

## Liberty Lodge

*Providing Positive Outcomes*

The home was started by a small group of people, some of whom have been involved in specialist residential child care since the late 1980's. They had become increasingly frustrated at the lack of creativity being applied in working with this particular client group, leading to young people often becoming more frustrated, isolated, rejected and disillusioned by the care they receive.

This only added to their issues, leading to even more problematic behaviour.

## Mission

*What We Believe*

**By making a long term commitment** to helping young people break the cycle of failed placements through the development of positive relationships and experiences.

Liberty Lodge aims to be the first choice of local authorities seeking to place young people.

## Services

*What We Provide*

**24 hour care and supervision**

**Full time education**

**Individual therapy**

**Holistic assessments incorporating therapeutic, educational and care perspectives**

**Positive role modeling through a key worker system**

**Activities**

**Access to the full range of community based healthcare services**

## Care

*Best Possible Chance of Success*

**Individually tailored** care and behaviour management programmes to meet the complex care, health, cultural, emotional and behavioural needs of each young person placed at Liberty Lodge are created to enable them to develop as individuals as well as function productively in a community setting. This ensures they are given the best possible chance of success.

Central to a young person's life at Liberty Lodge is the key worker who is committed to all aspects of their lives, ensuring that each individual's care programme is personal, relevant and responsive.

## Determined

*Rebuilding Lives*

**Determined** to provide high quality therapeutic care, Liberty Lodge offers an holistic care setting and programme that will allow young people to come to terms with past experiences, rebuild their lives and develop the necessary responsibilities to maximise their potential in adult life.

This will be delivered by a well trained professional, diverse, committed and enthusiastic staff team capable of inspiring and motivating interesting and spirited young people to improve the quality of their lives.

The young people will be cared for in an environment that provides a structure and routine ensuring young people receive firm and consistent boundaries and the positive attention from adults that many have lacked in their past lives.

It will also be an environment in which they can explore their feelings and emotions in a safe and contained way.

Situated in an urban location, Liberty Lodge offers exceptional accommodation for up to six young people aged 10 - 17.



## Our Ethos

*Providing Positive Outcomes*

The ethos of Liberty Lodge is to deliver quality, holistic, therapeutic care for young people with complex needs. Central to this is our philosophy of living and learning together.

We follow the key principles of:

**The right for young people to fully participate in the solutions to their problems**

**Respect for people's dignity**

**Active self respect**

**Development of self esteem**

Our focus is dedicated to delivering positive outcomes in line with the 'Every Child Matters' framework. A multi-disciplinary team will utilise the following therapeutic principles to deliver individualised care packages:

**Participation** lies at the heart of Liberty Lodge's approach. The staff help to empower the young people by involving them in all aspects of their lives from consultation and inclusion in assessments, care planning and reviews to sharing the tasks of everyday living to interdependent responsibility for decision making in the home. This democratic inclusion is a key element in the recovery of troubled young people.

**Safety and containment** will be offered through ongoing assessment of risk within the context of a clear set of limits and boundaries within a structured therapeutic/educational programme.

**Communication** through relationships provides the fabric of life and treatment at Liberty Lodge. The ongoing creation of a cultural environment of open exchange, questioning, debate and enquiry concerning personal and political experiences is vital to the development and recovery of the young people.

**Belonging** to Liberty Lodge via the gradual development of attachments and the experience, often for the first time, of beginning to trust in real caring relationships provides a space for the young people to develop to achieve emotional and personal growth.

Daily group meetings play a significant role in this process for all young people since a positive experience of group living is based upon mutual respect and co-operation. At these meetings young people and staff come together to discuss a variety of matters emerging from living and working together.

Here young people are encouraged to explore issues emerging from their early life experiences and their day to day interactions and work towards understanding and resolving these.

These meetings also provide a forum where success and achievement, no matter how small, can be recognised and celebrated by the group.

## Referral & Admissions

*Initial enquiries and informal visits  
(by appointment only) are welcome.*

A planned admission to Liberty Lodge is preferred to ensure therapeutic input and care plans are properly matched to the young person's requirements. However we also recognise that young people can be in crisis and we can accept emergency referrals in exceptional circumstances.

On completion of our referral questionnaire accompanied by full documentation concerning the young person's education, social and health status, an initial assessment will be made as to Liberty Lodge's ability to meet the young person's needs.

If this initial assessment suggests that their needs can be met and where appropriate, an informal visit to the young person will be arranged to assess the likely benefit of a placement at Liberty Lodge. Following this, a formal visit will be arranged to allow the young person, parents or guardians and a local authority representative to visit the home.

A final decision on the placement will usually be made within three working days of the formal visit.



## Activities & Healthy Lifestyle Choices

### Encouragement

At Liberty Lodge we believe that our young people should have access to a wide range of activities, experiences and resources. All young people are offered an activity programme designed to meet their individual needs.

All young people are encouraged to experience a wide range of activities to offer alternative experiences, develop social and life skills and meet other young people. Activities are chosen to be interesting and exciting for those taking part in them and allow the young people to develop self esteem and confidence through success.

Liberty Lodge believes in healthy lifestyles and choices. To this purpose a varied menu meeting all dietary requirements is provided and experimentation in attempting alternative styles of healthy eating is encouraged.

The young people are encouraged to take part in the planning of the menus and preparation of meals as part of the life of the home.

*The adults at Liberty Lodge are committed to the educational well-being of each young person and creating an environment in which young people are "living to learn."*

Its urban location and close proximity to the Suffolk countryside and coastal towns provides a wide range of choice including:

**Bowling**

**Roller skating**

**Karting**

**Dry Ski slope** (including 'bum' boarding)

**Quad biking**

**Gyms**

**Off road biking**

**Horse riding**

**Leisure pools**

**Paint balling**

**Fishing** (freshwater & sea)

**Sailing**

**Windsurfing**

**Laser Quest**

**High wires/ ropes**

**Wall climbing**

**Sports clubs**

**Numerous dance groups**



## Education

### Providing Positive Outcomes

Education is fundamental to a young person's life experiences and extends beyond the achievement of academic ability to the enhancement of problem solving skills that apply to daily life.

Our education team is experienced in successfully getting young people to re-engage with education where they have previously failed to attend school. Teaching and management strategies encourage participation in lessons and each young person has an Individual Education Plan that takes into account his/her ability and individual goals. At Liberty Lodge education is an integral part of the therapeutic process with each young person being helped to experience success.

We use the following to meet the emotional-educational needs of the young people:

**Established, positive links with mainstream schools and local colleges that are sensitive to the needs of our young people**

**Individualised 'tutor' programmes, dependent on the needs and abilities of each young person, to prepare them for inclusion in a mainstream school/college programme.**

**Flexible learning plans designed to link care and education workers in the implementation of academic, social, vocational and cultural learning**

**14 + transitional programmes (ASDAN, AQA unit Skills, Entry level qualifications) to meet the development of social, life and independent living skills.**



## Accommodation

*That Homely Feel*

Liberty Lodge is situated in a large Victorian house in an urban location near the centre of Ipswich.

The living accommodation comprises two large lounges with televisions, DVD players, computers and music; a large kitchen/dining area and utility area; A meetings room; therapy room; secure office and staff wash room complete the ground floor.

There are six individual bedrooms on a split level landing on the upper floor as well as two bath/shower rooms. There is also a medications room on this floor.

Two classrooms are situated in the lower ground floor and there is a spacious garden and patio area at the rear of the house.

## Therapy & Specialist Services

*A Little Bit Different*

We are able to access the following services as identified within individual therapeutic programmes:

Art therapy

Music therapy

Drama therapy

Play therapy

Relaxation and aromatherapy

Counselling

A range of other therapies are also available including:

Anger management

Attachment disorders

Life story work

Behavioural support

Self esteem/confidence

Anxiety management & emotional resilience

## LIBERTY LODGE

*Directions From London*

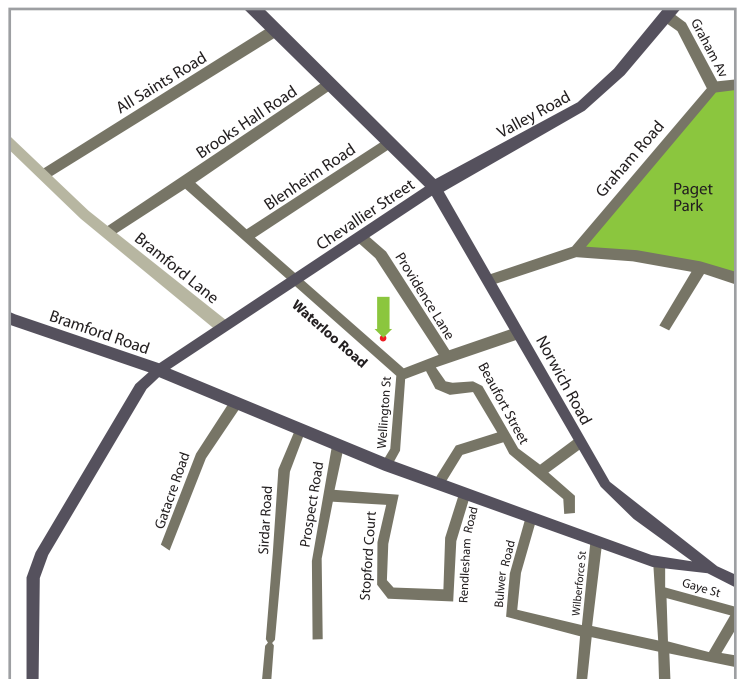
- **Leave the M25 at Junction 6.**  
At the roundabout take the 1st exit onto the A12.
- **Follow the A12 all the way until it turns into the A1214.**
- **Continue up the A1214 for a 2-3 minutes** (pass 2 roundabouts and 4 sets of traffic lights).
- **Waterloo Road will be on the right hand side.**

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Page

1 2 3 4

## Curriculum, Ethos & Aims

*What we believe*

The Liberty Lodge ethos is to deliver quality, holistic, therapeutic care for young people with complex needs. Central to this is our philosophy of living and learning together.

The aim of Liberty Lodge School is to help young people break the cycle of failed education with a commitment to individualised learning opportunities and programmes which have at their heart the needs of the young person in order to maximise their potential.

The curriculum at Liberty Lodge is designed to meet the three statutory aims of the National Curriculum as well as the five aims of 'Every Child Matters'. It takes into account Personal Learning and Thinking Skills [PLTS] and the Science, Technology, Engineering and Maths [STEM] agenda. This will enable all young people to become:

**Successful learners who enjoy learning; take some responsibility for their own learning; be aware of the how they learn and make progress and achieve.**

**Confident individuals who are able to live safe, healthy and fulfilling lives**

**Responsible citizens who make a positive contribution to society and who are aware of the importance of being financially independent.**

These statutory aims will inform all aspects of teaching and learning at Liberty Lodge. It is acknowledged that the majority of young people who are placed at Liberty Lodge will have negative experiences of education and school; severe gaps in their learning from an early age; a serious mistrust of adults and lacking in the belief that they can become successful learners, confident individuals and responsible citizens.

Liberty lodge will provide a broad, balanced and inclusive curriculum that will provide all young people with relevant and challenging learning by:

**Setting suitable learning challenges within creative lesson plans.**

**Responding to young people's diverse learning needs by taking account of statements of special educational needs and individuals' learning styles; setting realistic, achievable IEPs and weekly targets.**

**Overcoming potential barriers to learning and assessment for individuals and groups of young people.**

Liberty Lodge wants all young people to be engaged in learning and to recognise the value and importance of education in their lives. To meet all these requirements Liberty Lodge has adopted a Thematic Integrated Curriculum approach. This will provide a focus within and between subjects and across the curriculum as a whole as well as reflecting the individual needs, interests and contexts of the learners. It will allow the young people to experience opportunities to understand themselves and the world within which they live; giving education a relevance and authenticity.

These overarching themes will provide relevant learning contexts:

**Identity and cultural diversity**

**Healthy lifestyles**

**Community participation**

**Enterprise**

**Global dimension**

**Sustainable development**

**Technology and media**

**Creativity and critical thinking**

It is vital that the curriculum creates opportunities for learners to develop as self-managers, creative thinkers, reflective learners, problem solvers, team workers, independent learners, and effective communicators. PLTS themes will be planned into regular lessons and specific projects and project weeks which will be planned to encompass as much of the whole curriculum as is possible.

Students will be entered for OCR entry level in core subjects (as an assessment tool) and will be expected to sit GCSEs when/if appropriate.



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