

Moving to My New Home

A book for children to explain what will happen during the time the institution is closing



Note to Children

This is your book to keep and to use how you want.

It gives you information about what will happen when the institution closes.

There are activity sheets in it that you can use to help you get ready to move, and you can write down any questions and thoughts you may have in the book.



Note to Carers and Parents

The aim of this book is to explain to children about what to expect during the time the institution is closing. This book belongs to the child and asks the child to complete the worksheets and write down any questions they have at this time.

The book has been written for children aged from about 8 - 16 years old. It has been designed using easy to read format so that it is also accessible for children with intellectual disabilities. Some children may need your support to read and complete the activity sheets in the book.

Lumos has also written a similar book for young children and for those with early reading skills.

This book should be part of a range of support for materials preparing children for changes and for moving into their new home.

The Government is closing down institutions. This is because we now know that it is best for children and young people to grow up in families or in small group homes.

When we hear that something big is going to change in our lives, it can feel scary. This happens even when the change is a good one. It is normal if you sometimes feel a little scared and worried about the institution closing down. You may also feel pleased and excited at other times.



You will probably have lots of questions which we will try and answer in this book.

Some activity sheets are included in this book. These will help you plan for the move. There are spaces in the book where you can write down any questions that you may have. At the back of the book there are some extra sheets in case you want them.

You can talk to the project team about how you feel and ask them anything that you want to know about moving.



This book is for you if you are living in an institution that is going to close down.

This book is for...

Here you can draw a picture of yourself or use a photo!



Name:



All About Me

You can use this page to show to the project team during the assessment to help explain what is important to you.

My name is:

.....



Best

Worst



Food

TV show

Animal

Lesson

Sports star

Pop star

Book

3 things that are important to me...

1.

2.

3.

3 things I am most proud of...

1.

2.

3.

3 people I can talk to:

1.

2.

3.

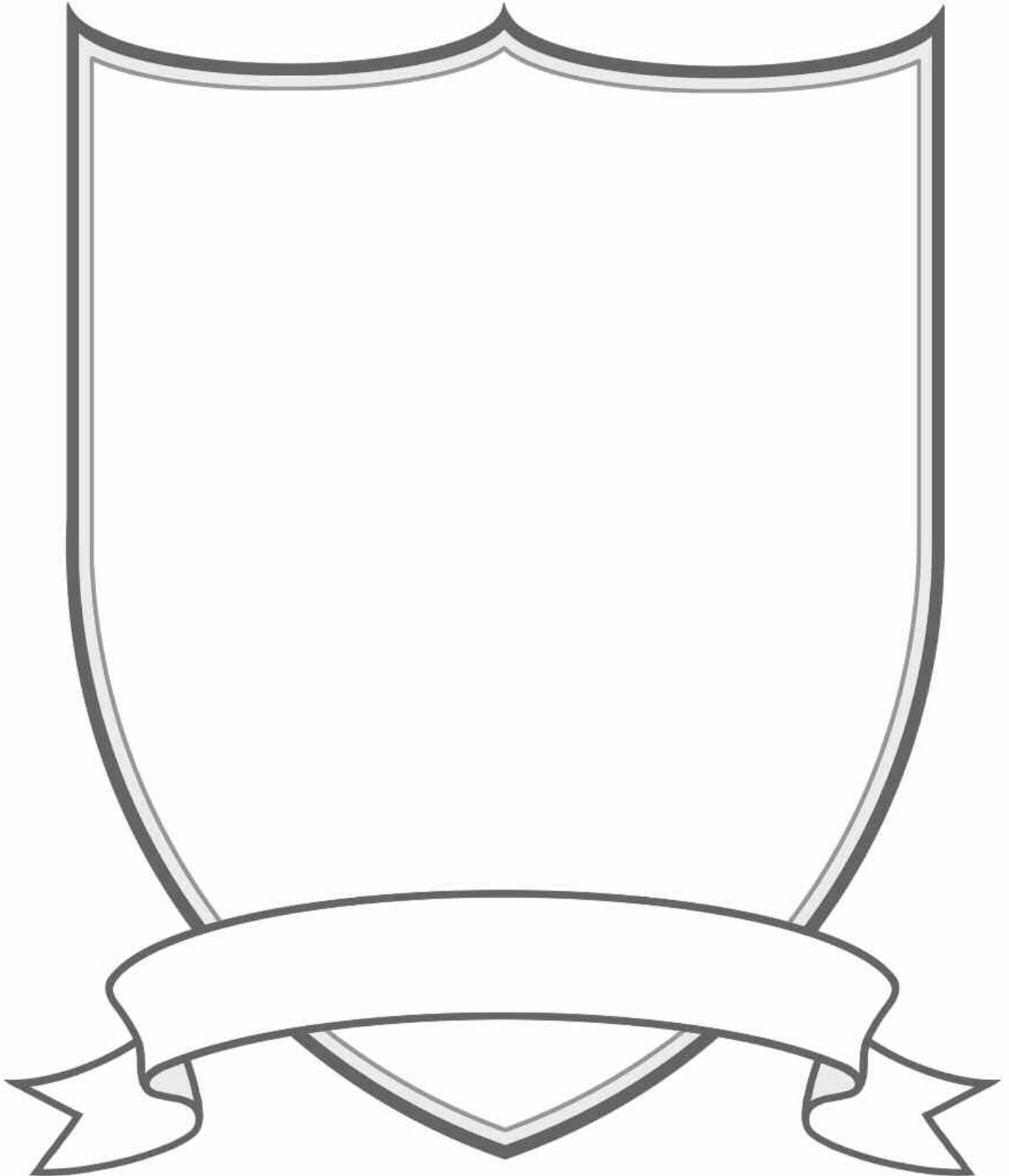
What I want to say to the world...





Me and My Friends Crest

Design a crest about you and your friends. You could draw and write down things that explain about you and your friends, and what you enjoy doing.



What is this book about?

This book tells you about the changes that will happen during the time the institution is closing down and how these changes may affect you.



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A space to write or draw what you want

Why is the institution closing?

For many years people thought that the best way to care for children who can't live with their families was to build large institutions.

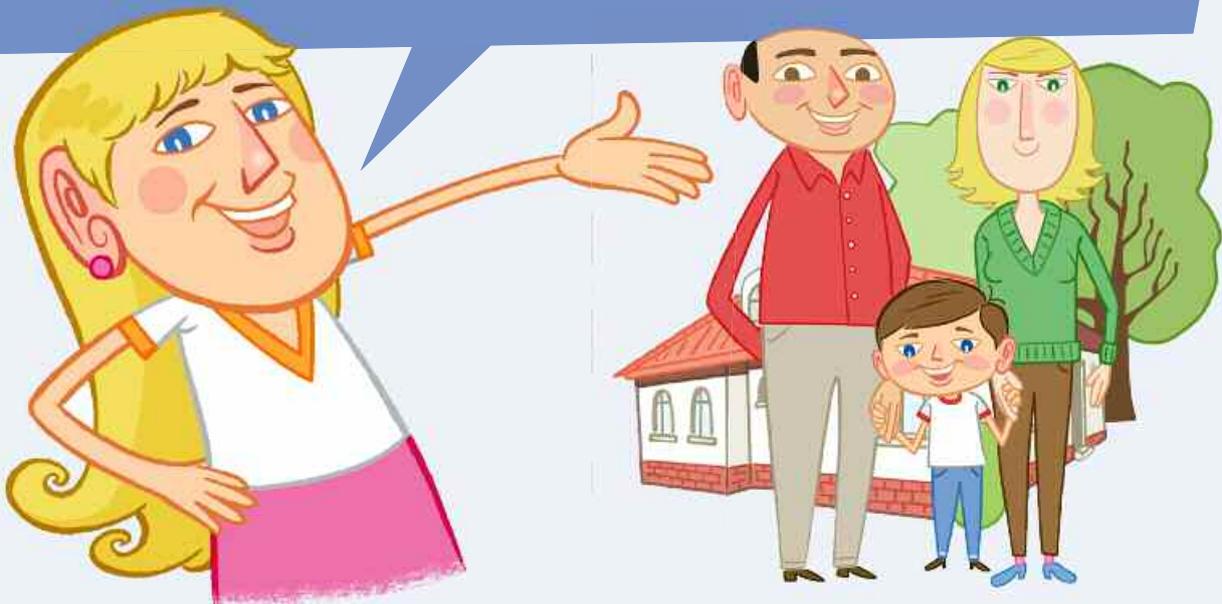
Institutions are care homes where many children live together and are looked after by carers.



However, the problem with large institutions is that there can be too many rules and everyone living there is treated in the same way. This means that people do not always get much choice about their lives.

Another problem is that some institutions are far away from towns and from the families of the children who live there.

The institution is closing down because children and young people are cared for better in families or in small group homes.



Where will I live?

When the institution closes down, all the children will move into a family or a small group home. The new homes will be in the community.



Living in the community will mean going to a local school and using local services, like the doctor and dentist, like everyone else who lives in the area.

Where you will live depends on many things, like your age and any support needs that you have. You will be included in deciding the best place for you to live.

Everyone is different
and everyone's family
is different.



Where will I live?

These are the different types of family and small group homes. You can find out more about them from [page 13](#).



Some children may live with their families



Some children may live in foster care with a foster family



Some children may live in a small group home



Some children may be adopted and live with their new family.



You will get to know your new carers and may visit your new home if it is near before you move.

Closing the institution can take a long time because it is important to make sure that your new home is right for you. You will stay in the institution until your new home is ready. Later on in the book you can read more about the different homes.

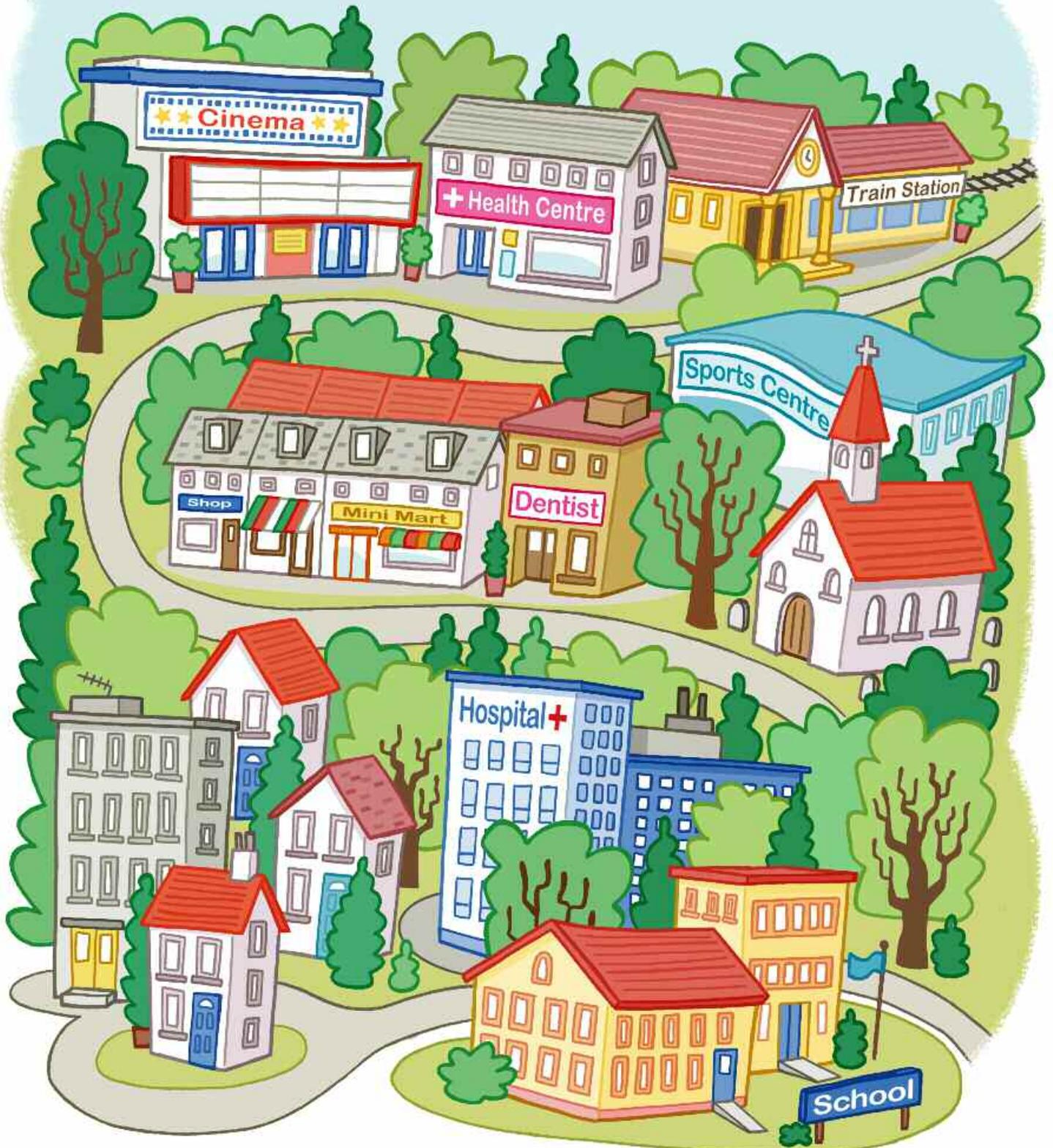


Everyone will move to a new home. No one will be left behind.



Living in the community

Living in the community will be different to living in an institution. Here is an example of a community and the different places you may visit once you live in your new home...



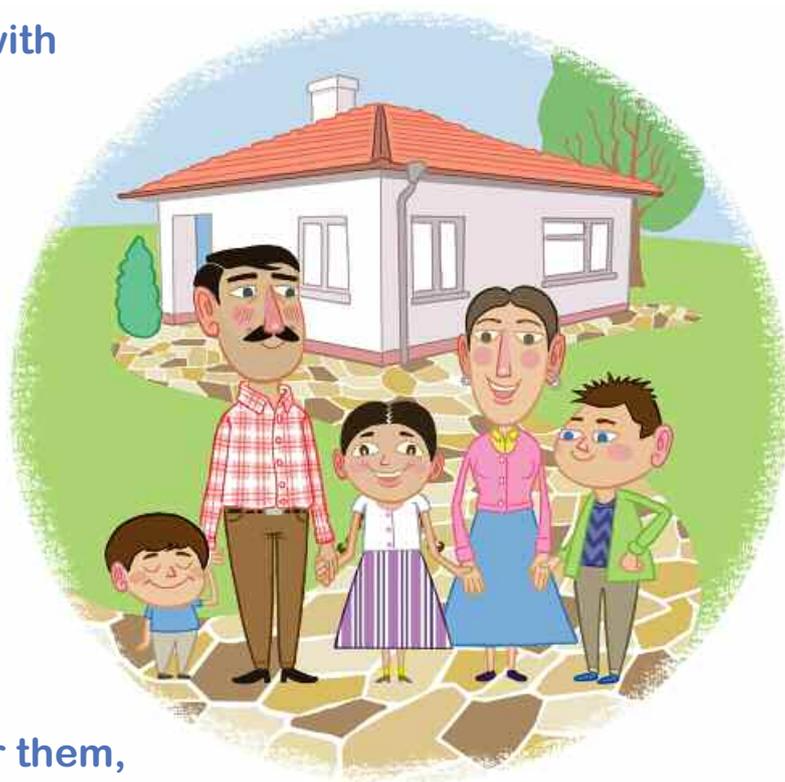
The different types of Family and Small Group homes

Living with your family

Some children will be able to go home to live with their family. This may be their parents or another member of the family, like grandparents, an uncle or auntie or a brother or sister.

The social worker will talk with you and your family about returning home. If you can go and live with them, the social worker will make a plan about the support you will all need.

Sometimes children are not able to live at home with their parents. Although parents may love their children, they are not always able to look after them, due to different reasons. Even if you can't live with your family, they will be told about the changes that will happen. They will be told where your home is and can visit you there, unless there is a good reason why they can't.



Some children may return to live with their parents or other members of their family.

Living with your family - Florika's Story



Florika is 11 years old and needs extra support to learn. There was not a special school or an inclusive school near her family home. When Florika was 8 years old, she had to leave her family and move to an institution so she could go to school there.



When it was decided that the institution would close down, the social worker came and talked to Florika about where she would like to live. She said that she would like to go home to her family. She had been visiting and staying with her family during the school holidays.



The social worker went to talk to her parents. They said they would like Florika to come home and go to the local school.



The school near her parent's home had become an inclusive school. This means that Florika could now attend and have extra help to learn alongside the other children in her class.

Florika and her parents went to a meeting called a case conference with the social worker, and a carer and teacher from the institution. They all agreed that Florika should go home and live with her parents and brothers.



After the case conference Florika started to get ready to go home. She started to visit her parents more often. She visited her new school and met her new teacher. She and her mother went shopping to buy some paint and Florika helped her father and brother to paint her bedroom.



Florika also started saying goodbye to all her friends at the institution. She took lots of photos of her friends and teachers. On her last day at the institution she had a party and all her friends wrote messages and their names in her book.



Now Florika is living at home with her parents and 2 brothers. She is going to school and has a special teacher who helps her when she finds it difficult. At first, school was a bit scary, but now she has made friends and is enjoying it.

The different types of Family and Small Group homes

Living in a foster family

A foster family is where children live with a foster carer. A foster carer is a person who has been chosen to look after children in their own home.

The foster carer may have other members of their family living with them and other children who are fostered. The foster carer's job is to keep children safe and take good care of them.



Some children may live with a foster carer for a short time, like a few weeks. Some children will live with a foster carer for a long time until they are grown up.

If you go and live in a foster family you may have your own room. You will be able to do all the things you enjoy doing and your friends can visit you. You may be able to see your parents and family while you live there if this is the best thing for you.



In foster care children live as part of the foster carer's family.

Living in a foster family - Pavel's Story



Pavel who is 8 years old, has been living at the institution since he was 2. Although his mother loved him, she wasn't able to care for him properly as she was unwell.



When it was decided that the institution would close down, the social worker came and talked to Pavel about what he wanted. Pavel wanted to live with his mother but knows that she is not well. The social worker asked if Pavel would like to live as part of another family. Pavel said he would but wanted to carry on seeing his mother sometimes.



The social worker also spoke to his mother and to his carers. They agreed it would be good for him to live in a family. His mother was happy about this idea as well as long as he could still visit her.

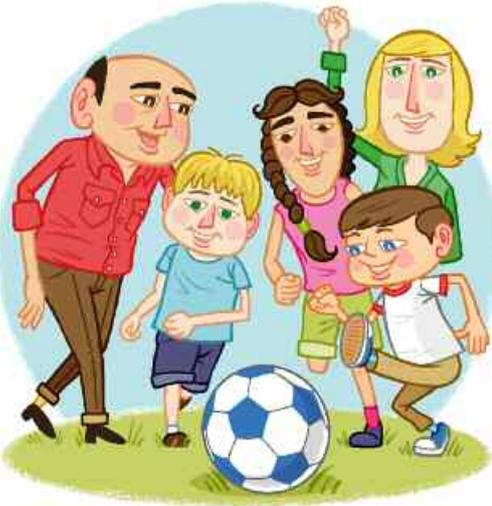
A meeting called a case conference was held to decide where Pavel would live. Pavel did not want to attend this meeting, but told the social worker what he wanted to say.

His mother came to the meeting with the social worker, Pavel's carer and his teacher. In the meeting it was decided that Pavel would go and live in a foster family.





The social worker looked for a foster family that enjoyed doing the same things as Pavel. Pavel particularly wanted to go to the same school, the social worker managed to find a family who lived close to his school.



Pavel met his new foster family before he moved. During the first couple of meetings he was very nervous but they brought a football with them and they all played football together. He met his new family a few times and visited them in their home.



Pavel was sad about leaving his friends at the institution, but his new foster family said that they would help him stay friends with them. Before he left he took lots of photos and took his friends' phone numbers so that he could ring them. He also had a party with all his friends.



Now Pavel is happy living with his foster family. It was strange at first and he had to get used to lots of new things. But now he is settled and enjoys playing with his foster brother and sister. He still sometimes sees his old friends and visits his mother during the school holidays and weekends.

The different types of Family and Small Group homes

Living in a small group home

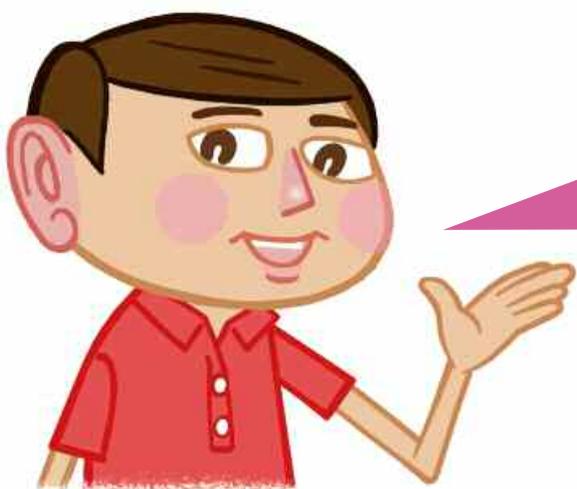
Usually small group homes will have about 6 children and young people living there. Others may be smaller with less children. A team of carers will work in the small group homes. Some of these carers may have worked in the institutions before with the children.

If you go and live in a small group home you may have your own room.

Your friends will be able to visit you at home and you can do all the things you enjoy doing.

You may be able to see your parents and family while you live there if this is the best thing for you.

Some of your friends from the institution may live in the home with you. There may be children from other institutions who you will be able to make new friends with.



In a small group home a group of children live together and are looked after by carers.

Living in a small group home - Marko's Story



Marko is 15 years old and has cerebral palsy which means that his muscles don't work well. He uses a wheelchair and finds it difficult to speak. He has been living in the institution since he was a baby because although his parents loved him, they could not look after him because there were not any services near where they lived to support the family.



When it was decided that the institution would close down, the social worker came and spent time with Marko to understand what he wanted. She used sign language and picture cards to explain to him that the institution was closing down and to ask him about where he would like to live.



The social worker explained that there was a small group home being built and some of the other children from the institution were going to live there. She asked Marko if he would like to go and live there.



The social worker also spoke to Marko's parents who said they thought this would be a good home for him.

Marko wanted to go to the case conference meeting to decide and plan where he would live. His social worker, his carers and speech and language therapist also attended. Using sign language Marko explained that he would like to move to the small group home.



After the case conference Marko started to get ready to move to his new home. He met the other children who would be moving with him. He also met his new carers. He was able to visit his new home before he moved in and went shopping with his carers to choose the bedding and curtains for his new room.



Before Marko left the institution he was given his own camera and with his carer he took lots of photos of his friends and carers at the institution. With the other children moving he made a collage of the photos to take to his new home. They also had a party together before they moved.



Marko and his friends had another party when they moved into their new home! Marko is happy in his new home, he has his own bedroom and enjoys going to a school in the community with other children with disabilities.



The different types of Family and Small Group homes

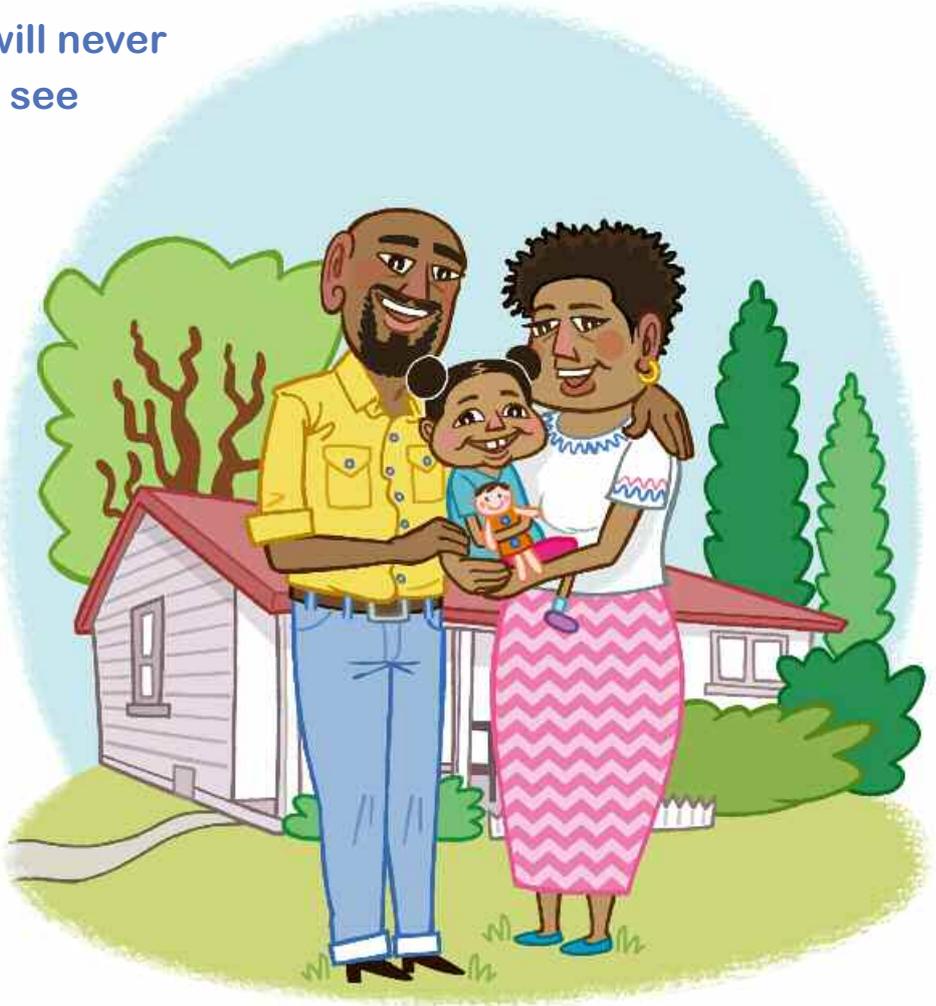
Living in an adopted family

Some children, who will never be able to live with or see their parents again, may be adopted.

It is usually younger children who are adopted. This means that they will be part of a new family forever. This is decided by a judge in a court.

There may be other children in your new family who you will live with. If you are adopted you may have your own room and you can do all the things you enjoy doing.

The project team will talk to you about what kind of new family you would like. They will look for a family where you will be happy and who will take good care of you.



Children who are adopted will become part of a new family by law.



Living in an adopted family - Martha's Story



Martha is 3 years old and has lived in the institution since she was 6 months old. Her mother died when she was a baby and her father has moved to another part of the country. He has said that he cannot look after Martha.



When the institution was closing down, Martha was too young to say where she wanted to live. The social worker spent time playing with her to get to know her, so that she knew what she enjoyed doing and what she was good at.



The social worker also spoke to other people who knew Martha well, like her carers. The social worker spoke to Martha's father who told her that he was not able to take care of Martha.

A meeting called a case conference was held and the social worker went with Martha's carers. Martha was too young to attend. At the meeting it was decided that as Martha couldn't go back to her own family she should be adopted and become part of another family by law.





After the meeting the social worker started looking for a family where Martha would enjoy living and would become part of the family.



Once a family had been chosen, they spent time looking after Martha in the institution. After a few visits, she started to visit them in their home. She was able to play with lots of new toys, and had a new big sister and a cat with whom she enjoyed playing with.



Before she left the institution Martha had a party with a cake and her favourite foods. Her carers were able to say goodbye and took lots of photos for her to look at when she is older.



Martha has settled into her new home now. At first it was strange and a bit scary because everything was new and different. But now she is settled and likes her new life. She is now part of her new family by law.

Going to a new school

When you move into your new home, you may also go to a new school. Your new school will be in the community, close to your new home. You will travel each day to school. You may walk or take a bus to school.

Some children who have disabilities will go to a special school.

In a special school all the children have disabilities and need extra support to learn.



Some children with disabilities may go to a mainstream school with extra teaching support.

In this school, children with and without disabilities all mix and learn together. This is sometimes called inclusive education.

All children will go to a local school that they will travel to and go home from every day.



The new services

When the institution is closed, new services will be set up and other services will be made better. These services will support families and children in different ways as everyone is different. Having these services will mean that institutions will no longer be needed.

Services for everyone in the community



Support to families to help them look after their children at home



Services for children and families who need extra support



Small group homes and foster care in the community for children who cannot live with their families



Schools in the community for everyone



Institutions will not be needed if the right services are in place!



The project team

A team of people called the project team will help make sure your institution is closed. They will help set up the new services in the community.



Social Worker

A social worker is a person who helps children and families. They will visit you in your new home to make sure that you have everything you need.



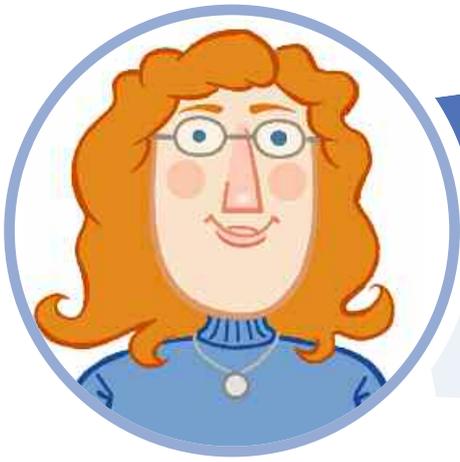
Project Manager

A project manager is the person who is in charge of closing your institution and setting up the new services. The project manager's job is to make sure that the right people work in the new services and have good training to do the job well.



Physiotherapist

A physiotherapist is a person who helps children who have difficulties moving around. The physiotherapist will teach children special exercises and show them how to use equipment to help them move around better.



Psychologist

A psychologist is a person who helps children to understand and talk about their feelings.



Speech and Language Therapist

A speech and language therapist is a person who helps children who have difficulties with communicating. They help children to communicate in the way that is best for them, like using picture cards or gestures.



Carer

Your carer will be working closely with both you and the project team. Their job is to make sure that you understand what is happening and what you will need to do to get ready for moving into your new home.

The project team's job is also to support you and help you get ready to move. You can talk to them or your carers about your feelings. You can ask them about anything you want to know about moving.

Deciding where you will live

Deciding where you will live is very important. You will be included in making this decision. The project team will collect lots of information about you and your family. Then they will have meetings to help make a plan. The plan will include:



- Where you will live
- Where you will go to school
- How you will get ready to move

The Project team will need to do three important things:

- Assessment
- Case Conference
- Care planning

You will be included in deciding where you will live!



Assessment

An assessment is a way of finding out about someone and their family. The project team will carry out an assessment with you so that they can find the best place for you to live.



The project team will meet with you to ask you about your interests, friends, school and family. They will visit your family and talk to them. They will also talk to people who know you well, like your carers and teachers. You can talk to the project team or your social worker to find out more about the assessment.



The project team will talk to you, your family and people who know you well. This will help in deciding where you will live.



Assessment Planning Activity sheet

This worksheet will help you prepare for the assessment. You can do this on your own before your assessment or with the project team during the assessment.

Write down the important things you want to say in your assessment about:



My interests and hobbies:

.....

.....

.....

.....



My friends:

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.....

.....

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My family:

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My school:



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My health:



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Things I need support with:



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.....

My future:



.....

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.....

Emotions and Feelings

Here are some different emotions or feelings that people have at different times. You might like to use these pictures to help you talk to the project team during the assessment and at other times. This may help you explain how you are feeling about things.



Happy



Sad



Scared



Worried



Excited



Angry



Unsure



Confused



Upset

Case conference

The case conference is a meeting about you and you can go if you want to, so everyone can listen to what you have to say. Your family will be asked if they want to go, even if it is not possible for you to go and live with them.



The meeting will include people who took part in the assessment and other people who know you well, like your teacher and carer. At this meeting everyone will decide together:

- Where is the best place for you to live
- What support and care you need
- Where you should go to school
- When you should move to the new home.

At the case conference everyone will decide together the best place for you to live.





Case Conference Planning Sheet

This worksheet will help you prepare for the case conference.



The date and time of my case conference is:



The case conference will be held at:



The people attending the case conference will be:



Do I want to attend this meeting:

Yes

The person I want to attend with me:

Do I want to attend this meeting:

No

The person I want to speak for me:

Here you may want to say:

- Where you would like to live
- Friends you would like to stay in contact with
- Activities you would like to do in the new home.



The most important things I want to say at the case conference are:

1.

2.

3.

4.

5.

What was decided at the case conference

This worksheet is to write down what happened at the case conference.



The people who attended the conference were:

<input type="text"/>	<input type="text"/>
<input type="text"/>	<input type="text"/>
<input type="text"/>	<input type="text"/>



I will be living in:

I will be living with:

Name and address of my new carer:



The date I will move is:



I will go to school at:

The support I will need in my new home is:

The support I will need to get ready to move is:



The date of the next meeting is:

Don't worry if all these decisions have not been made at the conference, they will be made later!





Questions I have about the new homes

You can ask your social worker any questions you have about your new home...



Questions about returning home...

.....

.....

.....



Questions about foster care...

.....

.....

.....



Questions about adoption...

.....

.....

.....



Questions about small group homes...

.....

.....

.....

Care Plans and Review Meetings

The project team will write a care plan after the meeting. The care plan is a plan which says what needs to be done to help you move and settle into your new home.



You may have a care plan all the time you are living in your new home. If you do, meetings will be held regularly to see if the care plan needs to be changed as you grow older and settle into your new home. These meetings are sometimes called review meetings. Review meetings are smaller than case conferences. You can attend the review meeting so that you can say what you think needs to be in the care plan.

Every child will have a care plan. Review meetings will be held to check if the care plan needs to change.





Your care plan may look like this...

Care Plan

Name of Child	
Date of Birth	
Present Placement	

Date of Case Conference	
People Present at Case Conference	
Family wishes and opinion about the future placement	
Outcome of Case Conference	

Return to Family		Small Group Home	
Foster Family		Adoption	

Reason for decision

Estimated Date of move	
------------------------	--

Name of New Home	
Name of Carer	

Summary of Overall Plan

--

Health Needs

--

Educational Needs

--

Emotional and Developmental Needs

--

Care Needs including Safety and Wellbeing

--

Contact with Family

--

Contact with Friends

--

Religious, Cultural and Language Needs

--

Date of Review

--	--

Getting ready to move - the preparation programmes

Moving to a new home can be exciting, but it can also be worrying. You may feel upset about leaving close friends and carers. It is normal to feel lots of different things.

It helps to talk about your feelings to people you trust. You may have lots of questions about what your new home will be like.



When you know a date for moving to your new home, you will begin to get ready to move.

Some people from the project team will meet with you to plan your preparation programme. Your preparation programme is your plan to help you get ready for the move.



Everybody's preparation programme will be different, but they will all be fun. You will meet your new carers so that you can get to know them.

If you are moving into a home with other children you should also meet them regularly. You may visit your new home and will do lots of enjoyable activities to help you get ready to move.



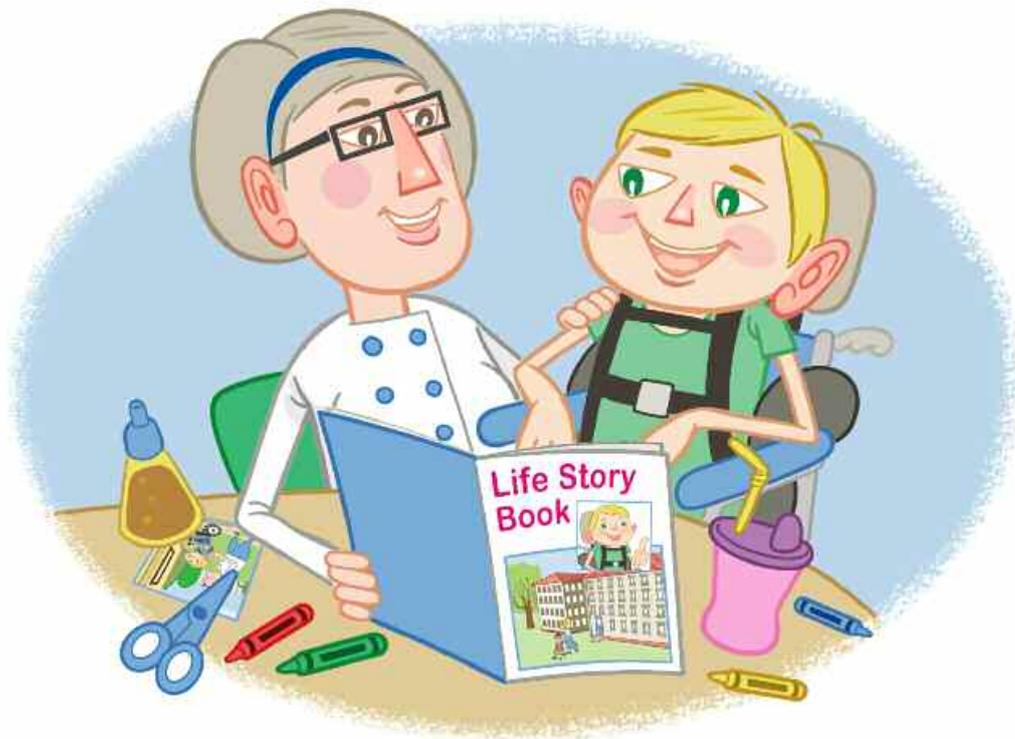
Before you move you will spend time getting ready, by meeting your new carers, getting to know your new area and saying goodbye to friends at the institution.



Life Story Work

During the preparation programme you may start to do some life story work. This is making a book or a box about your life!

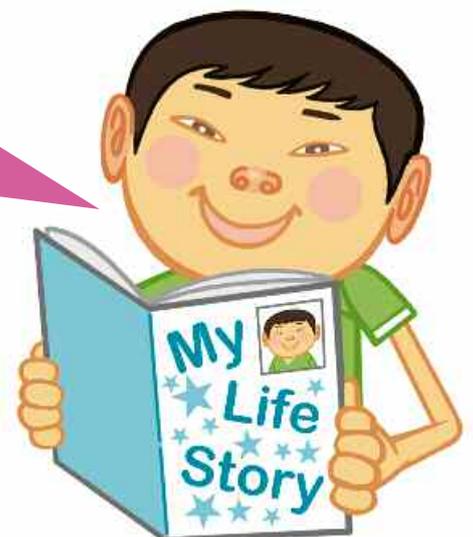
You can make it however you like. Some people like to make a photograph album about their life with lots of photos and pictures of special people and events. Other people like to keep a box with photos and mementoes in it. You could even use a video camera to record special events and people and turn it into a film about your life.



The preparation team and your social worker can help you to make your life story book or box.

What would you like to include in your book?

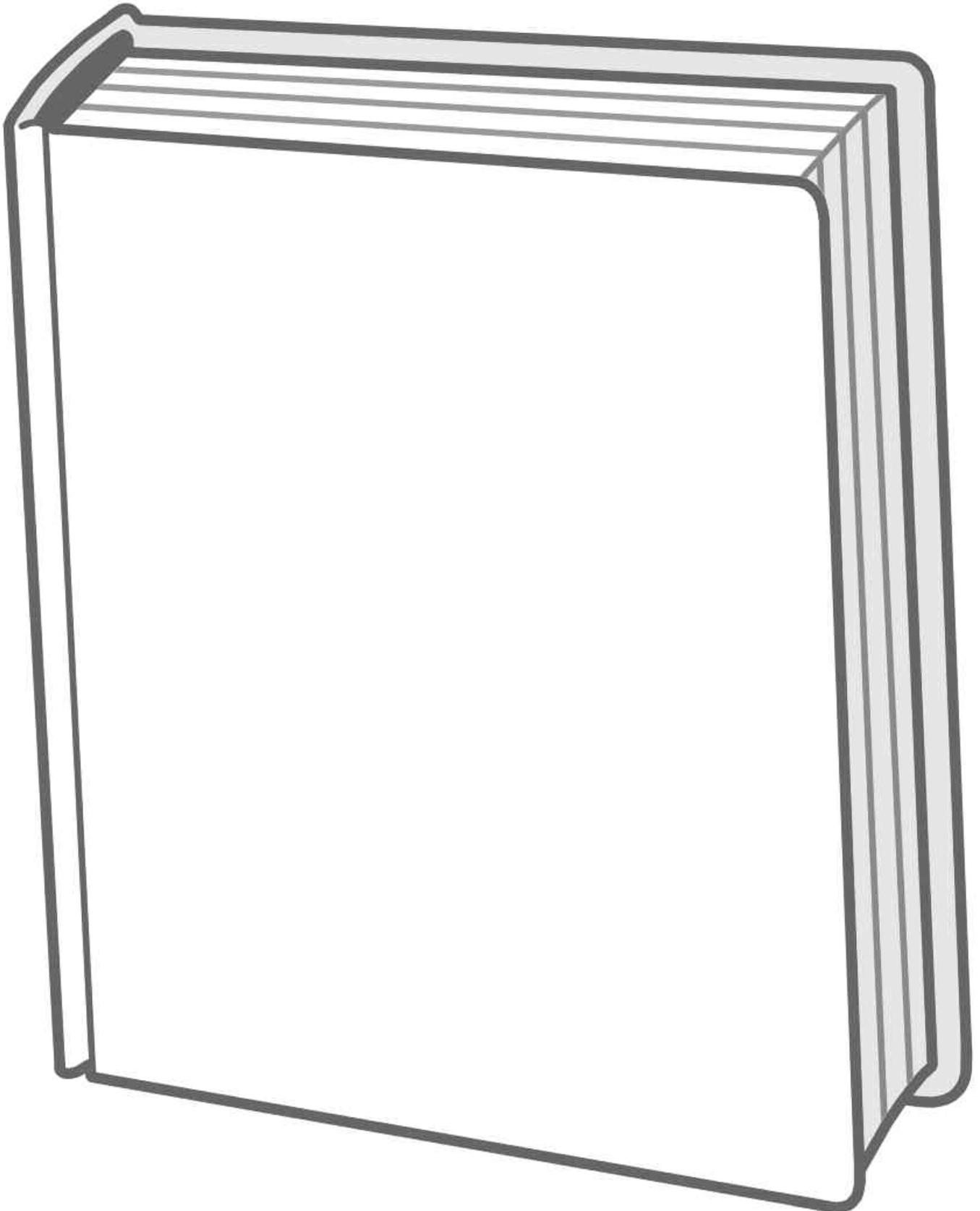
A life story book or box is made by you and tells your story – you can make it however you want, and use it however you want!





Life Story Work

Design the front cover of a book about your life. You can make it however you like using pictures, drawings, photos, words, materials, stickers or anything you like...



Preparation Programmes

Here are some different activities which can help you get ready to move. Tick them off if you have done them!



Taking photos of friends and carers at the institution:



Make a memory book / box about the institution:



Get to know your new carers:



Visit your home and new area where you will be living:



Visit your new school:



Get to know any new children you may be living with:



Have a party to say goodbye:





Preparation Planning Worksheet

What do you think are the most important things that you need to do to get ready to move? You can write your ideas down here...



Getting your new home ready

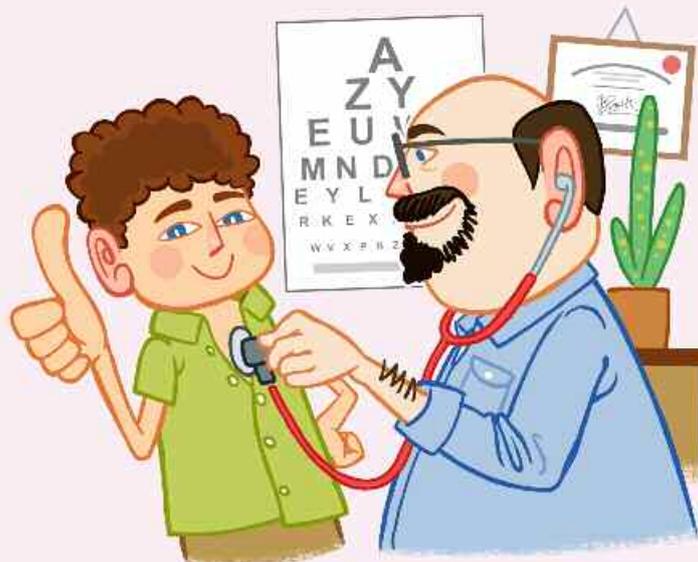
The project team and your new carers will make sure that your new home is ready for you. If you use a wheelchair, they will make sure that your new home is built so that you can move around easily.

They will make sure that the home has everything you need to be comfortable and somewhere you will enjoy living.



They will arrange for you to visit your new school.

The project team or your carers will find you a doctor and dentist near your home.



The project team can help you keep in contact with any friends and carers that are important to you.



The project team will continue to support you in your new home until you are settled in. If you are moving far away, a new social worker may be the person who visits you and supports you. If you have any worries or concerns about the move you can talk to them.



The project team and your new carers will make sure your new home is ready for you and will help you to settle in



Moving to my new home

On the day of the move your carers will help you to pack. You can take all your things to your new home. Your new carer or someone from the project team will take you to your new home. Write or draw what you want to take with you in the suitcase!



Living in my new home

Living in a new home may feel strange at first. There may be new people to get to know and new routines to get used to. Your new carers will help you to settle in.

When you first move into your new home someone from the project team or your social worker will continue to visit you. You can talk to them if you have any worries or concerns. They can help you to sort out any problems you may have.



Your carers will help you to stay in touch with your friends and family. You may do this by email, telephone or letters writing.



If you have any worries in your new home you can talk to your carer, your social worker or someone from the project team.

Feeling Safe in your new home

In your new home you should always feel safe. If you don't feel safe or if you are worried about anything you should always talk to an adult who you trust and feel comfortable with. They might be:



Your carer



A carer at your small group home



Your social worker



A teacher



A person in your family



Your doctor



A member of the project team



Other adults you trust



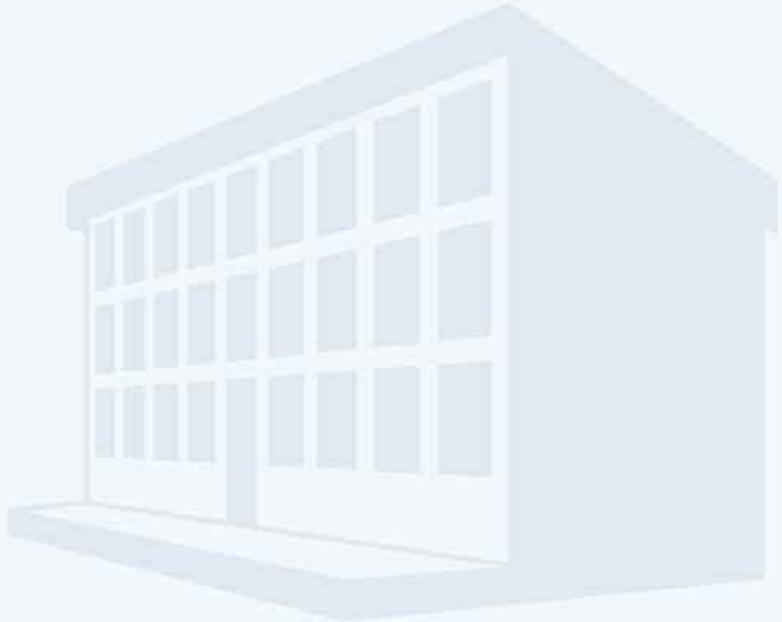
You should feel safe in your new home and if you don't you should tell someone that you trust.



Old and New

What will you miss about the institution? And what are you looking forward to in your new home?

Write or draw the things and people you will miss in the institution...



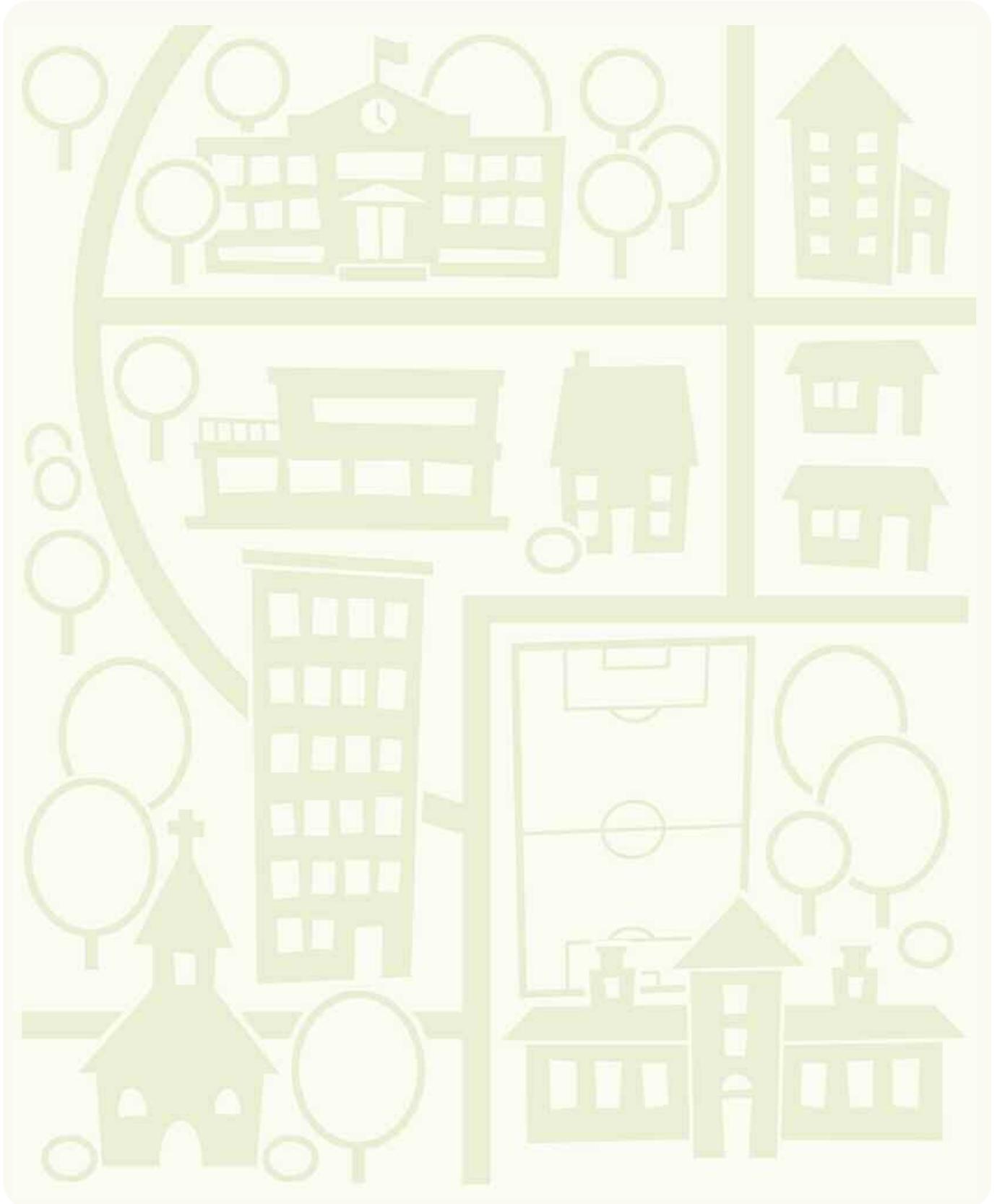
What are you looking forward to doing in your new home?...





My new life

Think about your new life on this page. Draw or write here about the things you are looking forward to in your new life.





My Hopes and Dreams for the Future

What would you like to be doing in 10 years' time?
Draw or write your future in the crystal ball!..



**WE HOPE
YOU ENJOY
LIVING IN YOUR
NEW HOME!**



Contact sheet

On these 2 pages you can fill in the contact details of the different professionals you will work with and local organisations.



My new home

Address:

Phone number:



My new carer

Name:

Phone number:



Project team manager

Name:

Phone number:



Social Worker

Name:

Phone number:



Other member of the project team

Name and role:

Phone number:



Other member of the project team

Name and role:

Phone number:



Community Doctor

Address:

Phone number:



School

Address:

Phone number:



Hospital

Name:

Phone number:



Other important number

Name and role:

Phone number:



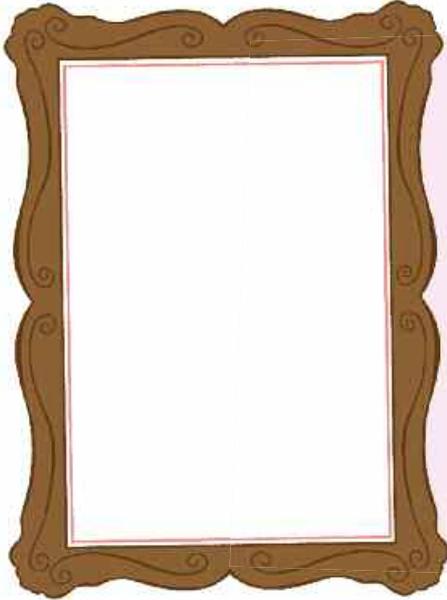
Other important number

Name and role:

Phone number:

My friends

Here you can write down the names and the contact details of your friends.

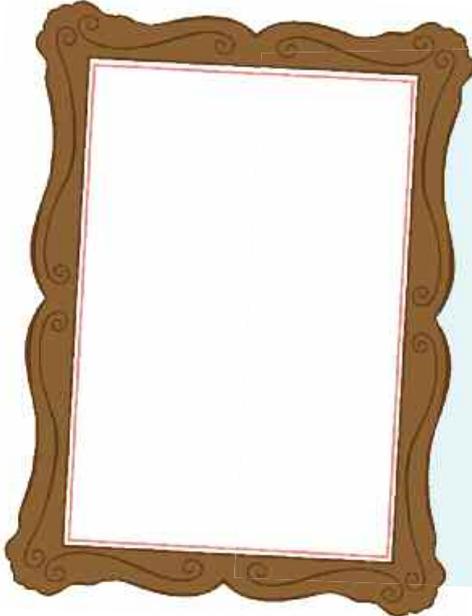


Name:

Address:

Phone number:

Email:

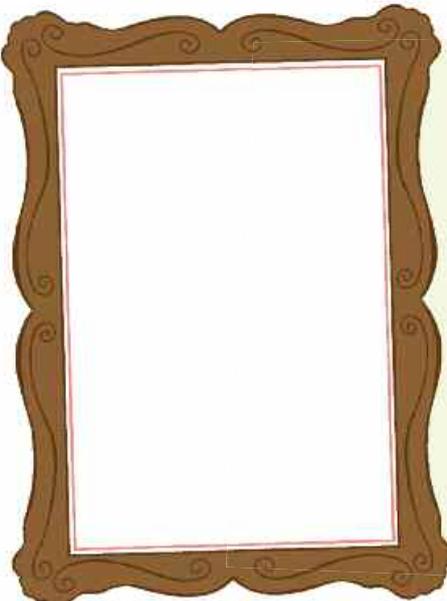


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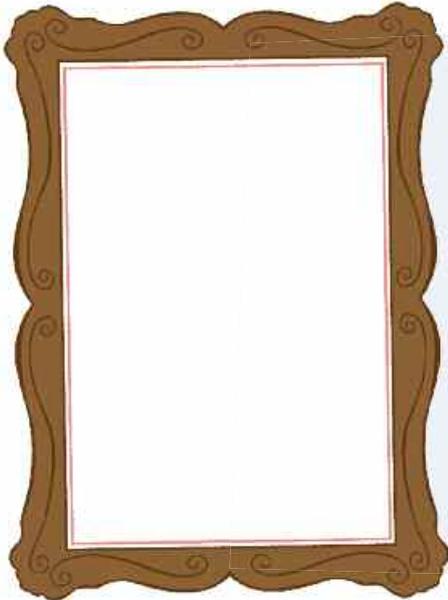


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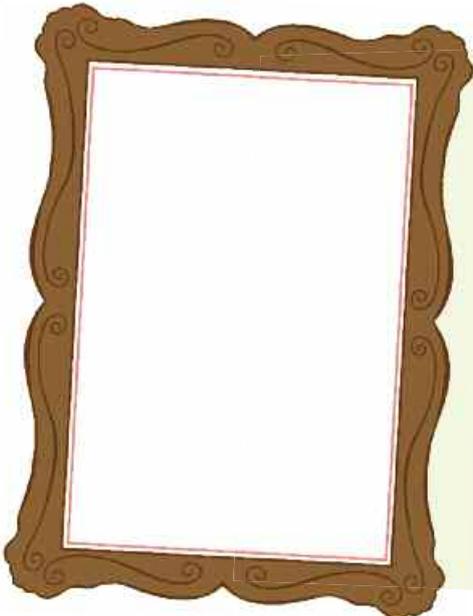


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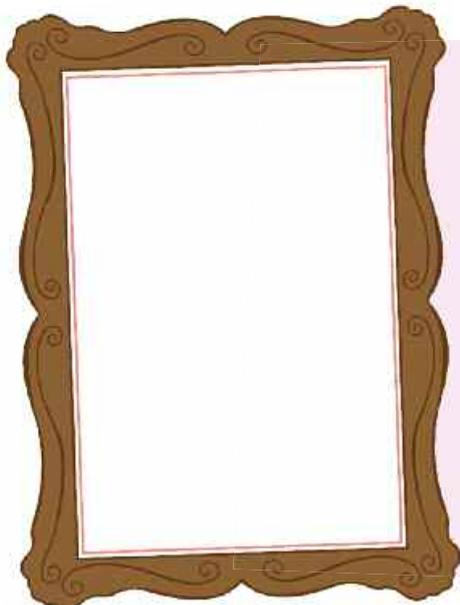


Name:

Address:

Phone number:

Email:



Name:

Address:

Phone number:

Email:

Memories activity sheets

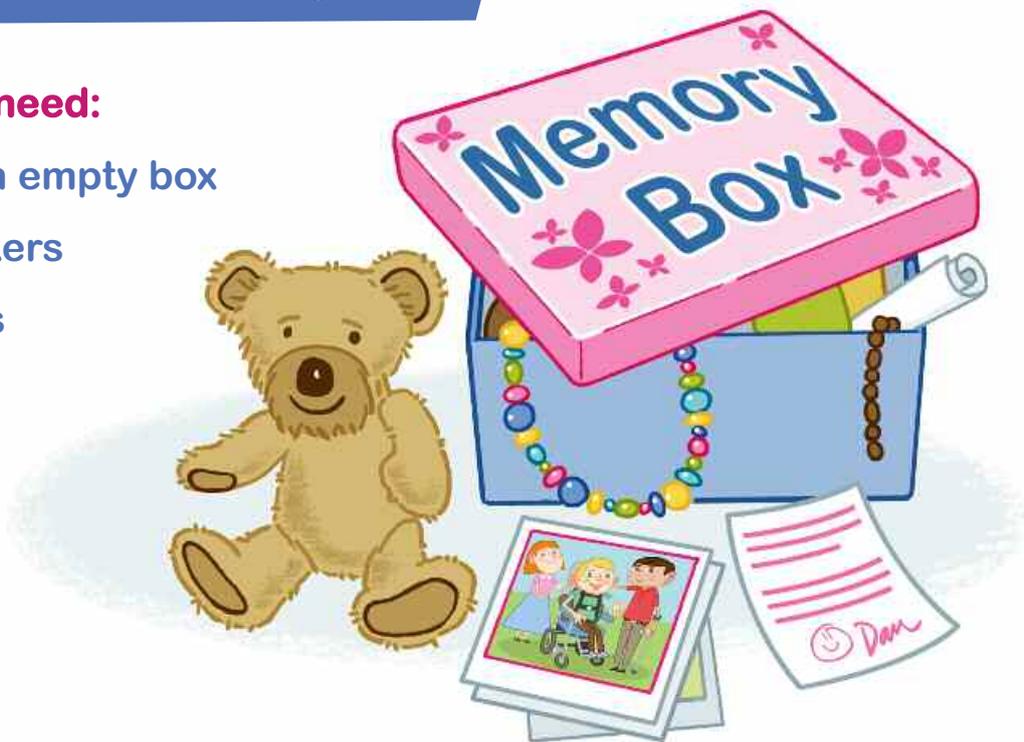


Having memories is very important. Here are some ideas about some activities that you may like to do with the project team which will help you to remember and record any special memories that you have about the institution and the people who are important to you.

Making a Memory Box

You will need:

- Plain empty box
- stickers
- pens



Instructions:

1. Place in the box any special memories about the institution, for example letters, pictures, poems, messages and quotations from friends, photographs, artwork and special objects.
2. Decorate the box using stickers, drawings or photographs of friends.

Making a Memory Jar

You will need:

- Empty clear jam jar or empty plastic bottle or container
- salt
- coloured chinks
- piece of card.



Instructions:

1. Write down 5 things you would like to remember about the institution such as friends, special events, favourite carers, etc.
2. Fill a jar with salt, then remove and divide into 5 piles.
3. Place each pile of salt on a piece of paper or card.
4. Colour the 5 piles of salt by rubbing them backwards and forwards with different coloured chalk.
5. Place into the jar and fill in remaining space with plain salt to prevent colours from mixing.
6. On the worksheet, choose a different colour to represent each memory and put a dot of colour next to each memory.

Making a tapestry for the new home

You will need:

- Square pieces of material like hessian
- Different sewing materials
- Needle
- Thread
- Wool
- Buttons
- Sequins
- Scissors
- Glue



Instructions:

1. Design a picture on a piece of material, by sewing or sticking a picture on the square. Think about any special memories you have about the institution or friends.
2. Once all the squares are completed they can then be sewn together.
3. You can do this activity as a group with your friends.

Making photograph frames

You will need:

- Strong coloured card
- Favourite photographs
- Stickers
- Pens
- Glue
- Paper



Instructions:

1. Cut the card to make a strip the size of about 3 inches x 12 inches long
2. Fold the strip of card in half, then unfold
3. Fold the other two sides, then unfold to make four squares.
4. Fold the middle two into a triangular –tent shape and then fold the other two squares together and paste into place.
5. Cut out a different piece of coloured paper to make it slightly bigger than your photograph
6. Glue the photograph on this piece of paper and then glue this onto the photograph frame.
7. Decorate the frame.

Making Memory T-shirts

You will need:

- A plain white T-shirt



Instructions:

You can wear your T-shirt and then ask all your friends to write on it so that you remember them. They can do it however they want, they sign it, they could write a message, draw a picture, write a poem or write a joke. Once all the messages are written you might like to write the date so that you don't forget when the messages were written.

The T-shirt should not be washed as all the writing is likely to run and will be lost!

This could also be done using a baseball cap.

Making Memory Bracelets

You will need:

- Pipe cleaner or string
- 5 Different coloured straws
- Piece of ribbon



Instructions:

1. Write down 5 things that you would like to remember about the institution.
2. On your worksheet, choose a different colour to represent each memory and put a dot of colour next to each memory.
3. Cut up 5 different coloured drinking straws to make beads
4. Measure a piece of thread about 30cm.
5. Thread the first bead and tie a knot around it.
6. Thread the rest of the beads
7. Once finished, tie a knot at the other end to finish your bracelet.
8. Tie around your wrist with ribbon or bow.

Making Friendship Bracelets

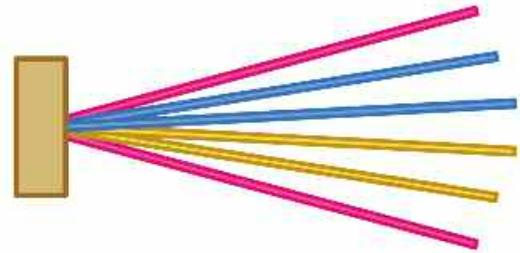
You will need:

- 3 strands of different coloured yarn about 6 feet long
- Sellotape
- Scissors

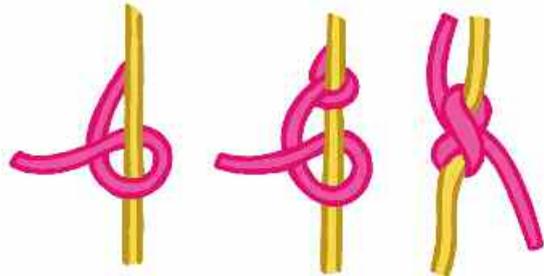


Instructions:

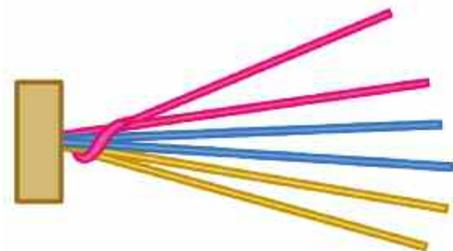
Put the three strands of string together to make the ends meet. Fold all the strands and knot in the middle to make six strands. Tape the knot to the table.



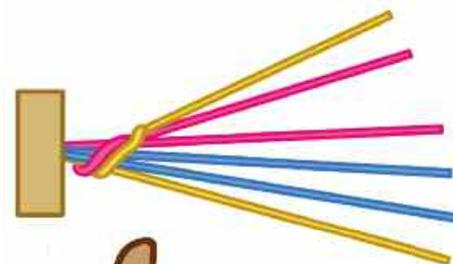
Starting from left to right, use the left most string (in this case it's pink) and make a double knot around each of the other strings.



Use the left pink string to make a double knot around the first yellow string, then the second yellow, the first blue, then the second blue and then the pink string. Now the string is at the right side.



Again starting from left to right, pick up the next string and do the same.



Keep doing this until your bracelet is long enough to tie around your wrist. Tie a knot in the end and tie it around your friend's wrist.



Message Boards

You will need:

- Large piece of white card or large canvas



Instructions:

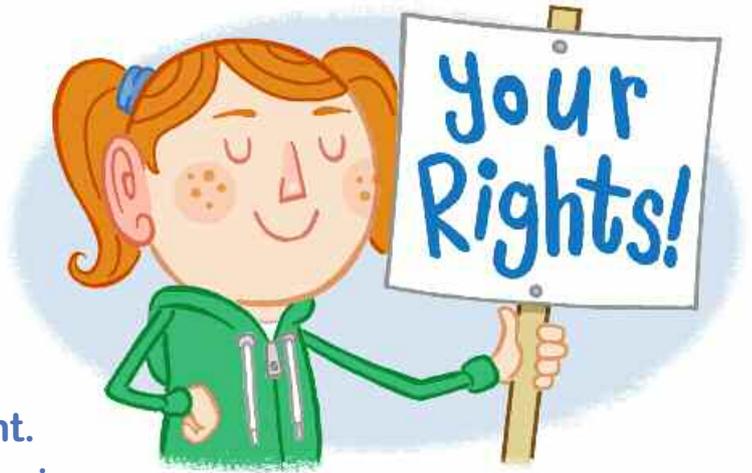
Ask your friends to write goodbye messages on one large message board which you can then take to your new home.

They may prefer to write a message, sign their name, draw a picture or draw a graffiti art design or paste photographs.

This board could then be placed in a picture frame so it is ready for you to hang in your new bedroom if you choose.

United Nations Convention on the Rights of the Child

The United Nations Convention on the Rights of the Child is an international legal agreement that gives children their own set of rights.



Almost every country in the world have signed the agreement. Closing the institution and replacing it with family type and small group homes fits into the rights in the Convention. There are over 40 rights or articles and these are some of the most relevant ones:



The Convention applies to everyone whatever their race, religion, ability, whatever they think or say, whatever type of family they come from.





Article 12

Children have the right to say what they think should happen, when adults are making decisions that affect them, and to have their opinions taken into account.



Article 19

Governments should ensure that children are properly cared for, and protect them from violence, abuse and neglect by their parents, or anyone else who looks after them.





Article 23

Children who have any kind of disability should have special care and support, so that they can lead full and independent lives.



Word bank

Pages 75 - 81 explains what some of the harder words mean.



Adoptive Family

An adoptive family is a new family which has been chosen for a child who cannot live with their own family. Being adopted means that children will be part of this new family by law.

Assessment

A way of finding out more information about someone and their family. During your assessment someone from the project team will talk to you about different things that are important to you, like your interests, friends, school and family.



Care Plan

This is a plan that says what will happen, when it will happen and what each person needs to do to make it happen.



Carer

Someone whose job it is to look after other people, for example children in an institution, or a small group home.

Case Conference

A case conference is a meeting where decisions are made about your life. A case conference will be held to plan your move with all the people who are involved with you and the move. You should be able to go to the meeting to say what you want to happen.



Communicating

Different ways of talking and understanding people.



Community

The people and the area where you live.



Court

A place where important decisions about the law take place



Disability

When a person has difficulty with doing something like talking, moving or learning. This is because some parts of their bodies work differently



Foster Family

A foster family is where children will live with their foster carer. A foster carer is a person who looks after children in their own home. Children may stay in a foster family for a long time or for a short time.



Government

A group of people who are chosen to make decisions for the country. Governments in Europe are chosen by people voting for them.



Inclusive education

Inclusive education is making it possible for all children to go to any school in the community. It happens when children with and without disabilities learn together.



Institution

An institution is a very big care home for children who cannot live with their families. They are looked after by carers.



Judge

The person who makes the final decision in a court.



Life Story Work

Making a book or a box about your life.



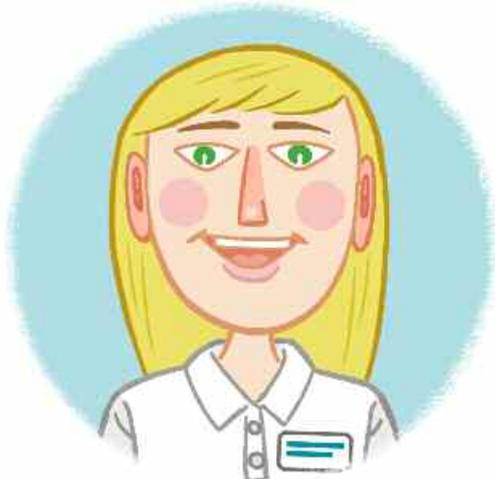
Mainstream School

A day school in the community.



Psychologist

A person who helps children to understand and talk about their feelings.



Physiotherapist

A person who helps children who have difficulties with moving around.

Project Team

The different people who are working together to close the institution.



Preparation Programmes

A plan to help you get ready to move to your new home. This plan will include all of the different things you will need to do before you move.



Review Meeting

A meeting to talk about the child's care plan and check if it needs to change.





Small Group Home

A small home in the community where a group of children live together and are looked after by carers.



Social worker

A person who helps children and their families



Speech and Language Therapist

A person who helps children who have difficulty with communicating. They help children to communicate in a way that is best for them.



Special School

A school for children with disabilities.



All About Me

You can use this page to show to the project team during the assessment to help explain what is important to you.

My name is:

.....



Best

Worst



Food

TV show

Animal

Lesson

Sports star

Pop star

Book

3 things that are important to me...

1.

2.

3.

3 things I am most proud of...

1.

2.

3.

3 people I can talk to:

1.

2.

3.

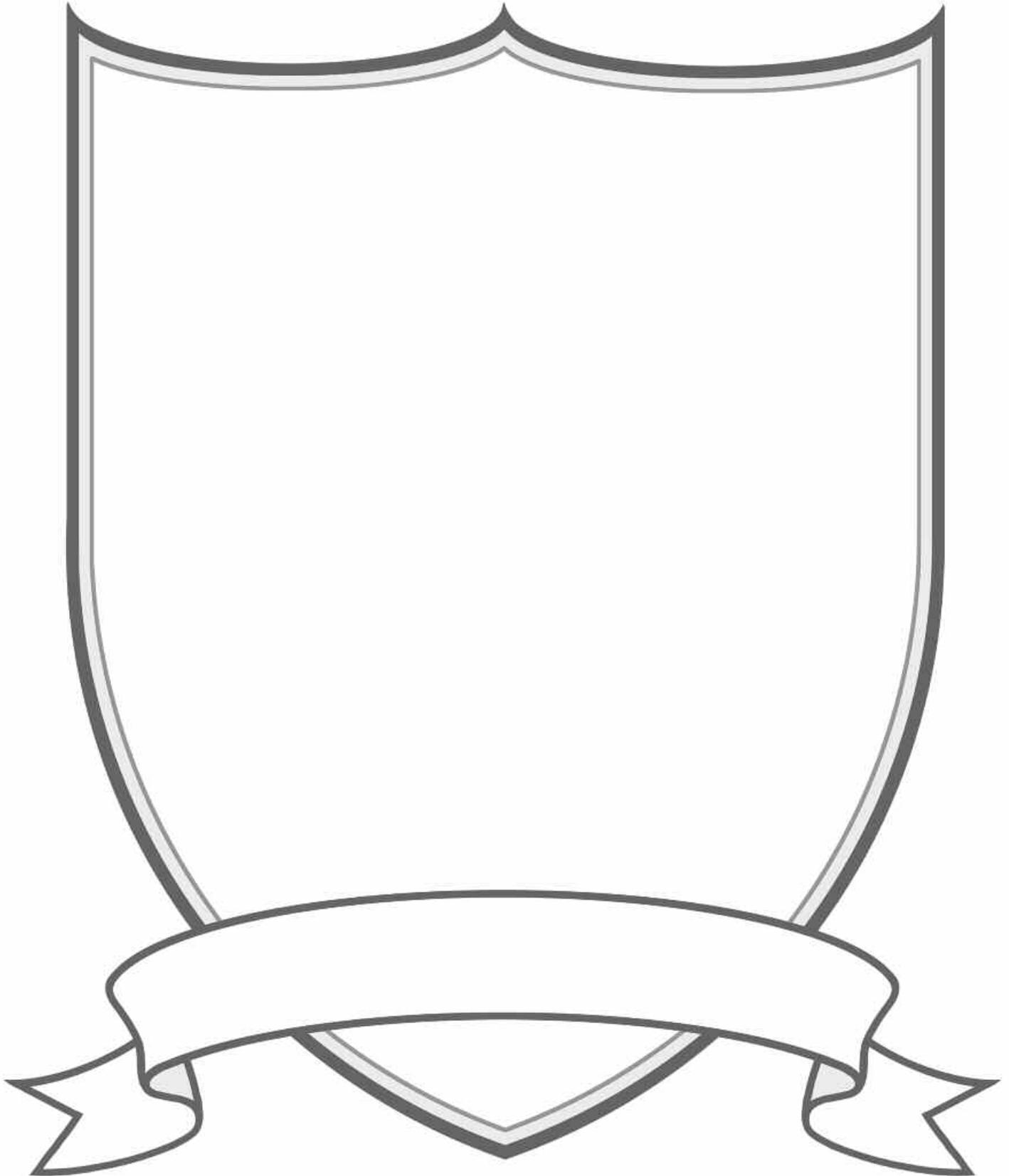
What I want to say to the world...





Me and My Friends Crest

Design a crest about you and your friends. You could draw and write down things that explain about you and your friends, and what you enjoy doing.





Assessment Planning Activity sheet

This worksheet will help you prepare for the assessment. You can do this on your own before your assessment or with the project team during the assessment.

Write down the important things you want to say in your assessment about:



My interests and hobbies:

.....

.....

.....

.....



My friends:

.....

.....

.....

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My family:

.....

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.....

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My school:



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.....

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My health:



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.....

.....

Things I need support with:



.....

.....

.....

.....

My future:



.....

.....

.....

.....

Emotions and Feelings

Here are some different emotions or feelings that people have at different times. You might like to use these pictures to help you talk to the project team during the assessment and at other times. This may help you explain how you are feeling about things.



Happy



Sad



Scared



Worried



Excited



Angry



Unsure



Confused



Upset



Case Conference Planning Sheet

This worksheet will help you prepare for the case conference.



The date and time of my case conference is:

The case conference will be held at:



The people attending the case conference will be:



Do I want to attend this meeting:

Yes

The person I want to attend with me:

Do I want to attend this meeting:

No

The person I want to speak for me:

Here you may want to say:

- Where you would like to live
- Friends you would like to stay in contact with
- Activities you would like to do in the new home.



The most important things I want to say at the case conference are:

1.

2.

3.

4.

5.

What was decided at the case conference

This worksheet is to write down what happened at the case conference.



The people who attended the conference were:

<input type="text"/>	<input type="text"/>
<input type="text"/>	<input type="text"/>
<input type="text"/>	<input type="text"/>



I will be living in:

I will be living with:

Name and address of my new carer:



The date I will move is:



I will go to school at:

The support I will need in my new home is:

The support I will need to get ready to move is:



The date of the next meeting is:

Don't worry if all these decisions have not been made at the conference, they will be made later!





Questions I have about the new homes

You can ask your social worker any questions you have about your new home...



Questions about returning home...

.....

.....

.....



Questions about foster care...

.....

.....

.....



Questions about adoption...

.....

.....

.....



Questions about small group homes...

.....

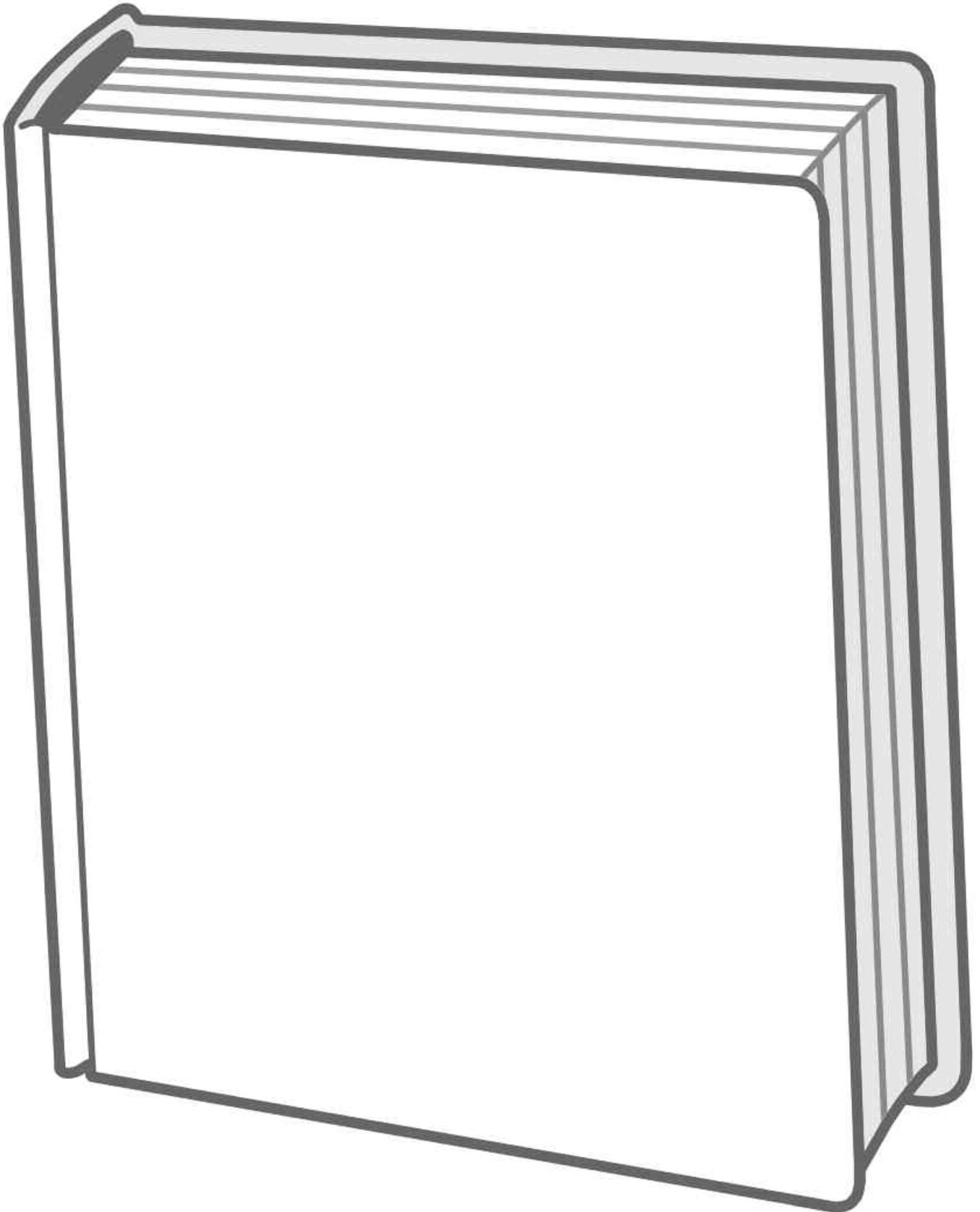
.....

.....



Life Story Work

Design the front cover of a book about your life. You can make it however you like using pictures, drawings, photos, words, materials, stickers or anything you like...





Preparation Planning Worksheet

What do you think are the most important things that you need to do to get ready to move? You can write your ideas down here...





Moving to my new home

On the day of the move your carers will help you to pack. You can take all your things to your new home. Your new carer or someone from the project team will take you to your new home. Write or draw what you want to take with you in the suitcase!

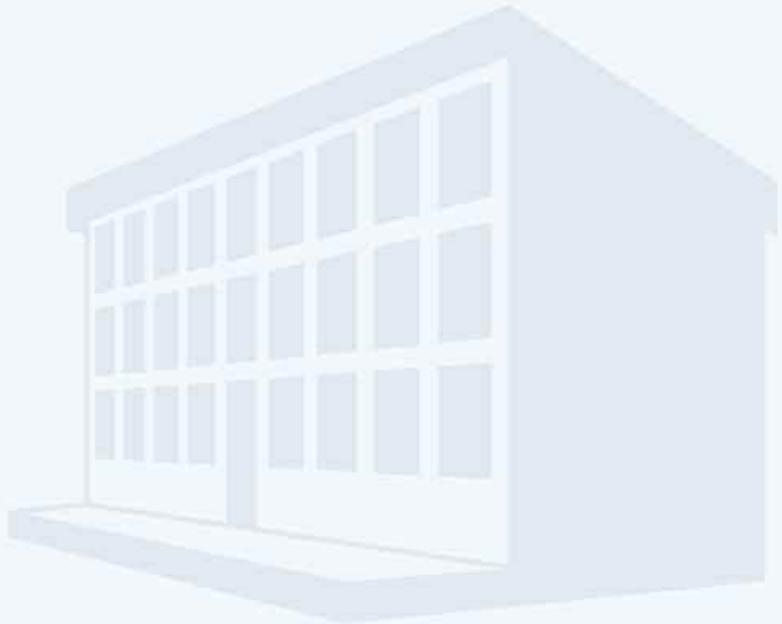




Old and New

What will you miss about the institution? And what are you looking forward to in your new home?

Write or draw the things and people you will miss in the institution...



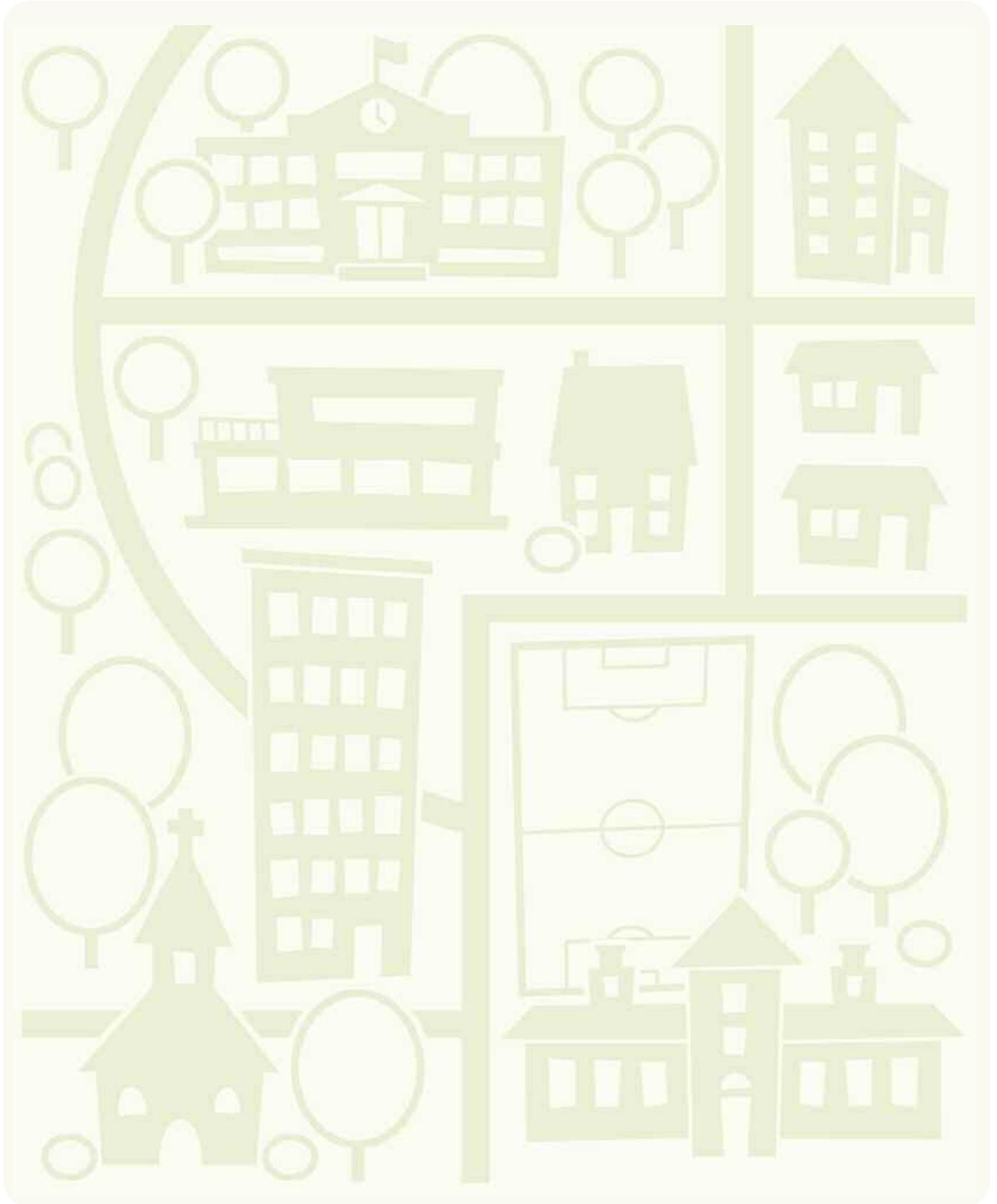
and the things you are looking forward to in your new home...





My new life

Think about your new life on this page. Draw or write here about the things you are looking forward to in your new life...





My Hopes and Dreams for the Future

What would you like to be doing in 10 years time?
Draw or write your future in the crystal ball!..





You can use these blank pages to write or draw anything you want or to write down any questions or thoughts that you don't want to forget.

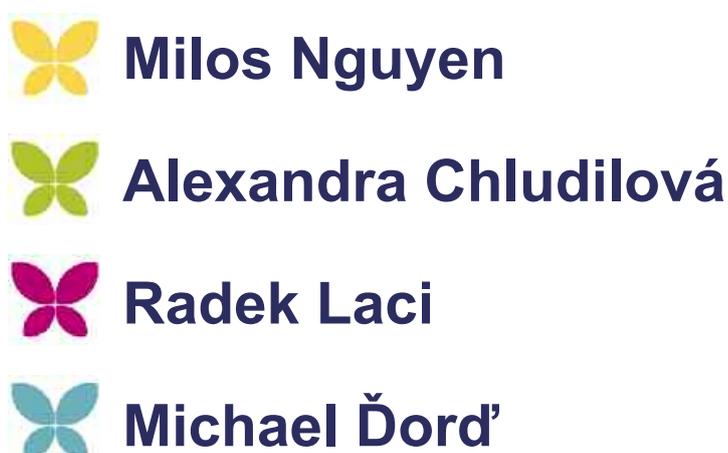
Acknowledgements

We would like to thank all the children and adults who helped us to write this book. They grew up in institutions and gave us lots of very good ideas about what to include in the book.

A big thank you to the children who helped:



And another big thank you to the adults who helped:



About Lumos

Lumos is a children's charity set up by J.K. Rowling who wrote the Harry Potter books.

We work in many different countries across the world. We are helping governments to close their large institutions and set up better services which help children and their families.

Lumos thinks that it is very important that children understand and have a say about the changes that will happen to them during the time the institution is closing.

We have written this book for children to help them prepare for moving out of their institution and into their new homes.

2015

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www.changepeople.org



**This book is for
children who are living
in institutions which will
be closing.**

**The book talks about what
changes will happen during the
time the institution is
closing and how these
changes may
affect you.**

