



APRICOT  
CENTRE

# Children's Guide

TO THE APRICOT CENTRE WELLBEING SERVICE

**The Apricot Centre is here to help you talk about your feelings, thoughts and emotions, we are here to help you when you have worries or problems and we are here to help you make good positive life choices for yourself.**

**You will have your own therapist who will always listen to you in a way that...**

- \* Is accepting and does not judge you
- \* They won't take sides or tell you what you should think or what you should do
- \* They won't go straight to your parents or teachers or the person who looks after you and tell them what you have said in your sessions unless you or someone is not safe

**It can be really hard to talk about what you are worried about, your therapist will help you find different ways to explore what is going on for you in your life right now, they can help you make your own choices and decisions.**

You may not have contacted us directly but your parents, the person who looks after you, your social worker or someone else such as your school may have asked us to meet with you. Sometimes we may have spoken to your parents or the person who looks after you before we meet you so we help them to understand what they need to do to help you in your sessions or why you might be seeing a therapist in the first place.

## When you first meet your therapist they will explain:

- \* what the sessions are all about
- \* they will tell you who they might talk to and who they won't and what they will say
- \* they might ask you what you hope to get from coming to the sessions
- \* what your goals are for the therapy



**At the end of therapy you may be asked how you feel the therapy has helped you, what you liked about your sessions and what you didn't like, this will help us to make sure we are doing a good job and helps us make the service even better.**

### Q. WHAT HAPPENS IF YOU CAN'T COME TO A SESSION?

It is really important that you meet your therapist when you have an appointment but we know that this is not always possible because you might be sick. If you know you aren't coming please make sure that someone has let us know. However if your parent or the person who looks after you doesn't let us know, don't worry as it is not your fault and you will not get in trouble.

**Your therapy session will usually be 50 minutes once a week, at the same time, on the same day and usually in the same place.**

### Q. WHAT DO I DO IF MY THERAPIST DOES NOT FEEL THE RIGHT THERAPIST FOR ME?

You can let us know and we will find someone that you can work with. Please do not think you will be in trouble as it is really important that you trust them if you are going to talk about your feelings.





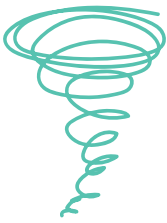
## RECORDING SESSIONS

Sometimes we may need to audio or video record some sessions but we will not do this without telling you and making sure that it is ok with the person who looks after you. If you are not happy with this then we will not record any sessions.



## KEEPING NOTES

Your therapist and the manager will keep some information about you such as your date of birth and address as well as some information about what you spoke about in your sessions. These will only be looked at by the therapist and the service manager and will not be shared with anyone else. We keep all your information locked away in a cabinet and locked in a room in our therapy centre.



## COMPLAINTS

We have to follow a set of rules which you can read if you want, if you ask your therapist for a copy. If you are not happy about the help you are getting you can ask the person who looks after you to fill in our complaints form and this will go to the manager who will deal with any issues or inform the right people what has happened.

## The Team who run the Apricot Centre are:

**Mark O'Connell - Service Manager**

**Rachel Philips - Education Manager**

**Anna Lidzey - Clinical Lead**

**Caron Parke - Wellbeing Service Lead**

**Sara Riley - Administrator**

If you would like to speak to any of us  
then please leave a message at

**01803 903416**

You can ask for any of us to ring you back.



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WELLBEING SERVICES AT HUXHAMS CROSS FARM  
WWW.APRICOTCENTRE.CO.UK