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Individual support for individual people



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Providing Residential Care for Children and young People with Complex Emotional, Behavioural and Social Difficulties

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Our Ethos and Environment

Children and young people who are referred to Holme Farm may well be experiencing a range of issues that make it difficult for them to form and maintain positive attachments, trust adults, regulate their thoughts, feelings and behaviours, and have a positive sense of themselves and others.

It is possible that our young people may have found it difficult to live with others and their behaviours may have challenged those around them. They may present a risk to themselves and sometimes may be a risk to others.

Holme Farm believes that every child and young person can be supported to build the resilience needed to overcome the difficulties that may have led to the significant breakdowns in their lives.

Children and young people who come to Holme Farm will live in an environment of care and support that gives attention to their individual needs and works with them to help them to stay safe, be healthy, enjoy and achieve, make a positive contribution, and develop their own resources to assist them in achieving economic wellbeing.



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About Holme Farm

Holme Farm is located in Teesside in the North-East of England. We provide 52 week residential social care placements for children and young people aged between 10 and 18 years.

Set in a semi-rural two acre site on the edge of the beautiful Cleveland Hills, Holme Farm is near the village of Stainton, which is close to towns such as Middlesbrough, Stockton and Darlington. The home is close to a range of local amenities, including health and education providers, shops and a variety of recreational facilities.

Working with local authorities, Holme Farm provides a high standard of accommodation, according to the needs of each child and young person. Care is by planned admission, and the duration of a child or young person's placement is subject to their individual needs. We can extend their leaving age to 18 if necessary to assist them in their transition to independence.

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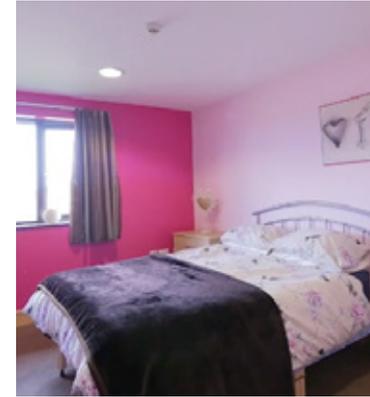
Our Accommodation

Shared Spaces

Inside the main building there is a lounge, games / activity room, a quiet room, a dining room, a kitchen, a visitor's room, and a separate kitchenette. There is a classroom and several individual rooms which are multi-purpose, including therapy rooms.

Individual Spaces

Everyone likes to have a place where they can be alone, where they can escape to some peace and quiet. At Holme Farm we acknowledge this, so each child and young person is accommodated in a spacious en suite bedroom which will be personalised to take account of their needs, preferences and wishes. This will be their allocated bedroom for the duration of their stay (unless for a health and safety reason), and can be decorated how they wish. All bedrooms are fitted with a bedside table, a chest of drawers, wardrobe, table lamp and double bed.



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Education

Holme Farm School is an independent specialist provision which caters for pupils aged 11-17 years with emotional, psychological, social and behavioural needs. The school provides education for up to 8 students and is a registered examination centre.

We ensure that:

- Young people have access to a broad, appropriate and balanced curriculum
- Students can continue their education in mainstream facilities, or within our own educational organisation
- Those pupils with Special Educational Needs (SEN) have those needs met as part of a continuous educational process
- Education Health Care Plans and Pupil Education Plans are supported fully
- The requirements of the National Curriculum are taken into consideration as far as possible
- Spiritual, moral, social and cultural understanding is embedded within the curriculum
- Staff work in partnership with parents, external agencies and mainstream schools
- Holme Farm also has links and positive working relationships with education providers and schools in both the Teesside area and further afield, offering our young people the best opportunities for them to be able to maximise their potential. This includes facilitating transport to alternative educational providers





Recreational, Sporting and Cultural Activities

Holme Farm recognises the value and importance of maintaining leisure interests, hobbies and engaging in activities that are part of healthier lifestyles. Children and young people will be offered a choice of activities they can take part in – this will include activities they were involved in prior to admission to Holme Farm.

Holme Farm will provide membership to the local sports / leisure centre.

Examples of activities that children and young people might engage in are:

- Go-Karting**
- Canoeing**
- Ice Skating**
- Community Resources**
- Fitness Centres**
- Horse Riding**
- Football**
- Golf**
- Martial Arts**
- Duke of Edinburgh Awards**

- Cycling**
- Water based activities**
- Theatre**
- Cinema**
- Snooker / Pool**
- Gym**
- Forest Trips / Walks**
- Drama / Music**
- Graffiti Art**
- Swimming**

All of the above will be subject to parental and/or social worker consent with appropriate risk assessment processes in place.

Holme Farm respects the cultural and religious beliefs of our young people and always endeavours to support young people in their religious practices.



Therapeutic Services

Holme Farm provides a child-centred service through the promotion of a psychologically informed understanding of the emotional, behavioural, psychological and social needs of the child or young person.

We have a holistic and comprehensive assessment process where we work with the individual, so that they properly understand why they relate and interact with other people in the ways they do, and why they react and behave in the ways they do.

It may be that the young person needs a therapeutic approach to help them deal with trauma they have experienced in their lives such as loss, separation, neglect, physical or sexual abuse; to help them desist from challenging and anti-social behaviours; or they may need to learn new skills to assist them in reaching their social, educational and health goals. Regardless of the therapeutic intervention identified, each intervention or therapy will be developmentally appropriate for the young person's age and level of maturity.



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Our Therapeutic Approach

At Holme Farm we use a skills-learning approach:



The staff provide skilled based interventions in the following areas:

- **Self-esteem**
- **Social competency / social skills**
- **Relationship skills**
- **Anxiety management**
- **Anger management**
- **Negotiation and compromise skills**
- **Conflict resolution skills**
- **Running-away behaviour**
- **Coping skill**
- **Emotional regulation**



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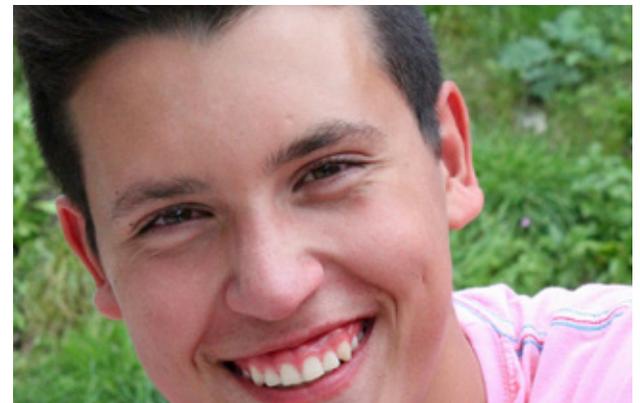


Therapeutic and Specialist Support

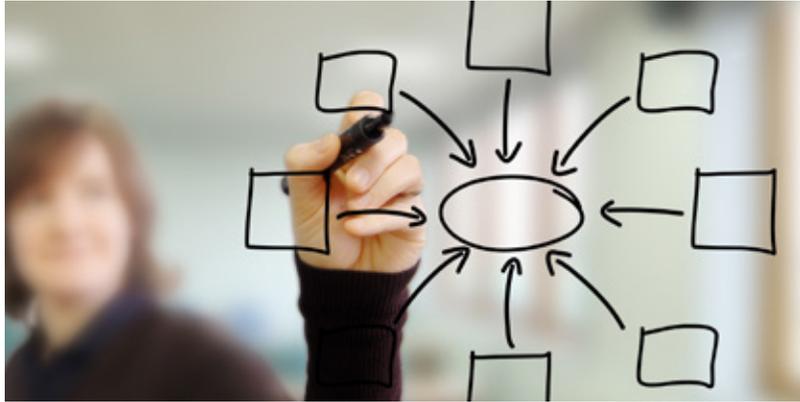
Holme Farm commissions a Consultant Clinical Psychologist to provide psychological services on a sessional basis. Therapeutic staff are also able to provide consultation and support to inform the care and management of the young people.

Qualified, accredited and experienced psychologists are able to provide therapeutic interventions on a sessional basis in the following areas when commissioned to do so:

- **Attachment difficulties**
- **Relationship difficulties**
- **Separation and loss**
- **Traumatic experiences**
- **Emotional and behavioural regulation**
- **Self-injurious behaviour**
- **Negative self-image / perception**
- **Chronic anger**
- **Chronic stress**
- **Low mood**
- **Vulnerability to sexual exploitation**
- **Physical aggression / interpersonal violence**



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Improving Outcomes

Holme Farm is committed to monitoring, measuring, and improving outcomes for the individual children and young people that we care for.

We aim to:

- **reduce their level of vulnerability**
- **reduce any risks that they might pose to themselves or other people**
- **improve their mental health and emotional well-being**
- **improve their social functioning**
- **improve their educational performance**
- **improve their family or personal relationships**

Our caring professional staff continually monitor and measure each young person's progress, building their trust and encouraging them to have a say in their own care planning.

This approach enables our children and young people to develop their individuality and independence, in a safe nurturing environment.

We promote strong channels of communication with all professionals, including our provision of a weekly report to social workers, giving an overview of the young person's progress, including education, health, contact and activities, and any other relevant information as required.

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Providing an enhanced level of care, exceeding expectations, and providing positive and improved outcomes for the children and young people that we care for.

Please contact us if you would like more information on our services.

Holme Farm
Teesside

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www.residentialchildrenscare.com

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