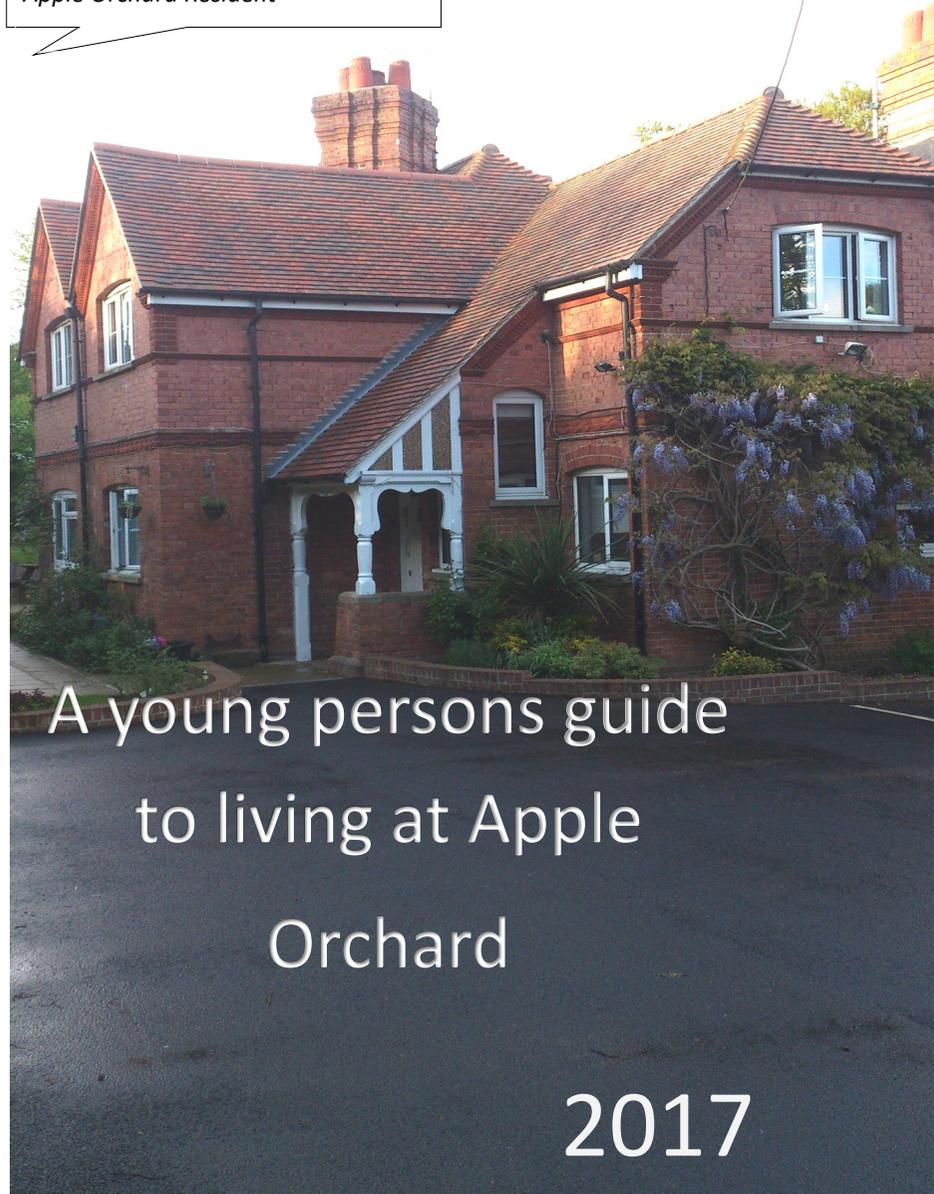




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“Being at Apple Orchard is not the easiest thing to do but is so worth it” -
Apple Orchard Resident



A young persons guide
to living at Apple
Orchard

2017



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Apple Orchard

Birtley Road

Bramley

Guildford

GU5 0LA

01483 894075

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

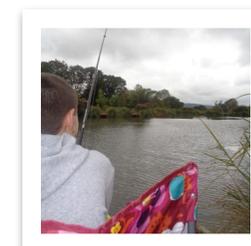


Welcome to Apple Orchard, we all hope you will be very happy here. This guide is to help you settle in and to maybe answer a few of the questions you might have, if you think of any more just ask any member of staff and we'll be able to help you.

During your assessment week you will probably get the hang of some of the house rules and routines. This booklet is your guide to Apple Orchard, 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 Apple Orchard. 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 Apple Orchard!!





Your Home

Apple Orchard is a big, old farmhouse surrounded by fields and trees. There are a maximum of eight boys living here at any one time, all aged between 12 and 18 years old. You will have your own room which could be either up or downstairs. You are more than welcome to put up your own posters and pictures and any other personal bits 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 Apple Orchard and its contents.



There are three bathrooms that are shared with the other boys. 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. In the Conservatory and Games Room there are TVs and a number of games consoles and board games.



“The boys and staff are very supportive and the boundaries that are in place have helped point me in the right direction.”

Young Person WT, aged 15



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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.



0300 1231231





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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 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.



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Staff Team

Throughout your stay with us at Apple Orchard 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 Apple Orchard 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 Key-worker will write a report that will highlight all of the progress that

you make at Apple Orchard. 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.



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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 Apple Orchard or can use the house Playstation 3 or Playstation 4. 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 Apple Orchard 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. We will ask you about your preferences and you will help us to make menus including food that you like.



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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.




HOUSE RULES

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

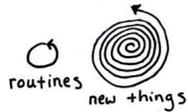
Respect others at all times, including staff and the other boys. Treat others how you would like to be treated.

No touching people; it means what it says - no boys should touch other boys at anytime. 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 Apple Orchard 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 Apple Orchard 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 8am, with breakfast available till 8.20am. We leave to go to school at 8.30am.
- 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 then return to the house for around 4pm.
- 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 to14 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 4 miles from Guildford town centre. In Guildford there is a shopping centre, called The Friary Centre, that we visit regularly to buy clothes, toiletries and spend pocket money. We also go to the cinema in Guildford keeping up with all the latest film releases. We use local leisure centre for Climbing and tenpin bowling. There is a college in Guildford where some boys take the opportunity to follow further education.



Apple Orchard is surrounded by open grassy playing areas where we can go and play games of football, cricket or rounders. There are also local Skate Parks. There are some shops locally in the village but on the whole we are surrounded by countryside.





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, rounder's, 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 Guildford 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 and the boys are really supportive"-

CW, aged 13



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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!



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Culture, Race & Religion

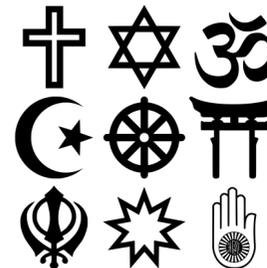
We are Non-Judgmental and Anti-Discriminatory in every way at Apple Orchard.



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



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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 Apple Orchard describe this as their favorite time of year, see some of their comments on the next page.....



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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”



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Contact with Family & Friends

When you first move in to Apple Orchard 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 Apple Orchard we work hard to keep families in contact with each other.



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Young Peoples Comments

“When I first arrived it was really hard, but when I got used to the rules and boundaries, life at Apple Orchard becomes much easier and it is nice.”

CPC aged 16

“We go on lots of activities like; Climbing, Go-Karting and we go on Bike Rides. I like living here, it is the best place I have ever been to” - PS, aged 17

“This Christmas I enjoyed it because I saw my carer and I liked this Christmas because I spent it with my new friends, we had lots of fun playing games” Young Person WT, aged 13

“-I Really enjoy my time at Apple Orchard, I can interact well with other peers and they are supportive with each other. We also have a wide range of activities in the house and in the local community.”

JK aged 16



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Christmas & Birthdays

Everyone loves to celebrate and have fun at special times of the year, and here at Apple Orchard 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.



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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,

