



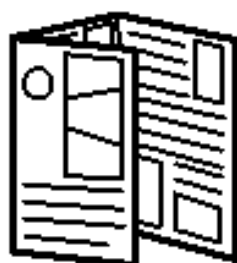
Welcome to

Q HOUSE

Q House



Children and Young People's

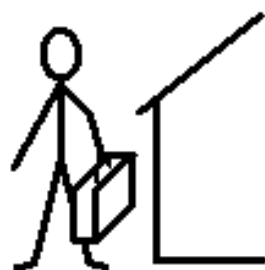


Guide

to



your



stay

Tonight



I

will



sleep

at



Q



house



I

will



sleep

for

1



night



I

will



sleep

2



nights



I



can

ask

for



help

from



staff



and



my

key worker

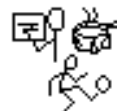


I



can

choose



activities



I

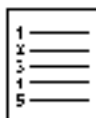


like












from

the










list.

    
The staff team and my key worker will

   
look after me and keep me safe

   
I can ask for help with personal care

 The  staff  team and  my  key worker

 will  use SoSafe!.

 SoSafe!  will  help  me  understand

 my  relationships with  people around


me



The

staff

will



help



me

keep



my



room



tidy.



My



overnight



bag



Clothes



toothbrush



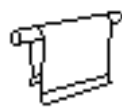
and



toothpaste



night clothes



towel



favourite



items



Transport



I

will



travel



to

Q HOUSE

Q house on a



school bus

or



taxi

or



I

will



walk

from



my



classroom



Transport



My



parents

and



carers

will



take me

Q HOUSE

to

Q House

in

the school holidays



and



collect

me



from

Q HOUSE

Q House



Communication



I will communicate with everyone



like I do at school



I will need my symbols, signs



or PECS book to choose and



communicate



Meals



meals



I



can

eat



breakfast



snack



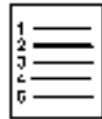
lunch



dinner



supper



list

of



activities



Arts

and



crafts



DVD

and



computer



Music

and



singing



Sensory room



List

of



activities



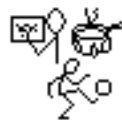
board games



trampoline



community



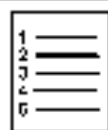
activities



wet



play



list of activities

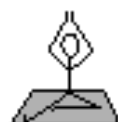


audio

visual



room



yoga



zone



cooking



playground



list

of



activities



sports



bike

riding



learning



life skills



books

and



reading


Before


Bedtime



supper



shower

or



body



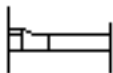
wash



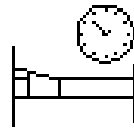
night clothes



brush teeth



bed



Time for bed



listen to music



watch tv



read

a



book



or

have



staff



read

to



me



go to

sleep



Night



time



I

can



ask

for



help



to go

to the



toilet.



I

can



ask

help



with



personal care.



I

can



ask

for



help

to make



me

more



comfortable.



I

can



ask

for

a

snack and drink.





morning



time



Staff

will



help



me



wake up.



I



have a shower



or

body



wash.



I



brush my teeth.



I



get dressed.



I



eat



breakfast.



I



Go



to



school.



If

I

am



unwell



staff

will



help



me.



If

I



need



medicine



staff

will



give



medicine



















to



me.



Feelings

						
If	I	am	sad	staff	will	help
						
me	feel	comfortable	and	calm.		
						
If	I	am	angry	or	upset	staff
						
will	help	me	make	good	choices.	








Q HOUSE

sad at Q House

 If
 I
 feel
 sad
 I
 can talk to

 someone
 at Q House
 who can help
 me.

 If I
 am still sad
 I can talk to

 mum
 dad
 carer
 teacher
 social worker

 family
 therapist.



sad at

Q HOUSE

Q House



I



feel



sad



I

can



talk to



someone

If

Q HOUSE



help



me.

at

Q House

who can



I

am

still



sad

I can



talk to

If



mum



dad



carer



teacher



social worker



family



therapist.



Q HOUSE

sad at Q House



If I feel sad I can talk to someone

Q HOUSE



at Q House who can help me.



If I am still sad I can talk to



mum dad, a carer, teacher, social worker,



family therapist.



Complaints



Mum



dad



carer



teacher



social worker



family



therapist

can all



complain

for



me

to

Q HOUSE

Q house



responsible individual



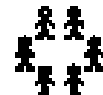
for

Q HOUSE

Q house



complaints



team

for

Hammersmith and

Fulham



council

Ofsted



Children Rights director



important

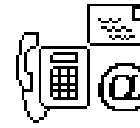


Phone

12345
67890

numbers

and



contacts

Q HOUSE

Q house - 0208 226044



Responsible individual for Q house - 0208 740 8112

Q HOUSE



complaints Hammersmith and Fulham council - 0208 7532 456



Ofsted Children rights director - 0300 123 1231



Your local Children services or website



Children services for Hammersmith and Fulham - 0208 753 4198

