

Take a Breath Children's Home: Management Plan

Registered Provider:

Manchester City Council
Directorate for Children and Families
Room 218
Albert Square
Town Hall Extension
Manchester
M60 2LA
Tel 0161 234 3804

Responsible Individual:

Sean McKendrick
Deputy Directorate for Children and Families
Room 218
Albert Square
Town Hall Extension
Manchester
M60 2LA
Tel 0161 234 3804

Registered Children's Home Manager

Laura Franklin
382 Wythenshawe Rd
Manchester
M23 9DD
Email: Laura.franklin@manchester.gov.uk

Overview/Background/Purpose of the Home

Wythenshawe Rd Children's Home is owned by Manchester City Council.

The home will be registered with Ofsted for up to three young people who present with social, emotional, and mental health needs, who may be at risk of hospital admission, risk of injury from self-harming behaviour or a delayed discharge from hospital.

Young people coming to live at Wythenshawe Rd can be subject to a DOLs order (Deprivation of Liberty Order). The home will offer Short- medium residential placements for children and young people of either gender, aged between 11 and 17. Children and young people are entitled to a high standard of care, and we therefore aim to provide the highest quality of care for each individual young person, including providing a physically and emotionally safe environment that is nurturing, homely and non-institutionalised that allows them to experience being a child within consistent, stable structures and boundaries. We aim to support children and young people to reach their full potential and if appropriate, prepare to return home, live in a new placement or live independently as an adult.

Routines

By offering up to three placements, we aim to offer a 'family living environment' in which staff and children reside at the property following similar routines as other residents in the community. Although we will be registered for three young people, we would only look at accommodating more than one young person after an in-depth matching process. During this process we would look at the needs of each child, any risks associated in placing them together and any local area considerations. By doing this, we minimise the risk of arguments between children or antisocial behaviour.

A typical routine for a child living at Wythenshawe rd. would be similar to other children living in their family home. They would attend school, attend any appointments, spend time in their community going to local amenities with our staff.

The staff at Wythenshawe Road will attend parents/carers evening and other school events in appropriate partnership with parents and carers and social workers. They will support each young person to participate in all extra-curricular opportunities which will enhance their learning and support them to identify and pursue their aspirations for the future. The home will recognise and celebrate any achievements of any young person as they occur and in ways that are meaningful to that young person.

As we would expect for any child living at home, we will offer enrichment activities like attending the cinema or going for a meal, at home film nights, cooking etc.

Children who come to live at Wythenshawe rd. have their own needs and so we don't have a 'blanket approach' to house rules. As in any family home there will be things in place to ensure that our children are safe, happy and able to live peacefully in the community and respectful of our neighbours and surroundings.

The home understands the importance of play and social normalisation; therefore, we encourage and support young people to make and sustain friendships. The staff at Wythenshawe Road welcome friends for dinner as well as organised social activities. Staff have a good understanding of the range of influences that friendships can have and encourage those with a positive impact and discourage those with a negative impact. Activities need to be carefully planned to balance realistically with those other children and young people would receive in a family home whilst ensuring opportunity to experiences of childhood that may otherwise have been missed.

How to make a complaint/ raise a concern

Wythenshawe Road aims to provide a high-quality service to the children and young people living in the home. Children and young people will be given information on how to make a complaint and to whom. This information will be given to children and young people when they are welcomed to the home, this is also included in the Children's guide.

Wythenshawe Road is committed to ensuring that if any young person in our care feels unhappy, unsafe, unsupported, at risk or unfairly treated or has a general grievance of any sort that they have clear and free access to someone who will listen to them. All complaints are taken seriously and as such are dealt with accordingly and in consultation with the young person. In the first instance young people can have an informal chat with a member of staff of their choosing to try to resolve the issue. The staff will help the young person to record the complaint or will give them complaints form to complete independently.

If the young person wishes they may contact the Registered Manager or their social worker directly. If at any stage a young person wishes to make a formal complaint, the staff will support the young person through this process. Alternatively, if the young person does not want to speak to someone at the home or their social worker, they can independently speak with a member of Coram Voice (Children's Advocacy) or complain directly to Ofsted in writing or by using the phone.

We also offer on call support for our home, staff team and neighbours for any concerns they may have, 24/7, 365 days a year.

In addition, the registered manager and Assistant manager, will ensure they provide contact details to the residents, so they are able to speak to them with any concerns. Alongside these contact details will be the contact details of the service lead for residential services within Manchester city council should TAB management not provide a satisfactory resolution.

The registered manager intends to offer an open morning prior to the home being open, to meet the community, to discuss any issues or concerns and to provide

contact details for residents to contact should they have any queries. In addition, the open morning will be an opportunity for the local community to discuss the purpose of the Take a Breath home in more detail, to establish who to contact, to speak to and meet our team and to be reassured that although this will be a staffed home, the design and delivery of support intends to replicate family life for our children.

Home Ethos and outcomes and how we will achieve them.

At Wythenshawe Rd, our therapeutic model is centred around the PACE approach, which provides therapeutic parenting guidance to enable staff to emotionally connect with young people through Playfulness, Acceptance, Curiosity and Empathy. Using the principles of PACE enables staff to tune into what the child is experiencing and feeling in the moment, and in turn, helps young people feel more connected to the staff and supported through heightened emotions. This therapeutic approach will promote children's wellbeing, health and empower them to achieve the best possible outcomes in life.

On admission to Wythenshawe Rd, the house expectations are sensitively discussed which allows the young people to understand what is expected of them as well as helping them to feel safe and reassured. House expectations may be informed by the young person's care and risk plan. The home focus on developing skills and enhancing mental health and emotional wellbeing through therapeutic caregiving. The staff at the home will support young people with decision making and understanding the link between choices and outcomes. Young people will be sensitively supported in a non-judgemental way to reflect on disruptive behaviours, and they will be supported to develop more adaptive ways of responding, communicating and managing strong feelings.

All young people who live in the home will be supported to co-develop a Therapeutic Behaviour Support Plan which guides staff on how to support that young person when they are experiencing different levels of distress.

The staff in the home will work in collaboration with CAMHS Intensive Support Team-Residential (IST-R) practitioners in relation to young people's formulation plans and risk assessments to ensure that there is a consistent approach with regards to care and support. This will provide the young person with a feeling of being safe and secure enabling them to express themselves safely with adults that they trust.

The staff promote self-esteem through recognition of achievement and praise. Our staff will always show unconditional positive regard and acceptance of the child's experience to support them in building their self-esteem, trust and confidence. A structured timetable is used to establish daily routines. The home will work closely with colleagues from Education, health, CAMHS Intensive Support Team-Residential (IST-R), YOS, the Police and other agencies where appropriate to ensure implementation, review and development of individual placement, care, health, and education plans which are reviewed monthly or sooner if a significant incident arises.

The young people are encouraged and supported in reading and contributing to all their individualised plans.

Staff at home will support each young person to prepare for their transition from the home, whether they are returning home, moving into a foster placement, or moving into another Residential Children's Home or Supported Accommodation. The staff will support young people by introducing and following individualised transition plans that have been agreed by all relevant parties.

The Property

The staff at the home have worked hard to create an inviting homely environment for the young people living there.

Wythenshawe Rd is a semi-detached home situated in the Wythenshawe area of Manchester. The home is identical to the other houses on the street and does not stand out as different from any other 'family style' home. Any staff vehicles and the homes vehicle are unmarked and parked in line with other residents. There are no obvious features that identify it as a children's home. The home is within easy reach of leisure and social facilities and places of religious observance. There are good transport links close to the home. The home is located on a quiet street in a diverse community; the home is a 'family style' home.

The upstairs of the home comprises of four bedrooms, bathroom, and a landing. One of the bedrooms is utilised as an office, and the other three are young people's bedrooms. The ground floor comprises of a modern living room, kitchen, relaxation and chill out space. There is a small garden and a garden to the rear of the home.

On admission the young person is encouraged to personalize their bedroom with their personal items and additional items can be purchased to support the young person to settle.

In the home there is space for recreation, education, and activities. Books and magazines, a computer, television, DVD player and DVD's, a range of board games and materials for artistic and creative activities are provided.

The home provides facilities for young people to make private phone calls, accommodate visitors in a safe setting; this can be supervised if required.

Location of the home

Wythenshawe Road is situated in Wythenshawe which is near to Manchester City Centre. There are education providers, employment opportunities, shops, leisure facilities and access to public transport in near to the home.

A location risk assessment is completed and available at home, this is reviewed at least annually but updated with local crime statistics frequently.

Experience and qualifications of staff

Take a Breath has a staff team of 15 which consists of

1x Registered home manager,

1x Deputy Manager

9 x Day Residential support workers

4x Night Residential support workers

In addition to this, Wythenshawe Rd will benefit from onsite support from CAMHS practitioners with 4 staff connected to the home.

The ratio of staff to children will be 2:1.

Wythenshawe Road has a dedicated staff team who are responsible for the effective care and development of the young people living in the home. Manchester City Council recognises that to meet the complex and varied needs of young people living in the home; staff must have appropriate training, well-developed skills and access to clinical support and consultation. All staff complete a comprehensive induction programme which includes mandatory training in safeguarding, equality and diversity, positive handling, fire safety, food hygiene, administering medication and GDPR. In addition to the mandatory training specialist training forms part of the induction to ensure that staff have the skills and knowledge to support young people living in the home. Continued staff development is further assisted by regular supervision, staff meetings and psychologically informed consultation with the home's allocated CAMHS practitioner.

Typical shift patterns

These will be a mix of day shifts and a waking night with a handover at changeover.

A minimum of 2 staff will be at the home during the day/ evening, with the registered manager being on site Monday to Friday 9am – 5pm.

A minimum of 2 staff would stay overnight at the home on waking nights.

There would be a handover in the morning and one for the evening, staff will be reminded to be respectful of our neighbours when entering and leaving the premises. Due to there only being two shift changes, we hope to minimise any potential disturbances.

Visitors/Comings and Goings

Regular visitors to the home would include CAMHS, social workers and professionals as well as friends and family of the children, care plan dependent. Our visitors will also be expected to follow our parking guidelines and ensure they don't park at the property or cause disruptions to the main road or our neighbours.

Car Parking

The property has one parking space which will be used for the home's vehicle. Not all staff are car users and those who are, will park away from the home or utilise public transport/ car share. Once we are in the home, this will be reiterated to all staff so we can ensure we are respectful of our neighbours and our local surroundings.