



Children's Guide

Limedale House





Welcome to our Home

Limedale House is a home, that can help you achieve and prepare for your future. There are lots of reasons why children come to Limedale House, but we are here to make you feel welcome. Three children can live in our home, so long as they are aged between 9 and 17 years old.

We understand that moving to a new home can sometimes be scary... So, we have put together this guide to give you an idea what it is like living at Limedale House. It tells you what you can expect from living here and what we as carers will expect from you.

We hope that you enjoy your time here with us, and that we can help you in any way we can to help you achieve your goals!



Meet our Management Team...



Jade Perkins
Registered Manager



Jordan Aden
Deputy Manager



Sara Parkes
Team Leader



Mark Morley
Team Leader



Alex Jarvis
Team Leader

We will be here to support you with anything you need help with, We will also always be available to listen to any worries, concerns or issues you are experiencing, and we want to help resolve these for you.

Meet our Team...



At Limesdale House, there are adults here to support you at all times of the day, from when you get up in the morning, to help you go to school, to pick you up from school, to spend time with you in the evenings, and help you settle to bed.

If you need extra help in the night, there is also an adult here through the night who will support you.

Tracey Power

You will also see our homes Regional Manager & Responsible Individual, you can contact Tracey if you want to talk to someone outside of the home...

07739856182

tracey.power@rockhoppercs.com



OUR VALUES

- We strive to reach our full potential.
- We take responsibility for our actions.
- We respect our home and environment.
- We support and trust each other.
- We have fun and laughter.
- We respect each other.

Your Bedroom

Each child in the home has their own bedroom and you are encouraged to personalise it the way you want!

When you come to Limesdale House, we will help you choose things for your room, such as bedding, cushions and wall art to help make you feel at home. You can also decorate your bedroom, and staff will help you with this. We like to see a creative flare!

We understand that privacy is important to you, so the adults will always knock before entering your bedroom. There are times that the adults may have to enter your room quickly if we are worried about you or there is an emergency, however your bedroom will always be respected.



Education

There are a number of local Schools and Colleges which you can attend in our area, however if you already attend a School or College, we will try our best to maintain this, if it is not too far for you to travel.

The adults will support you to attend your education provision and help you with any worries.

The adults will look at ways to support you in all subjects and training so you can gain qualifications ready for adult life. For older children, there are many local opportunities for vocational and academic courses these include: A levels, bricklaying, mechanics, sport, cookery, hair and beauty and animal care.



Health

Your health is something we care a lot about, when you first arrive at Limedale House, we will ensure you are registered with a Doctor, Dentist and Optician.

If you feel you need an appointment with a health professional at any time, we will make these appointments for you and come with you if you would like us too. We will encourage and support you to make these appointments yourself.

If you are prescribed any medication the adults will support you to ensure you take this when needed, but also help you understand more about your medication if you want.



Bullying and Racism

Bullying is where some people hurt other people on purpose, and it can take place in many ways. It could be physical when people hit or kick you or it could be emotional where people call you names or ignore you. Bullying can also take place online through social network sites.

All the adults are aware that from time-to-time bullying may happen. If you feel you are being bullied or you see someone else being bullied, the adults want to know, and they are there for you to talk to. We try to stop bullying from happening by talking about it during discussions together in the home, with a focus on being kind and respecting one another. We have monthly anti-bullying sessions in the home, to promote positive friendships and deter bullying behaviours.

By taking the right action when children have concerns, we are able to keep Limedale House a bully-free zone.



Equality and Diversity

Every month we celebrate a variety of different cultural events.

We do this to develop our knowledge on other cultures and to celebrate cultural differences and diversity.

Each month we have a house theme which will at times focus around equality and diversity, we also talk about this topic in our house meetings. We hope you will join in on these sessions and we will include activities in these to make them fun!



Gender Identity

We are committed to creating an affirming, nurturing environment for all children in our care, including those who identify as LGBTQ+.

We actively support the rights of all LGBTQ+ children, parents and other adults to be safe and to be treated fairly and respectfully. We will provide access to information and services to allow you to develop an understanding of your own identity, culture, and context.



Family and Friends' Time

We will try to help you to have family and friends time as much as you can. We can support you on your family time visit or support your family time by booking activities or restaurants, so you can do something nice whilst seeing your family and friends.

If you are unhappy with friends and family time then you should tell someone, ideally the adults or your social worker. It may be because you feel unsafe, scared, or do not enjoy the place that you meet during family or friend's time. We can help with all these and look at the best way to help you feel better.



Money and Rewards!

All children at Limesdale House receive pocket money which is £15 per week. If you are over 13, you will receive £10 pocket money each week, and the remaining £5 is put into a savings account. If you are under 13, you will receive £7.50 pocket money each week, and £7.50 is put into savings. Your savings will be kept safe until your next steps.

We will also support you to set up your own bank account with debit card, and if you wish your pocket money can be put into this bank account weekly. The adults will also support you if you wish to put any other money into your bank account that you may receive from family members, parents, carers. The adults will support you to manage your own bank account.

We believe that achieving great things and good behaviour deserves rewarding. Sometimes a simple “thank you” or “well done” is all it takes to make you feel good about yourself and help you understand that you are doing well.

Other times, we may decide you deserve a reward for your positive behaviour, and as part of this reward may receive additional items chosen by yourself, or the adults may choose a reward for you that they feel you would like.





Activities and The Community!

There are lots of activities and opportunities in the local and surrounding areas. Where Limedale House is based in Buxton, there is a town centre which has clothing shops, music and games shops, cafes and food spots. There is a Leisure Centre offering a gym, swimming and other sports. There is also a large outdoor park, Cinema, and other activities, including lots of good spots for walking/bike rides.

Some of our Local Activities:

- Indoor Climbing Centre— Leek
- Skate Parks and Parks – Buxton, Whaley Bridge, New Mills
- Go Ape - Buxton
- Poole's Cavern and Buxton Country park
- Cinema and Bowling – Stockport, Buxton
- Leisure Centre's – Stockport, Buxton
- Access to outdoor pursuits – Including outdoor Parks such as Pavillion Gardens.
- Sea Life Centre – Trafford Centre
- Water world - Stoke on Trent
- Adventure Golf – Trafford Centre
- Playfactore - Manchester
- Alton Towers
- Nerf Centre - Stockport

We also encourage all our children to get involved in the local community through clubs, so you can make friends outside of the home, learn new skills and have fun.

We have many clubs for you to join in our local area, including Army Cadets, Scouts, Brownies, Fire Cadets, Air Cadets, Football Clubs, Gymnastics, Athletics Clubs, Horse Riding club's, Skiing and many more.....



Food

Each week a new menu is created for the following week which will include your choices as well as other children and the adults. We will do this during our Monday house meeting, where you can also choose other foods for the shopping list.

We hope that whilst living at Limedale House you try lots of new foods, as well as enjoying lots of fruit and vegetables to keep you healthy.

We encourage all our children to try to learn how to cook and we will support you in learning how to do this. There is always a fully stocked kitchen with different foods and utensils available for you to cook new things. The fruit bowl is always stocked so help yourself at any time!

We do like to sit down together for a meal each night, it gives us all chance to have a natter!





Holidays

With a choice of activities on offer, holidays at Limedale House are really something special. While it is important to make sure routines are followed - for example keeping your bedroom tidy - in the holidays we try to have as much fun as possible!

Everybody has the opportunity to get up later during the holidays, and we go out on lots of trips and activities. We also do a holiday each year, these could include beach holidays, camping trips, and could even be going abroad on an airplane!



Independence

At Limedale House, we want to help you learn skills that will help you become more independent, so that this will help you in your future.

We want to help you learn to cook, learn to do household tasks, such as how to wash your clothes, how to keep your space clean and tidy, learn how to be safe in the community, learn how to get public transport, and much more.

If you would like to, we would also like to help you build towards having independent time away from the home, when you are ready for this.



Speak up
respectfully

Kindness
matters



Your
voice
counts

Compliments and Complaints



Give credit
where it's
due



If you are unhappy about the way you are being looked after, or if something has happened that you feel is wrong, then you have the right to tell us about this and we have the responsibility to take this seriously and look into this.

If you would like to record a complaint, the forms are in the Childrens folder 'Our Home' which is in the lounge, or an adult will help you complete one. You can then give this back to someone you feel comfortable giving this to.

You will receive a reply within 7 days telling you what is being done about your complaint.

At times the adults will also ask you to complete feedback forms to see things you like about the home and if there is anything you would like to improve. This helps us to make a better home and ensure everyone is happy!

Advocacy

Advocacy means getting independent support from another person to help you express your views and wishes, and help you stand up for your rights.

Someone who helps you in this way is called your advocate.

There are different ways for you to access advocacy, there are some different groups that offer it and sometimes your Local Authority may have an organisation that they like to use.

The adults at Limesdale House will always support you to get an Advocate any time you feel you would like one to support you and ensure your rights are met.



Reg 44 Visitor

My name is Marisa and I will be your monthly independent visitor at Limesdale House. My job is to come to your home every month and check that you are being looked after well, and cared for in a way that helps you be safe and well.

I would like to talk to you on my visits, and if you have something you really want to talk to me about then you can let the adults know and they will contact me, and I will be sure to speak to you about it when I visit.

You can also email me if you want to on:

marisa@childrenfirstconsultancy.co.uk





Dame Rachel de Souza

The Children's Commissioners duty is to promote and protect the rights of all children, she speaks up for children so that policymakers and the people who have an impact on their lives, take their views and interests into account when making decisions about them.

Help at Hand is the Children's Commissioner's advice and assistance service for children in care, children who have a social worker, children living away from home and care leavers. **help at hand**



**You can access this support service at any time,
confidentially via:
Phone: 0800 528 0731
Email: help.team@childrenscomissioner.gov.uk**



Our children say they feel safe here, the adults are funny, they get lots of delicious food, they enjoy doing different activities, the adults are kind and that they want to live here until they are 18!



Ofsted are responsible for inspecting Limedale House and are the governing body that make sure all homes are providing good care to all the children living there.



Our inspector may visit the home during your time here to look at how we are running the home, see what care you receive and to make sure that the home is trying to meet your needs and is helping you to achieve your full potential..



Ofsted will usually visit once a year, and they will give feedback in the form of a report and they even produce a report just for you. They will visit the home, arriving in the morning and spend the whole day with you and the adults to learn what it is like to live at Limedale House. They may even stay for dinner!



However, if you have any complaints then you can telephone them or write to them at any time, and they then may come out and speak to you.

We hope to welcome you at Limedale House soon.

We will always be here to help you.

If you ever need anything all you need to do is ask!