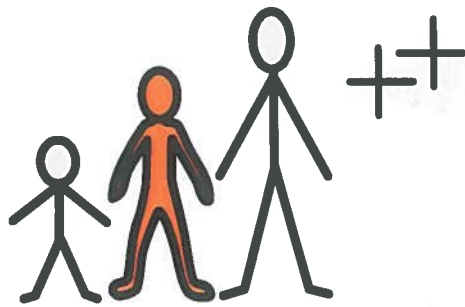


Children and



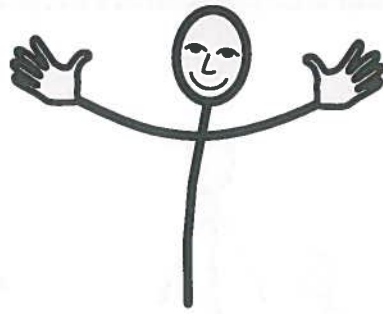
Young People's Guide



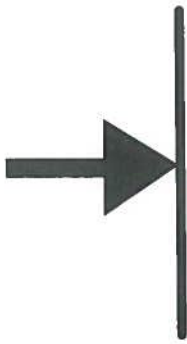
Short

Break

Centre



Welcome



to



the



Short



Break



Centre



The children's homes Charter



focus on what you can expect



from this centre.

...



If you need information



about your rights you can



contact Children's Rights



Director for England.



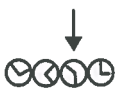
Hello



Welcome. Today you have come for an



overnight stay at the Short Break Centre.



Sometimes, you will stay for 2 nights.



We hope to make your stay enjoyable.



# Your Support



The staff team are here to help you to do



activities you like



support with personal care



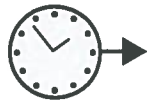
Help you look after your health and



be safe.



Prepare meals you like to eat



Staff will support you to stay



overnight,



help you keep your room and the



house clean.



When you come from the Village

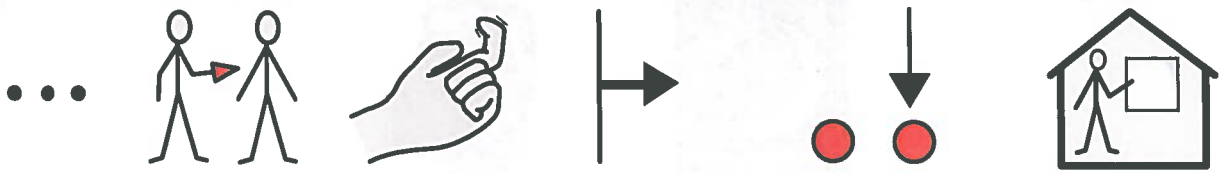


School you can walk to the Short



Break Centre.

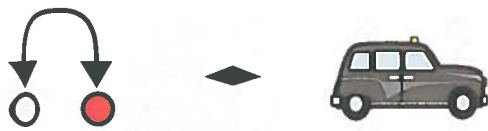




If you come from another School



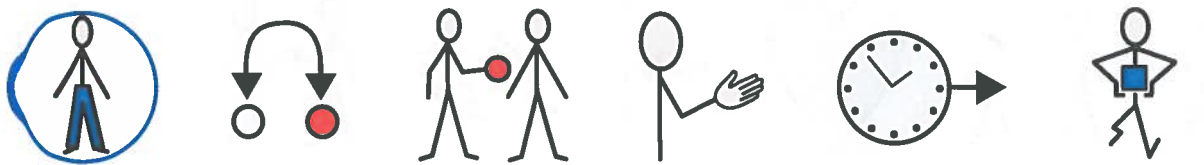
you will come in the school bus



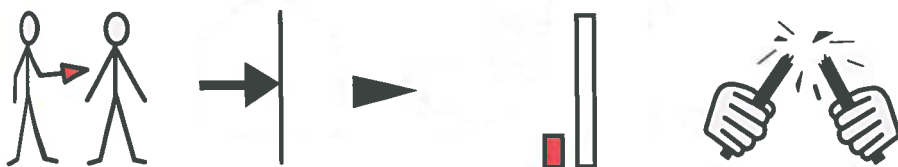
or a taxi.



During School holidays your mum or



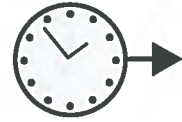
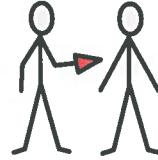
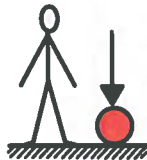
dad or your carer will bring



you to the Short Break Centre.



# Overnight bag



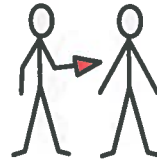
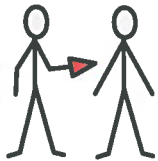
When you come to stay you will



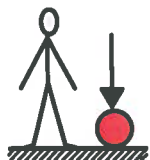
bring your overnight bag, your clothes and



wash bag with tooth brush and other



things you like, to help you enjoy



your stay at the Short Break centre.

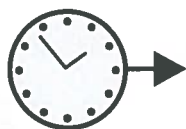




# Communicating



Staff



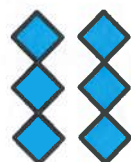
will



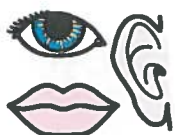
use



the



same



communication



method



you



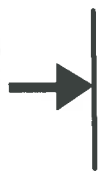
use



at



school



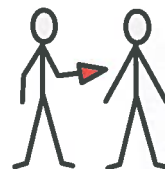
to



understand



what



you



want.



Please



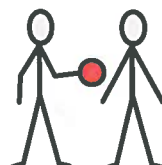
remember



to



bring



your



symbols



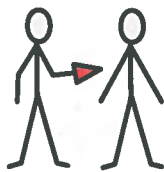
or



signs



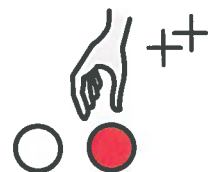
with



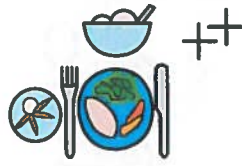
you



to make



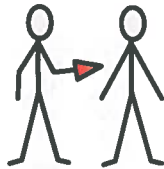
choices



## Meals



When



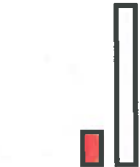
you



are



at the



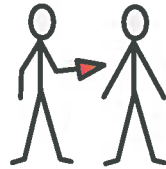
Short



Break



centre,



you



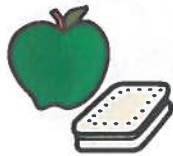
can



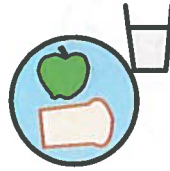
have



breakfast,



snacks,



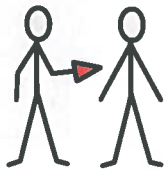
lunch



and



supper.



You



can



have



a



choice



of



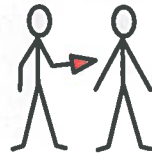
food



and



drinks.



# Activities you can do



● Arts and Crafts, Music,



Singing



● Sensory room, Board games,



Library.



● Visit parks, minibus outings



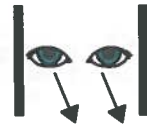
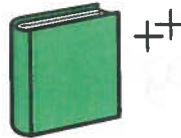
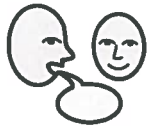
- Activities in the garden, roundabout, swing,



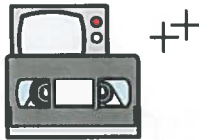
water plants



- Basket ball, quad bikes,



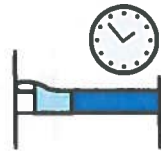
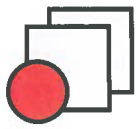
- Story telling, reading books, watch



videos



- Learn house hold tasks.



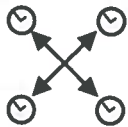
# Before bedtime



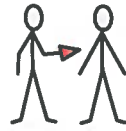
You can have a shower



or a jacuzzi bath,



what ever you prefer.

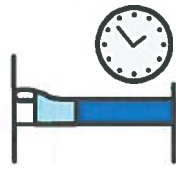


Then have drink if you like and get

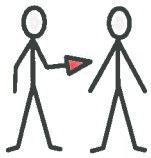


ready for bed.





# Time for bed



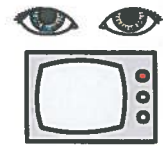
You



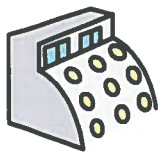
can listen to music



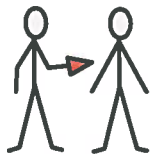
or



watch TV



till



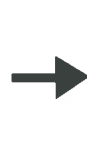
you



are



ready



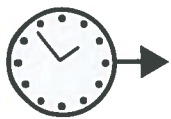
to



sleep.



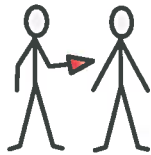
Staff



will



remind



you



to



turn



TV



off



and



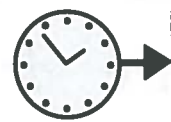
settle



in



bed,



time to sleep.







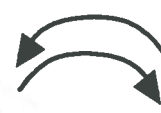

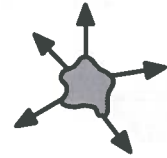

# Night time

...      

If you need to go to the toilet

    ... 



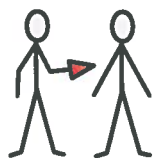
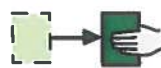

staff will help, or if you






need to change your position in







     

bed staff will use the hoist







to help you move safely

      
Getting up in the morning

       
Staff will call you to wake up.

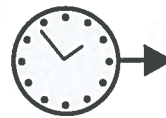
     
You can have a shower or a bath,

     
brush your teeth, get dressed. Have breakfast

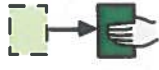
       
and get ready to go to school.



Wheel chair users



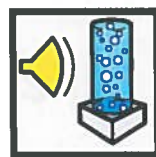
Children and Young people will be



supported to move using the overhead



hoists to access the bed room, bath



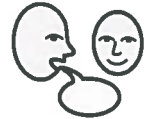
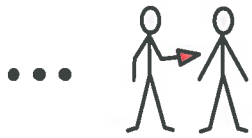
& shower, sensory room, the lounge,



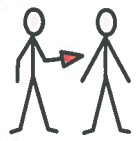
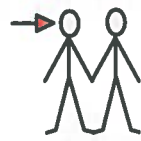
activity and hygiene changing room.



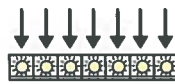
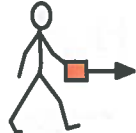
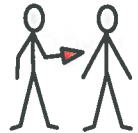
# Feeling unwell?



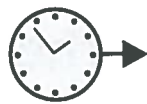
if you are not feeling well tell a



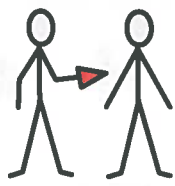
member of staff. They will help you.



Medicines you take every day, staff



will give it on time.



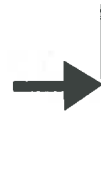
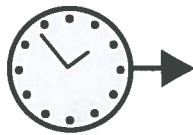
-



If you are up unhappy or



upset,



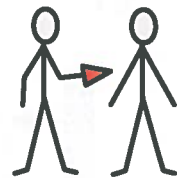
staff will try to find out



-

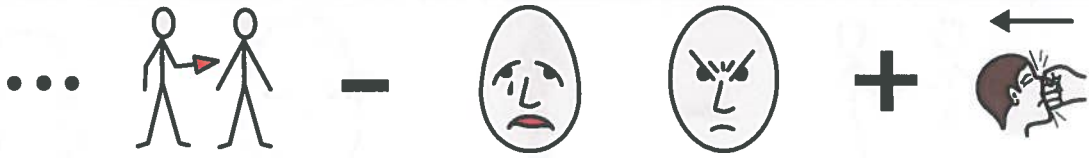


+



what is wrong and comfort you.

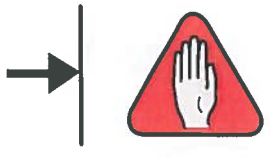




If you are upset, angry and hit



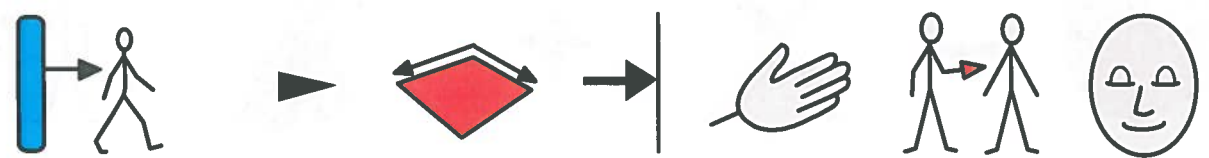
another young person, you will be told



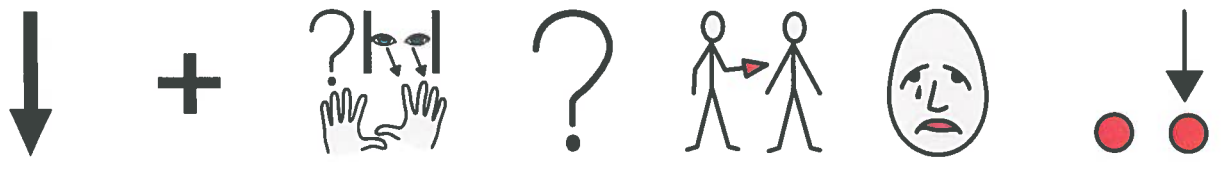
to stop.



If you continue staff will take you



away from the area to help you calm



down and find out why you upset another

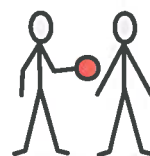
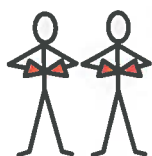


young person.





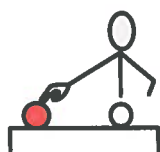
# Complaints



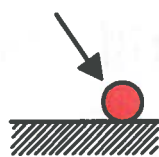
We want you to enjoy your



stay at the Short Break Centre.



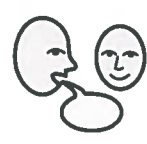
We understand that there may



be times, when there are things



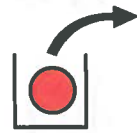
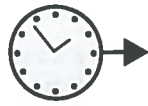
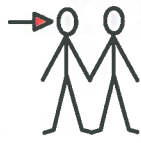
you are not happy about



If you feel unhappy you can talk to



someone quietly at the Short Break



Centre. They will help to sort out

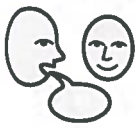


your problem.

...



If you are still unhappy you can



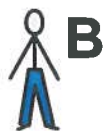
talk to your mum, dad, carer, your



teacher or social worker.



You can ask them to phone



- Brent Council Complaints Team



- phone 0208937 2444



- Ofsted - phone 03001231231



- Children's Rights Director phone

03001231231

