



Apple Orchard
therapeutic community with education...

A YOUNG PERSONS GUIDE TO

FASTBRIDGE FARMHOUSE



*"I've had all the support I could want, from staff and boys.
I would recommend this place
to anyone who needs the help I needed".*

2017

Contents



Welcome	3
Your Home and the Grounds	4
New Routine	5
General House Rules	6
Times, Mobiles, Smoking and Computers	7
Young people's views on Fastbridge	8
Young people's views on Fastbridge	9
Education	10
Birthdays and Celebrations	11
Activities	12
The local Area	13
Christmas	14
Contact / Free Time / Culture	15
Sanctions and Money	16
House meeting	17
Key-Working	18
Healthcare	19
Therapy	20
Independents Skills	21
Complaints	22
Contact Numbers and Advocate	23



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The Children's Commissioner

The Children's Commissioner for England is Anne Longfield OBE.

She has a statutory duty to promote and protect the rights of all children in England in accordance with the United Nations Convention on the Rights of the Child.

The Children and Families Act 2014 gives her special responsibility for the rights of children who are in or leaving care, living away from home or receiving social care services.

She speaks for wider groups of children on non-devolved issues including immigration (for the whole of the UK) and youth justice (for England and Wales).

It is her job to make life better for all children and young people by making sure their rights are respected and realised and that their views are taken seriously.

The Commissioner is supported in her work by a team of staff. Together, they are responsible for the rights of all children and young people until they are 18 years old, or 25 years if they have been in care, are care leavers or have a disability.



020 7783 8330



Welcome To Fastbridge

We all hope you will enjoy living here. This guide is to help you settle in and to maybe answer a few of the questions you might have. Having come through Bramley, Oakdene or Orchard House you already know the staff and young people.

The problem with this is that you hear a lot of nonsense! about what you can and can't do. The Fastbridge young people like to exaggerate about what they are allowed to do. We hope that during your visits, you will probably have got the hang of some of the house rules and routines and have realised that it's not the party house that you would have been led to believe.

Fastbridge is a Semi-Independent house, which means that the staff are there to support and teach you the skills you will need to live independently.

We understand that you may be feeling anxious about coming to Fastbridge. It is sometimes quite difficult being in a new environment and we will try our best to help you settle in as quickly as possible. Let us know about night lights or things you need for your room.



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Your Home

Fastbridge is a small 16th century Farmhouse, so please look after it (it is **very old**). There are a maximum of four boys living here at any one time, aged between 16 and 21 years old.

You will have your own bedroom and it's strictly private, no other boys may enter your room and staff can only enter with permission or in the case of an emergency. Each room has a lockable box for you to keep valuables or important things in.

There is one bathroom with a bath and shower which is shared with other housemates and staff. So respect this and keep it clean and tidy.

The kitchen and dining room is for everyone to use, this is also where the washing machine is. You are free to make snacks and drinks at any time and fresh fruit is always available.

We have two lounges the one with the big fire place is for meetings and watching TV and DVD's. The other lounge is for computers consoles.

The Grounds

The house has an extensive garden and flower beds surrounding the property. There is a bike shed for you to use. There is a vegetable patch available if you like gardening.



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Your Social Worker Number: -

Your IRO Number: -

Your Advocate Number: -

If you don't have an advocate and want one speak to your key-worker.

An advocate aims to empower a child or young person, and support them to have their say. An advocate is someone who offers one-to-one support for a young person. They may give advice, raise the child's awareness about their rights, or speak up for the child and represent their views, wishes and feelings. They may simply provide a listening ear.



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Complaints - What to Do

If the complaint is about life at Apple Orchard you can discuss it in;

In House meetings

In key working

By speaking to the senior on shift

By Speaking to the Home Manager

By Speaking to Barbara (the Principal Manager)

By Speaking to John and Steve (the Owners)

You can phone your Social Worker at any time

You can call your IRO.

You can call your Social services and ask to speak to an advocate

You can call ChildLine who can give advice

If your complaint is about anything outside of Apple Orchard we will support you to speak to the appropriate person.

If you feel that this hasn't helped then your Social Worker will be contacted and a visit from them will be arranged.

Finally if you are still not happy you can write a letter of complaint to: Ofsted, Piccadilly Gate, Store Street, Manchester M1 2WD.

There are addressed envelopes on your notice board in the hallway. You may also phone Ofsted at any time on 0300 123 1231 or The Children's Rights Director on 0800 528 0731. You may also contact your IRO - ask your keyworker for the details.

Your new routine

It is your responsibility:-

- To be up and showered in the morning by 08.15 and make sure you have clean ironed clothes for School or College.
- To keep you room tidy, open your curtains in the mornings and to make your bed.
- To cook for the group on your cooking day.
- To check the jobs list and do your daily job
- To do your weekend job on a Sunday before 14:30
- To do your own laundry and ironing
- To take an active role in house meeting

NOTE we would like you to do all your jobs to a reasonable standard without complaining

"You help to make the mess,

You help to clean it up too".

Mondays	Boys meeting and Daily jobs.
Tuesday	Food shopping and Daily Jobs.
Wednesday	Group therapy.
Thursday	Daily Jobs
Friday	Bedrooms to be tidied for pocket money.
Saturday	Free day.
Sunday	Bedding to be washed, weekend jobs.

General House Rules

Respect others at all times, including staff and the other boys also no swearing.

No touching; we have a 'no touching' policy when at school or at the other houses. We have an 'appropriate touch' policy at Fastbridge. This will be explained further in house meeting when you move in.

Bedrooms; Your bedroom is your own private space. No other boys should enter. Staff may enter with your permission or when accompanied by you, except in the case of any emergency.

Monitoring Devices: We have movement alarms at night which are located on the landing to ensure your safety at night. There is also a listening device linked to the staff sleeping in room, so that staff can be alerted if there are any problems. Should any issues or concerns arise, there will be an additional movement alarm placed outside bedroom doors, but these measures will be explained as part of a house meeting.

Where are you? You may not leave the grounds of Fastbridge without permission. When leaving a supervised area just say where you are going. Staff need to know at all times the whereabouts of all the boys, to enable them to keep you and others safe.

Clothing - Appropriate clothing must be worn at all times, you should have a good understanding of what this means by now and if not this will be discussed in a house meeting.

Independent skills sessions

The Independent programme at Apple Orchard starts in the Bramley, Orchard House and Oakdene homes which is overseen by Fastbridge staff. The young people bring along their folder which they have started when moving into Fastbridge. We complete the work on them and then continue with the more advanced sessions.

Fastbridge Farmhouse offers additional life skills for the young people in weekly independent skills sessions. The independent sessions include all aspects for their future life. The skills which the young people will learn will not just help them when they first leave Apple Orchard but for later life too. Session topics:-

- Housing
- Health, Hygiene and Sex Education
- Home economics
- Cooking
- Social skills and integrating back into the community
- Leisure and independent travel
- Budgeting, finance and banking
- Advice and resources
- Employment
- Health and safety
- Writing skills / forms
- Free time programme
- E-safety

Therapy

Individual Therapy You will have a therapy session each week which lasts for 1 hour with your Therapist, who will help you to understand your problems and help you to make changes, so that you can build a positive future. This might mean that there are times when you may feel upset. Staff will always be there to support you.

Group Therapy Every young person has group therapy for an hour and a quarter each week. There are three groups, Elementary Group, Intermediate Group and Seniors Group. You will be placed into the group which best suits your needs. Group includes discussions, role play and other activities which can be fun and help you to gain support from others in the group.

Times

Getting up- Week days 7.00am- Weekend 8.00am

Bed Times- Week days 10:30am- Weekend 11.00am

Computers to be turned off half an hour before bed.

Mobile phones

Mobile phones are allowed at Fastbridge. This will start as a basic phone and within time you can work towards a Smart Phone. Phones are not to be taken upstairs.

Smoking

We would rather that you do not smoke but if you make the decision to smoke you are allowed to smoke when at college or on free time and can smoke in the grounds in the designated smoking area. This is one at a time and last cigarette is half an hour before bed time. No smoking materials are allowed upstairs and are to be kept in the cupboard.

Computers

You can use the house PC for the internet this will be supervised by staff at all time. You cannot play games on the PC, however you can play on line gaming in the games room. This will need to be supervised at all times and we do not allow headsets to be worn. Computer times are two hours on and then two hours off.



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Young people's comments about Fastbridge.

Fastbridge is a really calm and relaxed environment and has a family feel to the home and helped me work on my issues . MP 2016 - 2017

"Fastbridge is a good house to live in; it helps you to learn independent skills. It is relaxed and they supported me going to college. I found the therapist very helpful, we worked on my issues which helped me to go to college, get more free time and a mobile phone. "ST 2010-2011

This place helps you make a new life DC 2017 - 2017

You can have your own space and the home is calm which helped me have time to think and reflect. JP 2016 - 2017



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Healthcare

You will be encouraged to make all your own appointments for the regular check-ups at the doctors, dentists and opticians. Don't worry, you will get help at first!!

At this point in your life you are going through a lot changes. Staff will offer advice on personal grooming and men's health. This will also be picked up in the independents skills section.

Minor bumps, bruises and scrapes are attended to by our trained First Aiders , for anything more serious Royal Surrey County Hospital is only a short distance away.

Issues of Sexual Health are discussed on a formal basis and are more informally discussed in group meetings with staff in attendance. A member of the staff team will always help with any questions or worries about healthcare issues no matter how big or small they may seem.

All young people when moving into Fastbridge will do COSHH and will learn how to use the fire alarm system.

Key Workers

Key-working is the same as the other houses so you know that you will be allocated Key-worker and Co-keyworker.

At Fastbridge Your Key-worker will support you in budgeting clothes and toiletries. Key worker sessions can be invaluable for getting things off your chest and can be asked for at any time. They will also write your monthly reports and review reports.

It is the role of the key-worker at Fastbridge to oversee your independent skills folder. We would hope that you will be able to do four sessions a month.

Your key-worker will also buy your Christmas Presents, birthday cards and cake and will help you do your life book etc.

"Staff try their best to help young people to put their life back on track I feel that this placement has helped me a lot in turning my life around and making sure that I am not a risk to the community "BH 2013-2014

"I was thankful that I was at Fastbridge it helped me to keep out of trouble and I think back with fond memories of living there" TB 2013-2015

"The staff at Fastbridge were very supportive and the independent skills folder helped me after I left, as it made things easier " PL 2014-2015

"I've had all the support I could want, from staff and boys. I would recommend this place to anyone who needs the help I needed." KS 2015-2017

"I'm calmer and the place is too, it helps me relax more' and, 'my free time in this house has increased dramatically since being at Fastbridge" TC 2015-2016



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Education at Fastbridge

When you live at Fastbridge you are expected to attend education, this is a **MUST**. School, College or Work. Our aim is for you to have a 100% attendance record. All young people are encouraged to attempt some National Certificates in education. These can include Entry Level exams, Adult Numeracy and Literacy, Functional Skills, GCSEs and occasionally AS Level studies. The school can offer English, Maths, Science, ICT, History, Art, PE and Design Technology up to GCSE levels with the possibility of Electronics being added in the near future. There are also enrichment courses for PHSE, Music, Drama and Spanish on the timetable. Specialist tutors attend for German, Violin, Guitar and Drumming lessons. This will give you a great stepping stone to college, work or university courses.

College Higher education courses at college are regularly aimed for with pupils studying subjects such as Business Studies, Engineering, Catering and Hospitality, Music, Agriculture, Animal Care and Landscape Gardening at Brinsbury College, Guildford College and the prestigious Guildford School of Music. Your progress will be discussed every 3 months in your reviews. Your aims are incorporated into your I.C.O.N scheme and a comprehensive education report and Personal Education Plan, which are produced every 6 months with your input.

Work experience Placements are hard to find but we will do our best and try to find you a placement within your chosen profession. The Work experience programme is a way of collecting valuable insight to working life and gaining good references. This will be invaluable when writing you CV.

Vocational Studies Programme Some boys are not able to access college courses or work experience placements due to their continuing high risk. These pupils have the opportunity to link into a Vocational Studies Programme, run through the school at Oakdene purpose built workshop has been designed to allow boys to learn skills in painting and decorating, car mechanics, electronics, gardening, landscape gardening and computer programming.



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House Meetings

Once a week we all get together for a house meeting. This is your chance to air your views, complain, grumble or rave about all the good things. You will take part in decision making, gain support from others. We use this time to plan activities, trips, visits, and the menus. This is where you can discuss the jobs around the house the things you think work or need changing. This is your home and you need to take an active role in running it.

You can also call a meeting at any time if you have an issue that needs sorting out immediately. This could be to challenge a young person or staff member. To ask for extra support from the group, we understand that all young people deal with very difficult issues on a daily basis. Meetings can also be good if you are trying to arrange a trip and you feel the young people are not listening. Think of this as an open forum for discussion in a respectful way.

Sanctions

A sanction will be put in place only after losing your incentive the type of behaviors that a sanction would be put in place for are:-

- Sexually inappropriate behavior.
- For bullying.
- For racist, sexist and discriminative behavior.
- For disregarding house rules.
- For rude or unacceptable behaviors likely to cause offence to anyone.
- For purposely damaging objects around the house

Money

You will have between £6 and £11 pocket money per week depending on your age, the opportunity to earn up to £5 incentive each week, and allowances of £65 clothing and £12 toiletries every month so you will be able to look and smell nice!

We encourage you to save where possible and will cover it further in the Incentive Programme.

Birthdays

On your birthday you will receive cards and money from the house, you will have a birthday cake and you get to choose what take-away you would like. At the week-ends you will be offered breakfast in bed and on weekdays you will have your breakfast made for you.

If you have family who can visit you then they will be more than welcome to come and help you celebrate your birthday.

If it is your 18th birthday you will get a choice of what you would like to do, whether that be go out for a meal with the house or choose a special activity.

Celebrations

When you first move in we always get a take a way meal to welcome you into the house.

New Year's Eve we celebrate with midnight cheers and a meal out.

Easter is a time for Hot Cross buns and Easter Eggs.

Bonfire Night is celebrated by going to our local town and we do the flaming torch walk to the bonfire and fireworks show.

We don't need much of an excuse so pass your driving test, do well at your GCSE or college exams and we will go out for a meal or get a take away.

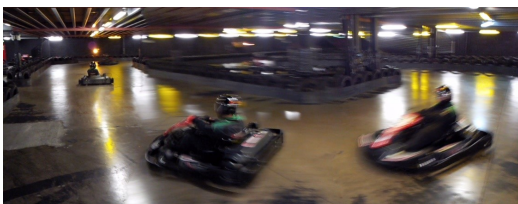


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Activities

You can take part in any activities which are safe for you and the public. Activities are lead by you, if you have any ideas for something new, bring it up in a boys meeting and we can see what we can do. We want you to do things that you are interested in. For example; playing Pool, Swimming, Air hop, Basketball, Football, Ice skating and Cinema just to name a few.



Summer Holidays

You will be part of the planning for the summer you will be given the opportunity of choosing which activities you would like to do and support in booking and budgeting for trips.



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Contact with Family & Friends

Contact will continue as previously arranged when you were living at Bramley, Orchard House or Oakdene. It will be reviewed in 3-monthly and Statutory reviews. You will work towards free time, part time work and college to widen your contact with the outside community.

Free Time / Part-Time work

You may have already been taking periods of free time at Bramley, Orchard House or Oakdene. A structured plan will be put in place for you to move forward in a safe and independent way.

Once you have achieved a suitable level of free time, you may be given the opportunity to find some part-time work locally, which is a great way of saving money as you near your time of leaving care.

Culture, Race & Religion

We will encourage, support and assist you to maintain any beliefs that you may have. Any dietary needs or specific dress codes will be recognised and accepted.



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Christmas

Everyone loves to celebrate and have fun at special times of the year, and here at Fastbridge we are no exception. We understand that times like birthdays and Christmas can be especially difficult for young people like you living away from home and families, and we will try to make these occasions as much fun and as easy for you as possible. We really want you to have a good time and enjoy yourself.

At Christmas everyone gets involved in the preparations. We have a big tree and lots of decorations that you can help to put up.

You will be asked to make a list of presents you would like and your key worker will buy and wrap them ready for Christmas morning, don't worry we will have hidden them out of the way so there will be no peeking!! We really do understand that at these times your feelings may be mixed but we will do our best to try and make these occasions memorable.



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Cranleigh Area

The Village of Cranleigh is only 2 miles away. Cranleigh has a high street and a selection of shops. This is also where you will get the bus into Guildford. It has a library and a fair size skate park, playing fields and sports Centre with a good gym.

Guildford is the nearest town to the house which is about 8 miles away. In Guildford you will find a large shopping Centre that we visit regularly to buy clothes, toiletries and spend pocket money. This is a good place to take free time and to use your independent travel. We also visit the Cinema, Air Hop, Surrey Sports Park and the ice rink at the Spectrum. We use the leisure Centre for ice-skating, tenpin bowling, Climbing, football and swimming.

There is also a college in Guildford where some boys take the opportunity to follow further education.

Horsham, Crawley and Aldershot are also a short drive away and we do make trips there for shopping and to use the cinemas.

