



A Young People's Guide to The Apple Tree Centre Adoption Support Services

The Apple Tree Centre was created to help children, young people and their families. It is run by Rosie and Jenny who are both Play Therapists. There are also other therapists, like Dramatherapists, Art Therapists, Music Therapists and Family Therapists.

Young People can access support when they are struggling with their thoughts, feelings or relationships, or maybe negative things have happened in their lives and they still feel scared, confused or angry even though they are safe now. Some of the Young People who see therapists at the Centre have been adopted, and this leaflet is especially for them.

Every Young Person has their own therapist and you will be able to choose whether you want to talk or draw, paint or make things. Your therapist will be with you to help you understand how you are feeling and help you feel better. Most Young People see their therapist once a week.

You can tell anyone you like about your therapy but your therapist will keep everything you do and say in your therapy sessions private and they will keep the things you make in your sessions safe for you.

But...If you told your therapist something that made them feel worried about your safety or the safety of someone else, they might have to tell someone else about that to make sure no-one is in danger. They would always try to talk to you about that if it happened and explain why they can't keep that bit of information private.

About every six weeks, your therapist will meet with your parents or carers to think together about how things are going, any changes at home or school or in the way you feel about yourself and your family. Your therapist will talk to you about this before it happens and you will decide together what the therapist will say about your therapy sessions. Depending on how old you are, you might want to come to that meeting.

Your parents or carers might also have meetings with their own therapist, to help them to think about what they need to be able to look after you well, or to learn new ways to help you.

If you're not happy with your therapist or anything else to do with the Apple Tree Centre you can make a comment or complaint via the post box in the waiting room and we will try our best to change things. You can also talk to Jenny or Rosie on the phone, or when you see us in the centre.

If you're not happy with our response, you can ask the grown ups you live with to make a complaint to us or contact Ofsted:

Ofsted,
Piccadilly Gate
Store Street
Manchester
M1 2WD
Phone: 0300 123 1231
Email: enquiries@ofsted.gov.uk
Website: www.ofsted.gov.uk