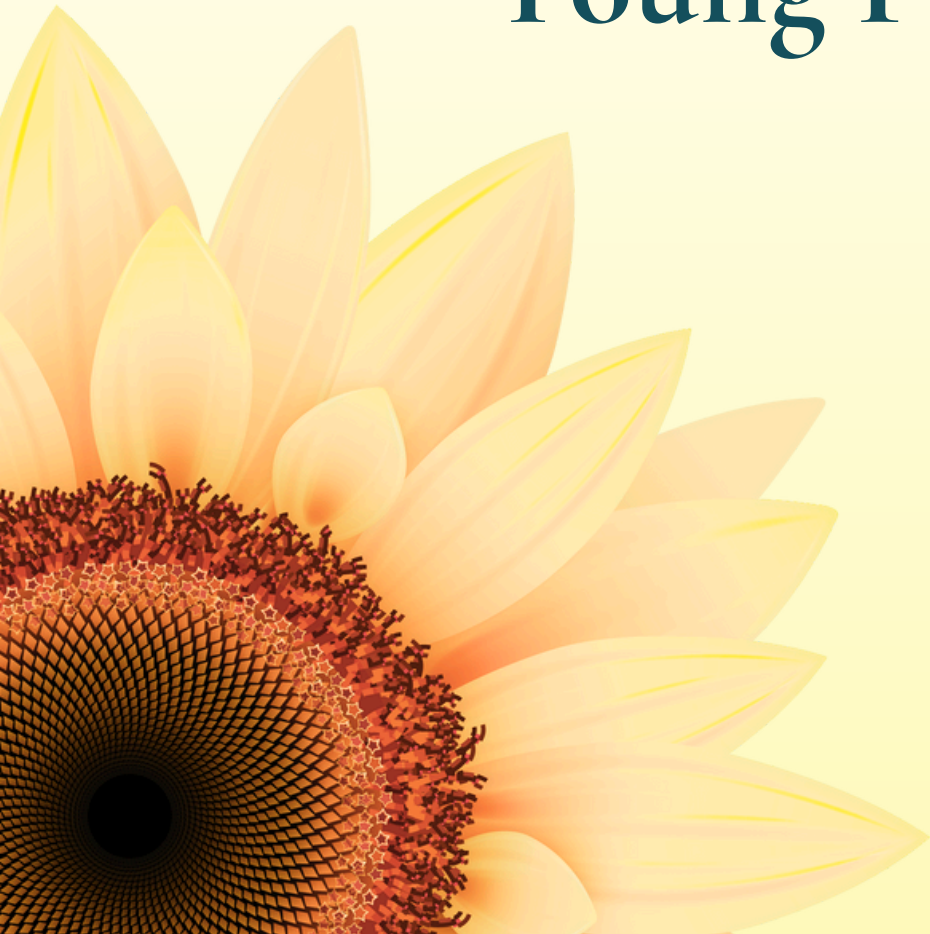


Welcome to Ebba's House Young Person's Guide



CHERRY LANE
THERAPEUTIC HOMES

A Warm Welcome to Ebba's House

The whole Cherry Lane team would like to welcome you to the home. This guide has been made with you in mind, to ensure you have all the information you might need and want during your time with us, so that you can get the most out of your experiences, relationships, and opportunities.



Why did we choose yellow?

At our therapeutic provision, we chose yellow as our background colour because it brings a sense of warmth, positivity, and clarity. Yellow is known for its bright and welcoming nature, which helps create a positive environment for everyone who interacts with our services.

A Welcoming and Positive Environment

Yellow is associated with sunshine and light, making it a great choice for creating a friendly and inviting atmosphere. We want everyone to feel comfortable and at ease when engaging with our services, and yellow helps set a positive tone.

Supporting Neurodiversity and Accessibility

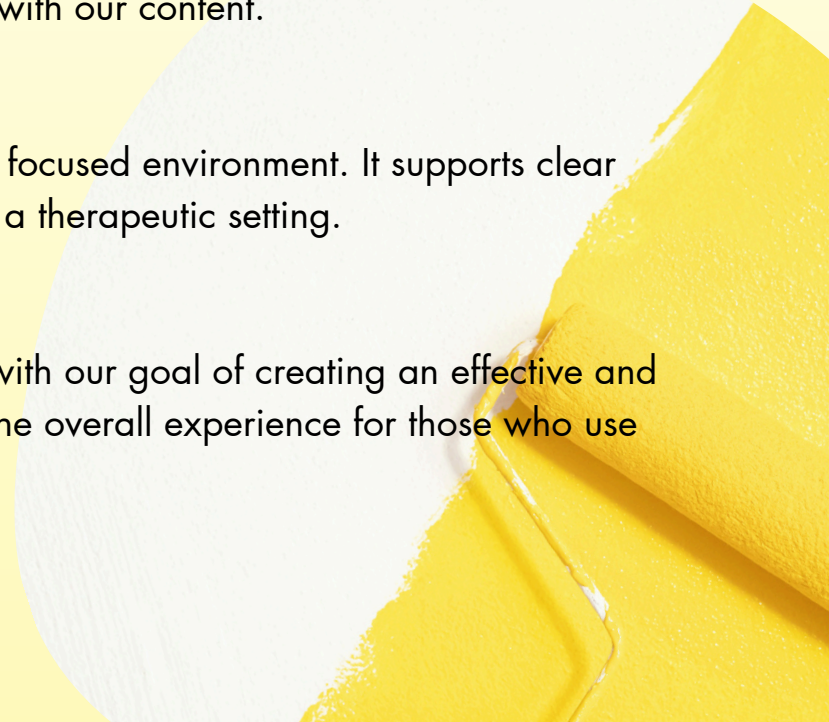
We are committed to making our services accessible to all, including neurodiverse individuals, such as those with dyslexia. The yellow background improves readability by increasing contrast and reducing visual strain. This makes it easier for everyone to engage with our content.

Promoting Calm and Focus

Yellow, when used in the right shade, can help create a calm and focused environment. It supports clear thinking and concentration, which is important in a therapeutic setting.

A Practical Choice

Yellow is not just a colour we like; it's a practical choice that aligns with our goal of creating an effective and supportive environment. It enhances readability, accessibility, and the overall experience for those who use our services.



Thinking About You

At Ebba's house we are committed to your growth and development, and we will always provide opportunities to learn new things at school and at home. This means going out on fun adventures, museums, parks, and other fun places. Supporting you through education and extra-curricular activities which will harness your skills and allow you to explore new things. We can also help you with creating and setting goals, so you can surpass your own expectations!

Ambitions

Here at Ebba's house, we like to have fun, and with that in mind we are equipped with all the things we might need to make that happen:

- A beautiful garden with outdoor games
- A family room with lots of indoor games, art supplies, a TV and more!
- Weekly cultural evenings where we can spend time together, cooking good food, baking and learning more about the world.
- Movie nights with yummy snacks

Your Ideas

We love hearing what you think, and we appreciate your feedback – whether that is formal or informal. You can get involved in the planning the week – the activities, the meal plans and any other ideas you might have! If you would like us to, we can support you in meetings your social worker and ensure that your voice is heard.



Thinking About You

A Place You Belong

At Ebba's house, you will have your own private space with your things that you can relax in, as well as spacious communal areas where we can come together and eat nutritious meals, talk about our days. There will always be someone around you that you can connect with, talk about your thoughts and views and we will always listen – your voice is important to us.

We will celebrate important days like your birthdays, Christmases, eid, easter and any other days that are important to you!

Building Bonds

We will always help each other out – like a team, we will take time learning about each other, how to be kind, caring and considerate of each other. We will make time for togetherness – whether that's with us, with friends or with family. The bonds you have and will form in the future are so important.



Meet the Team



Kerry Shoesmith
Managing Director



Lucy Wright
Home Manager



Natalie Hughes
Deputy Manager



Dean Olivant
Financial Director



Peter Jakob
Consultant Clinical Psychologist

Meet the Team



Julie Campbell
Senior Life Coach Supervisor



Ryan Bloom
Lead Life Coach



Leanne Wilkes
Life Coach



Lee Hanrahan
Life Coach



Richard Page
Life Coach

Welcoming You to the Home

When you arrive at the home, we will spend some time going through this guide with you, important documents that you will need to sign along with your social worker. We will just spend some time getting to know each other a little better, setting up your room and living space how you want it and making sure you are as comfortable as possible.

Make it feel like yours

You will have a room allowance when you join us and this will go towards decorating your room how you would like it, picking out colour schemes and other things you might like to see in your new home. You will have a key to your room for maximum privacy.

Here to Support You

We will have meetings with you, your social worker and others who are important to you to plan for the future. We will ensure you have a key life coach who can make sure you are being looked after well, and who will make sure you are building relationships with those who are important to you, so we can keep them up to date with how things are going!



Routines

You will always be involved in the planning of the week – and we will do this on a Sunday, so we all know what to expect for the week ahead! Routine keeps everything running smoothly.

Around 6 pm every evening, it's dinner time. We'll be having a home-cooked meal – that you have helped pick for the week! After dinner, it's time to relax and get ready for bed. Depending on how old you are and what you've got going on the next day, bedtime will be between 9 pm and 11:30 pm.

In the morning, it's important to wake up on time. Whether it's for school or employment - being on time helps things go smoothly.

So, let's stick to our routine:

- dinner at 6 pm
- bedtime between 9 pm and 11:30 pm
- Waking up on time.

It'll help us stay organised and ready for the day.

“Routines help us feel safe and happy because we know what to expect each day”



All About Eastbourne

You may never have visited Eastbourne before, so you might be wondering what it is like. So here are some things you can do here...

- Beach fun: Eastbourne has lots of beautiful beaches perfect for a day of sun, sand, and sea. Whether you're building sandcastles, playing beach games, going for a swim, or just relaxing with a picnic, there is something there that everyone can enjoy.
- Eastbourne pier: Here you can enjoy some arcade games, or even some traditional fish and chips, and go for a nice walk along it while enjoying the nice views!
- Eastbourne Bandstand: See a concert or event here – tribute acts or even a firework displays in the summer months.
- Beachy head: Explore the stunning cliffs of beachy head, take in the breath-taking views of the English Channel and surrounding countryside. This is a popular tourist spot for hiking, picnicking and wildlife spotting with plenty of trails.
- Eastbourne sovereign harbour: visit the vibrant marina filled with boats, shops, restaurants, and cafes. Try your hand at fishing, take a boat tour or relax and just enjoy the maritime atmosphere.
- Towner art gallery: Visit the art gallery and have a look at the diverse collection of work by British and international artists. With events and exhibitions changing all the time, there is always something new to discover!
- Gildredge park: relax in the park, have a picnic, enjoy the walking trails, and flower gardens. You could take part in fun activities like tennis and is a perfect to place to retreat to when wanting some peace from the bustle of town.



Welcome to the sunniest place in the UK:
Eastbourne, is often referred to as the "Sunshine Coast" because it enjoys more hours of
sunshine than anywhere else in the UK. Its mild climate and sunny weather make it a
popular destination for tourists.



Your Voice Matters

At Ebba's house, your voice is important, and we always want to hear what you have got to say in the best way for you. For that reason, we will:

- Promote weekly key life coach sessions to check in with you. Have weekly house meetings over dinner, where you can tell us the things that are going well and where we can improve.
- Support and promote positive relationships with your social worker and ensure you are getting to see them every 6 weeks.
- Encourage you to attend and support you at reviews and meetings with your social worker
- Make sure we are getting regular feedback from you.
- If there is ever something you are not happy with, or you have any concerns you can make a complaint. Any member of the team will be able to support you with the complaints procedure, and you will be given a copy of this procedure on arrival. If you are unhappy with the outcome, you can speak with your social worker, your IRO, OFSTED or the children's commissioner. If you would like support in communicating your thoughts, views or wishes then we can support you to get an advocate who will communicate on.



“We have high expectations at Cherry Lane, and we will always make sure that your voice is heard by the right people, as well as making sure you are able to speak with these people with confidence.”

Working Together

We really want you to get the most of the experience at Ebba's house and with this in mind, it is really important that we work together as a team. This booklet has shared a lot about what you can expect from us, and it is important that we tell you a little about our hopes and expectations from you...

On your first day, we will take you through a terms of residency contract which will outline more about what the expectations are, but there are some things that are an absolute must like:

- Going to education and trying your best
- Not harming others in the home or outside of it
- Respecting the home – you must not break our things on purpose
- We have a 0 drugs and alcohol policy Come home on time.

These rules are very important, and if you are unable to follow them we will take action.



Money

Your Allowance

Pocket Money - £10 a week (£5 Monday and £5 Friday).

Room Tidy - £5 a week (£2.50 Monday and £2.50 Friday).

Toiletries - £5 every Friday.

Clothing - £15 every Friday.

Activities - There will also be some money for you and the team to do fun things!

Phone allowance - £5 every Friday.

JISA

You may already have a JISA. This is a savings account that your Social Worker can set up for you, after you have been in care for twelve months. The Government will deposit £200 into every account opened as an incentive. to help you to start saving. You will have access to this money when you are 18.



Life Coaching

The Cherry Lane team is filled with dedicated life coaches who are all about having fun while also taking care of ourselves. As life coaches, we're here to help you learn cool stuff like art, singing, and sports! We'll be with you as you try new things and discover talents you didn't know you had. Plus, we'll always remind you why it's important to stay away from things like smoking and other stuff that isn't good for you.

We will also help you learn all the life skills needed to move onwards in life – like budgeting, making use of public transport, cooking, cleaning, and lots more! And if there is something more specific you would like to learn about, we will support you with that too.

Kerry Shoesmith is the director of care as well as specialising in multiple therapies that can support you, and the team around you. Kerry has 24 years worth of experience working with young people and has worked alongside Dr Peter Jakob for many years, who also has many years experience in supporting young people in care. They will both help you manage big feelings and support you to make positive changes in your life.



Kerry Shoesmith



Dr Peter Jakob

Safeguarding

CCTV for Your Safety We have cameras (called CCTV) outside our home. These cameras help us keep an eye on who is coming and going. They make sure that only people who are supposed to be here are around the home, keeping you safe from strangers. Don't worry, the cameras are just outside and not inside where you live.

Listening to you about YOUR feelings and concerns are very important to us. If something is bothering you or you feel unsafe, you can talk to any of the adults here. We promise to listen carefully and take what you say very seriously. We will work hard to help you and make sure you feel safe again.

Building Connections We encourage you to build positive connections with the people around you. Whether it's making new friends or getting to know the adults who care for you, these relationships can help you feel more secure and happy.

Remember, our main goal is to make sure you feel safe, cared for, and supported.

If you ever have any questions or worries, a member of the team will always be on hand to support you.



Alcohol, Illegal Substances and Violence

No Alcohol or Drugs

No alcohol or drugs are allowed here. These substances can be very harmful and can make people feel unsafe. We want our home to be a place where everyone can stay healthy and make good choices. This also includes not smoking in the home or in our car.

No Violence

We do not tolerate any kind of violence here. This means no hitting, shouting, or hurting others. Everyone deserves to feel safe and respected. If you're feeling angry or upset, we're here to help you talk about it and find better ways to express your feelings.

Keeping Our Home Safe

We all have a role in keeping our home safe and peaceful. If you ever feel scared or unsettled, please let one of the team know. We will listen to you and take action to make sure everyone stays safe.



Electronic Devices

Staying Safe with Electronic Devices We know how important your electronic devices are for staying connected, learning, and having fun. To keep everyone safe while using these devices, we have some special rules and tools in place. Here's what you need to know:

Using a Net Nanny

We use a program called Net Nanny to help keep you safe online. Net Nanny blocks websites that aren't safe or appropriate. This helps protect you from harmful content and makes sure you're using the internet safely.

Weekly Checks

To ensure everything is working well and you're staying safe, we check all devices weekly. During these checks, we look at how the devices are being used and make sure there aren't any problems. If you have any questions or need help with your device, just let us know during these checks.

Alerts for Suspicious Activity

Net Nanny and our other safety tools alert us if there's any suspicious activity on your device. This might include things like trying to visit blocked websites or receiving strange messages. If we get an alert, we'll talk to you about it to make sure you're okay and to help you stay safe.



Thank you for reading!

We wish you every success for your future and truly hope you will enjoy your time with us.

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