

Welcome!

to Tide House

This guide will tell you about us and what to
expect during your stay



Tide House is...

a place where families go
for help

and

a place which helps decide
what's best for you



Where is Tide House?

It's in a small
town in Devon,



close to the countryside



and close to the seaside



Will I go there on my own?

No. You will be with at least one of your parents, and will live with them while you are with us.

Will I have my own space?

Yes. You will be in a flat, with at least 2 bedrooms, to yourselves. You can bring things with you that are important to you, like a special toy, or a blanket. There are 3 flats, so there could be two other families at Tide House with you.



What will happen while we are there?

We will give them some work to do every week— it's a bit like a school for Mums and Dads

Your Mum or Dad will spend time talking with staff about how things have been for them and for you. They may need to talk about problems that there have been, and what to do about those problems.



We will also talk to you about how you feel about being with us, and about how you felt before you came to us. It's really important that everyone is honest so that we can help as much as possible.

What other things might we do?

Your Mum, or Dad and you are here for a very important reason – which is to help them be the best parents they can be, and to decide what is best for your future.

But while you are here you might spend time at the beach, or the park, go swimming, and do some art and craft. The work we do at Tide House is important, but so is having some....

FUN!

What if I feel scared about going to Tide House?

all of these
feelings, and
more, are...



We understand
that you might be
feeling a whole lot
of different things
about all of this...

scared upset
angry excited
worried happy

We will help you, no matter
how you feel, and help Mum
or Dad to help you too

What are the staff like?

There are quite a few of us, and you will see some of us often and some not so often. There are both men and women, and we are all different ages but we all believe that to help people best we all have to be..

calm

fair

patient

honest

When you arrive you will be given a sheet of photos of us all and our names, to help you get used to us.

Are there lots of rules?

We try not to have too many, but the most important thing is that we make sure that you are safe. So, we ask that you always stay with an adult – your parent, or one of the staff.

We ask that everyone at Tide House behaves well to others around them – so no bullying, hurting, speaking badly or nastily to others.

And we ask everyone to help us keep the flats, and all of Tide House, a nice place to be in



Will we be able to have visitors?

We want Tide House to feel like your home while you are with us. Having people you know, like and trust visit you can help

Yes, provided that we feel that it would be safe and right for them to visit you. You may have had people in your life who haven't made you feel safe. They wouldn't be allowed to visit because making sure you're safe is the most important thing.



What if I feel bad, have questions, or want to tell someone about something?



We hope that you will feel able to tell us anything, or ask anything that is important to you. It might be about something in the past, or about now. Nothing is too bad, or too small to talk or ask about. We will always listen, never get cross and always do our best to help you. When you arrive at Tide House, we will make sure you know who to talk to about anything that's important.

Do I have to remember all this?

Not at all. When you arrive you will be given a printed copy of this guide together with the pages that follow this one, for you to use during your stay, and to keep afterwards if you want to.

We hope you really
enjoy your stay at
Tide House



This is me!

These pages are for you to write and draw in. They can help us make sure we understand what's important to you and help you explain things to us. They can be where you put questions you might have and they can be a reminder of your time at Tide House .

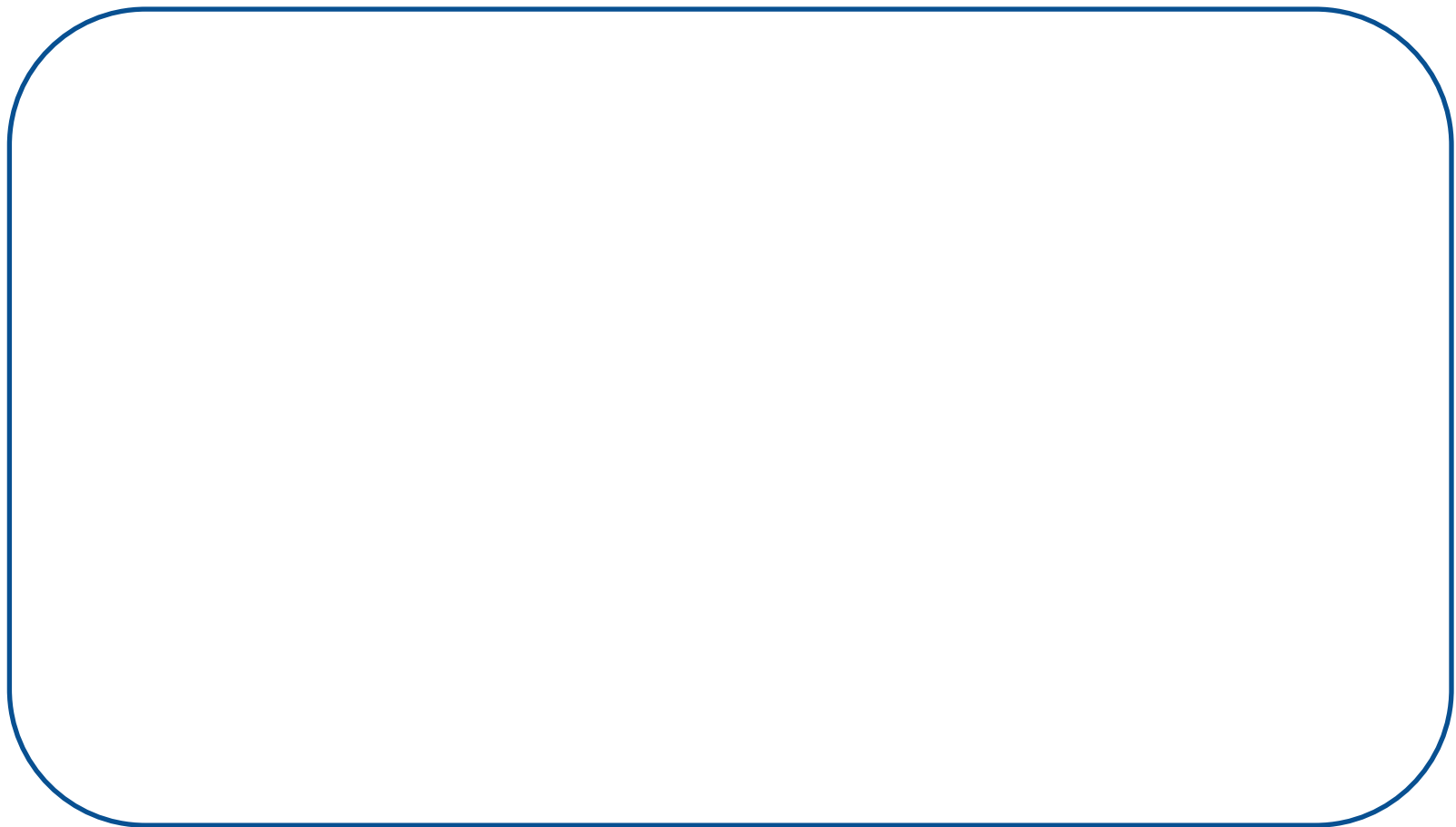


And don't worry if you run out of paper or crayons – we always have more!

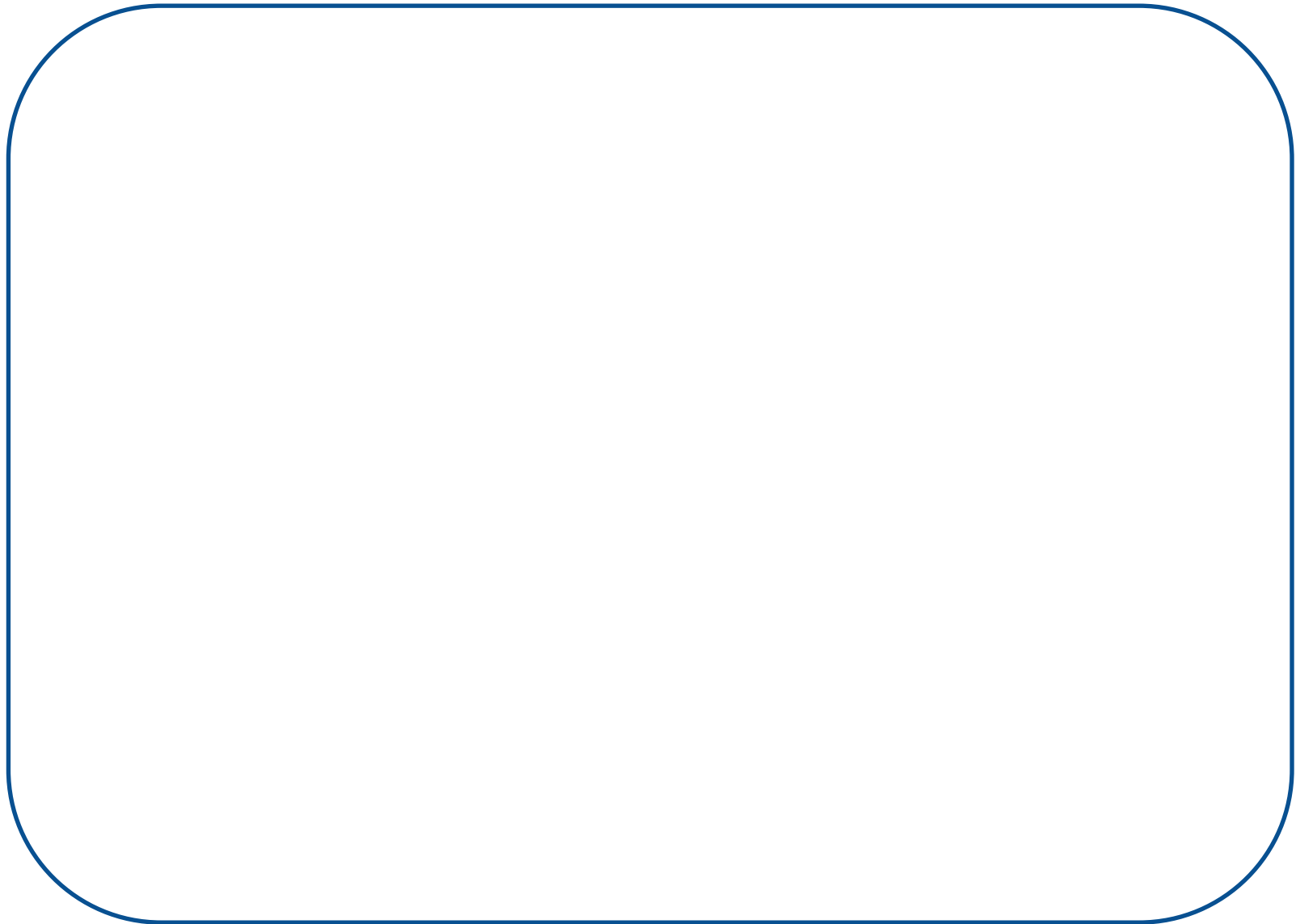
My name is.....

I am years old

This is my favourite thing

A large, empty rounded rectangle with a blue border, intended for drawing or writing. The rectangle has rounded corners and is positioned below the text 'This is my favourite thing'.

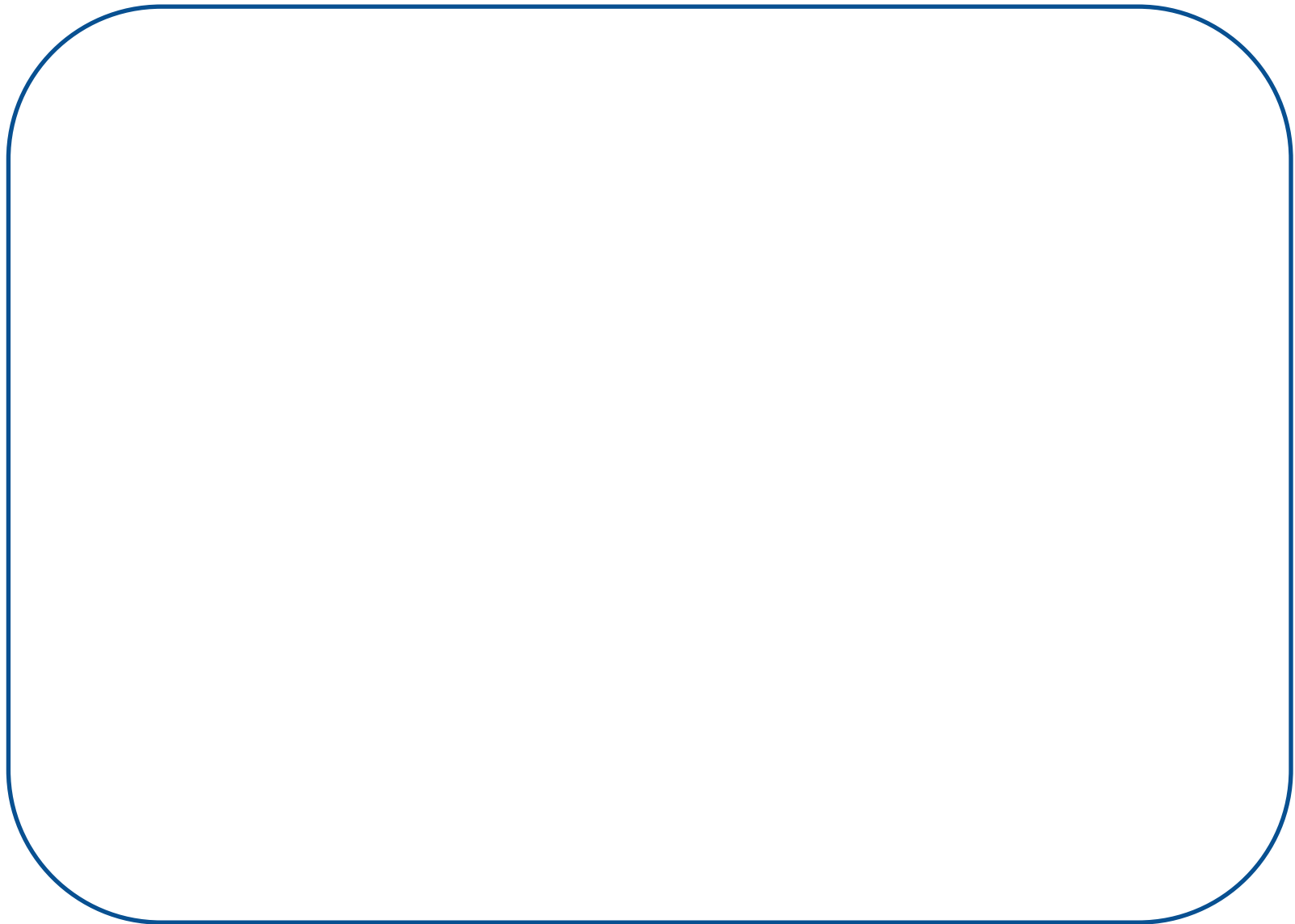
This is who I have come to Tide House with



This is how I feel about being at Tide House

A large, empty rounded rectangle with a blue border, intended for a drawing or response. The rectangle is centered on the page and occupies most of the lower half. The corners are smoothly rounded. The border is a solid blue line.

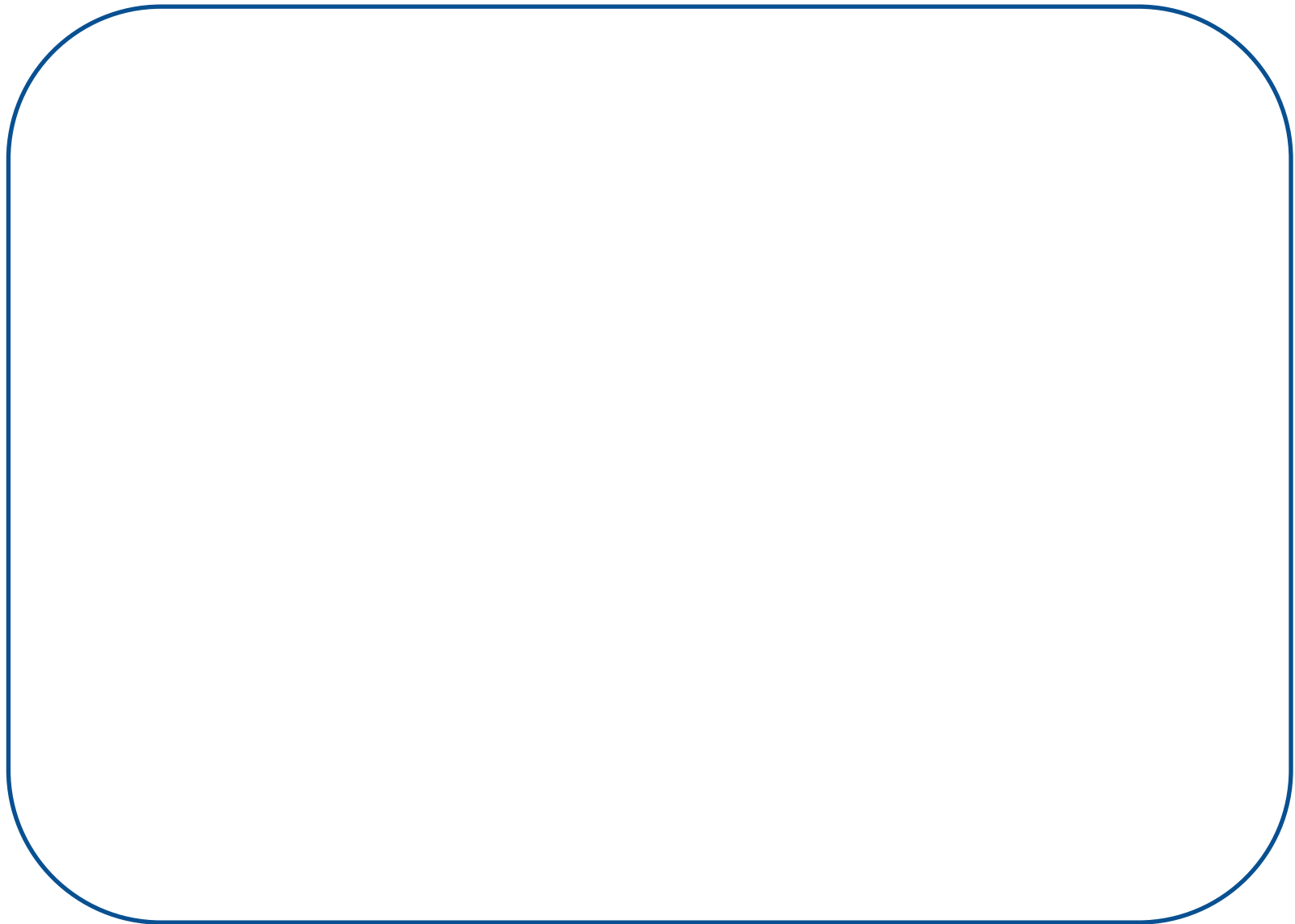
This is how I was feeling before I came to Tide House



These are the people that I feel are close to me

A large, empty rounded rectangle with a blue border, intended for drawing or writing. The rectangle is centered on the page and occupies most of the lower half. The corners are smoothly rounded. The border is a solid blue line.

This is what I remember from before I came to Tide House



My Tide House pages

