilled and experienced staff team. Thanks to the on-going health and weight management programme which she actively embraces, also under the strict guidance and management of her Support Team, Lisa continues to enjoy good physical and emotional health both of which are enhanced by a wide-ranging and meaningful structured lifestyle as well as 24 hour food security, just two of the many crucial components in the overall management of a person with PWS.

Stephen

Stephens was admitted to Gretton House in 2004 weighing a life threatening and debilitating 23st and 7lb (just over 147kg), his mobility and breathing were so severely impaired that life was physically a daily struggle which had also affected his psychological and emotional wellbeing. For the first few weeks after admission, Stephen chose to sleep in an armchair as lying down was so uncomfortable. Stephen was also suffering with sleep apnoea, a condition common in those with PWS whose weight has been poorly neglected and managed.

Today, Stephen weighs 10st and 1lb (64kg). This staggering weight loss, combined with health improvements in his health and independence, has enabled Stephen to move to a smaller community based PWS service. Thanks to the on-going health and weight management programme he actively embraces, under the strict guidance and management of his Support Team, he now enjoys good physical and emotional health both of which are enhanced by a varied and meaningful structured lifestyle as well as 24 hour food security, just two of the many crucial components in the overall management of PWS.

Stephen now enjoys activities that were simply not physically possible for him to pursue such as weekly visits to the gym and community based fishing once a week. He also enjoys activities at a college he attends in Peterborough.

Gretton Homes Case Study

To make an enquiry please call 0808 137 1484 or email enquiries@grettonhomes.com

Gretton Homes

UK locations

1 Gretton (1 service)
2 Corby (1 service)
3 Kettering (1 service)
4 Peterborough (1 service)
5 Dunblane (1 service)
A quote from a parent whose son is supported by Gretton Homes:

Since Robert took up residence at Gretton Homes in August 2001 his weight has gone down from 27st (171kg) to 10 stone 12lb (68kg). This alone has opened up so many opportunities for him because physically he can do so much more. He now enjoys walking and can walk for miles! He no longer needs shops that specialise in larger sizes and can buy his clothes where he chooses, a real confidence booster. He also has a far better social life now than we could give him at home.

We feel a very important factor for Robert is that he is now living with others with PWS so he no longer feels the ‘odd one out’. This has helped him to accept the dietary programme that Gretton Homes has in place because they apply to everyone else as well.

Food is of course a very important factor in Robert’s life and we have always been impressed with the way this has been managed by Gretton Homes. All Robert’s favourites appear on the menu and the year round menu variety means that Robert and the others he lives with never get bored.

Robert is happy, we are happy, thank you very much Gretton Homes – Parents from Cambridgeshire.