

Welcome to The Meadows!



Country Care Children's Homes Ltd.

"The Meadows"

Beech Lane

Dove Holes

Buxton

Derbyshire SK17 8DJ

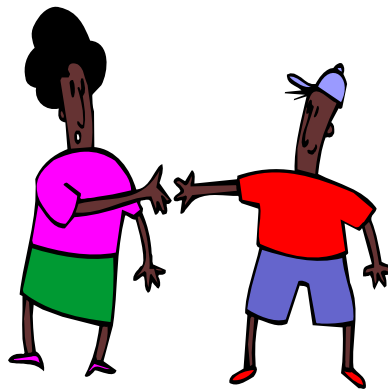
Telephone: 01298 814000 / 814888

The Meadows is your home and we want you to feel safe, comfortable and happy here. As in any home there are rules; these are all sensible rules to make sure that you will be safe, comfortable and happy.

Nuff Respect!

All people (including the staff) are expected to treat all others with respect and to be polite to each other. We also expect you to treat the building and property with respect. A lot of effort has gone in to making this a warm and comfortable home and we want to keep it like that! Nobody is allowed to swear.

Racist, sexist, ageist and other discriminatory comments or abuse will not be tolerated here. Nor will assaults. If any person tries to harm themselves, or other people, or the building the staff may physically restrain them until they have regained their self-control. We care about you too much to allow you to hurt yourself or others!



These are the 3 R's: respect for yourself, respect for others and responsibility for your actions. They are for **everyone to follow!**

Money, money, money!

You will receive a daily allowance of pocket money according to your age: 10 years = 10p per day, 11 years = 15p per day, 12 years = 20p per day, 13 years = 30p per day, 14 years = 40p per day, 15 years = 50p per day, 16 years = 60p per day and 17 years = 70p per day. On top of this you can earn a daily bonus of up to £1.00. You earn your bonus by keeping your bedroom tidy, doing your daily jobs, being basically polite and attending education and activities. If you win all your daily bonuses you will get an extra bonus at the end of the week of a further £2.00! So you can earn quite a lot of money very easily!



School and education.

All people of school age have to go to school or attend education in our own classrooms. If you are in our classroom you will be given all the help and encouragement you need to return to ordinary schools. The classroom has all the books, equipment, computers etc that you will need. Rachel and Norma will be your

teachers and they will be able to help you to catch up with any work that you have missed. At The Meadows we aim to make learning fun!

Activities

We include in our programme lots of exciting activities, these include sailing, climbing, kayaking, canoeing, abseiling, gorge walking, coasteering, fencing (that's sword fighting!), walking, camping, mountain biking, go-karting, expeditions and many, many more! Social activities include trips to the theatre and cinema, ice-skating, roller-blading, fishing, swimming, joining local groups plus any others that you can think of!



Bed times

Yes you do have to go to bed at some stage! The times are: 10years 9.00pm, 11 years 9.15pm, 12 years 9.30pm, 13 years 9.45pm, 14 years 10.00pm, 15 years 10.15pm, 16 years 10.30pm and 17 years 10.45pm. On Friday and Saturday evenings these times can be extended as a

treat so long as you have been well behaved and you settle down quickly afterwards.

Again, at holiday times, bedtimes may be extended.

My own space!

You have a comfortable bedroom all to yourself and we want you to make it your own by putting up posters and pictures and rearranging it to your liking. You may have a television and stereo in your room and may watch or listen to these in your leisure time. TVs and stereos need to be turned off at a reasonable time to make sure that you get enough sleep! The expectation is that you will turn them off one hour after your bedtime. You are expected to keep your room clean and tidy, with help if you need it.

Privacy and confidentiality

Staff will always knock and wait before entering your bedroom. There may be times when we need to enter your room when you are not there but you will be told if this is likely to happen. We may conduct a room search if we suspect that you have an illegal or harmful substance or object in your room.

A telephone is provided for you to make calls to family and friends and you receive tokens to put in it. In certain (rare) cases phone calls are monitored for the safety and happiness of the individual child. If this is happening for you, you will know all about it. You may have a mobile phone subject to signing an agreed

contract about how you will use it. Mobiles should be handed in at bedtime



Food glorious food!

The menus are drawn up weekly and are discussed in the residents meeting so you can make sure that some of your favourites are on it! We get our shopping from the local supermarket and you will be expected to help with this from time to time. The staff cook most of the meals but you are expected to help with this too! Of course if you want to cook a meal for everyone else you can!

Jobs

You will be asked to do one small job each day. They are not difficult and do not take long to do. The reasons for doing jobs are that you learn to look after yourself and your home, to share in the routines and to help each other. If you do need to be shown how to do something or helped with it you will be!

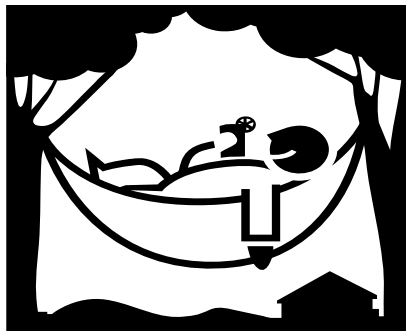
You are responsible for keeping your room clean and tidy

The Daily Routine

Monday to Friday you will be woken up at 8.00am. By 8.30am you should be up, dressed and having your

breakfast. By 9.00am you should have tidied your room, and be ready for school.

If you are receiving education at The Meadows you will go off to class. There will be breaks and lunchtime as in any school. The work you will do will include classroom work, field study, educational trips, physical activities and outdoor education activities. Dom is in charge of the outdoor activities but other staff are qualified to do them too! If you are old enough this could include working towards your Duke of Edinburgh Award.



On your return from school or activities you can get changed and relax down until 5.00pm when jobs are done. Tea is served at 5.30pm. After tea it is time to do homework, if you have any, and after that evening activities, TV watching etc!

On Saturdays you will be called at 9.30. Instead of education there will be activities during the daytime. In the evening there may be a treat trip out if you have earned it!

On Sundays you may lie in bed late if you want to, as Sunday is a "chill out" day! Activities will be offered

but you do not have to take part if you do not wish to.
We expect you to be out of bed by midday.



Contact

During your time with us we feel that it is very important for you to keep in touch with your family and friends. We provide a private telephone for you to help you to do this. It is a pay phone and we will give you up to 60p per day in tokens to call your friends. Alternatively you may use the office extension for agreed periods. This phone may be taken in to the back porch for greater privacy. You may have a mobile phone but will be expected to sign, and stick to, a contract regarding its use.

Health

You will be registered with the local doctor; dentist and optician so that if any health issues come up there won't be a problem.

You are not allowed to use drugs other than those prescribed by your doctor. You may not use alcohol.

We do not encourage people to smoke. No smoking is allowed in the house or vehicles. In the case of older residents who have their parents or social workers permission to smoke you will be allowed to do so outside, in one area. The staff will look after your smoking materials for you.



Clothing

We give an allowance of £30.00 per month for buying new clothes. If you need extra clothing we will talk to your social worker about it. A record will be kept of your clothes and possessions so that we can help to keep them safe for you.

Comments and Complaints

We welcome your comments about the home and want you to help in making the rules and running the home. You can do this by talking to your keyworker or one of the managers; by taking part in the children's meetings and by using our comments and complaints system. You will be given a copy of comments and complaints with this booklet.

Consequences!

Our rules are very simple and it will be easy for you to follow them. They are for your safety and happiness. Good behaviour brings good consequences e.g. success, pocket money bonuses, points and praise. 'Bad' behaviour may bring other consequences or sanctions. You may be "told off". If you deliberately damage something you may have to mend it or help to replace it



with payments from your pocket money. You could lose out on an activity or treat. You might have to do some extra jobs or homework. If you break trust you will be "put off trust" for a period of one to seven days. This means you will not be allowed to go anywhere without staff, you do not get your bonus and you do not get treats. If your behaviour improves you can earn back your trust. If you abuse a vehicle you will be on a car ban for a period of one to seven days. This means that you will have to walk rather than getting lifts. If you do not get up on time in the morning you might have to have an earlier bedtime.

At no time will you be physically punished, e.g. hit, shaken, pushed or deprived of food or sleep. These are illegal! Remember! The rules are simple and are there for your comfort and safety. It makes sense to keep to them!



Time Away!

If you are having a hard time in the group and you are often losing control of yourself we may send you away with one or two members of staff for a short period to give you the chance to “chill out” and to figure out some better ways of dealing with painful feelings or stresses. This is not a sanction! It is to help you! If this happens make the most of the opportunity to “get sorted”...it works!

My Keyworkers

You will have 2 keyworkers who are responsible for making sure that all your needs are met; e.g. you get proper medical and dental treatment, you have enough clothes and they are clean etc, reports for reviews are written etc, they will show you your file if you wish to read it. He or she will talk to you and help you. They

will be your friend and should be the person that you turn to for help. If you have a problem with your keyworker and don't feel that you can tell them about it then speak to Robin (the manager) or to Dani (his deputy).



Enjoy!

Everything possible will be done to make sure that your stay here will be safe, comfortable and happy and that you will have the chance to learn, grow and enjoy yourself. So make the most of it!

And Finally!

If there is anything else that you want to know just ask! If something is important to you or you have any concerns or worries don't bottle it up, talk to somebody! The people here are always willing to listen to you and will try to help you sort out your problems and worries. If you do not want to talk to anyone here then you could talk to a friend, or your family, or Childline on 0800 1111 or 0800 2820, or to Jane Miller (our independent visitor) or to Katrina Djordjevic (our inspector) and her phone number is 01332 851800



"Your future's there ... and it's bright!"