



WELCOME TO

POSTERN STABLES



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WELCOME TO POSTERN STABLES!

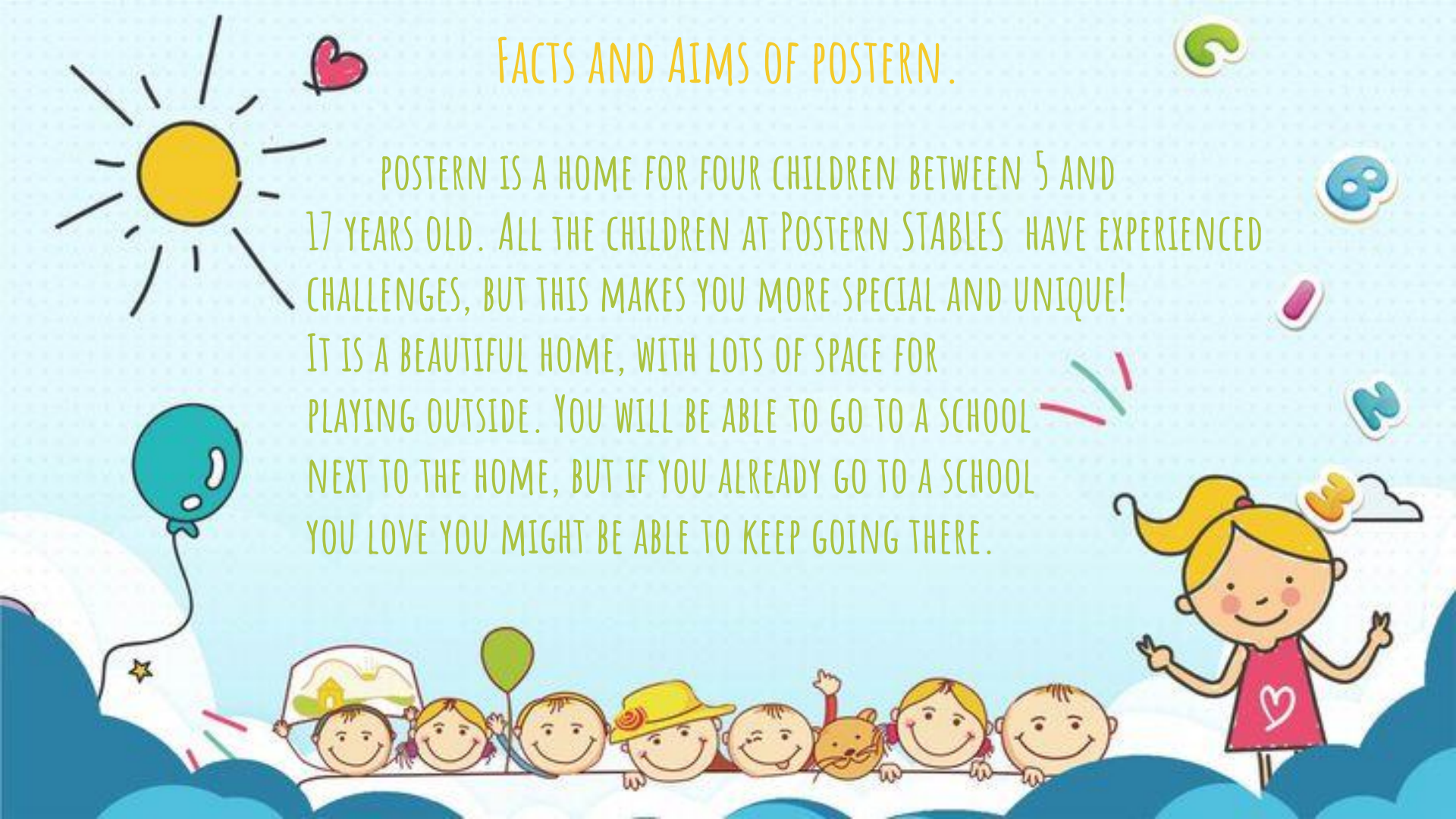
THIS BOOKLET WILL TELL YOU LOTS ABOUT OUR HOME. YOU MIGHT BE NERVOUS AND HAVE LOTS OF QUESTIONS, DON'T BE AFRAID TO ASK US ANYTHING! WE WILL ALWAYS TRY AND ANSWER.

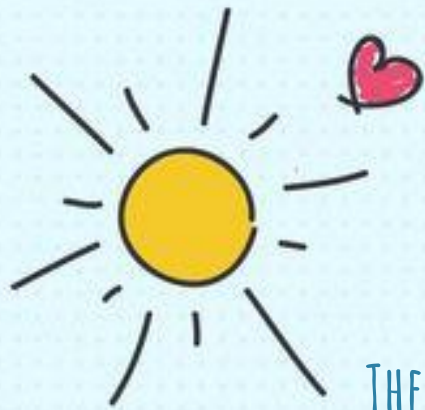
POSTERN IS GREAT, AND JUST THE RIGHT SIZE FOR US. YOU WILL HAVE YOUR OWN BEDROOM AND CAN DECORATE IT HOWEVER YOU LIKE. WE ALSO HAVE A LIVING ROOM, A DINING ROOM, KITCHEN, GAMES ROOM, SNUG. THERE ARE PLENTY OF BATHROOMS. THERE ARE FOUR BEDROOMS FOR CHILDREN, AND TWO FOR THE ADULTS LOOKING AFTER YOU.



FACTS AND AIMS OF POSTERN.

POSTERN IS A HOME FOR FOUR CHILDREN BETWEEN 5 AND 17 YEARS OLD. ALL THE CHILDREN AT POSTERN STABLES HAVE EXPERIENCED CHALLENGES, BUT THIS MAKES YOU MORE SPECIAL AND UNIQUE! IT IS A BEAUTIFUL HOME, WITH LOTS OF SPACE FOR PLAYING OUTSIDE. YOU WILL BE ABLE TO GO TO A SCHOOL NEXT TO THE HOME, BUT IF YOU ALREADY GO TO A SCHOOL YOU LOVE YOU MIGHT BE ABLE TO KEEP GOING THERE.





YOUR CARERS:

AT POSTERN STABLES THERE ARE ADULTS AROUND ALL THE TIME. THESE PEOPLE WILL HELP TO KEEP YOU SAFE, KEEP YOU HEALTHY, WORK WITH YOUR FAMILY, FRIENDS AND SOCIAL WORKER IN YOUR BEST INTEREST AND HAVE LOTS OF FUN!



WHO WILL CARE FOR YOU?

THERE ARE LOTS OF PEOPLE AT POSTERN TO HELP AND SUPPORT YOU. YOU CAN TALK TO ANY MEMBER OF STAFF IF YOU NEED HELP OR HAVE QUESTIONS. STAFF WANT MAKE SURE YOU ARE HAPPY HERE! YOU WILL ALSO BE LOOKED AFTER BY OTHER PEOPLE OUTSIDE OF THE HOME, LIKE YOUR DOCTOR OR DENTIST. YOU CAN ALSO HAVE AN ADVOCATE IF YOU WANT TO TALK TO SOMEONE WHO DOESN'T WORK AT POSTERN.





STAFFING!

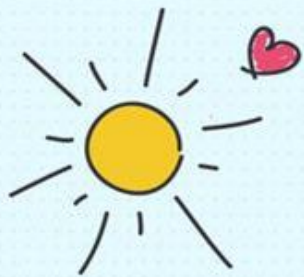
HERE YOU WILL SEE WHAT THE HOME MANAGER AND DEPUTY MANAGER ARE LIKE! THEY WILL HELP WITH ENSURING YOUR TIME AT POSTERN IS SOMETHING TO REMEMBER FOR ALL THE RIGHT REASONS!

James Dawes
Registered Manager



Demi Harvey
Deputy Manager





MEET THE TEAM OF ADULTS THAT YOU'LL SEE EVERY DAY!
PLAYING GAMES, LEARNING AND MAKING MEMORIES IS WHAT THESE GUYS ARE ALL ABOUT



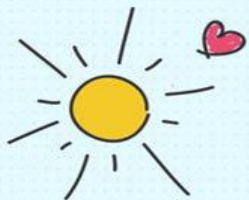
Senior Support Worker:
Matt Bennett



Senior Support Worker:
Laura Kozinda



Senior Support Worker:
Lauryn Winter



MEET THE TEAM OF ADULTS THAT YOU'LL SEE EVERY DAY!
PLAYING GAMES, LEARNING AND MAKING MEMORIES IS WHAT THESE GUYS ARE ALL ABOUT



Support Worker:
Emmanuel Christopher



Support Worker:
Sanah Muneer



Support Worker:
Abdulrahuf Yusuf

Support Worker:
Ellen Quinn

Support Worker:
Danny Bhati

Support Worker:
Yussif Dabone

Support Worker:
Rebecca Smith



SARAH HANCOCK
REG 44 VISITOR

THERE MAY BE OTHER PEOPLE YOU SEE AROUND POSTERN. WE HAVE SOME LOVELY PEOPLE WHO HELP US TO LOOK AFTER OUR HOME. ONE OF THE OTHER ADULTS WILL ALWAYS BE ABLE TO INTRODUCE YOU AND WILL MAKE SURE THAT THE PEOPLE COMING INTO YOUR HOME ARE SAFE.



JAMIE
RESPONSIBLE INDIVIDUAL

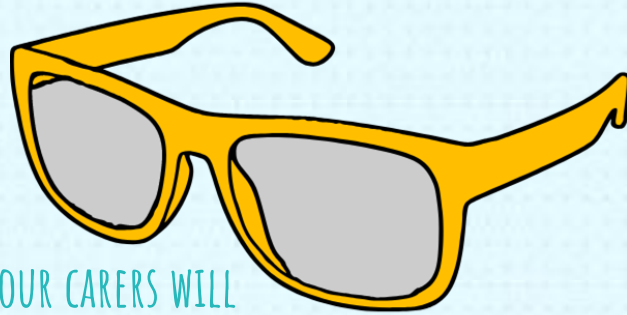


GP, OPTICIAN, DENTIST:

WHEN YOU ARE NOT WELL,
ADULTS WILL TAKE YOU TO
SEE YOUR FRIENDLY
GP.



YOUR CARERS WILL
WANT TO KNOW IF YOU HAVE GOOD
EYESIGHT. IF YOU NEED YOUR SIGHT
CHECKING OR NEED GLASSES, THEY WILL
TAKE YOU TO THE OPTICIAN.



HAVING GOOD TEETH IS VERY
IMPORTANT. YOUR DENTIST IS HERE TO
HELP YOU TAKE CARE OF YOUR TEETH.
ADULTS WILL MAKE APPOINTMENTS
FOR YOU TO GO AND
SEE THEM.



THERAPY:

THE THERAPIST WILL TAKE YOU ON A THERAPEUTIC JOURNEY THROUGH ANIMALS AND BUILDING A RELATIONSHIP WITH THEM.





YOUR KEYWORKER:

YOUR KEYWORKER IS YOUR SPECIAL PERSON AT POSTERN STABLES . THEY WILL BE THERE TO EXPLAIN THINGS TO YOU AND TO LOOK AFTER YOU . THEY WILL HELP YOU TO BUY THINGS YOU NEED LIKE CLOTHES AND TOILETRIES . THEY MIGHT MAKE APPOINTMENTS AND TAKE YOU TO THEM .



ADVOCATES:

AN ADVOCATE IS AN ADULT WHO DOESN'T WORK AT POSTERN STABLES WHO CAN HELP LISTEN TO YOU AND MAKE SURE EVERYONE KNOWS HOW YOU FEEL ABOUT YOUR CARE. THEY WILL HELP YOU TO UNDERSTAND DECISIONS THAT ARE MADE ABOUT YOU.

IF YOU WANT AN ADVOCATE YOU CAN SPEAK TO YOUR KEYWORKER, YOUR SOCIAL WORKER, OR ANY PROFESSIONAL ADULT YOU TRUST.



MOVING INTO POSTERN STABLES:

THERE ARE LOTS OF REASONS PEOPLE MIGHT COME TO LIVE AT POSTERN STABLES. IT MIGHT NOT BE SAFE OR POSSIBLE RIGHT NOW FOR YOU TO LIVE WITH YOUR FAMILY. THAT CAN BE VERY HARD, BUT THE STAFF AT POSTERN STABLES WANT YOU TO BE HAPPY HERE. THEY WON'T REPLACE YOUR FAMILY, BUT THEY DO CARE FOR YOU. THEY WILL RESPECT YOU AND PROVIDE YOU WITH LOTS OF OPPORTUNITIES. IT MIGHT BE DIFFICULT AT FIRST AND MAY FEEL STRANGE. WE WANT YOU TO FEEL WELCOME AND ENJOY LIVING HERE.



LIVING TOGETHER:

WE HAVE SOME HOUSE RULES THAT HELP US TO LIVE TOGETHER.

ALWAYS TELL THE TRUTH

BE KIND TO EACH OTHER

RESPECT EACH OTHER'S PRIVATE SPACES

LOOK AFTER EACH OTHER

LISTEN TO OTHER PEOPLE'S VIEWS AND TREAT THEM WITH RESPECT

DON'T BE RACIST OR SEXIST

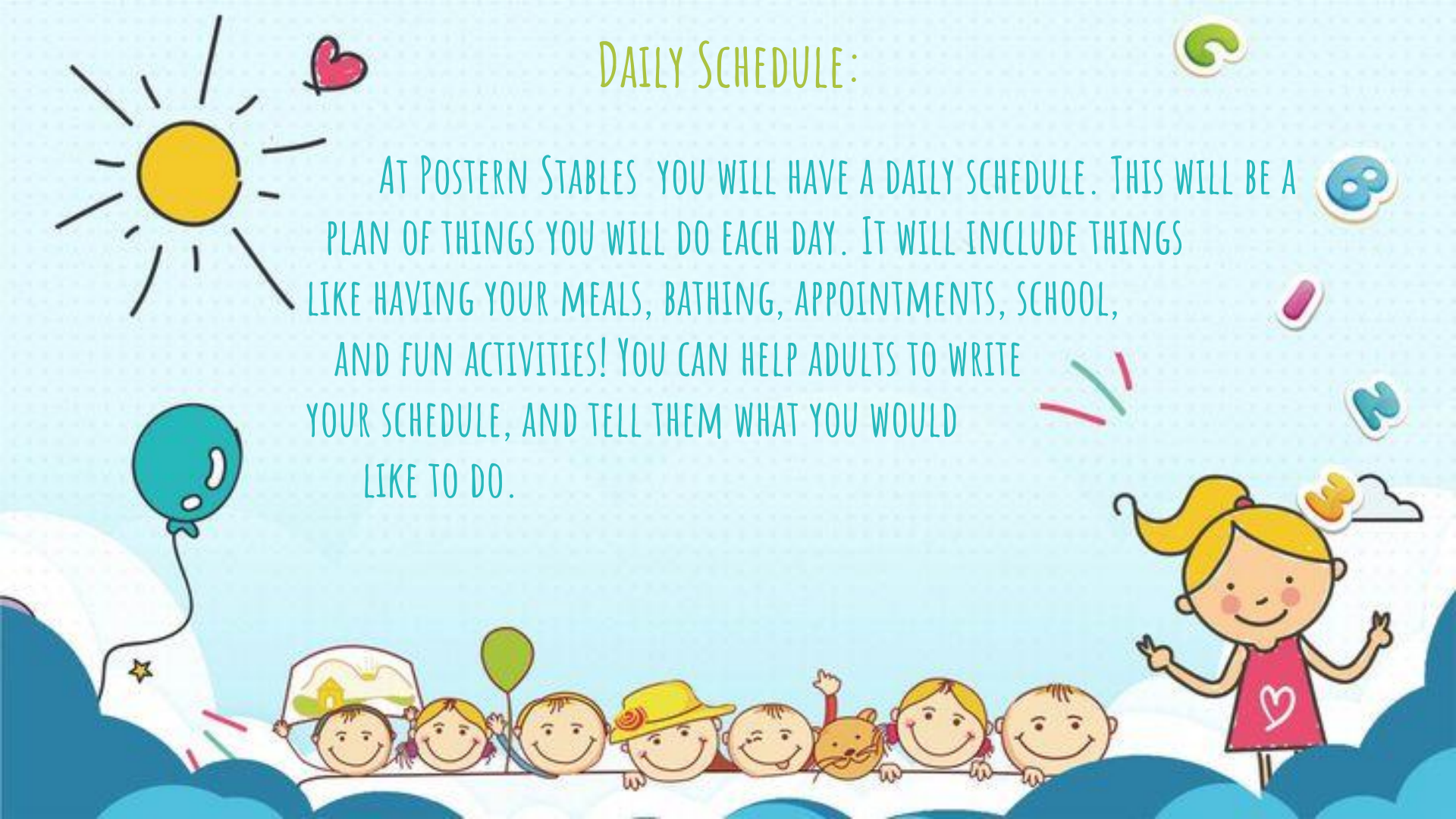
RESPECT OTHER PEOPLE'S RELIGIONS

DON'T BE A BULLY



DAILY SCHEDULE:

AT POSTERN STABLES YOU WILL HAVE A DAILY SCHEDULE. THIS WILL BE A PLAN OF THINGS YOU WILL DO EACH DAY. IT WILL INCLUDE THINGS LIKE HAVING YOUR MEALS, BATHING, APPOINTMENTS, SCHOOL, AND FUN ACTIVITIES! YOU CAN HELP ADULTS TO WRITE YOUR SCHEDULE, AND TELL THEM WHAT YOU WOULD LIKE TO DO.



BEDROOM:

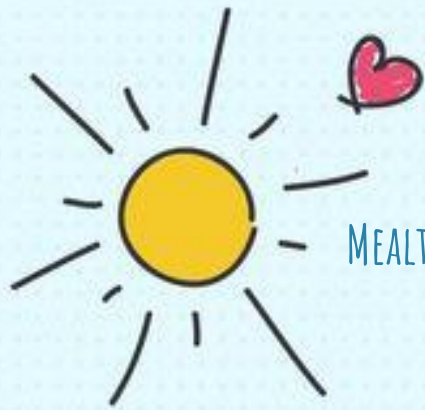
YOU WILL HAVE YOUR OWN BEDROOM AT POSTERN STABLES. THIS IS YOUR SPACE, AND EVERYONE WILL ASK PERMISSION BEFORE COMING IN. ADULTS WILL CHECK EVERY DAY THAT YOUR BEDROOM IS CLEAN AND TIDY, BUT THEY WON'T GO THROUGH YOUR PERSONAL POSSESSIONS. IF ADULTS ARE WORRIED, THEY MAY HAVE TO CHECK YOUR BEDROOM TO MAKE SURE YOU ARE SAFE. THIS MAY BE TO LOOK FOR THINGS THAT YOU SHOULD NOT HAVE IN YOUR ROOM BECAUSE THEY ARE DANGEROUS. THIS HELPS TO KEEP EVERYONE SAFE.



HEALTHY EATING:

WE KNOW YOU HAVE FAVOURITE FOODS, AND YOU MIGHT HAVE THINGS YOU DON'T LIKE TO EAT. STAFF AT POSTERN STABLES WILL MAKE SURE THAT YOU HAVE LOTS OF HEALTHY FOODS, LIKE FRUIT AND VEGETABLES. IF YOU MUST EAT CERTAIN FOODS FOR YOUR RELIGION OR BELIEFS THEN STAFF WILL MAKE SURE YOU HAVE THESE. AT THE WEEKLY HOUSE MEETING, EVERYBODY WILL GET TO DECIDE WHAT THEY WOULD LIKE TO HAVE ON THE MENU. STAFF WILL ALSO ENCOURAGE YOU TO STAY HEALTHY BY KEEPING ACTIVE.





MEALTIMES:

MEALTIMES ARE NOT SET, BUT YOU WILL BE ENCOURAGED TO HAVE A REGULAR ROUTINE.

BREAKFAST IN THE MORNING

LUNCH IN THE MIDDLE OF THE DAY

DINNER TOGETHER IN THE EVENING

THERE WILL BE HEALTHY SNACKS AVAILABLE THROUGHOUT THE DAY – YOU CAN CHOOSE WHAT YOU WOULD LIKE FOR SNACKS AND MEALS AT OUR HOUSE MEETINGS. YOU MAY WANT SOME SUPPER BEFORE BED. STAFF WILL HELP MAKE SURE YOU HAVE FOOD AVAILABLE TO YOU AT THE RIGHT TIMES.





BEDTIMES:

BEDTIMES ARE DIFFERENT DEPENDING ON YOUR AGE, HOW MUCH SLEEP YOU NEED, AND YOUR DAILY ROUTINE. ON SPECIAL OCCASIONS, LIKE YOUR BIRTHDAY, YOU MAY BE ABLE TO STAY UP A BIT LATER. ON SCHOOL DAYS, STAFF WILL MAKE SURE YOU WAKE UP IN TIME TO GET READY FOR SCHOOL. ON WEEKENDS OR HOLIDAYS, YOU MAY WANT TO HAVE A LIE IN.



YOUR HEALTH MATTERS:

BEING HEALTHY IS AN IMPORTANT PART OF BEING HAPPY. ADULTS AT POSTERN STABLES MAKE SURE THAT YOUR DAILY ROUTINE KEEPS YOU PHYSICALLY AND MENTALLY WELL.

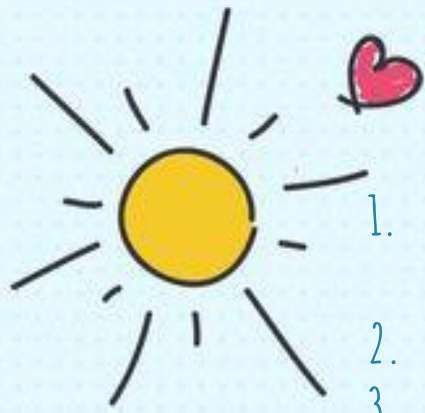
YOU ARE EXPECTED TO KEEP CLEAN AND TIDY. ADULTS WILL HELP AS MUCH AS YOU NEED.

YOU WILL BE REGISTERED WITH A DOCTOR, DENTIST, OPTICIAN, AND ANY OTHER MEDICAL PROFESSIONALS YOU NEED. YOUR KEYWORKER WILL HELP BY MAKING APPOINTMENTS FOR YOU, AND YOU WILL BE SUPPORTED TO ATTEND.



POSTERN STABLES EXPECTATIONS:


1. WE RESPECT AND VALUE EACH OTHER AND DO NOT CAUSE HARM TO EACH OTHER. NO BULLYING!
2. WE DO NOT CAUSE DAMAGE TO OUR HOME OR THINGS IN IT.
3. WE ALL FOLLOW THE RULES OF THE HOUSE, TO KEEP OURSELVES AND OTHERS SAFE.
4. WE WILL HELP YOU GO TO SCHOOL. WE WILL MAKE SURE YOU HAVE EVERYTHING YOU NEED, LIKE THE RIGHT UNIFORM AND EQUIPMENT, AND WILL HELP YOU TO GET THERE ON TIME EVERY DAY.
5. WE DO NOT LEND OR BORROW THINGS FROM OTHER PEOPLE.
6. WE DO NOT GO INTO OTHER PEOPLE'S BEDROOMS.





USING COMPUTERS:

WE HAVE WI-FI AND YOU CAN USE THIS TO GO ONLINE. YOU MAY HAVE YOUR OWN DEVICE SUCH AS A PHONE, TABLET OR COMPUTER. YOUR SOCIAL WORKER WILL GIVE PERMISSION FOR YOU TO USE THIS. THERE MAY BE TIMES WHEN WE WILL NEED TO CHECK YOUR INTERNET USE. WE WILL EXPLAIN THIS TO YOU IN ADVANCE AND WILL GET PERMISSION FROM YOUR SOCIAL WORKER. WE WILL ONLY DO THIS TO KEEP YOU SAFE.





REWARDS AND CONSEQUENCES.

ADULTS AT POSTERN STABLES EXPECT YOU TO BEHAVE IN A GOOD WAY. WE BELIEVE IN REWARDING GOOD BEHAVIOUR, AND LOVE TO BE ABLE TO SHARE REWARDS AND TREATS. ADULTS WILL HELP YOU TO UNDERSTAND THE IMPACT YOUR BEHAVIOUR HAS ON OTHERS.



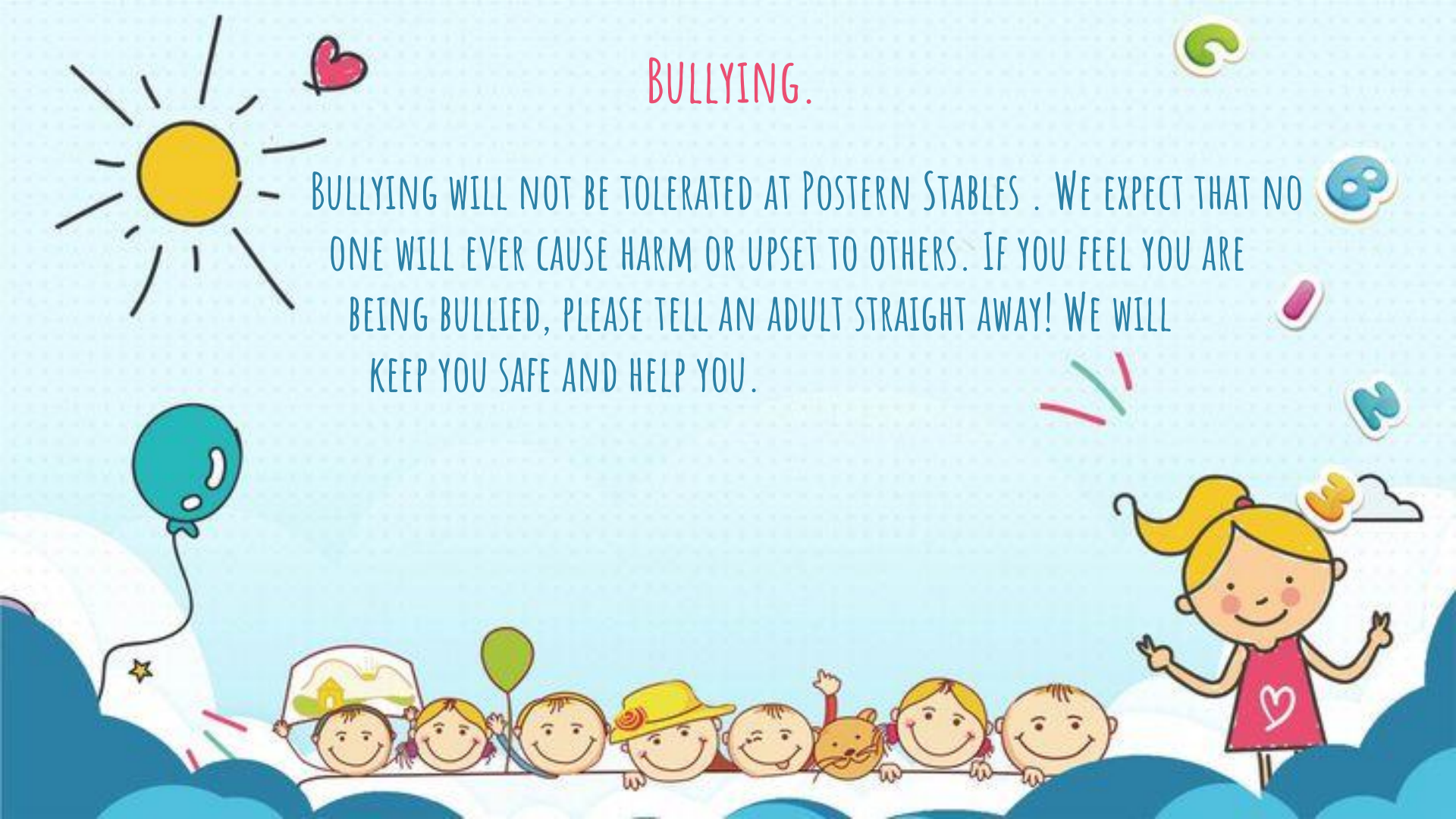
EMOTIONS.

WE ALL FEEL ANGRY AND FED UP SOMETIMES. THAT'S OK, AND WHEN YOU FEEL THIS WAY ADULTS WILL TRY TO HELP AND WILL TALK TO YOU. THERE MAY BE TIMES WHEN YOU CAN BEHAVE IN WAYS THAT MIGHT HURT YOURSELF OR OTHERS. IF ADULTS CANNOT STOP YOU, THEY MAY HAVE TO HOLD YOU. ALL THE STAFF ARE TRAINED TO HELP YOU AT THESE TIMES, AND WILL ONLY HOLD YOU IF THERE IS NOTHING ELSE THEY CAN DO. WE NEED TO KEEP YOU AND EVERYONE ELSE IN THE HOME SAFE.



BULLYING.

BULLYING WILL NOT BE TOLERATED AT POSTERN STABLES . WE EXPECT THAT NO ONE WILL EVER CAUSE HARM OR UPSET TO OTHERS. IF YOU FEEL YOU ARE BEING BULLIED, PLEASE TELL AN ADULT STRAIGHT AWAY! WE WILL KEEP YOU SAFE AND HELP YOU.





RECORDS.

POSTERN WILL KEEP RECORDS ABOUT YOUR TIME LIVING HERE. YOU CAN LOOK AT THESE RECORDS WHENEVER YOU WANT. THE RECORDS ARE HELPFUL, THEY MEAN THAT NOTHING IS FORGOTTEN. THEY CAN BE BROUGHT TO YOUR REVIEWS SO YOUR SOCIAL WORKER AND FAMILY KNOW WHAT IS HAPPENING. INFORMATION ABOUT YOU IS PRIVATE. ONLY YOU, ADULTS WORKING IN THE HOME, INSPECTORS, AND YOUR SOCIAL WORKER CAN SEE THEM.





SECURITY.



WE HAVE LOTS OF WAYS TO STAY SAFE AT POSTERN STABLES. ONE OF THESE IS THAT WE HAVE CAMERAS OUTSIDE OF THE HOME. THIS IS TO MAKE SURE THAT NO ONE COMES TO YOUR HOME WHO IS NOT ALLOWED. WE ALSO HAVE AN ALARM WHICH WE SET AT NIGHT TO LET US KNOW WHEN DOORS OPEN.

THIS MEANS THAT IF YOU NEED HELP IN THE NIGHT, YOUR STAFF WILL KNOW AND WILL BE ABLE TO COME TO YOU QUICKLY.





COMPLAINTS.

IT IS IMPORTANT THAT YOUR VOICE IS HEARD. YOU CAN TALK TO THE ADULTS IN THE HOME, YOUR KEYWORKER, THE POSTERN STABLES MANAGER, OR YOUR SOCIAL WORKER. YOU WILL HAVE LOTS OF OPPORTUNITIES TO MAKE SUGGESTIONS. SOMETIMES, THINGS MIGHT NOT GO RIGHT AND YOU MIGHT WANT TO COMPLAIN. YOUR KEYWORKER, OR ANY OTHER ADULT, CAN EXPLAIN TO YOU HOW YOU CAN MAKE A COMPLAINT.



QUESTIONS

WILL I HAVE MY OWN BEDROOM?

YES! EVERYONE HAS A RIGHT TO THEIR PRIVACY. WE WILL ALWAYS KNOCK ON YOUR DOOR BEFORE ENTERING YOUR ROOM.

DO I HAVE CHORES?

YOU NEED TO KEEP YOUR OWN SPACE TIDY. ADULTS CAN HELP YOU WITH THIS. YOU WILL ALSO HELP LOOK AFTER THE SHARED SPACES IN THE HOUSE.

CAN I STAY IN TOUCH WITH FAMILY AND FRIENDS?

YES! WE WILL HELP YOU TO STAY IN TOUCH WITH PEOPLE WHO ARE IMPORTANT TO YOU WHERE POSSIBLE. WE CAN TALK TO YOUR SOCIAL WORKER ABOUT YOUR IMPORTANT PEOPLE.

YOU CAN ASK ADULTS AT POSTERN STABLES ANY OTHER QUESTIONS YOU MIGHT HAVE

CAN I BRING MY PERSONAL POSSESSIONS?

YES! YOU CAN PERSONALISE YOUR BEDROOM. YOUR KEYWORKER WILL TAKE YOU TO BUY DECORATIONS.

CAN I HAVE VISITORS?

YES! BUT YOU MAY HAVE TO STAY IN CERTAIN PARTS OF THE HOUSE, AND ADULTS MAY HAVE TO STAY WITH YOU. WE CAN DISCUSS THIS WITH YOUR SOCIAL WORKER.



raising standards
improving lives

0800 123 1231

CONTACTS.



getting young voices heard

020 7833 5792

NSPCC 

HELPLINE

0808 800 5000

help@nspcc.org.uk

FRANK

0800 77 66 00 talktofrank.com

Friendly, confidential drugs advice

**Children's
Commissioner**
Promoting and protecting children's rights

0800 528 0731

ChildLine

0800 1111



THE CHILDREN'S COMMISSIONER

THE CHILDREN'S COMMISSIONER IS RESPONSIBLE FOR PROMOTING AND PROTECTING CHILDREN'S RIGHTS AND ADVOCATING THEIR VIEWS AND INTERESTS. THIS MEANS THAT IT IS THEIR JOB TO MAKE SURE THAT YOU ARE BEING LISTENED TO AND ARE BEING LOOKED AFTER IN THE BEST WAY POSSIBLE. THERE ARE LOTS OF WAYS FOR YOU TO CONTACT THE CHILDREN'S COMMISSIONER. YOU CAN GO ON THE WEBSITE WWW.CHILDRENSCOMMISSIONER.GOV.UK OR EMAIL HELP.TEAM@CHILDRENSCOMMISSIONER.GOV.UK OR CALL 0800 528 0731.





OFSTED.

OFSTED VISIT CHILDREN'S HOMES. THEIR JOB IS TO MAKE SURE THAT YOUR HOME AND THE ADULTS THERE ARE DOING EVERYTHING RIGHT TO KEEP YOU SAFE AND MAKE YOU HAPPY AND HEALTHY. AN INSPECTOR WILL COME OUT AT LEAST ONCE A YEAR TO LOOK AROUND, AND MAY WANT TO TALK TO YOU. YOU CAN SPEAK TO THEM AT ANY TIME IF YOU HAVE ANY WORRIES ABOUT POSTERN STABLES. THEIR ADDRESS IS

PICCADILLY GATE
STORE STREET
MANCHESTER
M1 2WD

