



Gables House Young Person's Guide

Welcome!

This booklet is to help you settle in and to answer some of the questions you may have about Gables House.

We know that it can be an anxious time meeting new people and coming to live somewhere new however, we will all try our best to help you settle in as quickly as possible.

We want you to feel part of Gables House and for the home to be a place to be proud of, where you can relax, have fun and be happy whilst you are living with us.

Gables House is a home where up to 8 young people aged between 11 and 18 years live. The house is set in the Kent countryside in a small town called Tenterden.



Next door to Gables House are two other houses called Greenfields and Oakwood where other young people live - these three houses make up our therapeutic community.

Who will take care of me?

During your stay at Gables House you will be looked after by members of the care team, adults who are experienced in caring for young people and who are here to listen and support you and help you to understand how to keep yourself safe.

To ensure you get all the help you need each young person is allocated a Key Worker who will work alongside you throughout your stay at Gables House. They will help you to settle in, make sure you have everything you need and

ensure that you feel safe and cared for while you are living here.

Your Key Worker will spend time with you, support you with any problems or difficulties you may have and make sure that your views and wishes are heard.

You will also have a Co-key Worker whose role is to support you and your Key Worker and who will ensure that you continue to get all the help and support you need even when your Key Worker is away.

About Gables House

Gables House has a large spacious lounge where everyone can watch TV and play games.



The snug is based to one end of the dining room and is a multi-functional space with gaming consoles, a juke box for listening to music and a book corner, an area ideal for relaxing.



We have two chill-out rooms. These can be used when you want some quiet time or when you have contact with your family, when your Social Worker comes to visit you or for private discussions with your Key Worker.



The orange chill-out room has musical instruments which you can experiment with and practice playing.

Garden

Gables House has a large garden with lots of space. There is a climbing frame and trampoline and during the warmer weather there is a swimming pool.



There is also a large patio area and lots of space where you can run around, ride your bike, play football, basketball and garden games.

Your bedroom

Every young person at Gables House has their own bedroom. It is important that you have your own space, a place where you can be yourself and have your personal belongings around you. Once you have settled in you will be able to work with your Key Worker to design your own bedroom and have it decorated the way that you want it to be.

Your bedroom is your personal space and it is one of the Gables House rules that young people are not allowed in one another's bedrooms.

What time will I go to bed?

Bedtimes are different depending on how old you are. When you move in we will plan a routine with you to help you with evenings and settling into your room at bedtime.

Will I get any privacy?

Yes, of course, you have a right to privacy! Below are some of the things we can do to ensure that no one spoils your privacy:

- The toilet and bathroom doors can all be locked from inside when you are using them. However, the care staff can unlock them from the outside if they believe that you are ill or need help
- Your bedroom is your safe space where adults will knock before entering
- No other young people are allowed to go into your bedroom
- There is a private space for studying, other than your bedroom
- We have two chill-out rooms for quiet time

What will I eat?

Meal times are important and we try to cater for all tastes and ensure everyone has a healthy balanced diet. If there are certain foods that you don't like then please let us know. We have a

chef who cooks a variety of dishes using fresh produce wherever possible and we encourage all our young people to try new foods.



Food from different cultures is regularly prepared and there is always a vegetarian/vegan option available. We will support you with making healthy food choices and to become involved in choosing the menu and helping with the preparation and cooking of recipes. We will also enjoy tasting the cakes you bake!

We all sit down around the dining room table and eat together. Meal times are a social occasion where lots of interesting conversations take place.



We have three meal times, breakfast, lunch and dinner. Healthy snacks are also available throughout the day.

School

Next door to Gables House is Greenfields School. We understand that you may have previously found school difficult however Gables House staff and the school teachers will work closely together to support you with your learning.

When you first arrive a teacher from the school will visit you each day at

Gables House and spend time with you so that you can get to know one another. This will also provide you with the opportunity to say what you like and dislike about school and also to tell your teacher about what your past experiences of school have been like.



Each class consists of a mixture of the young people that live within the three houses that make up our community.

Greenfields School have Clinical Educational Support Assistants (CESA) who are there to support you in school and to help you with any problems you may have. If you are struggling with a particular issue and find it difficult to be in class they will help support you until you are able to return to the classroom.

School uniform

All Greenfield School pupils wear uniform which consists of a navy blazer, jumper, trousers/skirt with white shirts, a tie and black shoes.

It may be that you will attend a different school, if this is the case then this will be arranged before you come to live at Gables House.

Activities

We want you to enjoy yourself and will encourage you to have an interest or hobby or be involved in an activity to help broaden your skills and meet new people.



As a house we go out on group trips at the weekend and during school holidays to places like the cinema, bowling, the beach, the trampoline park, football matches and ice skating.

The internet and mobile phones

We have internet access at Gables House. Once you have completed internet safety awareness training you will be able to use it as long as you follow the correct procedure and guidelines.



You may have a mobile phone when you reach 13 years of age. We will work with you and take you through some mobile phone training to help you use this safely.

Are there rules I must keep?

At Gables House we have some rules which help us to live together, to help us feel safe, respected and listened to, we would like you to keep them:

- It is important to treat everyone with respect. Everyone has a right to feel safe and valued whilst living at Gables House
- All the young people and staff meet together on a Tuesday for a Community Meeting, which we want you to attend and to be part of the community
- If the fire alarm sounds then you must leave the building immediately and stand at the meeting point which is opposite the house
- You must not cause deliberate damage to another person's property
- Staff members will tell you about what is expected in relation to

acceptable behaviour. There may be times when there are consequences for negative behaviour. These are in place to help you understand how your behaviour affects you and others

- Young people are not allowed in one another's bedrooms

Advocacy, help and support

Gables House believes that a young person should have access to an advocate. An advocate is an independent person who is not your Social Worker or a member of the team at Gables House. Their role is to ensure that you have a voice in decisions that are made about your life and that your wishes, feelings and views are considered. You can ask your Key Worker or Social Worker for the contact details of an advocate.

Another organisation that you can contact for support or if you feel that no-one is listening is Childline. Childline is free to contact on telephone number: **0800 1111** or online at <http://www.childline.org.uk/>

The Children's Commissioner for England and her team provide help and advice to young people living in care. You may speak with them about anything that may be troubling you. They can be contacted on telephone number: **020 7783 8330** or online at: help.team@childrenscommissioner.gov.uk

Gables House is inspected every year by Ofsted who make sure that the young people living in the home are being kept safe and that the home is well managed. All the young people living here are encouraged to speak to the inspectors about their experiences of living in Gables House.

Ofsted offers a Children's Right's Service which you may call if you want advice.

They can be contacted on telephone number: **0800 528 0731** or online at: www.rights4me.org

Young people's comments about living at Gables House

"Sometimes it can be hectic and chaotic but a lot of help comes out of this house"

"Don't expect everything at once but everything can earned"

"Work with the adults and you get the help and support you need"

The Senior Management Team at Gables House



Tessa Lee - Director



Juliette Joyce – Assistant Director



Angela Hickson – Assistant Director