

## Questions

You can write here any questions you might have & when you show your questions to an adult from Earthsea they will talk about them with you.

My questions:



# Earthsea House



## Children's Guide



## All about Earthsea House

Earthsea House is a big house in the Norfolk countryside with a large garden. There are lots of different rooms at Earthsea & lots of space to play outside.



## Living at Earthsea House

Earthsea House is a home for 9 children, boys & girls. Children are between 5 & 10 years old when they move to Earthsea House. Children who live at Earthsea House cannot live with their families & they have had difficult times in the past. Children live at Earthsea for different amounts of time depending on what is right for them.



## What can I do if I am not happy about something?

The adults at Earthsea will want to help you if you are not happy about something. If you are not happy about something you can speak to an adult, write or draw on a special 'I want you to know' form, or you can ask to speak to Andy the Director or Dónal the Deputy Director.

You can also phone your social worker or another adult you trust. Or you can call one of these numbers where somebody will listen to you:

ChildLine	0800 1111
Police	101
Office of the Children's Commissioner 'Help at hand'	0800 5280731
Norfolk Children's Complaints Officers	0800 9177425
Ofsted Piccadilly Gate, Store Street, Manchester, M1 2WD	0300 1231231



## Who checks we are looking after you well?

It is really important that people make sure you are looked after well at Earthsea. We have visitors who come to check that all of the children are being looked after well at Earthsea. These visitors will look at things the adults work on in the office and they may ask to speak with you to hear your views, you can speak with them if you want to. There are 2 main types of visitors we have, these are called 'Reg 44' visitors and Ofsted inspectors. If they think we need to change anything they will let us know, so that we can make sure we are looking after all of the children in the best way for them.

A Reg 44 visitor comes to us at Earthsea once every month. The visitor comes to listen to anything the children may want to let them know. They will also talk to the adults & look around the house & check how the adults do things in the office. It is their job to check how we are looking after the children.



The government asks Ofsted to check how things are being done in schools & children's homes. An inspector from Ofsted usually visits Earthsea once or twice a year. When the inspector visits, they are there to listen to anything the children may want to let them know. They will also talk to the adults & look around the house & check how the adults do things in the office. It is also their job to check how we are looking after the children at Earthsea.



## Where is Earthsea House?

Earthsea House is in a village called Honingham in Norfolk. Honingham is near Dereham & Norwich. This map shows you where in England Norfolk is.



Here is Norfolk

On this map the star shows you where in Norfolk Earthsea House is.



## Adults at Earthsea House

There are lots of adults at Earthsea who look after the children. The adults will make sure you have everything you need. They think really carefully about the best way to look after each child & how to do this fairly.

### Your link worker

One of the adults at Earthsea will be your link worker. Your link worker will help you feel comfortable & settled at Earthsea. They will listen to you & spend lots of time with you. Your link worker & the other adults will help you with any meetings or appointments you have. Your link worker & the other adults will make sure you are listened to & given a chance to take part in all the things that happen at Earthsea House. Your link worker will also make sure your wishes & feelings are part of making plans for the best ways to look after you.

### Being listened to

The adults at Earthsea believe all children have a right to be safe, to be listened to & to be well cared for. The adults will listen to you & help you understand your thoughts & think about what you want, what you need & how you feel.

The adults will also listen if you want to talk about memories from the past. The adults can help children understand their feelings & why they are living at Earthsea.



## Looked After Children Reviews

All children at Earthsea have a Looked After Children Review at least twice each year. These are meetings to think about how you are, how things are going for you at Earthsea & what we need to do to look after you the best we can.



Your social worker will come & your Independent Reviewing Officer. Sometimes family members may come & there will always be adults from Earthsea there too including your link worker. You will have a chance to have your say at your LAC

Reviews too. You can have help to fill out forms before the meeting & you can come to the meeting if you want to. Your social worker & your link worker can help you talk about things that are important to you or they could talk about these things for you.



### Advocacy

Advocacy is about speaking up for children, making sure their rights are respected & their wishes & feelings are heard. This means children should be able to help make decisions about how they are looked after if they want to. You can ask for an Independent Advocate to come to your review if you want to.



This is an adult who is not your social worker, is not part of your family & is not part of Earthsea. An Independent Advocate could help you to talk about the things that are important to you or they could talk about these things for you.



## Confidentiality

The adults at Earthsea will always listen to anything you want to let them know. They understand that when you tell them things, you might not always want everybody to know & they will listen to whether you want them to tell other people.

The information we have about you & the things you tell us helps us understand how to look after you better. Your information is kept safe & only shared with trusted adults. If you want to know more about this you can ask the adults & they will explain.



If you let an adult at Earthsea know that you or somebody else has been hurt in some way, they will need to tell other adults, even if you do not want them to. This is because it is important that the adults help to keep you safe & try to make sure that other people are kept safe too.



## The lounge



There is a big lounge at Earthsea, with lots of space to play in & relax.

The lounge has lots of sofas & a TV.

It has lots of games & materials for playing, drawing & making things.



It also has a fire place which makes it warm & cosy in the winter.



## The Playroom & the Snug



The Playroom has lots of space for playing in as well as another sofa & a TV.

The Playroom also has a stage for playing on.



The Snug is a smaller room with another TV where you may sometimes like to relax.

## Being treated fairly

At Earthsea we try to treat everybody fairly & make sure all the children are kept safe. Although everyone tries to get on & be friendly, sometimes children fall out or are unkind to each other. The adults are kind & patient in trying to help children when they have fallen out.



Bullying is not okay at Earthsea. If any child feels they are being bullied the adults will listen to them & help make things better. The adults believe it is important for you to feel safe where you live.



## Routines

On school days children can spend time in the Quiet Room in the morning to relax or read a storybook. Then children get into their school uniforms & go downstairs for breakfast. Then they clean their teeth & finish getting ready for school. Sometimes there is time to play before school.



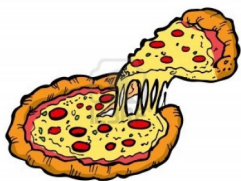
After school children are collected by an adult & come back to the house to get changed out of their uniform & have a snack. Sometimes there is homework to do, other days there is lots of time to play before dinner. After dinner there is more time to play before children need to have their baths & get ready for bed. You can choose an adult who will be with you for your settling time, then it is time to sleep.

On Tuesdays after school you will have time with your link worker called individual time, before the Community Meeting. You can spend your individual time talking, playing or you might go out together on a short trip.

At the weekend & in school holidays there is lots more time to play during the day. Children can stay in the Quiet Room longer in the mornings & on Sundays you can have a cooked breakfast or pancakes. On Saturdays all the children tidy their bedrooms in the morning before activities are planned for the day. At the weekend trips are



often planned to spend pocket money, visit the park, go for a walk & sometimes trips to the cinema or roller skating. On Saturday there is pizza or fish & chips for dinner & on Sundays there is roast dinner.



## The Soft Play Room

The Soft Play Room is another room children sometimes like to play in.

There are lots of soft play shapes to play with. Children sometimes let their feelings out if they feel angry or upset by throwing the soft play shapes.



The Soft Play Room has a mural painted on the wall. You can draw on parts of the mural with chalks.

## The kitchen & dining room

The kitchen is where all of the meals are prepared. There is lots of space for children to help with preparing meals. You can help with cooking & baking if you want to.



The dining room is joined to the kitchen. This is where children & adults eat meals together.

## Independence skills

At Earthsea you can have lots of help with things that you find difficult. The adults want to help you to feel safe & well cared for. In time the adults will help you to learn how to do more things independently, this means with less help from an adult. This might start with daily tasks like brushing your own hair, tying your own shoelaces, making your own breakfast, tidying your bedroom & getting your own school bag ready for the next day.



As you get older the adults will help you to do more things independently, just like other children your age. This might be things like getting on with your home work, going for an independent walk off site, staying at a club like Cubs or Brownies without an adult, helping out around the house e.g. loading the dishwasher, doing some shopping for things you need. The adults will decide with you when you are ready to try these things.





## School & learning

At Earthsea children go to the school that is right for them. For some children the right school is Earthsea School which is in the grounds of Earthsea House. For some children the right school is one of the other schools close by to Earthsea.

The adults at Earthsea will help you with going to school & trying hard with learning. The adults keep in touch with your school to help make sure you have the right help in school. The adults will support you to do your homework & reading.



## Earthsea School

Earthsea School has 3 classrooms: the River, the Warren & the Bridge. The teachers at Earthsea School are used to teaching children who have found it difficult in other schools. At Earthsea School there are some children that live at Earthsea House & some that do not.



## The boot room, larder & laundry room



In the boot room there are wooden boxes & hooks where children can keep their shoes & coats. You will have a box & hooks for your shoes & coats.

The larder is where all the food is kept. The larder always has plenty of food. There is always lots of choice for what you would like to eat.



In the laundry room there are 2 washing machines & 2 tumble dryers to make sure all the children's clothes are kept clean. The adults will wash your clothes for you.

## The hallway & adults' offices



In the hallway there is a fish tank. The children can help to look after the fish by feeding them & helping to clean the tank.

There are 2 rooms in the house which the adults use as offices. This is a picture of 1 of the offices. Children do not go in this office.



The stairs lead upstairs where there are more rooms as well as the children's bedrooms. Your bedroom is upstairs.



## The Port

At Earthsea each child can spend 1-1 time with an adult in a room called the Port each week. The adult will play whatever you want to play in the Port. Playing is really important for children.



The Port has lots of toys, books, puppets, art & craft materials, cars & musical instruments.

## Helping children get things right

At Earthsea we always listen to children & try to understand what is upsetting them rather than give sanctions. If you are unkind to somebody else, break something on purpose or try to hurt another child or an adult you may be asked to spend some time thinking with an adult about what happened.

Sometimes if you do something serious you might get a sanction. A sanction might be something like missing out on a trip or being grounded. The adults will still care for you & be kind to you even if you have got something wrong.



If you break something on purpose you may be asked to help mend it, help clear it up or put some of your pocket money towards buying a new one.

## Rewards

The adults at Earthsea help children find rewards they can work towards to help them try hard with things they find difficult. Sometimes children choose to have a sticker chart or work towards getting a special toy or having a trip out.



Rewards can help children with things they find hard like going to school every day or trying hard not to hurt other people. The adults will support you to find the right rewards for you to help you with things you might find hard to do.

## The landing & Quiet Room

Upstairs there is a landing & 2 corridors where all the bedrooms are.



The Quiet Room has sofas to relax on & shelves full of books. Children can relax & play in the Quiet Room when they wake up in the morning & at other times during the day.

## The corridors upstairs

Upstairs there are 2 corridors where there are 9 bedrooms for children. There are also 2 bedrooms for 2 adults who sleep in the house overnight.



There are bookshelves on both corridors which are full of books. There is a small space called the Cubby Hole up some steps where children can sit or play.



## Bed times

Bedtimes are decided by how old you are & what sort of support is right for you at bedtime. There may be times when your bedtime is a little later because of a trip out or a special occasion.

At bedtime you will have an adult help you get to sleep. At Earthsea this is called 'settling time' & lasts for 15 minutes. It is a relaxing time between you & an adult. Usually children have a story, play a quiet board game or have a chat with the adult.



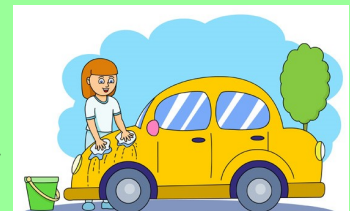
## Pocket money

At Earthsea you will get pocket money once a week on a Saturday. This is your money to spend how you want to. The adults will help you to save your pocket money if you want to. Each year your pocket money will go up after your birthday.



5 year olds get £1.50 6 year olds get £1.75  
7 year olds get £2.00 8 year olds get £2.25  
9 year olds get £2.50 10 year olds get £3.00  
11 year olds get £3.50 12 year olds get £4.00  
13 year olds get £4.50

If children want to, they can earn 'chore money' each week by helping the adults with jobs around the house.



## Staying healthy

The adults at Earthsea will support you to visit the doctor if you are unwell. They will also support you to visit the dentist & optician to help make sure you stay healthy.

The adults at Earthsea enjoy playing games with children such as running around, bouncing on the trampoline, playing 'it', going for bike rides & playing football. These activities help children to stay healthy.



## Bath times

The adults at Earthsea believe it is important to keep clean. All the children have a bath or a shower once a day, usually between dinner & bedtime. You can have an adult to help you if you need one, but if you can manage on your own that's ok too. Some children play with toys in the bath, others just relax. After bath time, children get into their pyjamas so they are ready for bedtime.



## Your bedroom

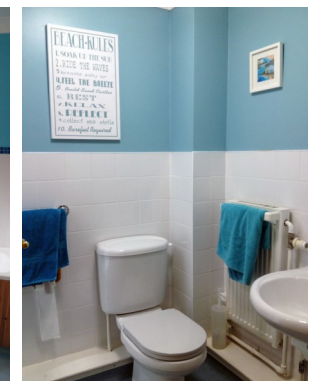
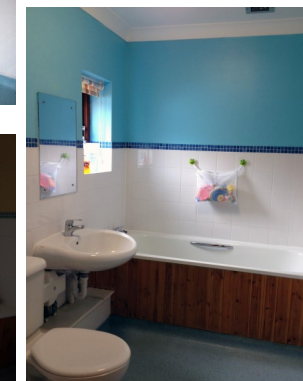
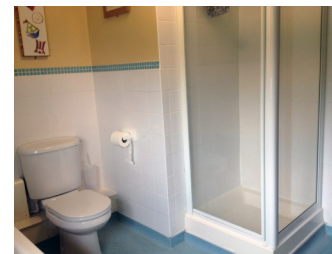
Your link worker will make sure your bedroom is ready for you when you move to Earthsea. In your bedroom there will be a comfy bed & space to keep your clothes, toys & other things you bring with you. You will also have a bedside cabinet which you can lock with a key. Other children always have to ask you before they come into your bedroom & it is ok to say no.



You can choose with your link worker what colour you would like your bedroom walls to be painted & how you would like your bedroom to be decorated.

## Bathrooms

There are bathrooms on both corridors upstairs.



## Garden & grounds

Earthsea House has large grounds with lots of space to play in.



In the grounds there is a vegetable garden. Children can help grow fruit & vegetables.



There is lots of space to explore, walk, run, cycle & play in the grounds at Earthsea. There is also a pond which children can sit near to have some quiet time.

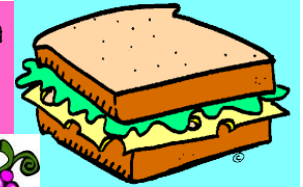
## Meal times

We have 3 meals a day at Earthsea: breakfast, lunch & dinner. We usually eat meals sitting together around the table in the dining room.

**Breakfast** - For breakfast we have lots of different foods including a choice of cereals or toast. At weekends we sometimes have pancakes or cooked breakfast.



**Lunch** - For lunch we sometimes have a hot meal or sometimes a cold meal like wraps or sandwiches, followed by yogurt or fruit.



**Dinner** - For dinner we have a hot meal with pudding afterwards. Sometimes at weekends we have a roast dinner or fish & chips.



At Earthsea the adults make sure there are lots of different foods to choose from. They will keep in mind what you do & do not like to eat. The adults help children learn how to eat healthily. You can help choose what meals we have & you can help to make meals if you want to. If you are a vegetarian or need a special diet, we will make sure there are always choices for you.

## Community meetings

Earthsea has community meetings every Tuesday & Thursday. This is where the adults & children get together to talk about things going on in the community, including good things & not so good things.

Children are encouraged to listen to each other in these meetings & can talk about their feelings if they want to. Children can share their ideas and let the adults know if they would like anything to be changed.

It does not matter if you are too shy to speak, everyone takes time to settle in at Earthsea.



## Being looked after during the night

The adults are available to care for you if you wake up during the night. There is an adult who sleeps in an adult's bedroom on each corridor. The adults take it in turns to sleep at Earthsea overnight. The adult has a special 'buzzer' that lets them know you have opened your bedroom door so that they can check if you need anything & tuck you back into bed if you want them to.



There is a play frame, play tower, trampoline, swings, sand pit & football pitch. There is a bike shed where bikes, scooters & other outside toys are kept.



## Earthsea is getting bigger

Earthsea is having some building work done to make the house bigger.

When the building is finished there will be more rooms downstairs. There will be a new lounge, the Snug will be bigger, there will be a new room for the Port & an art room.



Upstairs there will be 2 more bedrooms for children & another bathroom. This means that there will be space for 2 more children to live at Earthsea, so Earthsea will be a home for 11 children.



## Clubs & hobbies

The adults encourage children to join local clubs when they are ready to, this might be a sports club or a group like Cubs or Brownies. The adults also encourage the children to have hobbies they are interested in like roller skating, baking, football, singing or dancing.



## Understanding cultures

The adults at Earthsea help children understand their background & their culture. They also help the children learn about other countries, cultures & religions. We have lots of special meals throughout the year to celebrate lots of different events like Divali, Hanukah & Chinese New Year. The adults support children to go to local events or groups if they want to. If you wish to follow a particular faith, the adults will support you to do this.





## Camp & holiday

Each summer the children & adults spend some time away from Earthsea House. There is an overnight camping trip in Norfolk for 2 nights & a holiday in cabins or caravans for 1 week. The whole group can join in lots of fun activities on the camp & on the holiday.



On camp we pitch enough tents for everybody in a big circle. We have barbecues, sing around the camp fire, we go for walks in the woods, visit the beach & sometimes get to try out activities like canoeing, archery or zip wires.

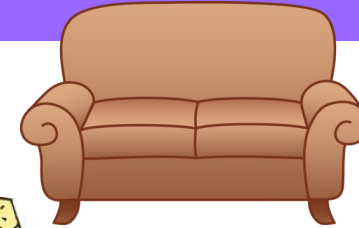


On the holiday there are usually 2 children in each cabin with a group of adults. We can spend time exploring the holiday park & swimming in the pool. We also go on lots of trips around the area like going for walks or bike rides, visiting castles or museums, theme parks & zoos.



## Taking care of the house

Part of taking good care of the children means taking good care of the house & everything inside it. The adults at Earthsea will help you to learn to take good care of the house too.



You can help make decisions about furniture, pictures & how things should be in the house.

## Keeping safe

At Earthsea we want children to feel safe. If children do not feel safe, the adults at Earthsea will listen & try to help find ways for them to feel safe. If you are unhappy about anything the adults will listen to you & will try to help.

The adults at Earthsea know that children need boundaries to help them stay safe. They know how to safely stop children from hurting themselves, hurting other people or breaking things.

Some children like playing computer games & using the internet. The adults help children to use the internet & they will help you learn how to keep safe on the internet.



## Being held

If you are trying to hurt yourself or somebody else or trying to break something, the adults may need to stop you. This might mean they guide you to a better place to take space to calm. Or it might mean they need to hold you safely until you are calmer & it is safe for them to let go.

If the adults need to hold you this will always be in a caring way & it will always be to make sure everybody is safe. If the adults do need to hold you there will always be a chance to talk about it later & for you to say how you feel.

## My wishes & feelings

The adults at Earthsea want to listen to what you think & how you feel. You can let the adults know how you would like things to be & if there are things you would like the adults to arrange for you. You can help make decisions about how you want to be looked after & how things should be in the home. There are lots of ways you can let the adults know your wishes & feelings:



- You can talk to any of the adults
- You can talk in the Community Meetings
- You can write or draw on a special 'I Want You To Know' form
- You can ask an adult to talk in the adults meetings about things that are important to you

The adults think very carefully about your wishes & feelings. Sometimes they might not be able to do what you want them to. If they think it may not be the best thing for you or if they feel it may upset the other children, they will talk with you about this & help you to understand.

## Positive experiences

The adults at Earthsea believe it is important that you can have lots of positive experiences. This might be spending time with your link worker or with other children & adults.



We often plan trips out. These are usually at weekends & in school holidays. Sometimes a few children & adults go on a trip & sometimes the whole community goes on a trip all together. We often go for walks, on shopping trips & visit local parks. We also go to the beach, roller skating, cinema, bowling, zoos & to theme parks sometimes too.

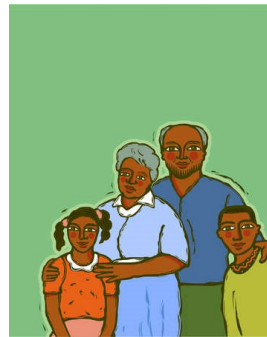
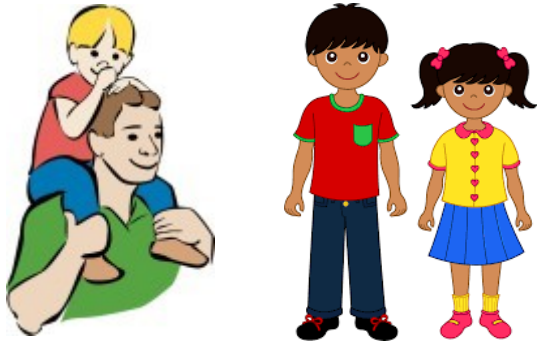
There are lots of things to do at Earthsea House. Indoors we have lots of board games, lots of books, a dressing up box, lots of art materials, TVs, lots of DVDs, games consoles, a laptop computer which you can use.



## Keeping in touch with important people

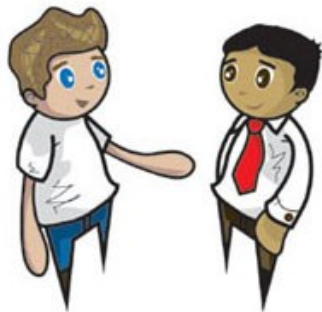
The adults at Earthsea talk regularly with children's families & other people who are important to the children.

Your social worker helps decide what contact you can have with your family. An adult is always available to support you with seeing your family & keeping in touch with them.



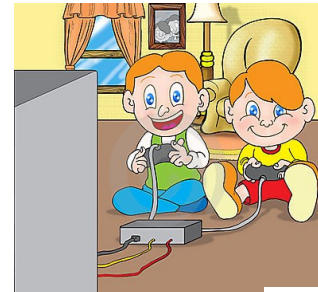
Earthsea offers support to children's families & can help them understand things that have happened in the past too.

The adults at Earthsea talk with children's social workers. The adults will talk with your social worker to find the best ways to support you.

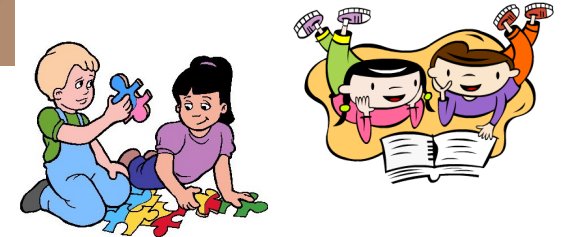


## Playing & friendships

Playing is really important for children & it can be lots of fun. The adults enjoy playing games with the children. At Earthsea there is lots of space to play inside the house & in the grounds.



Sometimes children want to spend time on their own, with an adult or with other children.



Living together as a group helps children get to know each other & learn how to get along.

The adults support children when they fall out & help them learn how to put it right if they have got something wrong. If any bullying happens the adults make sure this is stopped & the adults help the children work together to make things better.

