

October 2022

Children 1st

Bairns Hoose

GARDEN

Smiles
Climbing Frame.
Plants / Flowers.
- plant pots + Seeds for
children + families
to do together -
to get it grow - coming
back - progress.

OLDER CHILDREN.
PLANTING.
NEEDING.

SEATING AREA'S
COMFY SEATING.
SINGING SEAT

WATER
FEATURE
WISHING WELL.

Medical room S
a Priority!

This is one of
traumatising
Process.
Priority.

IN THE HOOSE.

SOIL + VEGETABLES.

Plant bed + take home with them.

WALL WATER FEATURE.

Women 1st group - Glasgow

What have we been up to?

We met with 4 women from the Glasgow Women 1st group. They are Mums and Grandmothers, who all had huge amounts to share and reflect upon from their own experiences. The session was filled with conversations about what the Bairns Hoose might look and feel like. The group explored what makes a place feel safe, comfortable and cozy. This session focused on 'right place and space'.

The 'right' hoose

The women shared many ideas about the Bairns Hoose, and also reflected on what a Bairns Hoose should not have - the 'no-noes'. They felt a Bairn Hoose should feel cosy and not like police station or clinical in anyway. The house should not have formal office furniture, but instead have comfortable homely furniture like sofas and beanbags. They also felt the lighting is important as it should feel like someone's house, rather than an office, so office lights were a big 'no-no'.

"We need this!
this has been a long
time coming. We need
to know it's a safe haven."

"Please give us
the funding this needs!"

Key Themes

Consistent worker

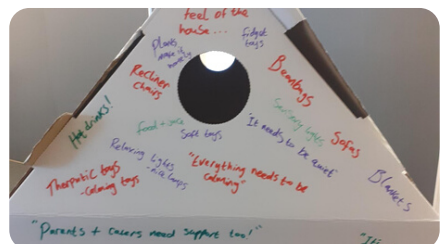
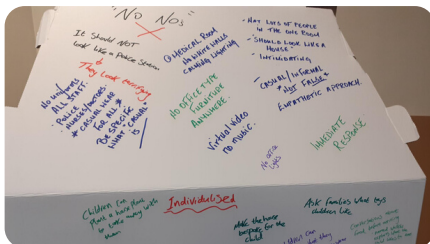
The group felt that having a consistent worker from the very start of the process through to the recovery journey would be really helpful for children, young people and families. They felt that having a consistent worker that gets to know the family and their needs would help the family feel at ease, supported, and comforted through the process. They felt families would then be able to share what their needs were when attending the Bairns Hoose, for example:

- What type of food they might like.
- Activities they would enjoy and find relaxing in the welcome room.
- What and when they might want breaks and breathers.
- What helps the family feel calm and safe enough.

Keep it casual and informal (where possible)

The group recognised the Bairns Hoose space will have formal processes to follow, but they felt that where possible staff should be as casual and informal as possible. They felt this could be in how they act, but also what they wear. They felt staff should be casual clothing as this will help families feel more at ease and more comfortable in the space.

They felt that it should feel real and authentic, where staff speak to families in a way that feels comforting and empathetic. They also felt another way to help a Bairns Hoose feel 'casual and informal' is through the activities that are available, they thought it might be nice if the Recovery Workers facilitated activities like arts and crafts, and planting house plants which children and young people can take away with them.



The right information



The women felt it would be really important to ensure that information about the Bairns Hoose is clear and accessible for all. They felt that before arriving there should be an introduction and welcome session between the worker and the family, where the process can be explained, there's space to ask questions, and reflect on how they are feeling about it.

The group felt there should be various ways of sharing information including:

- Leaflets.
- Information videos.
- Photographs of the house.
- A website.
- Video tour of the house.
- They felt it would be important to have a video tour of the house as this would help families visualise the space which might help reduce anxieties and worries.

outdoor space



The family members felt it would be important for the garden to have swings and a climbing frame

so that children can play whilst they are at the Bairns Hoose. They reflected that children and young people might want regular breaks so having an outdoor space is a nice place to relax. They thought the garden could have pretty plants and flowers. They suggested that children and young people help plant flowers and sew seeds. They also thought it would be nice if the garden had nice seating areas, including comfortable outdoor seating, as well as a swinging seat.

They also thought a water feature, or a small wishing well would be nice. They did reflect that a pond could be dangerous so suggested a water feature that runs down a wall or fence would look and sound nice.

