



Directory of Services: Prader-Willi Syndrome



Specialising in Prader-Willi
Syndrome since 1982

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.



Gretton Homes



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 organisation's 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 ten 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.



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.



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.



Holland House

Location: Corby,
Northamptonshire

This Consensus service provides four individual bedrooms, all of which are en-suite. There is also a large lounge and dining room and a spacious outdoor area.



Parvale House

Location: Kettering,
Northamptonshire

Located on one of the
main roads into Kettering.
The service provides

accommodation for six individuals with PWS. The service has been supporting individuals 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 House is within 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.



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.



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.

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.



Margaret Elliott **Heatherington House Service Manager**

Margaret has worked for Gretton Homes since 2004 as a Support Worker but was soon promoted to other senior positions. Margaret, like many of her Service Manager peers, has acquired a unique and profound knowledge of PWS.



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.



Chris Allison **Clare House Service Manager**

Chris has been employed at Clare House since 2009 and quickly progressed through the organisation to become the Service Manager of the only specific 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



Stephen

Stephen was admitted to Gretton House in 2004 weighing a life threatening and debilitating 23st and 3lb (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 the overall improvement 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 previously physically possible for him to pursue such as weekly visits to the gym and swimming pool, fishing and a wide range of both social and educational activities. Stephen is also a class representative at the college he attends in Peterborough. He also occasionally disc jockeys at one of the many social clubs he attends.

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 compounded 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.

Reviews left by parents on www.carehome.co.uk

Gretton House is fantastic, they have worked a miracle for my son who has gone from 21 ½ stone to 11½ stone in 3 years, and having maintained the weight loss in the last year. He is very happy, always doing something and has a girlfriend, works and helps in the house and the allotment. The team there are fantastic, you can drop in anytime and they go out of their way to help. Fantastic, I can't say enough about them. My son Jamie is so happy.



Everything about the service at Gretton House is first class. Our daughter is treated with care and respect. Her physical and emotional needs are well considered and her social needs are met with lots of interesting activities. Our daughter is the healthiest she has been in 10 years and is always happy and clean when we visit her, as is her room and the house. Staff are excellent and knowledgeable.



During the time that our son Christopher has spent under the care of Gretton Homes, the staff at Haydock House have assisted him to reduce his weight and helped to keep him generally fit and healthy. They have also contributed in him becoming the young, independent person he is today. He is happy and content to be where he is, and always says so when asked. Nothing is forced upon him, he can come home and return to Haydock House whenever he likes, which I believe has helped to make him feel comfortable to be where he is. We feel that thanks must go to all the people involved in running this service and helping to allow Christopher to live a full, active and independent life.



grettonhomes...
www.grettonhomes.co.uk

For referrals please freephone: **0808 223 5320**

Gretton Homes, 3 High St, Gretton, Northants NN17 3DE