



# Our Impact Report

2022 - 2023

## Message from Our Chair

As Chair of Sunnybank for 9 years I will be retiring at the March 2024 AGM. It has been a wonderful experience.

Thanks to Dorothy our CEO and all the staff, volunteers and partners who have made it so rewarding and enjoyable.

Finally, I wish my successor Andrew White and everyone connected to Sunnybank the best of futures. Thank to our funders without whom it would not be possible for us to make such a meaningful contribution to the lives of so many.

Tom Sheriff





## Message from Dorothy our CEO

We are proud of what has been achieved this year and the difference it has made.

We were thrilled to win the **CARE Award** for our advocacy service and the London International Animation Festival **Best Documentary Award** for our training film for GPs produced in partnership with **Surrey Heartlands** and **Strange Beast Animation Co.**

We are indebted to our **volunteers, staff and funders** for all they do to support us.

We also thank all our partners who take the lead in everything we do.

On behalf of the Charity our sincere thanks to **Tom Sheriff** as Chair for his 9 years of support and commitment.

Dorothy Watson

# Our Services

## Understand Us:

In-house  
consultancy



## Voices:

Advocacy



## Choices:

Clubs and  
activities



## Futures:

Our transition  
service for  
young adults



## Sunny Sessions:

Radio shows



We support adults with a learning disability to have confidence, opportunities and control over their own lives and live without prejudice or discrimination.

# What we have achieved

**Better futures**

**Stronger voices**

**Breaking down  
barriers**



**Better mental and  
physical well being**



**Community  
connections**



**An increase in skills**



**Improved  
self-confidence**



**Friendships**



**Independence and  
employability**

Our consultants with a lived experience of a learning disability continue to forge new connections and support for organisations and businesses.

Working with our partners the CCG Surrey Heartlands and the animation company Strange Beasts developed a short training film. This supported local GPs to make adjustments for people with a learning disability. We were thrilled to be awarded **Best Animation Documentary** at the London International Animation Festival.

“The response from practitioners has been great!”

Surrey Heartlands Research Officer



## How we're making a difference

“We want to be listened to. We don't want to be let down and have bad experiences as it can have a big impact on our emotional wellbeing. People rushing me and using long words can be a real problem and makes me feel overwhelmed. People can say the wrong things assuming you have a problem rather than a disability. **Some people don't take the time to understand.**”

Grace Herman  
Understand Us Consultant

“The team of experts took great care and attention to focus on many details, including what they liked and didn't like about the building, space and exhibition. Importantly they told us what should be changed, taken away or included to make a positive experience that is both meaningful and enjoyable for people with learning disabilities.”

Victoria Shearing  
RHS Wisley

This year we had a lot of fun



Steered by our partners we ran 311 clubs and activities. Clubs include Coffee & Chat, Friday Night Pub Quiz, Drama, Book Clubs and our Allotment Group. Our Swag Disco continues to grow with an average of **43 partners** each month.

We launched the Sunny Afternoon Club for our older partners with over **27 partners** joining us each week and celebrated the summer with a party of craft and music.





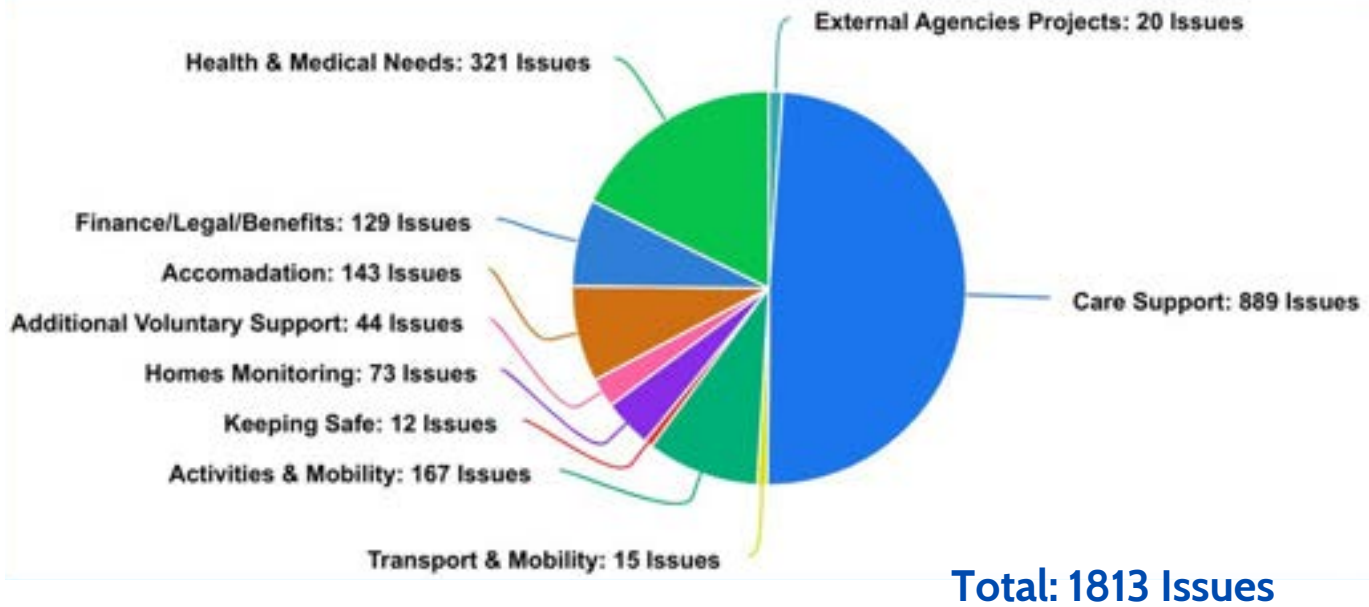
This year our drama group were proud to perform their own immersive show 'Alice in Wonderland' to an audience of over 100. With music and a lot of tea party madness, everyone enjoyed themselves.

The group also enjoyed the annual theatre trip to see 'Noises Off' at the Yvonne Arnaud.

*'We all found the show absolutely hilarious!'*



Jovi from the drama group





**Advocating for over 150  
issues each month**

# Futures

Driving group

Running your own business

One to one mentoring

Supper Club

Learning to be more independent

Weekly cricket & team building

Managing your money

Futures delivered 230 person centred sessions and workshops over the course of the year.

These enabled our partners in Futures to become:

*More confident*

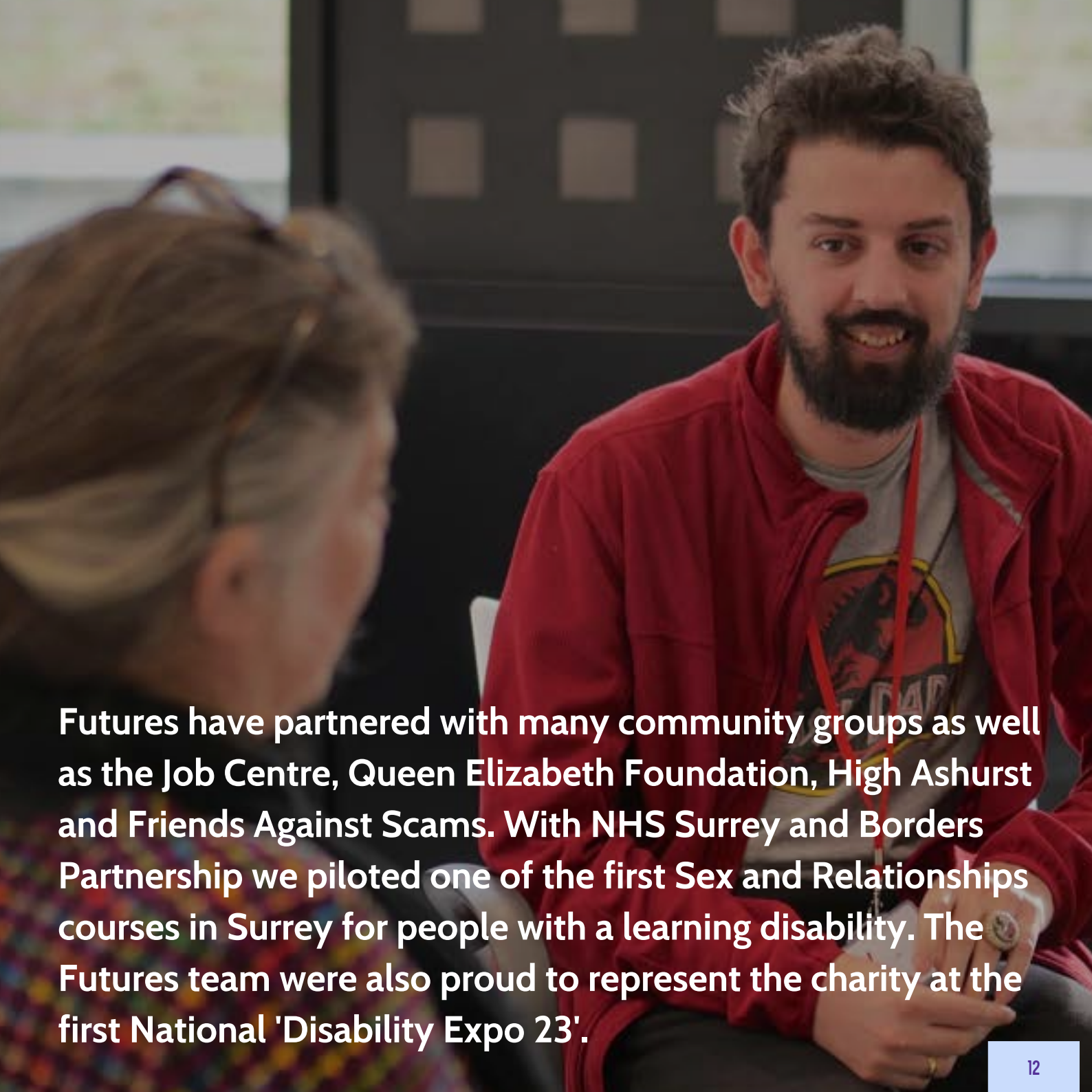
*More independent*

*More safe aware*

*Better skilled for future work and voluntary opportunities*

*“This is the first time my son has had the chance and support to make his own friends!”*

*-Parent of Futures partner*

A man with a beard and a red jacket is smiling and talking to a woman with blonde hair. The man is wearing a red jacket over a grey t-shirt with a graphic. The woman is wearing a colorful patterned top. They are in an indoor setting with a dark wall and a window in the background.

**Futures have partnered with many community groups as well as the Job Centre, Queen Elizabeth Foundation, High Ashurst and Friends Against Scams. With NHS Surrey and Borders Partnership we piloted one of the first Sex and Relationships courses in Surrey for people with a learning disability. The Futures team were also proud to represent the charity at the first National 'Disability Expo 23'.**

# Sunny Sessions



Our radio show broadcasted three times a week to over 130 listeners per show. These radio sessions were led and guided by our own partners. The shows reached out across North East Surrey and wider connecting with over 50 organisations and community groups.

With the support of Surrey Hills Community Radio 10 partners who had been involved in the production of the shows have gone on to broadcast their own weekly shows.



Our special thanks to Surrey Hills Community Radio and Woking Radio for all of their support

## Our listeners say they feel:

- Happier
- Less Isolated
- More informed about important issues

*“The radio presenting supported by Jon has been a real life changer for him. He would be simply lost without it now.”*

-Mum of one of the radio production team.

We are pleased to be an active member of our **community** and together with our **partners** and **volunteers** continue to promote the skills, voice and abilities of people with a learning disability.



We have worked and collaborated with over **50** organisations and community groups and have valued over **2000** voluntary hours given to us by our team of dedicated volunteers.

# Our Community Impact





**227 partners have used the  
Sunnybank services**



To protect the identity of the partners in each case story we have used different names and images.

Valerie needed to go to hospital for a knee operation.

Her Sunnybank advocate made sure the hospital made reasonable adjustments including a quiet room.

Her advocate also helped her with her hospital passport so it was up to date and would inform the hospital staff of her needs and wishes.

When she was discharged and her hospital home health care package ended, her advocate supported Valerie to make sure her needs were being met at a social care needs assessment.

Valerie now has extra hours with her care package to help her recover from the operation and to do all the things she finds difficult.

# David's Story

David was struggling at home as he didn't have enough help with his day to day needs including cooking, shopping, and cleaning.

With the support of his Sunnybank advocate David met with the adult social worker and presented the evidence and reasons for the problems he faced.

As a result David's care hours have been doubled. He now has the support he requires for all his needs including house hold tasks and cooking.





Guy lives on his own and finds it difficult to make friends.

He is interested in being outside in nature and the exercise it gives him when gardening.

Having heard about our Allotment group he came along on the bus on his own to try it out.

A year on he still comes to the group and feels so much happier.

Being able to show his gardening knowledge makes him feel proud of himself as he has learnt new skills such as planting and growing, cooking new recipes using the produce from the allotment and healthy eating.

# Sheila's story

Sheila can sometimes find certain situations difficult.

She likes to have time away from her residential home and enjoys coming to the Sunny Afternoon Club and meeting new people.

She finds the Club a calm and relaxing environment and enjoys the craft activities as well as the pop-up sensory room.

She is very proud of everything she makes and always takes them home to put up in her room.

“Thanks to the Sunny Afternoon Club, Thursday is the best day of the week!”  
Sheila's mum



# What We Raised Together

Income 2022-2023



Restricted Funds



Total Income: £194,863

Grants



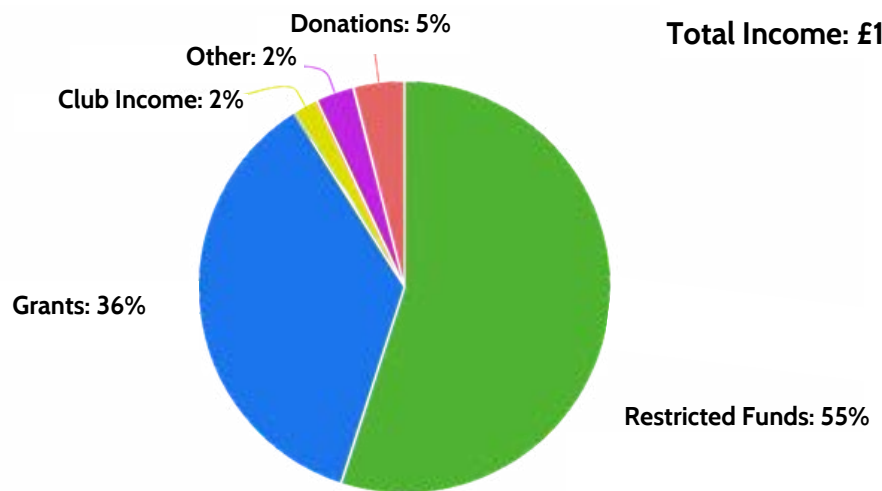
Club Income



Other



Donations





# Our thanks to the following

AtkinsRealis  
Baroness Sheila Hollins  
Beyond Words  
Bill and Anne Brown  
Caroline Andrews  
Cedar Club Cobham  
Chris Snell  
Ciara Lawrence  
Citizens Advice Epsom and Ewell  
Cllr Bernie Muir  
Cllr Eber Kington  
Cllr John Beckett  
Cllr Mark Nuti  
Community Cricket  
Community Foundation Surrey  
Cornish and Grey  
Derek Eade  
Disability Expo  
Emma Reeve  
Epsom Parochial Charities  
Epsom Sports Club  
Surrey Outdoor Learning Development  
Ewell Parochial Trust

Epsom Tennis Club  
Epsom and Ewell Borough Council  
Equilibre Partnership  
Fingo Marketing Ltd  
Jacky Oliver  
Knuckle TV  
Lloyds Bank Foundation  
Luke Jennings  
Lyncole Consultancy  
Michael Barthrop  
Morden Islamic Community Centre  
NatWest (Epsom)  
NHS England  
Probus Ewell  
Push Start Marketing  
Queen Elizabeth Foundation  
Royal Automobile Club  
Woodcote  
Reach Volunteering UK  
Richard Lea (photography)  
Rosebery Housing  
Rotary Club of Ewell  
SABP CTPLD  
Squirrels Community Recycling

St Pauls Church Howell Hill  
St Barnabas Church  
Strange Beasts  
Surrey Heartlands  
Surrey Hills Community Radio  
TJS Independent Advocacy Consultancy and External Supervision  
Tadworth Athletic Club  
The Best of Epsom  
The Catenian Association  
The CornerHOUSE  
Community Arts Centre  
The Food Bank  
The Mercers Company  
The National Lottery Community Fund  
The Rolfe Trust  
Tom Rhind Tutt MBE  
Tom Sheriff  
What's On In My Town  
Woking Radio.  
**... and all of our partners, donors, volunteers and staff**

Reg Charity No: 1143663

Company No: 7759018

Website: [www.sunnybanktrust.org](http://www.sunnybanktrust.org)

Address: The Old Town Hall, The Parade,  
Epsom, Surrey, KT18 5AG

Phone No: 01372 732376

Email: [info@sunnybanktrust.org](mailto:info@sunnybanktrust.org)



@SunnybankEpsom



@Sunnybanktrust



@The Sunnybank Trust

