

# Hillside **INSIDE**

By  
*Insiders*



**WELCOME TO**  
**HILLSIDE**  
**SECURE CHILDRENS HOME**



UNDEB  
EWROPEAIDD  
AMCAN 1 &  
AMCAN 3  
Cronfa  
Gymdeithasol  
Ewrop



EUROPEAN  
UNION  
OBJECTIVE 1 &  
OBJECTIVE 3  
European  
Social  
Fund



Llywodraeth Cynulliad Cymru  
Welsh Assembly Government



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# 1. Welcome!

Hillside is a children's home with locked windows and doors and a fence. You might not want to be here, but Hillside staff will do their best to look after you and make sure you have all the help you need and want. You'll find out lots about Hillside in this book, **but you can ask the staff anything else you want to know.**

The staff are here for you to talk about anything that is worrying or upsetting you, or about anything you are not sure about – **just ask!**



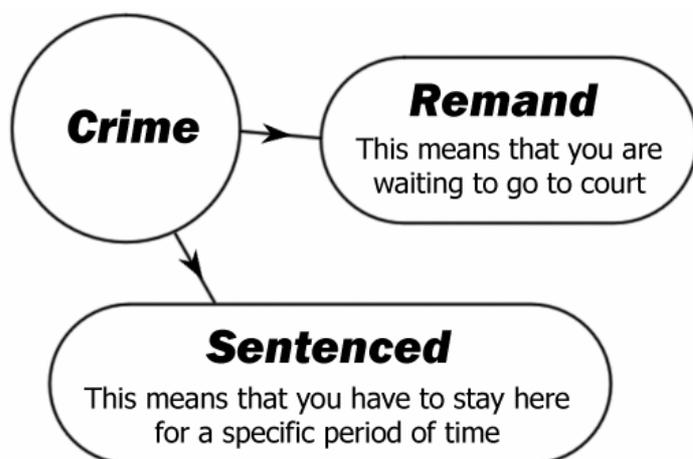
Young people living at Hillside have designed and put together this book, they have included things that they think will be useful for you to know at the beginning of your stay.

# 2. Why Are You Here?

People come to Hillside for different reasons. Usually, it is because of one of these laws: Section 25, Children's Act 1989, is a Civil Law and means that you are here because you may have placed yourself or others at risk, or you may have run away from another children's home



(Welfare). On the other hand, Criminal Law might mean you are here because you have been charged or convicted of a criminal offence (Crime).



**If you are unsure, talk to a member of staff.**

### 3. What Can You Do About It?



If you think, "I SHOULDN'T BE HERE!"...

- Talk to your KEYWORKER and tell them your worries.
- Talk to your SOCIAL WORKER.
- *Or*, talk to your YOT WORKER (YOUTH JUSTICE).
- You could also contact your SOLICITOR.

**You can get help from Hillside staff to get answers from these people.**

### 4. What Is It Like Here?



#### **Buildings**

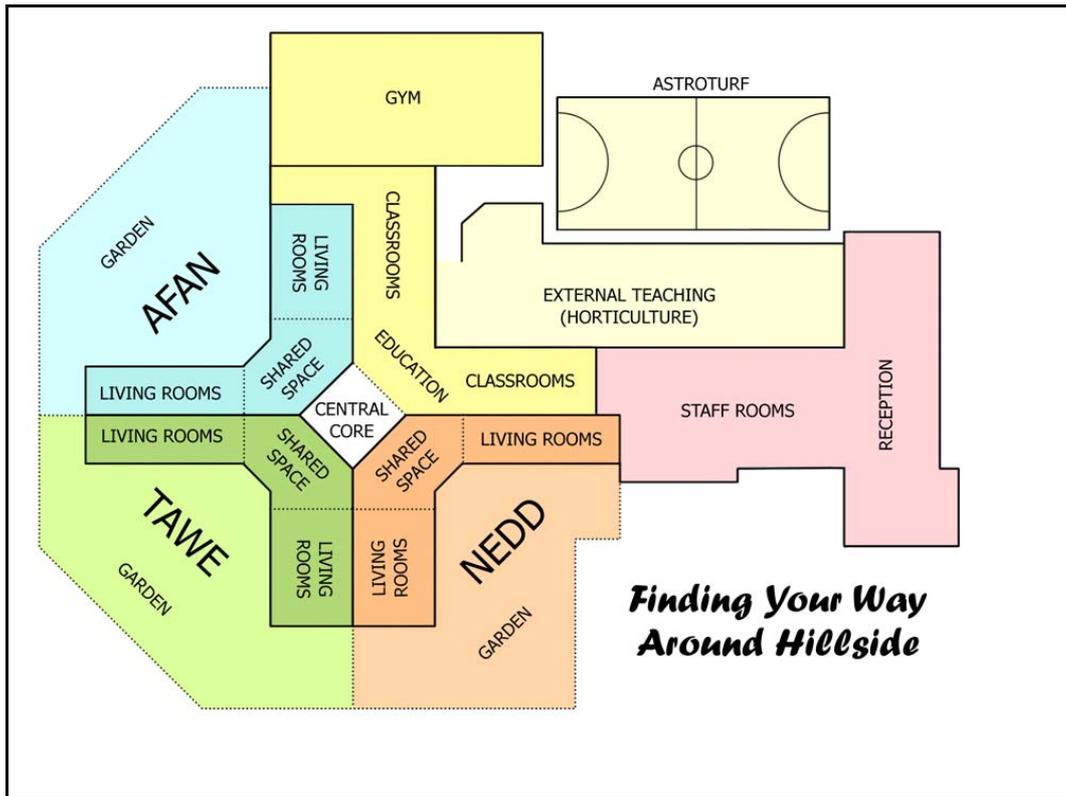
You will spend most of your time in your living unit – Nedd, Tawe, or Afan – with up to 5 other young people and the unit staff. This is your place to chill out, but staff are always around. Each unit has bedrooms, a living area, dining area, its own garden, laundry room, and a quiet room. The units are joined up by the central core (a round high-ceilinged room in the middle of the building), which also joins on to the classrooms. There is also a gym, education unit, and astroturf area.



#### **Security**

Occasionally, the staff will need to search your room. This is to make sure that everyone is living by the same rules and are aware of the list of things that you are not allowed to have, but also to ensure that you are keeping it tidy. If anyone is found to have any forbidden items they will be sanctioned (see the 'Rules' section).





## My Space



There are six bedroom levels. There is a bedroom awards system which means that you can move up or down levels depending on your behaviour. What you are allowed in your room depends on the level bedroom you have.

## Clothes



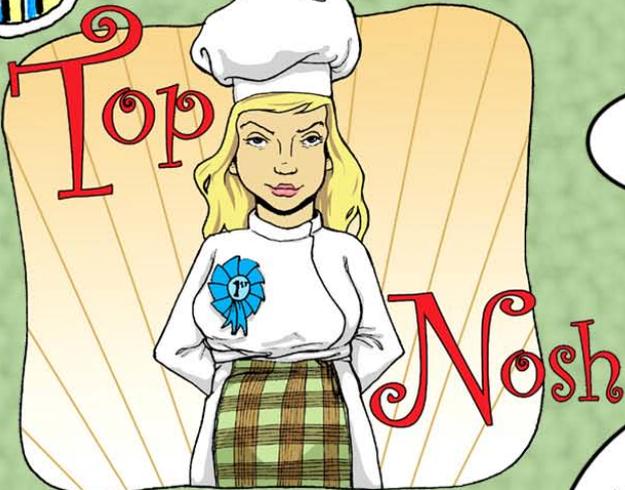
You wear your own clothes at Hillside. Your keyworker will buy clothes for you when you need new ones, or they can get you a clothing grant. You can also ask your family or friends to bring you clothes in an emergency. Look at the bit in this book about possessions to see what you can have. School uniform is provided for you to wear when you're in education.

## Food

Some people think the food is lovely...others think that it isn't. **If you have any food allergies, or need special food, let us know.**



# WHAT DO WE THINK?



Boring

The cook comes onto the unit to talk to us about the menu and the food.

There are healthy eating choices

You get a take away every three weeks but you have to all agree on what to get and you have to pay for it out of your own money.

I've been here six months and I've put on a stone - that's good because I was anorexic before!

You can help yourself to fruit during the day, it's good but there is not enough choice.

There should be more options

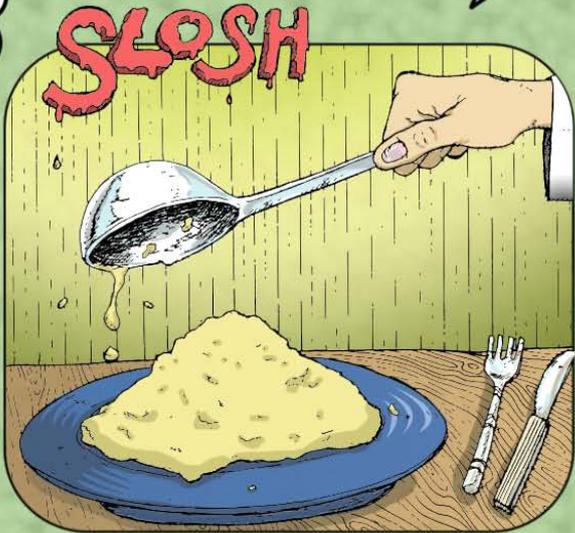
Some of the cooks cook well, curries are good but a bit watery.

Rice pudding and custard - all the desserts are alright  
Yoghurts are alright

Cooked dinners are best, with meat, potatoes and veg.

Could be better...

You get orange juice every morning but sometimes it runs out.



**But Don't Forget to Make Up Your Own Mind!**



## Possessions

To have more possessions in your bedroom you have to move up the bedroom levels (look at the bit in this booklet about rewards and sanctions).

Clothes you are allowed:

- Three sets of clothing (i.e. jeans and tracksuit)
- Three t-shirts
- Three sweatshirts
- As much underwear as you want!!!

Other stuff:

- Toiletries – up to six items (shampoo, conditioner, roll-on deodorant, etc.)
- T.V.
- Radio
- TV video units
- A hairdresser comes to Hillside every five weeks

If you damage any of your things on purpose, YOU HAVE TO PAY FOR THE DAMAGE (OUT OF YOUR POCKET MONEY) BEFORE YOU GET A REPLACEMENT, SO DON'T DAMAGE YOUR THINGS!!

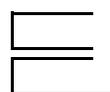


## Money



You get:

- 11 to 15 yrs old =
- 16 and 17 yrs old =



*Find out!*

**Pocket money is given out on a Friday.**

## Staff



- CARE STAFF: these are the people who you will see every day and who are with you day and night. One of them will be your KEYWORKER (though your keyworker won't be here everyday).
- MANAGEMENT TEAM: the senior staff who make the final decisions and look after the other staff.
- CARETAKING, CATERING, AND CLEANING STAFF
- TEACHING/TRAINING/ACTIVITIES/SESSIONAL WORKERS have specialist skills and knowledge they will share with you.
- ADMIN TEAM: keep everything organised and prepare paperwork.

If you swear or behave badly in front of the staff, you'll get **sanctioned**.

### Staff Name Checker

Job	Names	What they do
<i>Plan Co-ordinator</i>		
<i>Keyworker</i>		
<i>Care Staff</i>		
<i>Tutor</i>		
<i>Teachers</i>		
<i>Management</i>		
<i>Sessional Workers</i>		



## Education

Hillside is also an education unit for young people aged 11-17 years old. You may have missed lots of school for many reasons, SOOOO...everybody will be doing educational activities 5 days a week (except for school holidays).

The staff check what you've done and what level you are at, and find how they can help you build skills, confidence and qualifications.

Subjects on offer:

- Maths
- English
- Music
- Science
- Art
- Design and Technology
- Sport
- Humanities (Geography, History, RE)
- PSE (sex education, personal hygiene, drug education)

There are six classrooms and a gym (all shown on the map). The classes have 3-5 young people about the same level as you, with lots of support from teachers. You can take exams, and if you are over 16, you can do prevocational school work (e.g. Mechanics).

Staff want your education to be real and useful, and you will have a KEY TUTOR who will run tutorials once a week with two other young people. Education starts at 9.00 am and there are seven 45 minute sessions. There is one break for 30 minutes mid morning, and one hour for lunch followed by a further two sessions.

You can get rewards in the education unit - POINTS MAKE PRIZES! You can get up to 8 points per lesson, and each point is worth 1p of Argos/Woolworth vouchers.

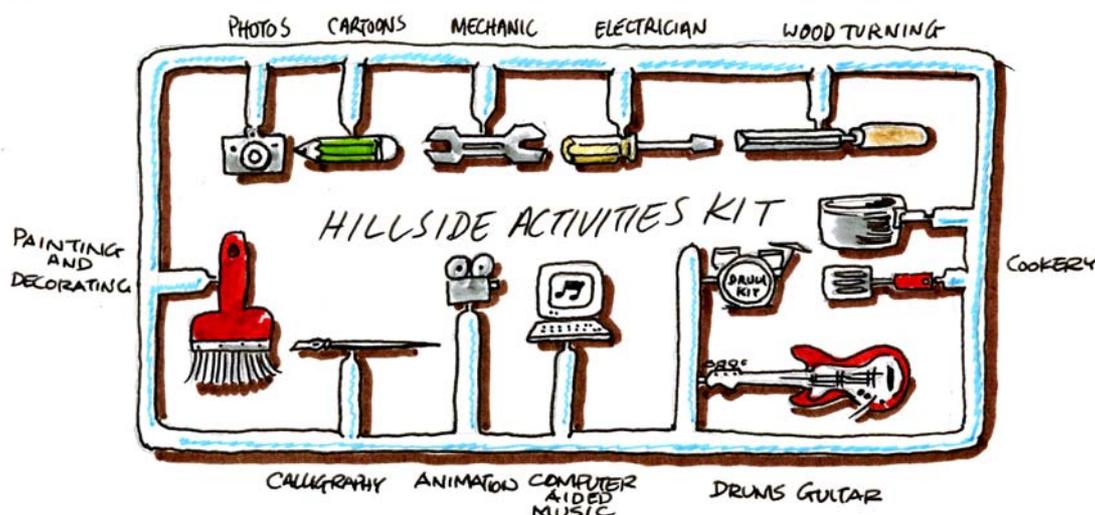
There is also a chance to do things at evenings, weekends and holidays, including:

- Football
- Welding
- Cinema
- Netball
- Health
- Wall climbing
- Karaoke
- Drumming
- Badminton
- Beauty
- Mixing Decks
- Painting and decorating
- Cooking
- D of E

## Activities



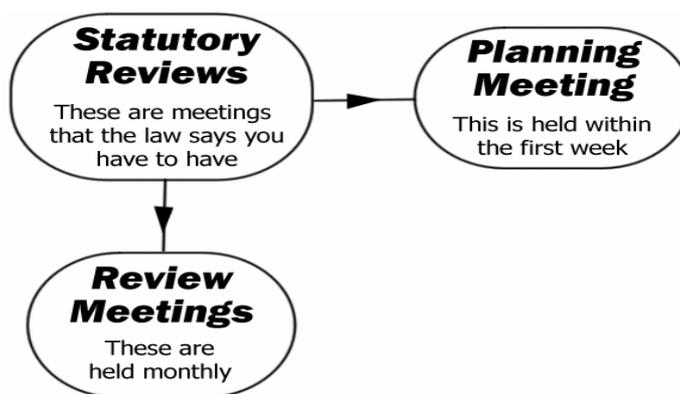
There are activities you can do in your unit, like PS2, pool, TV and 'boring little board games' like bingo and Monopoly. Inter Unit Activities are every Thursday and Sunday, where we do things like football, kick rounders, badminton, and fire safety skills.



## Meetings



As a resident of Hillside, there are certain meetings that you need to take part in.



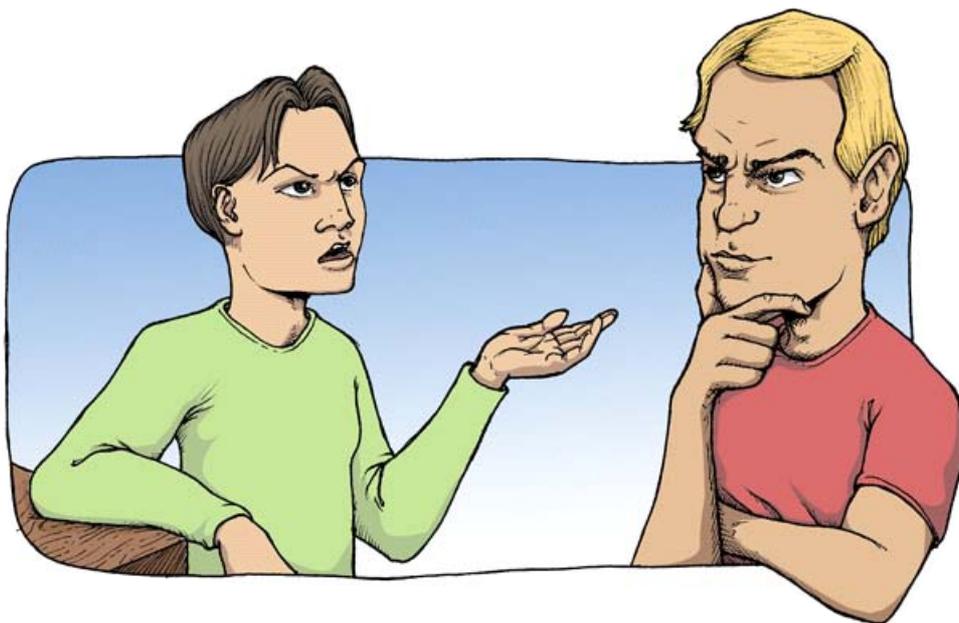
**Your keyworker will help you to prepare for these meetings and fill in your "CYP". These are your meetings. It is very important that you attend and have your say.**



## ***Problems***

There are likely to be other young people on the unit being disruptive. Remember, other young people have problems too.

- Bullying
- Racism
- Sexism
- Anger
- Not feeling heard
- Problems happening outside the unit
- Stress
- Sickness
- Feeling blue
- Not getting on
- Windups
- Wanting to do damage to yourself
- Boredom
- Feeling trapped
- Substances, drugs, and addiction
- Worries about sex and sexuality
- There may be many others...



What to do?

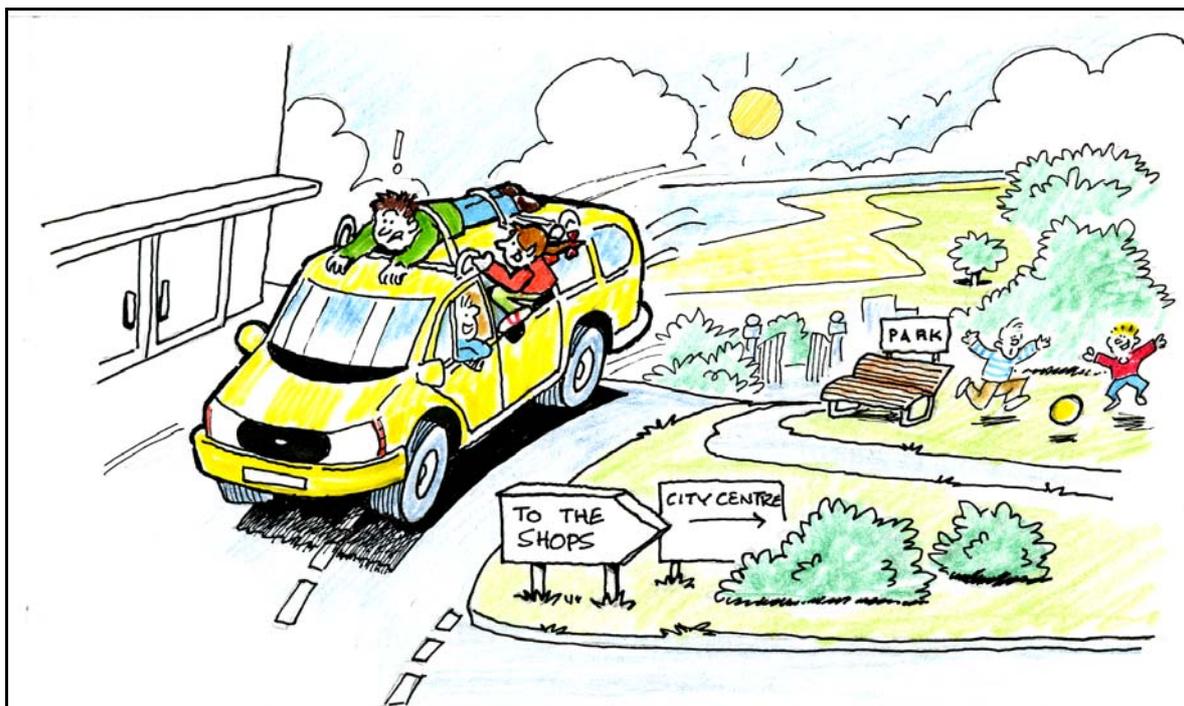
- Bullying...just say no!
- Treat others as you would like to be treated yourself.
- Racist and sexist comments, behaviour or literature are not O.K.
- We want people to show respect and get respect in return.

Remember: Hillside is not a prison - it is a Secure Children's Home.



## Outings?

EXTERNAL MOBILITY: This means when and how you can go out of Hillside while you are living here. It can be different for each person and will depend on your own circumstances, **so this will be explained to you**. A doctor and a dentist come to Hillside, but you can also go to the hospital for specialist or emergency treatment. Other types of outings may happen towards the end of your stay. **Talk to your key worker about this.**



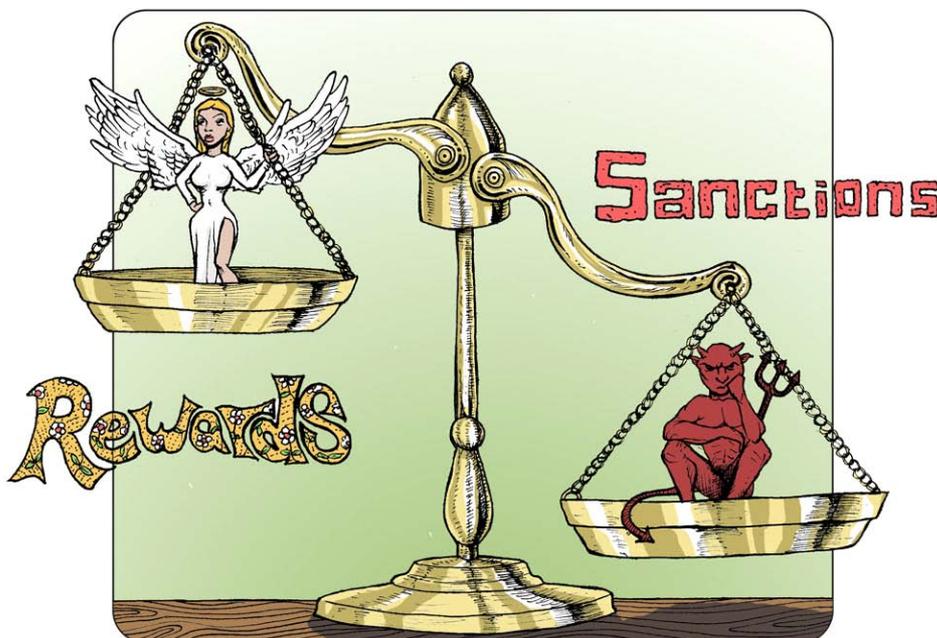
## Rules and Sanctions



There are important rules that you must be aware of as a resident of Hillside. These rules refer to such things as items which you are not allowed to own, ways in which you are not permitted to behave, and some of the consequences (sanctions) which may result from any wrongdoing.

However, there is also a positive side to the rules, and you can receive rewards for good behaviour.

However, rather than simply give you a list of all the Do's and Don't's, we thought it would be better if you found out on your own! Simply ask around the staff and other young people and you'll soon find out. As you do this, fill in the spaces below with what you find out.



**Things I Can't Do:**

**Things I Get Rewarded For:**

**Banned Items:**

**Items I Can Own Or Buy:**

## Having My Say



There are lots of ways to get your voice heard at Hillside:

- You can always talk to your keyworker.
- Young people get together every Monday morning to talk about how things are going.

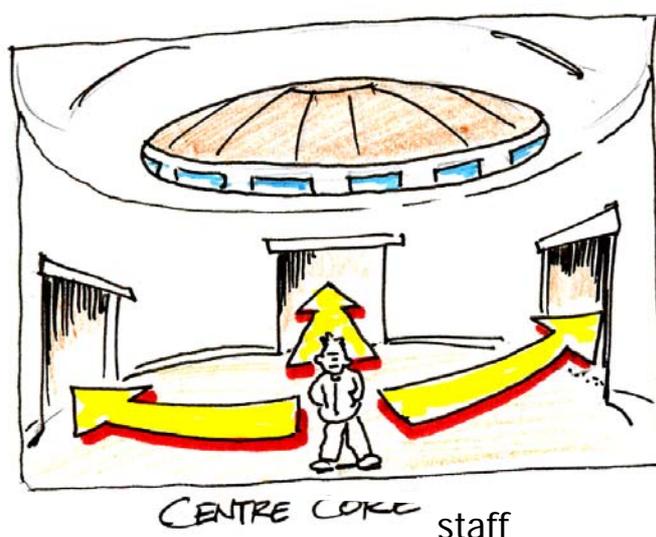
However, if you want or need to talk to someone who is completely separate from Hillside, you can talk to an independent visitor from the NSPCC. He/she visits Hillside every two weeks to check everything is going OK. You can meet privately with him/her to talk about anything that you need his/her help with. You can ask a member of staff to arrange this for you. You can also phone him/her on 01443 400747, or you can write to him/her at :

NSPCC  
Dros-y-Bont  
Lanelay Terrace  
Maes-y-Coed  
Pontypridd  
CF37 1ER

## 6. What Does It Mean?



### Words and initials



**Centre Core** – middle bit of the building that leads on to the other sections

**DM** – Duty Manager

**UL** - Unit Leader

**AUL** – Assistant Unit Leader

**Admin** - the office

**RCCO** – Residential Child Care Officer - the staff who work with you and care for you on the unit.



**Tutor** - talks to you about how you're getting on in school.

**CVS** - Independent Volunteer Visitor.

**Inter Unit** – mix with other units for activities.

**External Mobility** – when you can go out, where and who with.

**Keyworker** – helps you achieve objectives, supports you and is there to talk about things.



**UNCRC** – United Nations Convention on the Rights of the Child.

**PSE** – Personal and Social Education.

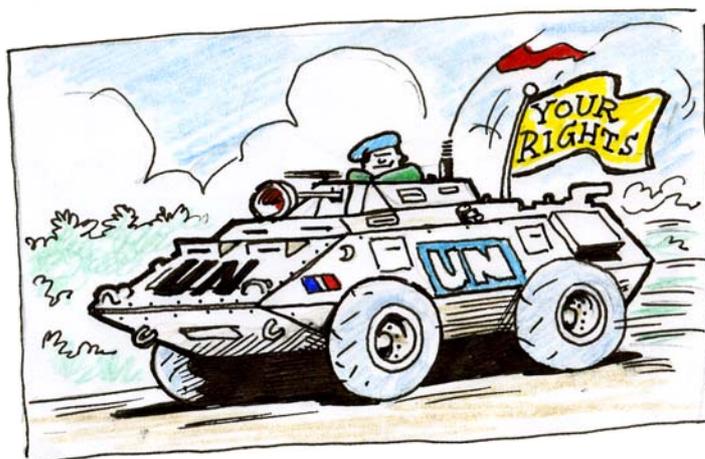
**ICT** – Computers (Information and communication technology).

**Saturday Shop** – On Fridays staff ask you what you want (e.g. magazines), and they get them for you from the shops – with your money. However, you are not allowed any posters or magazines with pictures of topless women in them (or other dodgy pictures or words).

**D&T** – Design and Technology.

**YP** – Young Person.

**CYP** - Children and Young People.



UNITED NATIONS CONVENTION ON THE RIGHTS OF THE CHILD.

**Plan Co-ordinator** - helps your keyworker to help you.

**NSPCC** - an organisation that helps protect children.



# QUESTIONS...?



I would like people to be friendly and ask names.

The young people here are brilliant.

It's not as bad as you think it's going to be!

If you don't do your chores you don't get TV or radio on in your room in the evening.

Find out when your Laundry day is and what your chores are.

It's not meant to be a hard time, it's meant to be secure but not a punishment.

There are no cells, there are only 18 people.

You can wear your jewellery if staff say it is O.K.— but usually just studs and watches.

I wanted to know the basic rules.

You get your own room and your own toilet and shower.

Learn the rules!

Do as you're told.

You are not allowed to smoke.

Remember that you've got to live with the people here.

Up for breakfast by 8:30 on weekdays  
9:30 on weekends.

You get loads of support.

**What did you need to know in your first week?**



# MY RIGHTS



Every child in nearly every county in the world is protected under the United Nations Convention on the Rights of the Child. Here are some of the parts of the Convention that are important for young people living at Hillside. You can read the whole list of rights by going to <http://www.unicef.org.uk/youthvoice/crc.asp>

## Article 1

Everyone under the age of 18 has all these rights.

## Article 2

These rights apply to everyone whatever their race, religion, abilities, whatever they think or say, no matter what type of family they come from.

## Article 9

You should not be separated from your parents unless it is for your own good.

## Article 13

You have the right to get, and to share, information as long as it doesn't harm anyone.

## Article 12

Adults should find out what you think are before making decisions about you

## Article 19

Governments should make sure that children are properly cared for. No violence, abuse, neglect.

## Article 20

If you cannot be looked after by your own family, you must be properly looked after by people who respect your religion, culture and language

## Article 24

You have the right to good health care, clean water, nutritious food and a clean environment.



# MY RIGHTS



## Article 25

If you are looked after by your local authority rather than your parents, your case should be regularly reviewed.

## Article 28

You have the right to an education. Discipline should be fair and not do you harm.

## Article 29

Education should help you develop to your full potential. It should encourage you to respect your parents, your own and other cultures.

## Article 31

You have the right to relax, play and join in a wide range of activities.

## Article 37

If you break the law, you should not be treated cruelly. You should not be put in a prison with adults and you should be able to keep in contact with your family.

## Article 39

If you have been neglected or abused, you should receive special help and support.

## Article 40

If you are accused of breaking the law, you should get legal help. Prison sentences for children should only be used for the most serious crimes.

## Article 42

The government should help everyone learn about the Convention and their rights.

## 8. Ten Entitlements

The Welsh Assembly Government wants every young person in Wales aged 11-25 to have the same rights or entitlements, things you are allowed/should have/have a right to. Rights come with responsibilities – for adults and for you as a young person. The things the Assembly thinks you should be entitled to are opportunities and choice:

### 1. Your Rights

- To learn what your rights are and understand them.
- Make sure you are able to claim them and to understand and accept the responsibilities arising from them.



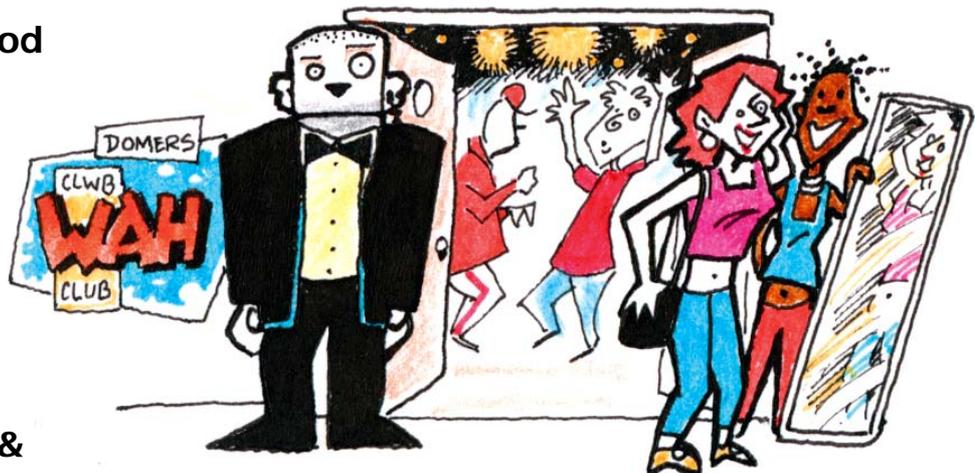
### 2. Being Heard



It is your right to have the opportunity to be involved in making decisions, planning and reviewing an action that might affect you. Having a voice, having a choice, even if you don't make the decision yourself, your voice, your choice.

### 3. Feeling Good

To feel confident and feel good about yourself.



### 4. Education &

## Employment

- To be able to learn about things that interest and affect you.
- To enjoy the job that you do.
- To get involved in the activities that you enjoy including leisure, sporting, artistic, hobbies and cultural activities.



## 5. Taking Part/Getting Involved

To be involved in volunteering and to be active in your community.



## 6. Being Individual

- To be treated with respect and as an equal by everyone.
- To be recognised for what you have to contribute and of your achievements.
- To celebrate what you achieve.



## 7. Easy Access



Easy access in getting the best services that you should have, locally and nationally, and to have someone available to help you find them.

## 8. Health & Wellbeing

To lead a healthy life, both physically and emotionally.



## 9. Access to Information & Guidance

To be able to get information, advice and support on a wide range of issues that affect your life, as and when you need it.



## 10. Safety & Security

To live in a safe, secure home and community.

