



Apple Orchard
therapeutic community with education...

*"Boys always come first" - Orchard
House Resident JRB 2017*

A YOUNG PERSON'S GUIDE TO ORCHARD



2018



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therapeutic community with education...

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"There is so much support in this community"



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Orchard House

Five Oaks Road

Slinfold

Horsham

West Sussex

RH13 0RQ

01403 783416

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 Orchard House, we all hope you will be very happy here. This guide is to help you settle in and to answer a few of the questions you might have, if you think of any more just ask any member of staff and they will be able to help you.

During your assessment week you will probably get the hang of some of the house rules and routines. This booklet is your guide to Orchard House, your home where we hope you will settle well and enjoy all that is on offer to you, both formal and fun.

We understand that you may be feeling anxious about coming to Orchard House. It is sometimes quite difficult meeting new people and being in a new environment and we will try our best to help you settle in as quickly as possible.

Throughout this guide we will look at some of the things that we are most often asked about, we hope you find this useful. We look forward to having you joining us at Orchard House!!





Your Home

Orchard House is a Large house surrounded by fields and trees. There are a maximum of nine boys living here at any one time, all aged between 12 and 18 years old. You will have your own room and you are more than welcome to put up your own posters and pictures and any other personal items that will make you feel more comfortable.

Your bedroom is **strictly private**. No other boys may enter your room and staff can only enter with your permission or in case of an emergency. Remember this is your home and it is yours to share with the other boys. All we ask is that you respect and take care of Orchard House and its contents.

There are two bathrooms that are shared with the other boys and one bedroom has an en-suite bathroom. The large kitchen is available for you to make drinks or snacks and we will be more than pleased to have a hand with the cooking if you feel you would like to help. There is a large Lounge and a Games Room where there are TVs and a number of games consoles and board games.

"All staff and boys are really nice, we try to make it as close to Family as possible"

JRB aged 16

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.



0300 1231231



Complaints – What to Do

If the complaint is about life at Orchard House 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 advocate
- You can call ChildLine who can give advice.

If your complaint is about anything outside of Orchard House 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.

Staff Team

Throughout your stay with us at Orchard House you will be cared for and supervised by a dedicated staff team. The staff are professionals and care about their work and the boys in their care. They are experienced in many areas, and will happily join in with your activities. If you have a problem or a worry they will share their advice and support willingly.

They will never judge you and are always mindful of your previous experiences. At times the staff may need to be firm but we hope to always be fair. All that the staff ask of you is that you are as honest and respectful to them as they will be to you.

There are also waking Night staff who are available throughout the night should you feel unsettled.



Key Workers

You will be allocated a member of staff as a Key worker. Your Key worker will be responsible for helping you settle in to Orchard House and will continue to support you throughout your stay here.

They will help you to manage your clothing and toiletry allowance, promote you to increase your independence and support you to discuss any issues or concerns that you may have.



At the end of each month your Keyworker will write a report that will highlight all of the progress that you make at Orchard House. This report will be sent to your Social Worker. Your Key worker will also write a

report for you Statutory, Looked after Child Review every six months. You will always be asked to read through these reports written about you and given the opportunity to discuss this and comment on the report.



Sanctions

At times things may be difficult for you and some young people find it hard to adapt to living in a therapeutic community. We recognise that this can affect the way in which you behave but as in life there are consequences for actions, and so Sanctions are necessary. We do not issue sanctions with the intention of it being a punishment but more to give you time to reflect and hopefully adapt your behaviour. We try to make sure that the sanction is related to the behaviour— so if there is an issue with your behaviour around the TV, then we will make sure that the sanction relates to TV. Please talk to any of the staff or young people to help you to understand this further.

Independence Skills

We have an Independence programme that we have adapted over the years to ensure that we teach you all the necessary skills to be able to live independently. You will be supported to work through this by your keyworker.

Mobile Phones

When you first Join Apple Orchard you will not be allowed to have a mobile phone. There are lots of reasons for this and we are happy to talk to you about this in more details when you come to visit. We are always looking to move forward and it is possible to work towards being allowed a phone. There is a phone available for you to use within the house.

Consoles

You will be allowed to bring your own console to play with at Orchard House or can use the house Playstation 3 or Wii. We do have limits on the amount of time you can play on console; 45 minutes on your own or an hour if you play a joint session. This may seem very different to what you are used to but all of the boys have said that they do not miss playing on their consoles as there is so much else going on to keep you busy.

Smoking

We have a non-smoking policy for all young people. If you currently smoke and are looking to move to Orchard House we will help you to quit and use the local “stop smoking” clinic.

Food

We understand how important food is to growing young men. As well as a balanced 3 meals a day, we have morning break, afternoon tea and supper is available if you should want it. In addition there is always fruit available in the house and you can help yourself to tea and coffee from the kitchen.

Therapy

Individual Therapy You will have a therapy session each week which lasts for 1 hour; this will be with your Therapist who will be the same throughout the whole of your placement. Your therapist 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.



Your School

Education is a **MUST**, it is the law but it can be fun. With the dedication of the teaching staff and just a little effort from yourselves, you will not only have a little more knowledge but will hopefully have enjoyed getting it. You will have the opportunity to study for the same GCSE's as other young people at mainstream schools. School is not just reading, writing and numbers, however these are important. Art and sports are creative and fun. There are outings to museums, art galleries, sports events and libraries that are not just informative but a break from the classroom.

Hard work in the classroom is rewarded. The Headmaster runs an incentive scheme with prizes from pens and cameras to a day's activity go-karting.



General House Rules

We don't like to have big lists of rules and everyone at Orchard House will help you to get used to the rules. The general rules are as follows;

Respect others at all times, including staff and the other boys. Treat others how you would like to be treated.

No touching people; it means what it says - no boys should touch other boys at any time. No boys should touch staff at anytime or staff touch the boys with the exception of a hand shake on introduction. Any touching should be reported immediately to the senior member of staff on shift. This is for your own protection.

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

Where are you? You may not leave the grounds of Orchard House without permission or unaccompanied. When leaving a supervised area permission must be asked to go to another area i.e. your bedroom, garden, toilet, etc. 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 will be advised when buying new clothing, however this does not mean you cannot be trendy and fashionable.

Your new routine

Things are probably going to be quite different at first when you move in to Orchard House but don't worry you will soon get the hang of it and the staff and other boys will help you out.

The usual routine for a **school day** is;

- You need to be up, showered and dressed for school by 8.30am, with breakfast available till 8.45am.
- School Starts at 9am with a handover from the care to the school staff. Break time is at 10.45am to 11am and Lunch from 12.30 to 1.30pm. The school day ends at 3.15pm with a handover to the Care staff
- We will then all get together as a house and have some afternoon tea and organise our evening, with the opportunity to reflect on the previous evening and to raise any concerns that you may have.
- Dinner is usually served at around 6pm. Depending on the weather and the time of the year, we offer you things to keep you busy like; football outside in the garden, visits to the local pool hall, consoles and DVD's, board games and cards. You may also have homework to do but don't worry we can help you with this.
- Bed time depends on your age; 12 to 14 year olds go to bed 9.45pm, 15-16 go to bed 10pm and 17-18 go to bed at 10.15pm.

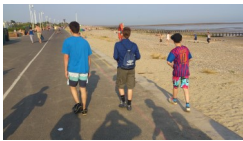
The usual Routine for **Weekends or School Holidays** is;

- You need to be up, showered and dressed by 11am. Normally we have got something planned for the day and you will want to get up earlier but we understand that sometimes you may want a lay-in.
- Breakfast is available in the morning and lunch will be ready around 12.30 and dinner is the same, 6pmish.
- Bed times are all 30 mins later so for 12-14 years old it is 10.15pm, 15-16 year olds it is 10.30pm and 17 and 18 years old it is 10.45pm.

Local Area

The house is approximately 6 miles from Horsham town center. There you will find a shopping center that we visit regularly to buy clothes and toiletries and also spend pocket money. We regularly go to Cineworld in Crawley to watch the latest films at the cinema. There is also a golf course very near, where the boys like to go to the driving range and also a pool hall. In the summer the beach is a short drive away and we often go to have fish and chips or a BBQ on the beach. There is also a local college in Pulborough where some boys take the opportunity to attend Further Education.





Activities

We like to be really active and always have something going on. We are always open to new suggestions but some of the things that we regularly do are;

In house

- Quiz Night
- Cards
- Console (House PS3 and PS4)
- TV and DVD (The House has a huge collection of over 300 DVD's)



- Cooking
- Art



Outdoors

- Football, cricket, rounders, Basketball
- Skating, Scootering and Skateboards
- Cinema
- Trips to the coast
- Fishing
- Cycling trips
- Hiking
- Banger Racing



HealthCare

We like to think that we look after you really well at Apple Orchard. When you first join us we will make sure that you are registered with a local GP, Dentist and the Optician. We will encourage you to be fit and healthy.

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 anything more serious and Horsham 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.



"The staff supported me
 To be able to make
 healthy choices" AG
 aged 16

Monies

We know it is important that as a teenager you have money for fashionable clothes, toiletries to smell nice and other items including magazines, CD's or DVD's and of course sweets!

You will have £5- £8 per week pocket money, depending on your age, and the opportunity to earn an incentive of up to £5. The system for this will be explained to you when you come to visit, but its pretty simple, if you are well behaved you will earn £5 extra each week.

You will also have an allowance every month of £65 to buy clothes and £12 to buy toiletries. Your key worker will make sure you have enough of the right clothing and that you don't run out of toothpaste!



Summer Holidays

Every summer when the school breaks for the holidays the whole house relaxes and has a good time. There are lots of different activities on offer, for example horse-riding, climbing, wildlife parks, camping, the list is endless - but some of the nicest times are had playing on the beach, digging, rock pooling, playing football or cricket. Life is fun when the house is on holiday!!

We take the opportunity to go for meals out; have lots of B-B-Q's and ice-cream. We send postcards to friends and family and take photos to remember what a good time we had. All of the boys already at Orchard House describe this as their favorite time of year, see some of their comments on the next page.....



Young Peoples Comments

"It is a really nice environment and people are very supportive of how you are feeling and they help you out" LR aged 13

"The activities are really fun, there is a lot to do in the Summer Holidays" BC aged 15

"There is no judgement here, We are free speaking, so you don't have to worry about what you are saying" JRB aged 16

"There is so much support here. You can go on the Independence program and you will get support with this" PS aged 18

"This is a very nice place and the staff have really helped me" - JT aged 13



"I get loads of support and have lots of fun" - VM aged 15

House Meetings

Once a week we all get together for house a 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.

We have a quick meeting on a Saturday morning to organise the weekends activities and to give out extra incentive money, if you have earned any.

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.

**"Have
your
say"**

Contact with Family & Friends

When you first move in to Orchard House a planning meeting will be held to see how we can best care for you and how you can take care of yourself. Decisions about contact with family or friends will be made at this meeting. Providing your Social Worker gives the O.K. and as long as we feel the situation will be safe we will be very happy for your family to visit you or contact you by phone. This will generally be after a 3-4 week settling in period.

Remember even if you are not too sure about arrangements nothing is forever, at your six monthly reviews we will always discuss contact arrangements and these can be changed if it is appropriate. Your family is important to you and an important part of who you are. At Orchard House we work hard to keep families in contact with each other.



Christmas & Birthdays

Everyone loves to celebrate and have fun at special times of the year, and here at Orchard House 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. We go to a Pantomime and a special lunch for the whole community is held at the end of term. You will have made 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.



On your birthday you will receive cards and a gift, you will have a cake and your favorite dinner and we have found over the years that everyone will want to help you celebrate your day.

If you have family who can visit you then they will be more than welcome to come and see you on your birthday and join in the celebrations, it may even be possible for them to take you out providing that this is O.K. with your Social Worker and our Therapist.

More Celebrations

There are more celebrations than Christmas and Birthdays.

New Year - we all celebrate with midnight cheers and a party.

Easter - is a time for Hot Cross buns and a very popular chocolate Easter Egg Hunt.

Bonfire Night - is celebrated by going to a local bonfire and watching the firework displays,



Culture, Race & Religion

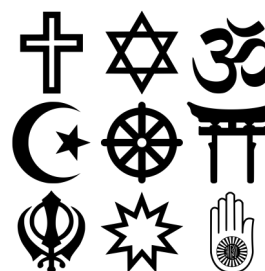
We are Non-Judgmental and Anti-Discriminatory in every way at Orchard House.



We will encourage, support and assist you to maintain any beliefs that you may have.



Any dietary needs or specific dress codes will be recognized and accepted.



We Do not accept any form of Bullying- If you ever feel like you are being Bullied please speak to a member of staff