



HYGGE
care

PREPARATION FOR FOSTERING

HYGGE Care provides a truly therapeutic service focused on achieving quality long term outcomes for children through its 'Prep4Fostering' service. This works by identifying children who are: currently 'looked after' in residential care, and display the potential to live in a family; those currently at high risk of placement breakdown in their current foster care setting; and/or those have experienced multiple foster care placement break downs previously. We offer a managed period of stability and consistency, addressing the identified presenting issues which have prevented the child from integrating successfully into a family setting. We aim to provide the highest standard of specialist care in accordance with all legislative requirements and monitor progress regularly, making any necessary adaptations to care approach. Our management team has over 10 years relevant experience, which coupled with our companies use of 'best in industry' external professionals, ensures our children remain our top priority.

The HYGGE Care model has been designed to support children to explore the feelings, memories and emotions they experience in a safe and nurturing environment. We do this by developing a comprehensive understanding of the child's life story, behaviours and current experience.

**Specialist,
therapeutic
residential
placements for
children aged 5-12 (on
admission)**

**Time-structured stays
of 12-18 months**

**Ongoing focus on
preparing children to
effectively reintegrate
into a family setting**

**Ongoing input, team
training and
supervision led by our
HCPC registered
Clinical Psychologist**

**Additional outreach
service provided,
supporting transitions
when arriving and
leaving each Hygge
home**

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OUR VISION

At the moment, 'looked after' means either residential care or foster placements.

We propose a third option: PREPARATION FOR FOSTERING.

What this means to us is a setting where children can receive the therapeutic care they need at an earlier stage in their lives – providing the opportunity and support to break out of problematic cycles earlier and enjoy a more fulfilling and happy childhood (and beyond).



OUR APPROACH – their journey

Each HYGGE child - with their own special, unique and individual ways - are at the centre of all we do. We offer a specialist, bespoke service for children aged between 5 and 12 (on admission), helping them to explore their own difficulties and find new ways of coping. Through their 12 to 18 months in a HYGGE home, we offer gentle guidance and support in navigating emotional, behavioural, social and psychological hurdles. Alongside this, we consistently and mindfully aim to develop the secure attachments which are so important in laying the foundations for a successful transition into their new foster family.

At HYGGE Care, we understand the need to provide consistent boundaries which keep children safe. More than this though, we know and value the importance of providing a warmly nurturing, supportive and caring family environment. *It is this which is at the heart of what we do.*

Every HYGGE child is unique; this is something which we recognise, value and encourage. As such, no two children's journeys will be the same. Consistency though is important too, and because of this we have set processes that each child will experience during their time in our care.

When children first join us in a HYGGE home, we aim to offer as warm a welcome as we can – if there is more than one bedroom available they can take their pick, and either way we'll encourage and help them to decorate their room as they wish. We make sure to think about the small things too – there'll always be a basket of essential toiletries, fluffy towels and fresh bedding waiting for them when they arrive.

Behind the scenes, we'll have been gathering as much information as we can; this helps us to be as informed as possible regarding what our new resident needs. We know that all children can have difficulties – we call them muddles – and we understand that knowledge is the best way to begin developing an effective care plan. Due to this, we're often reflecting and reviewing what does and doesn't work, and adapting our approach as needed.

The JOURNEY

- Following referral being accepted, we'll go out to visit the child and they'll then be invited to come and visit us
- We'll develop care plans and risk assessments as soon as we have the information we need to do so
- Within 2 months of arrival, the team will complete a CBT-informed formulation meeting with our HCPC registered Clinical Psychologist
- Within 3 months, our Psychologist will complete an initial assessment report and therapeutic plan – this information will then inform amendments to the care plan
- Therapeutic care plans will be reviewed bi-monthly, to evaluate progress and make any changes needed. In the interim,
- Our carers receive ongoing training and supervision from the home manager and our Clinical Psychologist to maintain best working practices
- At the end of placement, support is offered in transitioning into a foster family through our outreach provision at Hygge Care. We end our involvement only when the child has settled in their new home

We have an HCPC registered Clinical Psychologist who spends fifteen hours a month in each of our homes. Our psychologist is very much part of the team and offers a range of input for everyone involved. Within the first two months of placement, the team come together to complete a fully collaborative formulation meeting. This is based on CBT-informed principles and looks at the child's thoughts, feelings and behaviours and how they are connected with one another. Also considered are the triggers to muddles (what can set them off), their cues (what tells us things aren't quite right), risk (to and from the child) and what does and doesn't help. Crucially, we also think about the child's strengths and interests, and discuss how to promote and develop confidence and self-esteem based on these existing foundations.

Following this, our Clinical Psychologist completes an initial psychological assessment and therapeutic plan, done to guide the team in offering a bespoke, needs-led service for each child as an individual. The recommendations made in these documents are always incorporated into our care plans. Further to this, in order to make sure we're on the right track, our Clinical Psychologist and the team review these therapeutic plans bi-monthly and make adjustments to the care approach as needed. We keep a track of each child's progress through the use of psychometric measures completed with the team (assessing strengths, difficulties and relationships) and through our own developed review processes.

All of our carers receive regular supervision from their manager and our Clinical Psychologist. We firmly believe that having a happy, nurtured and valued team is key to fostering a high quality of care and wellbeing for the children. We also provide an extensive and ongoing package of training for our care teams, making sure that the children are provided with high quality, evidence-based and considered care.

Once a HYGGE child reaches the end of their placement, we offer support in finding a suitable care provision (if all has gone well, a foster family) and make sure to be there to provide support and reassurance to the child in taking their next step in a positive and confident way. We have an experienced outreach worker who is in role to provide support for both the child and their new carers in getting to know one another and in understanding how best to care for the child going forward. As we understand that relationships (particularly positive, secure ones) are so important in developing a higher degree of psychological wellbeing, we never close our door to a HYGGE leaver. If they wish to remain in contact, we're more than happy to do the same.



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SECURE REFERRALS

Security is important for us and we endeavour to provide a secure referral process. We offer a number of ways to refer a young person to us:

- Contact us by telephone (details below) and request a referral contact - we will email you from a secure email address where you can reply and provide the necessary information (we can also answer any questions you may have).
- Send an email with the referral information to secure_referrals@hygge-care.co.uk
- Use the contact form on our website (www.hygge-care.co.uk/referrals) which will send a secure email with the provided information (note we dont store ANY referral information on our website/webserver)

CONTACT DETAILS

Registered Office - 235 Station Road, Wythall, B47 6ET

Head Office Contact: (01564) 822779

E-mail: contact@hygge-care.co.uk

We are always happy to chat, so please get in touch if there's anything you would like to know or if you would like an informal discussion about what we do at HYGGE Care.