



CEDAR HOUSE

# YOUNG PERSONS GUIDES



ACORN  
GROUP

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INNOVATION IN CHILDREN'S SERVICES

## A WARM WELCOME FROM THE MANAGER OF CEDAR

Hello, my name is Anita and I am the Home Manager. The team and I would like to warmly welcome you to your new home, Cedar House.

In my view, working with young people is one of the most interesting jobs ever. We will ensure that you are well looked after and that you are happy, comfortable and given every opportunity to achieve positive things in future. The team and I will support you in all aspects of daily living. We will encourage you to make the right choices and decisions about your life.

Besides everything else, we want you to have fun and will support you in your hobbies and interests. We will make sure that you are able to express your wishes and feelings, and will do our best to fulfil your wishes so long as they do not harm you. In our eyes you are a VIP; a Very Important Person, and we are excited about having you here.

Cedar House is a beautiful home located in a very nice area and London is on your doorstep! We provide a safe and caring home where you can be happy, have fun and learn how to manage yourself.

As well as the lovely house, we have a garden and a log cabin that has been transformed into a gym with lots of different equipment for you to use, as well as comfy sofas and Sky TV if you just want to 'chill'. We respect and understand that you are an individual coming to live with a new group of people and this can be difficult. We too are all very different and will all help you in different ways but our aim is the same, to support you to overcome problems. We may not always agree on everything but together we will find a way for you to achieve good things by working together.

At Cedar House, we strive to help young people to learn to enjoy and get the most from life. This may be your home for a short time or maybe a long time but either way all we ask is that you give us a chance to support and help you reach your goals.

I, along with the Directors, have carefully selected a team with a range of qualities, experience and understanding of young people who are here to support your development.

Details of how to contact me or David Knowles, the person in charge and Managing Director of Acorn Homes, are on the back page.

This booklet is designed to help you settle in and explain some of our expectations of you, as well as some of your rights as a young person being 'looked after'.





THESE ARE SOME OF THE QUESTIONS WE EXPECT TO BE ASKED BY YOUNG PEOPLE WHEN THEY MOVE TO CEDAR HOUSE.

#### WHAT POSTERS CAN I PUT UP?

We know that most young people want to put up pictures of their favourite stars, football teams, and celebrities. However, we do not allow pictures of a violent, sexual nature, or that promote illegal activities such as drug use in the home.

#### CAN I WATCH TELEVISION IN MY ROOM?

Yes, you can have a television, although we would remove this if it helps you get a good night's sleep.

#### WHAT TIME DO I HAVE TO GO TO BED?

Depending on your age your bed time is something that is discussed and agreed on.

10	8.30pm
11	8.45pm
12	9.00pm
13	9.15pm
14	9.30pm
15	09.45pm
16+	10.00pm

#### WILL I HAVE MY OWN BEDROOM?

All young people have their own room and you will have a key. There are also rules about who may come in to your room, but we will always ensure you are aware this is happening. Other young people may only come in with your agreement.

#### CAN I BRING MY PERSONAL BELONGINGS?

Yes, we think it is important that you bring your personal items to the home. Any electrical items have to be tested to make sure they are safe. Most young people like to personalise their room with pictures and books etc. At the point of moving in we even provide you with a special allowance to help with this.

#### MEALTIMES

These tend to be set so that a routine can be kept to and we encourage eating together. Everybody needs a healthy balanced diet. We like young people to try new food as well as enjoy the foods that they are used to. If there are certain foods you don't like or are allergic to, tell the adults who look after you and they will work with you to find the foods you do like. Everyone has a say in the weekly menus.

#### ACTUAL MEAL TIMES

Breakfast:	07.00 - 09.30am
Lunch:	12.00 - 13.30pm
Dinner:	17.00 - 19.30pm

#### CAN I BRING MY MOBILE PHONE?

Phones are allowed, but you will be expected to hand it in during school time and before you go to bed. If you are not able to manage a phone the adults will help you manage this.

## KEY WORKING

Each young person is allocated a key worker and a co-key worker. These adults will make sure that all your day-to-day needs are met, for example: you receive the appropriate health and medical care, talk to your social worker and youth-worker if you have one and arrange home-visits when needed. They will also help you develop your living skills and prepare you for leaving care, but most of all they are there for you to talk to and confide in if needed.

## AM I ALLOWED TO SMOKE?

For the benefit of your own health and in line with the law you will not be allowed to smoke inside Cedar House or anywhere within the grounds. If you have permission from your social worker or parent then you may, at certain times, smoke outside the building in an agreed area. However, if you are a smoker then staff will help you to give up, together with support from the local GP or Nurse.

## WHAT IF I USE ILLEGAL DRUGS?

Cedar House are committed to providing a healthy and safe place for all the children and young people who live there. Therefore, the use or storage of illegal drugs in the homes is not allowed. Cedar House has a zero tolerance policy towards illegal drugs. You have the right to privacy for yourself and your property, however, if staff believe you are carrying drugs they will ask you to turn out your pockets. If they believe you have drugs in your room they will search this. Two members of staff will carry out any searches.

## DO I GET POCKET MONEY?

What you receive is dependent upon your age. We also provide you with the opportunity to earn more money by completing extra chores or tasks around the house.

Age	Pocket	Clothing
10	£5.00	£10.00
11	£5.00	£11.00
12	£6.00	£12.00
13	£7.00	£13.00
14	£8.00	£14.00
15	£9.00	£15.00
16	£10.00	£18.00
17	£12.00	£20.00

## WILL I GET MONEY FOR CLOTHES?

Everyone receives a monthly allowance for clothing and there is also an allowance for toiletries and hair care.

## CAN I MAKE TELEPHONE CALLS?

Yes, you have the right to make calls to friends, family and other people involved in your lives, at reasonable times.

## DO I HAVE TO WEAR A SCHOOL UNIFORM?

If you attend a school where uniforms are worn then you will have to wear one along with everybody else.

## WHAT HAPPENS IF I BREAK THE RULES OR MESS UP?

Staff will discuss these with you and listen to you before making a decision about any consequences.

Behaving poorly or breaking rules can result in sanctions below. Staying in the house (grounding), loss of free/trust time, early bedtime, loss of privileges e.g. not allowed to go on a trip or out for a treat, loss of electrical items from your room, e.g. removal of your television or game console etc.

Sanctions are not intended to be a punishment, they are put in place to encourage young people to behave positively and succeed. We want to provide a homely and welcoming place for you to live in and we think it is important for everyone to respect the home furnishings inside it. If you intentionally damage or break something in the home, you will be expected to pay for or help repair it.



## CHARTER OF RIGHTS

As a young person at Cedar you have the following right to:

- Have your personal dignity respected.
- Be treated as an individual.
- Have personal independence, personal choice and responsibility for your actions.
- Have your religious, cultural and emotional needs promoted and respected.
- Be treated fairly by those around you.
- Have an advocate or advisor present when your care is planned or reviewed in meetings.
- Be spoken to when changes are to take place and have your say.
- Be supported to complain when you need to.
- Be involved as fully as possible in the writing of your own care plan before and during your stay.
- Stay in touch with people that are important to you and hobbies you enjoy.
- Be able to request to look at your file and what has been said about you.
- Always be valued and listened to.

## ADVOCACY

Staff can also arrange an independent advocate to come and meet with you. An advocate ensures that the views, wishes and feelings of young people are heard when decisions are made about their lives. Advocates are independent of the home which means they don't work for us or have to do what we say.

The advocate will ensure that you have a voice in decisions that are made about your life and, they play an important role in helping you access services that you may need, this may be a school, a social worker or somebody else. Remember, it is your right to contact an advocate.







## USEFUL NUMBERS/INFORMATION

**Home Contact Number:** 020 8312 3642 **Email:** cedar@ahgroup.eu

Your Local Authority Tel No: .....

Your Local Authority Address: .....

Your Social Worker Name: .....

Social Workers Contact No: .....

Independent Reviewing Officer Name: .....

Independent Reviewing Officer Contact No: .....

**Child Line:** 0800 11 11

**NSPCC:** 0808 8005 000

**Bromley Safeguarding Children Board:** 020 8461 7816

**Independent advocate – Coram Voice:** 0808 800 5792

**Children’s Commissioner:** 02077 838330

**Her Majesty’s Chief Inspector of Education, Children’s Services and Skills:** Amanda Spielman

**Ofsted:** 0300 1231 231 **Textphone / Minicom Users:** 0161 618 8524

**By Post:** Ofsted, Piccadilly Gate, Store Street, Manchester M1 2WD

**Home Managers Name:** Anita Aggrey

**Direct Dial:** : 020 8312 3642

### **Acorn Homes Head Office**

Northdown House,

Northdown Park Road

Margate, Kent CT9 3TP

Tel: 01843 808454

Email: info@ahgroup.eu

Web: www.ahgroup.eu

**Responsible Individual:** David Knowles

**Direct Dial:** 01843 808454 / 07890 482045

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