‘My Home Life’ Northern Ireland

Sarah Penney
Associate Director My Home life Ni
Lecturer in Nursing
School of Nursing and Institute of Nursing and Health Research
Ulster University

Began small, now social movement

MHL England (2006) *City, University of London*
MHL Cymru 2008, *Swansea University*
MHL Scotland 2012, *University of the West of Scotland*
MHL Northern Ireland (2013), *Ulster University*

International Hosts

MHL Australia, *SA Innovation Hub & Flinders University*
MHL Germany, *Josef and Luise Kraft Foundation* University of Nuremberg/Erlangen

Ulster University

My home life®

This programme is a unique approach to develop leadership skills using evidence based approaches such as action learning and appreciative Inquiry using specific tools. We can take time to learn and practice these tools and approaches A dynamic research translation, exchange and generation programme aimed at improving quality of life for people living (residents), visiting (families) and working(staff) in long-term care settings.

Over the past number of years, the MHL NI team has received numerous requests from other sectors requesting wider delivery of the programme. In response, 'My Home Life Leadership Support and Quality Improvement Programme' in now specifically offered to learning disability and supported living settings.

Ulster University

My home life®

What is My Home Life (MHL)?

- An international initiative that promotes quality of life for people living, dying, visiting and working in long term care

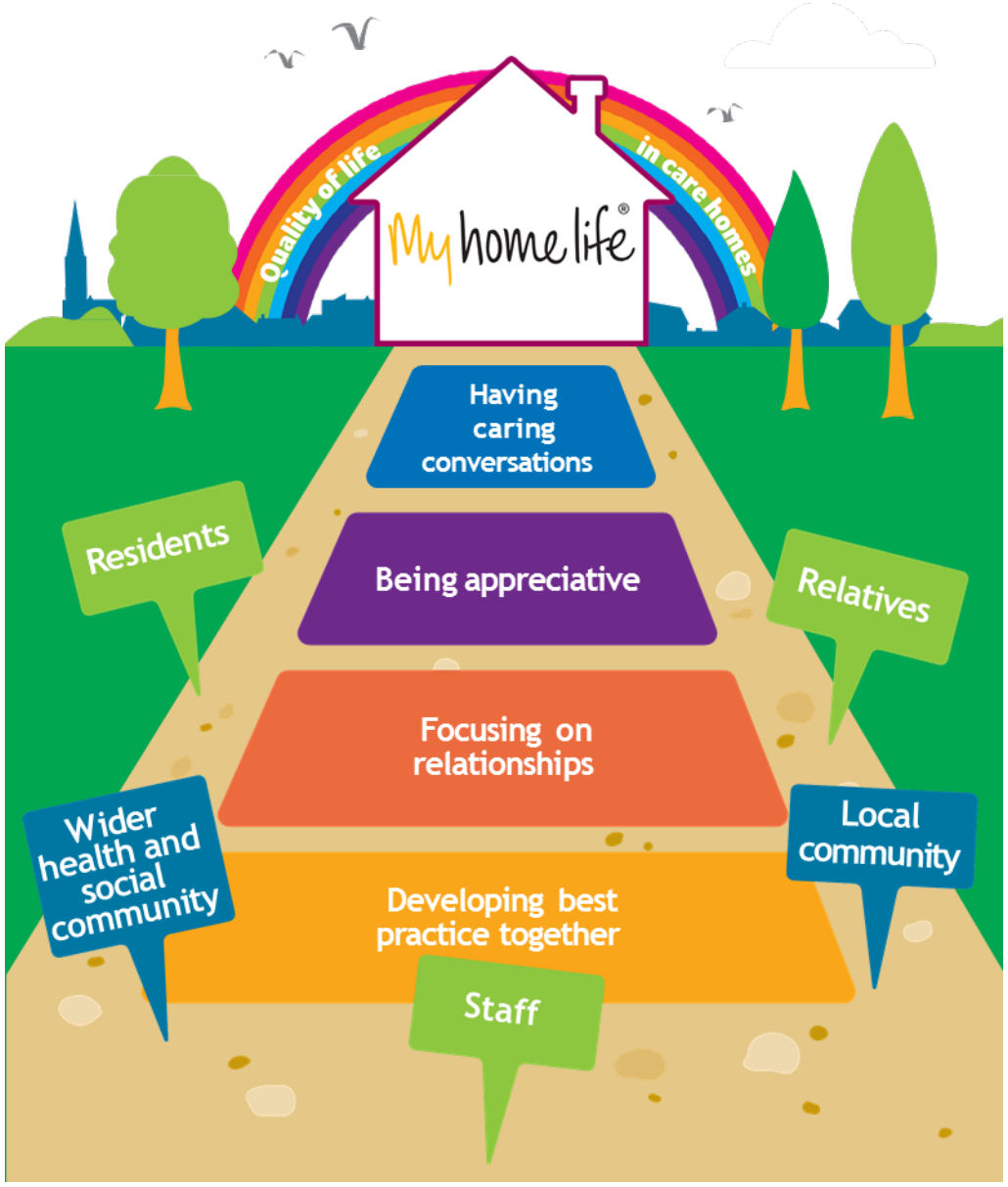
- A bespoke programme - focus on empowering, supporting and connecting managers to facilitate change.

- Achieved by supporting managers to enhance their leadership skills through a programme of action learning and quality improvement.

Ulster University

My home life®

4 key frameworks are the basis for the programme



Ulster University

My home life®

Appreciative Inquiry methodology

- Consist with the theoretical underpinnings of MHL, an Appreciative Inquiry methodology is used. Rather than focusing solely on problems and deficits, Appreciative Inquiry seeks to uncover what is already working well and how these strengths can be amplified across the sector.

Through this we will explore;

- ‘What does excellent leadership look and feel like in learning disability services’?

Rather than asking what is wrong, we will use an Appreciative Inquiry approach to collectively explore:

- When have we seen care at its best?
- What helps staff provide great support?
- What gets in the way?
- What leadership behaviours matter most?

Ulster University

My home life®

Quality Improvement

- Strengthen the link between leadership support and quality improvement
- Interwoven into the monthly action learning sessions.
- Support participants to develop the knowledge, skills and confidence needed to lead and sustain improvement within their own services.

By introducing approaches such as Appreciative Inquiry and using the Plan-Do-Study-Act (PDSA) cycles, participants will be equipped with practical tools to identify opportunities for improvement, test changes on a small scale and evaluate their impact.

Ulster University

My home life®

What does it look like

- 2 cohorts
  - One starting 30th November 2026
  - One starting 18th January 2027

- 4 Workshops 3+1
- 7 Action learning & QI workshops
- Validation day
- Completion day – September 2027

40 places

Ulster University

My home life®

Expression of Interest Form

https://forms.cloud.microsoft/pages/responsepage.aspx?id=h5QLb6hPqEKutL8uLCLU6JqGaRjTEgRAiXAPQAxeenFUMDhZWDZTRVg4SlRWQjVPTE5XUzZPQVRIRy4u&route=shorturl



Ulster University

My home life®

Comments and questions welcome



Ulster University

My home life®

Contact Details:

Website: https://www.myhomelifeni.co.uk

Sarah Penney, Associate Director MHL NI
Tel: +44 (0)28 71675054
Email: s.penney@ulster.ac.uk

Jackie Parkington, Project Administrator
Tel: **028 7167 5219**
Email: **j.parkington@ulster.ac.uk**

Ulster University

My home life®