



Young Persons Brochure

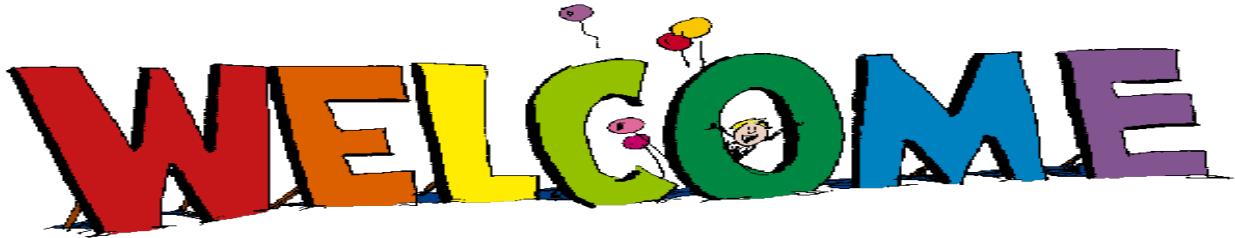
Country Care Children's Home: Chapel House



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Young Persons Brochure

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Moving to a new home can be difficult and it takes time to settle into your new surroundings and to get to know everybody. This booklet is here to help answer some of your questions and to make it easier for you to get to know your way around and how it works here at our home. First, a word from one of our young people:

I am 16 years old, I have lived at Country Care twice now. The staff team are amazing. Monday to Friday we go to school 8:55 - 3:10 and after school is our own time and this is when we go on activities. On weekends we go on more activities like cinema or shopping or swimming, there are plenty of things we can do.

Country Care is a registered children's home providing care and education for 10 to 18-year olds and at Chapel House we have the opportunity for a young person to receive 2:1 care in our lovely little home. You would go to the main home in Dove Holes for your education as we have a school on site that is registered with Ofsted. The routine for this is a little bit later on in this brochure.

The home is a friendly and warm, therapeutic environment, offering you a real hope for the future. You will be given opportunities through education, achievement, and support, to plan for a better future. You have the chance to put damaging and disruptive environments and experiences behind you; whilst maintaining your place in your own families. We regard ourselves as a positive choice for girls for whom residential care is the preferred option. Most stays are long term; shorter stays are available for young people working towards independence or moving towards family placements.

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During your stay we assess and address your needs through education, therapy, planned activities, individual direct work and group work. Our routines ensure safety, boundaries and consistency, whilst providing positive experiences; new, achievable challenges; success; and positive reinforcement. At the end of your stay you will be prepared for moving on and helped through that period. We also would like to offer you support after you leave us if you feel that you may need it.

You will be treated as an individual and have privacy, freedom, and choice. We will encourage you and assist you to express yourself appropriately; assess your own situation; and take part in planning your own future. We want you to work towards your own goals and learn to take control of your own life and provide the basis for supporting you into independent living. We will actively encourage and support you in developing your potential through education, providing the opportunity for you to gain appropriate qualifications and experiences including GCSE examinations and are able to support you through to higher education.

Our aims & objectives

- To provide a safe, stable, stimulating, structured and warm therapeutic environment, with space to grow.
- To provide a well-trained, experienced staff team who are caring and appropriate adult role models.
- To engage in individual direct work, focusing on individual issues that help a young person explore and understand past experiences and enable them to move forwards constructively.
- To provide high quality individualised education, through a broad and balanced curriculum with examination up to GCSE in a variety of subjects, aiming to prepare the young people for working life and to become positive members of society.
- To develop the individual's self-esteem, emotional resilience and build a more positive self-view.
- To create achievable challenges for both the individual and the group designed to improve social skills, teamwork and leadership skills and develop respect for self and others.

YOUR OWN SPACE

You will have a comfortable bedroom all to yourself. When you arrive, we will help you to make the space your own, decorating your room with posters and pictures. You will have a TV in your bedroom to watch and listen to in your own time. Keeping your room clean and tidy is important, and we can help you to do this. Your room is your own private space and staff will always knock before coming into it. You will be able to lock your room when you are in it and will be given your own room key to lock it when you are



not using your room. You will have a safe in your bedroom so that you can lock personal and valuable items away. Your bedroom door is fitted with an alarm which chimes in the staff sleep in room/office each time your door opens. This is so that we know when you go in and out of your room, helping us to keep you safe.

INTERESTS AND HOBBIES

When you first move to Chapel House, we will ask you about your hobbies and interests and try to find local places that you might like to go. Some of the girls at The Meadows go to local youth clubs, where they can meet new friends, this could be something that you might like to do with them. Some girls have horse riding lessons or music lessons, some join dance groups and others enjoy team sports. If you like horses, we have some staff who can take you to local stables to help, as well as having weekly lessons. We also do Equine Assisted Learning which will be part of your school timetable. If you are interested in joining any other groups this is something that the staff team can help you with.

FOOD

At Chapel House, we would discuss with you ideas for the menu every week so that we can make sure you get to have all the foods that you like and enjoy. We are very good at cooking for special diets and will always make sure there is food that you like available. We like everyone to eat

healthy balanced meals, but we also enjoy treats like take away on Saturday nights. If you like cooking, we encourage independence and are always happy for you to help cook the meals and lots of our staff are very good at baking too!

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you get older, we encourage you to increase your independence skills. Your workers will arrange an independence plan

that will include shopping for and cooking some of your own meals, as well as carrying out your own laundry. This will also include some work to help you think about budgeting your money so that you can manage independently

DAILY ROUTINE

On a school day, we will wake you up at 8.00am. By 8.30am you should be up, dressed and downstairs having your breakfast. We chat about the day ahead over breakfast and then ask you to do your morning job before 8.40am. You and the two staff members that are working with you would drive over to The Meadows school so that you can start your education timetable for 08.55am. There are breaks in the morning when you can come back to the house to relax for 10 minutes. Lunch time is from 12.15pm until 1pm; we all sit and eat lunch together and then you can spend some time relaxing at The Meadows home with the other young people or the staff team. School finishes at 3.15pm. After school, you will return to Chapel House to have some chill time unless you have any appointments.

Tea is ready for 5pm and we like to all sit together to eat. After tea, we would ask you to complete your evening job before going out anywhere. Once you have done your job we can stay in and relax or go out to do an activity.



At the weekend, we will wake you at about 11am so you can enjoy a lie-in if you want one. There will be a cooked brunch for us all to enjoy and then you can relax in the house or take part in any activities that have been planned. On Saturday nights, we sometimes go ice-skating or to the cinema etc, other weeks, we just enjoy Saturday night TV!

To keep you safe, we have regular fire drills so that we all know what to do if there is a fire. The important things to remember are to leave the building through the nearest fire exit as quickly as possible without running and to then meet at the Fire Assembly Point which is at a bus stop across the road. The staff members on shift all know what to do in the event of a fire and will make sure you get to the fire assembly point safely.

JOBS

You will be asked to do two small jobs each day, one in the morning and one in the evening. They might be things like clearing the table after a meal, hoovering a room or helping with the pots. Everyone (including the staff) does these jobs; it's a way of making sure the home is kept nice and tidy. It is also how you earn some of your points and builds your independence skills.

BEDTIMES

Age	10 years	11 years	12 years	13 years	14 years	15 years	16 years	17 years
Bedtime	8 pm	8.15pm	8.30pm	8.45pm	9pm	9.15pm	9.30pm	9.45pm

Bedtimes depend on your age. However, everyone gets the opportunity to earn a 1-hour bedtime extension each day through positive behaviour (1/2 hour) and attendance in school (1/2 hour). Sometimes you get to stay up later if there is a special outing or activity planned.

GOING TO SCHOOL

Everyone at Country Care goes to school. The Meadows School teaches lots of different subjects, with plenty of options. Don't worry if you have missed lots of school, we can help you catch up. Learning should be

fun so we include activities, field trips, visits, Equine Assisted learning, and work experience to the timetable, and should you progress to doing your GCSE's you can sit the exams here.



POCKET MONEY

You will receive weekly pocket money at Chapel House. You will be asked to do your daily jobs and go to school to earn a bonus on top of your £9.00 pocket money. If you earn all your ticks on your points sheet for the week, you will earn extra money for the weekend. £5.00 pocket money is also saved for you so you can enjoy more planned activities during the school holidays. You can spend your pocket money on things like sweets and magazines, or you can choose to save it. Some of the girls save pocket money to have beauty treatments or go to concerts.

You get £30 every month to buy clothes and £15 every month to buy toiletries. You also get £15 every month to spend on haircuts and colour. We will help you manage this money to make sure you always have enough clothes and toiletries. At Christmas your allowance is £150 and birthday is £130, your keyworker will go through this with you.

Country Care saves £11.00 for you each week. This money is kept for you for when you leave us.

FAMILY TIME



If you come to live at Chapel House, we feel that it is really important for you to keep in touch with your family and friends. We have a phone that you can use to keep in contact with family, friends, social workers, and the place where you last lived. Some young people have mobile phones and you can use the internet to keep in touch with people too, if this is safe. We have a Skype account that some use to chat to family or a work mobile phone that you could use FaceTime on.

We know that for girls living away from home, seeing their family is very important and we do everything we can to support you in seeing your family. We work with your social workers and your family to make sure family visits are fun and safe for everyone.

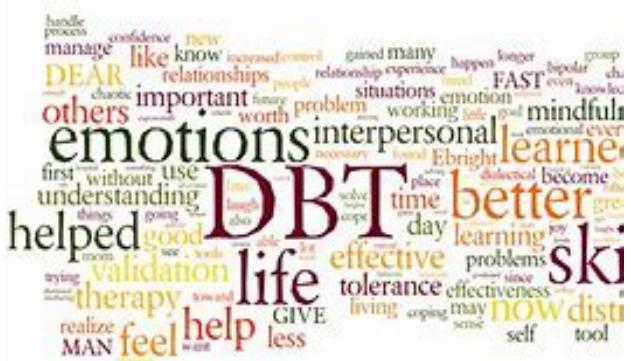
MY KEYWORKERS

Everyone at Chapel House will have two key workers. These two people will work closely with you to make sure all your needs are met. Your key workers will lead your placement planning, risk assessment and health planning. They will do all of this with you, so that we know exactly what your needs are. They will also talk to your family, your social worker and anyone else that works with you, to make sure we are all helping you as much as possible. There will be regular reviews of how things are going. These may be reviews of your placement run by a manager and your key workers, or a full Review led by your Independent Reviewing Officer. Your social worker and any other professionals working with you will be invited to attend your Review.

Your key workers will offer monthly key sessions and regular link work sessions, where you can work on anything that is helpful. You can work on your self-esteem or do some anger management, or your key workers can

help you with managing your other emotions. Your key workers will also support you with any day-to-day worries or problems you might have.

THERAPY



We also run a Full DBT Programme which runs every 2 weeks during the school term, led by our two therapists Krissie and Abbie. Everyone takes part in this including staff who might be on shift, teachers and all the other young people. This will be at The Meadows School. Not only this but all the staff at Chapel House are trained DBT Skills coaches so there will always be someone who can help and support you.

Your Voice

We think that it is really important for you to voice your thoughts and feelings on your care here. We will always listen to your views and ask you to comment on any reports that are written about you. We ask you to come to reviews and meetings that are about you, so that your opinions can be heard. Your key workers can help you to voice your views if you are nervous about this.

We involve the young people at Chapel house as much as possible. We always want to hear your views on how to improve the home. There is a monthly young people's meeting where you give ideas for the weekly menu and discuss different things going on at Chapel House.



Complaints

If you are ever unhappy about how things are done at Chapel House, it is very important that you know how to make a complaint. You can always speak to the managers about a complaint or you can write your complaint down (staff can help with this if you want). Complaints and Grumble forms are kept in a file on the shelves in the kitchen, but you can also ask a member of staff to get one from the office. One of the managers (Jay or Rach) will listen to your views and then resolve the issue in the best way possible.



Your key workers can also help if you are unhappy with the care that is being given to you. If you wish to make a complaint to someone outside of Chapel House, you can contact the Ofsted inspector. Your independent advocate may help you to voice your complaints.

BULLYING

Everyone that lives at Chapel House deserves to feel safe and enjoy their time here. Country Care/Chapel House does not allow anyone to bully another person and we will always keep you safe.

