



Young Person Guide



What can you expect?

At The Glen we want to help you make changes at home. We will do this by supporting you to learn new ways of sharing spaces, using different resources and learning new skills.

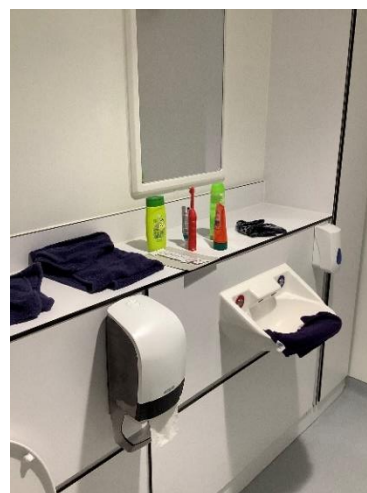
The adults will support you to be as independent as possible with your daily routines. At The Glen, adults will help you to feel safe, share spaces with your friends, and give you the opportunity to try new things. We will also help you to work on things you can already do but may find difficult.

We will speak with your class teacher, and your family to find out all about you, what you do at home, what's important to you and most important of all, what you need help with to become more amazing than you already are!

What does The Glen look like?

You will be staying in Here, you will share the space with other young people. It has five bedrooms, each with its own bathroom. In the bathroom you will be able to have a shower and there is plenty of room to bring in all of your toiletries.

To make yourself at home, you can bring in your own bedding (or choose one of ours), photos, music, lights or things that you like to use at home. There is also a space on your bedroom wall which you can decorate with pictures or photos of your choice. There is a set of drawers and a wardrobe to put your clothes in.



There is a large lounge to share with all your friends, where you can play games, watch a film, listen to music, or just relax. There is also a smaller lounge if you need some quiet time.

You will be able to prepare dinner in the kitchen and eat together with all your friends in the dining room. If the weather is nice you can sit outside to eat and enjoy the sunshine.



Garden



tennis



Football

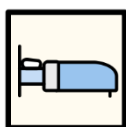


basketball



running

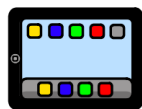
Before you stay at The Glen, you will be given the chance to visit us and meet the adults that will be helping you throughout your stay. You will be able to choose your bedroom and make it feel like your own, whether this is bringing in your favourite blanket, cuddly toy, duvet covers and putting up your own posters.



Bedroom



blanket



ipad



toy



Bathroom



toilet



shower

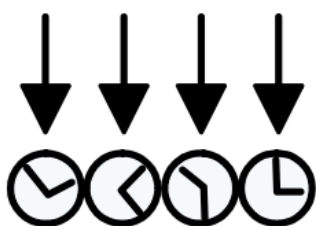
When you are in your room, adults will always knock on your door and ask before entering. Likewise, if you want to go to see a friend in their room you must also knock, wait and ask before going in!



knock

Your everyday routines

Your routine here will depend on what your family has said is right for you. We will work with you to help you to do as much of this on your own as you can. The adults will be patient, listen to what you say and respect your personal space at all times.



Routine

Sharing Spaces

At The Glen you can spend time sharing spaces with your friends and adults will be nearby at all times if you need us for anything. Adults will be happy to join in a game if you want them to, just ask!



Kitchen



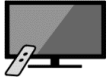
Snack



cooking



Lounge



tv



leisure time



Dining room



laundry



Meet the Team



Kate



Coral



Emily



Becca



Lynn



Cara



Jade



Erin



Lauren



How will you know your family is ok?

Adults will keep in regular contact with your family to tell them about all the fantastic things you've been up to. If at any time you feel sad, or that it is important for you to speak to your family just ask the adults.



call

If you are unhappy with anything at The Glen

You will be able to talk to the adults about anything that is upsetting you or making you feel worried. Adults will listen to what you have to say and look at how we can help you.



help

Health and Safety

It is important that all of us, (That's you, too), keep the home clean and tidy.

There are sometimes Fire safety checks in the house, including fire drills to make sure that all the alarms work properly.

When you hear the fire alarm being very noisy, do not panic the staff will look after you and it is important that you listen to the staff and follow instructions.



**We are really excited to have you stay at
The Glen.**



The Glen