

# Gables House



## YOUNG PERSONS **GUIDE**

WELCOME TO OUR HOME



# Welcome..



**Daniel Weston**  
*Director*



**Lisa Jury**  
*Deputy Director*

This booklet is to help you settle in and to hopefully answer some of the questions you may have about Gables House. We know that it can be an anxious time, meeting new people and coming to live somewhere new however we will all try our best to help you feel comfortable and safe as quickly as possible.

We want you to feel part of Gables House and for it to be a place to be proud of, where you can relax, have fun and be happy whilst you are living here.

Gables House is a home where up to 8 young people aged between 11 and 16 years live.

The house is set in the Kent countryside in a small town called Tenterden. There are lots of things to do at the house, as well as at the towns around us such as Maidstone and Ashford.

Next door to Gables House are two other houses called Greenfields and Oakwood where other young people live, these three houses make up our therapeutic community.



# Important information about life at Gables House:

Gables House supports young people who have been through challenging times whilst growing up, and who are now finding it hard to settle into a placement.

We understand that when young people that come to us they may feel a range of emotions including unsafe, worried, untrusting, angry or scared. We know that things are difficult for the young people who have been through these experiences so we try to help them to find healthier ways to express all of the feelings that they have, and to try and help them to understand their early life experiences. This will help them to live a happy and fulfilling life, achieving the amazing things we know they are capable of when they can believe in themselves. We want to help build their confidence and independence ready for life as a young adult.

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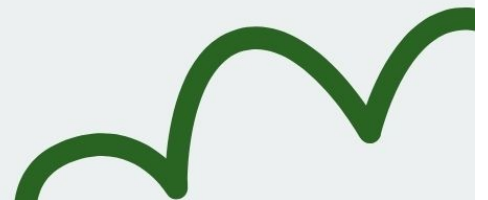
## Who will look after me?



During your stay at Gables House you will be looked after by members of the care team. These adults are experienced in caring for young people, and are here to listen to you and support you through your journey. They will help you to understand how to keep yourself safe, build healthy relationships and express your feelings in a way that feels better for you and those around you.

To ensure you get all the help you need each young person is allocated a Key Worker who will work alongside you throughout your stay at Gables House. They will help you to settle in, make sure you have everything you need and ensure that you feel safe and cared for while you are living here.

Your Key Worker will spend time with you, support you with any problems or difficulties you may have and make sure that your views and wishes are heard.





# Are there house rules to follow?

At Gables House there are some house rules which help us to live together as well as we possibly can. These should help you to feel safe, respected and listened to as individuals. There are lots of things that you will get to know about community life when you first move in, but the main things we would like to let you know are:

- It is important that we treat everyone with respect. Everyone has a right to feel safe and valued whilst living at Gables House and the adults are there simply to support you, so please also show them respect.
- If the fire alarm sounds then you must leave the building immediately and stand at the meeting point which is opposite the house.
- You must not cause deliberate damage to other people's property or the house. We have worked hard to make the house a nice space for all, and to maintain good relationships we need to not take out our feelings on the house or others belongings.
- There is a level of acceptable behaviour that we expect from you, which will be made clear throughout your time at the house.
- Young people are not allowed in one another's bedrooms.
- There are some spaces in the house that young people are not allowed in, that we call boundaries. We will show you these when you move in so you are aware of them.
- There are some boundaries around mobile phone and internet use that we expect you to follow, with opportunities to work towards these being eased when you can show us that you can be safe with them.
- We do not enter the other houses property without permission, even the garden. The young people that live there also deserve a safe space that we will respect.
- We talk as openly and honestly about how we feel in regards to each other without being unkind to help each other, and ourselves grow positively.



## How can I have privacy in the house?

Privacy is a really important part of growing up, and a good way to calm or unwind. You will have your bedroom, which is your space. Other young people are not to come into your space and the adults will knock and wait for you to allow them to enter. As long as you are safe, this will be respected. This has a lock on the inside for you to use if you would not like anyone to come in.

The toilet and bathroom doors can all be locked from inside when you are using them. However, the care staff can unlock them from the outside if they believe that you need their help.

There are lots of spaces around the house that can be used privately, if you communicate what you need to the adults, they will ensure to the best of their ability that you can have the space and privacy that you need.

## Can I use the internet and a mobile phone?

We have internet access at Gables House. Once you have completed some internet safety awareness work, as well as signing your contact, you will be able to use it if you follow the guidelines within this. When you reach 13 years old we will talk about if you are ready to have a mobile phone. We will work with you on this, hearing your thoughts before we make a decision. It is important that we trust you to use this safely, and that you feel like you can manage it well. There may be different steps to follow before having a phone that can make calls or connect to the internet, but this will be talked about with you. We will take you through some mobile phone training to help you use this safely.



## What do you do for fun?

We want you to enjoy yourself and have fun, whether out or at the house. We will encourage you to have an interest or hobby or be involved in an activity to help broaden your skills and meet new people. This could be through a weekly club, activity days through the school holidays or going to do a hobby with the staff such as fishing or going for walks. At the house there is the performance area, art and crafts and the garden which has goals and a trampoline.

We go out on trips at the weekend and during school holidays to places like the cinema, bowling, the beach, the trampoline park, football matches and ice skating.

We try to plan lots of things in, and love it when our young people give us suggestions of the kind of things they would like to do. These can be small trips on the weekend or something bigger like going to a show or concert. We also like our young people to go on trips with their keyworkers which can be overnight stays or a trip to London for example. New experiences are a really important part of growing up and healing, plus we love making new memories with you!





# Quick Questions...



## **Pocket Money**

You will get pocket money each week, and this can be added to if you help out with jobs at the house. You can earn up to £5 extra!

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## **Bedtimes**

We will decide your bedtime when you move in. Usually this depends on your age. We like our young people to work at getting a later bedtime through managing this time well. You will have 10 minutes with an adult 1:1 if you would like to help you settle down for bedtime. Some young people find bedtimes tricky, so we can work with this and make a routine to help them to feel safe and comfortable.

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## **Mealtimes**

We have a menu in the kitchen which will tell you what is breakfast, lunch and dinner. We have a cook that prepares us fresh meals daily. There are sheets for you to fill in with your suggestions as we love to put them on the menu! We will always take into consideration your allergies, cultural needs or dietary requirements. It is always great when we see young people helping out in the kitchen too. We all sit together at the table for meals as this is a good time to come together to catch up..

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## **Family contact**

The staff at Gables House will always support your family contacts. We have Placement and Family Support staff that will hold on to this and talk to the people you see with any worries, questions or to arrange contact. If you need help to work on your relationships we can do this together.

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## **Keyworkers**

At Gables House our young people each have a Keyworker. Sometimes, if it feels like it is needed we will also give co-keyworkers. A Keyworker will hold on to lots of things for you, such as going to contacts, your professional meetings, writing reports and making sure you have all you need. They will help you work on the things that are challenging for you, supporting all of the staff team to do this as well.

# Pictures of the house-

There is a computer room,  
8 young peoples  
bedrooms (upstairs), 2  
sleeping in rooms for the  
staff, 3 bathrooms and a  
big garden!



We also have 2 chill out rooms,  
a big lounge, a dining room,  
performance area (with a  
stage!), a kitchen, utility room  
and a therapy suite.



# School-

Next door to Gables House is Greenfields School. We understand that you may have previously found school difficult however, Gables House staff and the school teachers will work closely together with you to support you with your learning. The school staff have worked hard to make learning fun and will always make sure you are getting what you need from your education.

Once you have settled in to the house a member of the school staff will visit you each day at Gables House and spend time with you so that you can get to know each other.

This will also provide you with the opportunity to say what you like and dislike about school and also talk about what your past experiences of school have been like so they can support you better.

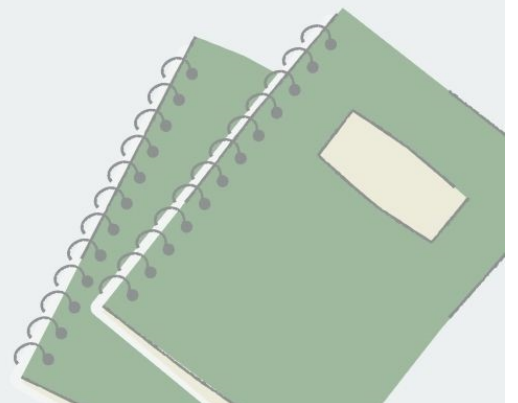
Each class consists of a mixture of the young people that live within the three houses that make up our community. Sometimes you will be in class with the young people you live with.

Greenfields School have Clinical Educational Support Assistants (CESA) who are there to support you in school and to help you with any problems or worries. If you are struggling with a particular issue and find it difficult to be in class they will find ways to help you return to the classroom.

Some young people will not attend Greenfields School as they may need a different school to meet their needs. Some young people work towards attending mainstream education, vocational courses or another provision. You will be told about the plans for your education before you move in.

## School uniform-

All Greenfields School pupils wear a uniform which consists of a navy blazer, jumper, and trousers/skirt with white shirts and a clip on tie and black school shoes.





## Help and support-

At Gables House there are lots of offers of support. These range from information in the computer room to allow you to voice your opinions, the grumbles, wishes and feelings logs, Community Meetings, Keyworking sessions and open relationships with the staff.

### **Therapy, Life Story Work and Keyworking focuses-**

We also offer some more specialised support such as 1:1 therapy, Therapeutic Life Story Work and monthly Keyworking focuses.

To start therapy, a young person will need to be settled into the house and the adults will then spend time thinking about whether it is the right time for them to start this process. It is important that they want to engage in this too, so it is helpful if they ask for this if they feel ready. The young person will then have 3 therapy assessments, and a decision will then be made to make sure this will give you the support you need.

Therapeutic Life Story Work can also be on offer once a young person feels comfortable and safe in their placement. This allows 1:1 time with extra support to understand their life so far in a way that can help them to process their feelings about this, and to really think about the things that have happened in their life in a different way. This can have a positive impact on the young person as it will help them to know themselves better. This can also help them to make better choices and to feel less worried about their future..

The Keyworking focuses are set each month by your Keyworker, and are based around things that they feel you need some extra support with. You will have 1:1 sessions throughout the month to help and the staff team will be aware of them to, so they can also support you.

### **Advocacy-**

Gables House believes that a young person should have access to an advocate. An advocate is an independent person who is not your Social Worker or a member of the team at Gables House. Their role is to ensure that you have a voice in decisions that are made about your life and that your wishes, feelings and views are considered. You can ask your Key Worker or Social Worker for the contact details of an advocate, or we can contact them for you.



# Important contacts-

There is another organisation that you can contact for help or if you feel very unsupported at the house, which is called Childline.

Childline is free to contact on telephone number: 0800 1111  
or online at <http://www.childline.org.uk/>

The Children's Commissioner for England and her team provide help and advice to young people living in care. You may speak with them about anything that may be troubling you. They can be contacted on telephone number: 020 7783 8330

or online at:

[help.team@childrenscommissioner.gov.uk](mailto:help.team@childrenscommissioner.gov.uk)

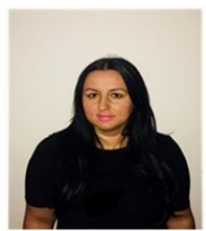
Gables House is inspected every year by Ofsted who make sure that the young people living in the home are being kept safe and that the home is well managed. All the young people living here are encouraged to speak to the inspectors about their experiences of living in Gables House.

Ofsted offers a Children's Right's Service which you may call if you want advice.

They can be contacted on telephone number: 0800 528 0731

or online at: [www.rights4me.org](http://www.rights4me.org)

## Slavica Tobdzic-



**Slav**

### What people like and admire about me...

I am always honest, happy and positive!!!!

Slav is our Independent Person who visits Gables House once a month. She will speak to you and gain your views about where you live and ensure that you are receiving the support and care that you should be.

### What I like...

- Yoga
- Eating out and trying new foods
- Watching box sets
- Getting my nails done

### What I don't like...

- Black pudding
- Scary movies
- Rats - I'm really scared of them!!!

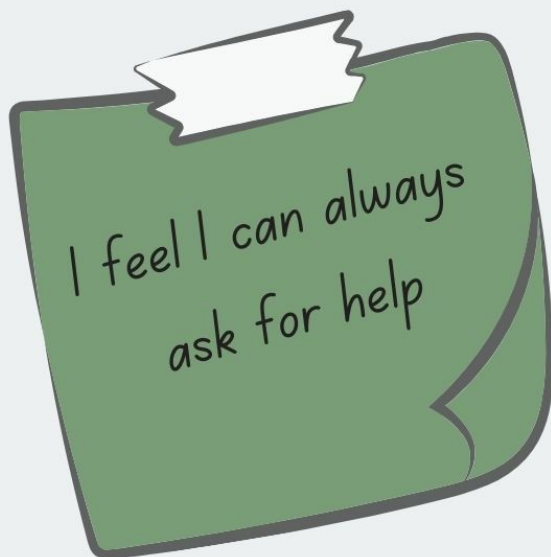
She will also speak to your family, staff at the home and professionals to obtain their views and feedback too.

### Slav's Contact Details

07507685527

[Tobdzic@outlook.com](mailto:Tobdzic@outlook.com)

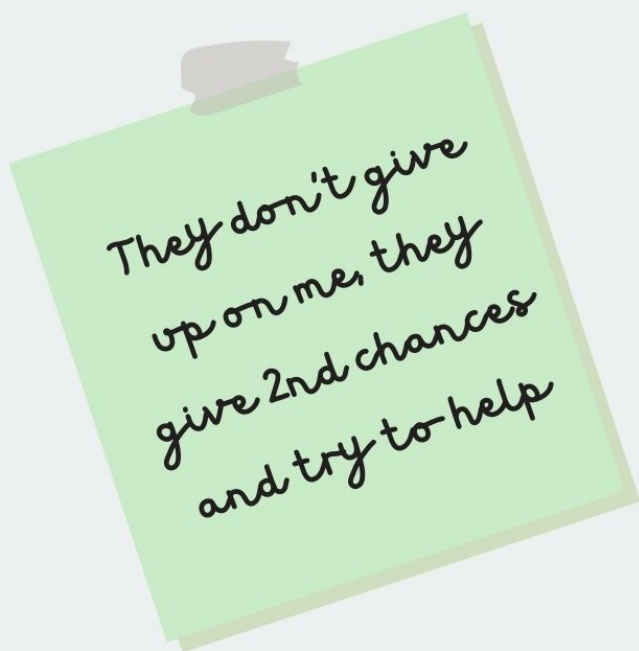




I feel I can always  
ask for help



The staff  
listen to me  
and take time  
to help me  
through things



They don't give  
up on me, they  
give 2nd chances  
and try to help



- The house is nice, i
  - like how i have been
  - able to decorate my  
bedroom
-      