



Ty Cribyn

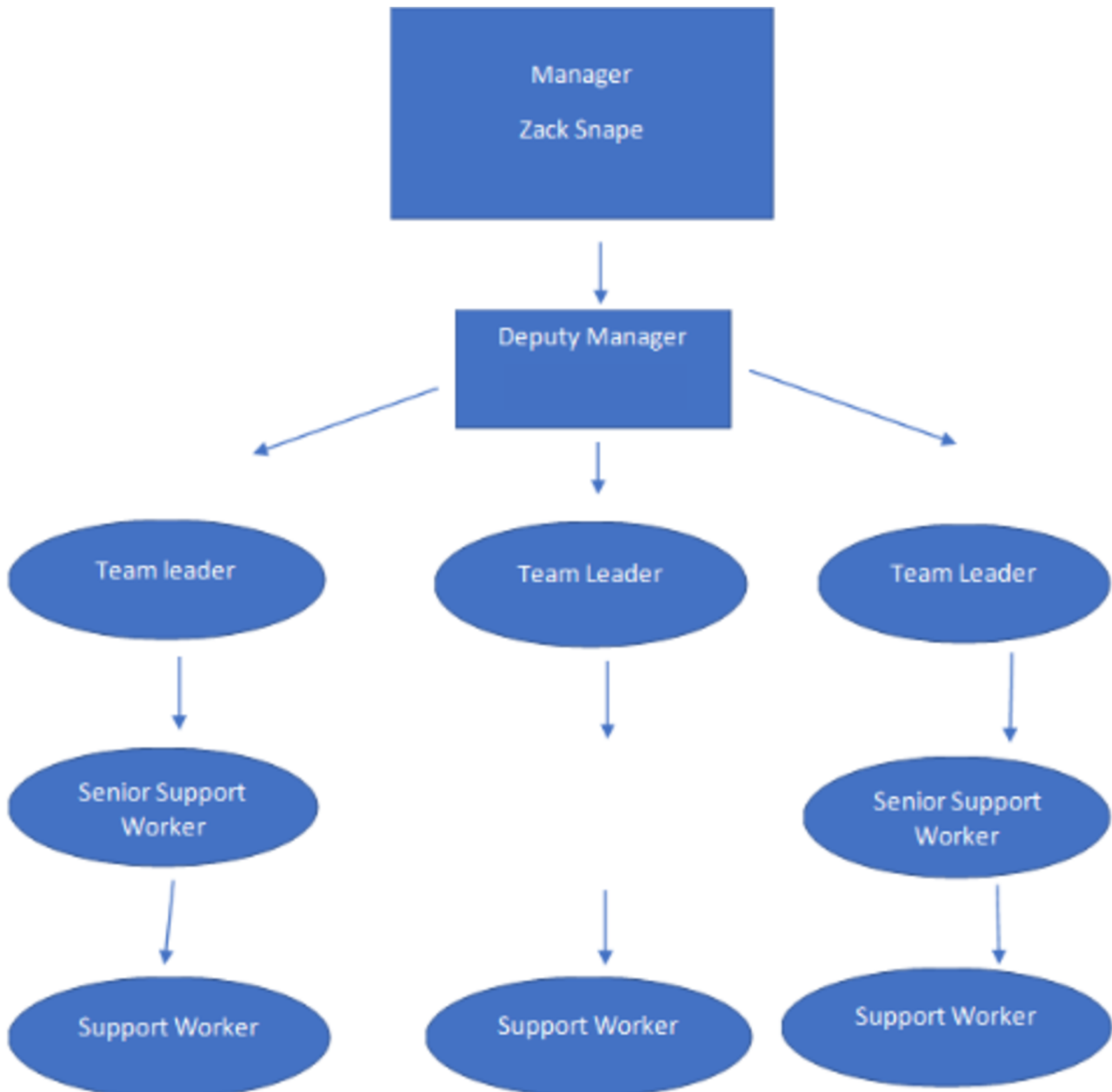
Young Person's Guide



OUR STAFFING STRUCTURE

Staffing Structure March 2025

Ty Cribyn



WHAT OUR HOME OFFERS

Ty Cribyn offers a home for 4 young people – usually between the ages of 11-18, we do however consider younger ages dependent on each individual's needs. Our home is set up for long term stays.

As a team, we are here to make sure that you are well cared for and comfortable at Ty Cribyn. We will make sure you have food, drink and enough rest. We are here to provide you with a safe home where you are free from harm and danger. We will make sure you have access to medical support for all your health needs. The team will provide first aid and support you with healthy choices.

We are a team and invite you to be part of our team. As a team we aim to give you a feeling of belongingness and wish to build meaningful relationships with you. We aim to support you to make appropriate friends in and out of the home and have positive relationships. We are here to ensure you are respected by others and you respect them too.

We are here to support you to get to know yourself better, understand all the changes that you will go through as you grow older and help others know you and understand you better.

We promote the development of young people, which means we will support you in your day to day activities unless you are in full-time education. We will make sure that you attend education or school and provide any support you may need. We are here to help you discover your future dreams.

We will actively involve you in your care planning, taking your views into account while supporting and working with you to understand your placement, and decisions that may be made.

THE ACTIVE OFFER

Every young person who comes to stay at Ty Cribyn has the opportunity to communicate in the language of their preference.

In Wales, there is a legal obligation for young people to be given the 'Active Offer'. This means that every young person is given the chance to have the service that we offer at in Welsh.

This 'Active Offer' means that the young person does not have to ask to be communicated within Welsh they are automatically offered it.

This ensures that young people can feel comfortable communicating with staff and that we can provide the best possible support.

Each young person can choose whether they want to be spoken to in Welsh, have their paperwork in Welsh or both it is totally up to them.

KEY WORKERS

The team will help you to settle in the home and make sure you start building positive relationships. You will have several staff working with you as well as a key worker. Your key worker will be there for you to actively talk to and support you to plan and shape your care in line with your needs. They will support you to identify problems you might be experiencing and see how best you can solve them.

They will aim to build positive and trusted relationships with everyone involved in your care.

There are many staff that will work with you to carry out your assessments, identifying your needs and objectives that you want to achieve. Your key worker will make plans to help you achieve your goals, add motivations to reward you for positive behaviours and support you to deal with behaviours that have been unhelpful to you in the past.

The key worker will arrange appointments and attend appointments and meetings with you when they are available, if not they will make sure you have support from the team.

You will have at least one key work session this can be with any of the staff team, if you have any concerns you can raise these with a staff member of your choice.

CHILDREN'S RIGHTS- THE 7 CORE AIMS

Have developed a flying start in life and the best possible basis for their future growth and development

Have access to a comprehensive range of education, training and learning opportunities including acquisition of essential personal and social skills

Have a safe home and community that supports physical and emotional wellbeing

Have access to play, leisure, sporting and cultural activities

Is not disadvantaged by child poverty

Children are listened to, treated with respect, and are able to have their race and cultural identity recognised

Enjoy the best possible physical and mental, social and emotional health, including freedom from abuse, victimisation and exploitation

OTHER PEOPLE YOU CAN CONTACT

- **INDEPENDENT REVIEW OFFICER (IRO)**
- **CHILDLINE, 0800 1111**
- **POLICE, 101, 0845 045 45**
- **CHILDREN'S COMMISSIONER FOR WALES-
SALLY HOLLAND, 08088011000**
- **NATIONAL DRUGS HELPLINE, 0800776600**
- **CIW INSPECTORATE BODY, 0300 9700 126**
- **INDEPENDENT ADVOCATES, TROS GYNOL,
01982552450**
- **MEIC (INFORMATION ADVICE AND
COUNSELLING)**
- **SOCIAL WORKER**

Advocacy	Compliments	Complaints		
You have the right to access the independent advocate who could provide additional support for you in relation to a complaint	How to tell us is things have gone well: Fair Ways welcome any positive feedback too!	Not happy?	Do you have a problem?	Are you worried?
Voice Voice is an independent national charity committed to empowering children and young people in care.	If you have been particularly happy with something please let us know so we can pass on your compliments	Are you unhappy about what is happening to you?	Can't solve your problem?	Do you want someone to listen?
They are an advocacy service that could provide you with support. Their freephone number is 0800 800 5792	to let us know please either talk to a staff member of choice or complete complaints/ compliments form	Do you have a complaint?	Do you feel left out or picked on?	Do you think you're unfairly treated?

If you do have a complaint we will provide you with verbal and written feedback and the outcome of their complaint

How to make a complaint?

- 1. You can ask for a complaints form at any point during your stay here or make a verbal complaint**
- 2. Your complaint will be passed to shift leader and manager (if your complaint is against the manager then this will be looked into by the Responsible individual)**
- 3. You can talk to an advocate about this (TPG advocacy service)**
- 4. Your complaint will be looked into, and a letter will be given to you to explain that we have acknowledge your complaint (this will be resolved within Seven days)**
- 5. Once you complaint is looked into by the manager, social worker and any other third party agencies an outcome will be decided.**
- 6. You will then receive a letter to let you know the outcome**
- 7. If you are unhappy with the outcome, you can appeal**

BULLYING

At Fair Ways we recognise that bullying can come in all different types, and anyone can be a bully or get bullied. We have a zero-tolerance approach towards bullying at Ty Cribyn and the staff team will fully support young people to feel safe. This is achieved by staff challenging any behaviours that they see as bullying or discriminatory behaviour, and ensuring that anyone who is feeling bullied is supported. Staff will also address bullying behaviours with any young people who are seen as bullying others and will address this behaviour through key work sessions.

At Fair Ways, we promote the well-being of all of our young people and fully value their right to lead a fulfilling and meaningful life.

If you feel bullied then we would like you to talk to staff and support will be offered. If you feel that staff cannot help, then there are advocates available. The number for these are on page 7.

POCKET MONEY & CLOTHING AND TOILETRY ALLOWANCE

You will be given your pocket money every Saturday morning. This money is for you to spend how you wish. This will be given once your room is cleaned and you have signed all your paperwork.

11 years old - £4.00
12 years old - £4.50
13 years old - £5.00
14 years old - £5.50
15 years old - £6.00
16+ years old - £6.50

Please note that deliberate damage to property will be paid out of your pocket money, up to one third can be deducted each week.

You will receive money for clothing and toiletries every Saturday. You will receive £10 per week for toiletries; this can be carried over to a maximum of £40. You will receive £20 each week for clothing; this can be saved up if you wish. There is no limit to how much you save however it must be spent on clothes only. This is to be spent at the weekend; staff will accompany you whilst you are shopping.

ACTIVITIES

There is a wide range of activities available for all young people to participate in. Activities include: -

- **Swimming**
- **Cinema**
- **Gym**
- **Arts and Craft**
- **TV, videos and computer games**
- **Board Games**
- **Snooker**
- **Camping**

You will be encouraged to continue any hobbies or interests you have while living at Ty Cribyn. Please talk to your key worker about activities you would like to do or try so that arrangements can be made for transportation etc.

At Ty Cribyn, you will be encouraged to take part in some form of education. This could include attending a school or college, receiving personal tutoring, or having the chance to join an apprenticeship program.

You will also have the opportunity to access the outdoors by participating in outdoor activities offered by Fair Ways Outdoor Adventures. This could include activities such as Gorge walking, Coasteering, Mountain Biking or Climbing.

HEALTH CARE

It is important that you have and maintain good health whilst staying here. We will make sure that you eat a balanced diet, have and are provided with an opportunity to do activities in the evenings. You will receive regular check-ups at the doctors, dentist and opticians you will be supported by staff to attend these appointments.

If you are feeling unwell, staff can help by giving you some medical attention such as over counter medication authorised by your social worker or by making an appointment with the G.P.

We do not allow any alcohol or drugs at Ty Cribyn. We recognise that many of you may already be smokers when you arrive at Ty Cribyn. We will discourage this and support you to give up. You are not allowed to smoke anywhere in the house, or without your parent's/ social worker consent.

If you need advice on contraceptive or other sexual health matters, this can be arranged by yourself if you feel you can or by discussing with staff, who will make relevant appointments.

DAILY ROUTINE

Monday to Friday you will be given a 'wake up call' as you will be attending alternative education or going to school. If you wish to be woken earlier then let the staff team now.

Breakfast is the most important meal of the day and you will be encouraged to eat well before you leave for activities. You are welcome to cereal/toast or any other preferred breakfast choice. This is time dependent so please, if you would like a cooked breakfast, make time for this in your morning routines.

Shower routine will be discussed with you when you first arrive. We expect you to shower at least once a day and certainly after exercise or getting messy while out.

EVENING ACTIVITIES

After activities your evening will be discussed and activities planned. There may be free/independent time after this where you can tidy your room, relax, watch TV and listen to music. Each YP will assist with helping with dinner preparations such as:

Laying the table

Loading the dishwasher

Assisting with cooking

Clearing the table

Dinner will be between 17.00-19.00.



In the evening, we will all sit together for our main meal. These meals are prepared by staff and young people together and include everyone's favourite dishes. Meals are discussed at the Young Person's Meetings and a weekly menu will be created based on your likes and dislikes.

On your return to the house, it is expected that you are settled in your bedroom by the stated bedtime, unless you have been given an extension. This is dependent on age. Bedtime extensions at weekends are negotiable with staff.

BEDTIMES:

Staff will discuss this with you on arrival :)

FIRE SAFETY

Just like at school and work places we have a fire alarm that we need to test regularly. We will organise regular drills to test the system. We often involve the young people in the fire tests so that you can become aware of what to do in the event of a fire.

When you arrive you will be shown how to leave the building safely in an emergency.

Fire is dangerous – we insist that you do not smoke anywhere but the designated area.

FAMILY AND FRIENDS

We would like it very much if your family and friends visited you at Ty Cribyn. In the same way we hope you are able to keep old friendships as well as make new ones. Any visitors to the house will be invited guests who have contacted the staff prior to their arrival.



We have a phone for you to use if you wish to contact your family or social worker please just ask staff for the phone, when needed there are no limits to how many times you use the phone when calling family or social workers. Calls can be made to friends but these will be time-limited.

Cards, letters, photos can be written and sent to family and friends please ask your key worker if you need any assistance with this.

YOUR BEDROOM

You will be expected to keep your room tidy throughout the week including changing bedding, putting washing on and cleaning all surfaces. Your bedroom is your personal space so this will be respected but if staff need to come in then they will but will knock first .



Living with other young people can at times be chaotic. Your bedroom is your only private place. You may be given a key to your room; you can keep your possessions safe if you choose. You may decorate your room with posters and other materials.

Take care when lending friends clothes etc, as we cannot be responsible for loss or damage.

I HAVE READ THE WELCOME BOOK THOUGH WITH STAFF

MY VIEWS OR CONCERNS ARE...

SIGN

NAME

STAFF SIGN