

# **St**CHRISTOPHER'S **CREATING BRIGHTER FUTURES**

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**Nurturing positive futures:  
St Christopher's Isle of Man services  
for young people at Cronk Sollysh**



St Christopher's is a registered Manx charity, working in partnership with the Isle of Man Government since 2004 to help young people over 16 through the process of leaving care.

**Goaill kiarail jeh paitchyn as sleih aegey neayr's 1870**  
**Caring for children and young people since 1870**

## Our approach

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**“Hill of light”. That’s what “cronk sollysh” means.**

Whether they’ve been in trouble with the police, are on remand or their safety is at risk, our experienced, caring and professional team work with young people in crisis. Through our community outreach, education support and secure residential home, we help young people to overcome their difficulties, give them hope and have a more positive future.

## What we do

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**We work closely with the Department of Social Care, the Youth Justice Team, courts, child and adolescent mental health services (CAMHS) and families to develop tailored packages of support for vulnerable young people.**

Since 2004, due to the positive impact the work of government and its partners has had over the last decade, the number of young people needing secure care has reduced.

To respond to this changing need, we have worked in partnership with the government to redevelop the secure home and launch an integrated service, Cronk Sollysh. This service balances the need for secure accommodation with community- based preventative and educational resources that offer the best possible all-round support for vulnerable young people and help them to reintegrate back into the community.

“We are so pleased that there has been genuine care shown to our child.”

**Family member whose child used our services at Cronk Sollysh**



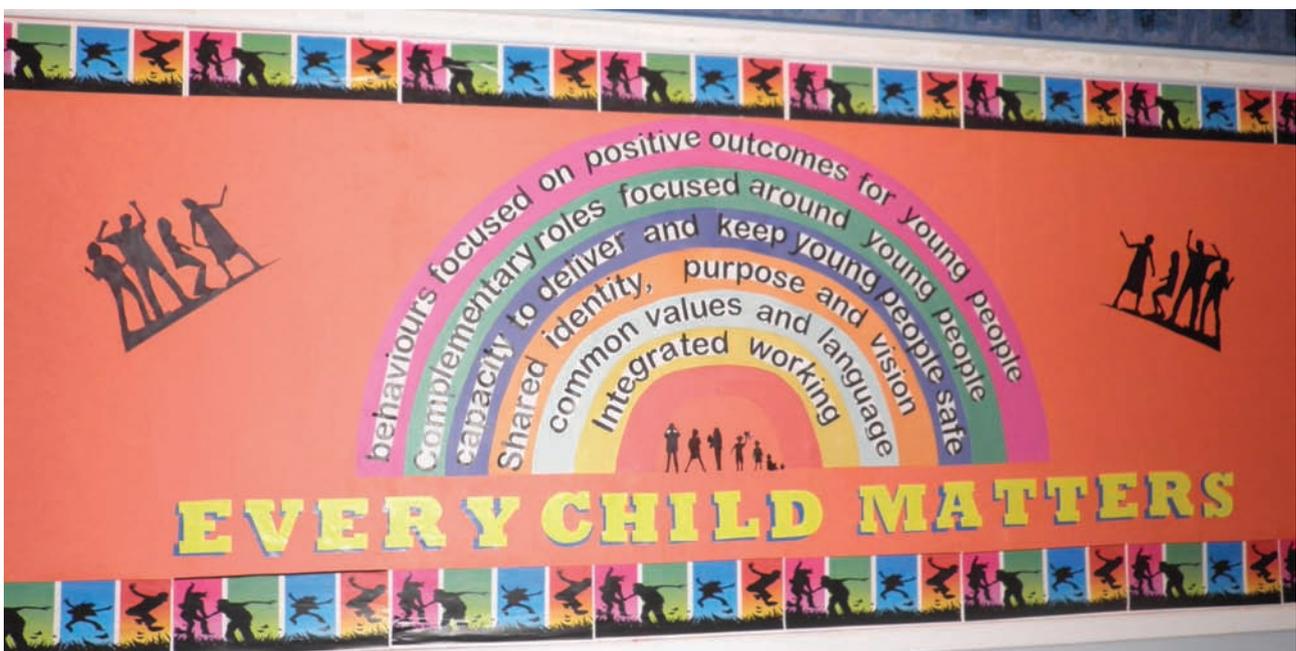
## Our impact

**Our caring, professional approach allows us to deliver positive outcomes for the most vulnerable children and young people on the island.**

- **Staying safe.** We provide secure residential care for young people up to the age of 18 years. While it's a physically secure environment, it has the same caring and supportive ethos as our other children's homes on the island.
- **Being healthy.** We encourage young people living in the secure home to make exercise a part of their daily routine and to eat healthily.
- **Helping young people to prosper.** We encourage young people develop their ambitions and to plan for the future whether that's looking for a job, attending in-house education or exploring the possibilities of work experience.
- **Making a positive contribution.** We support young people to improve relationships with their families or significant people in their lives, helping them develop positive connections that will support their reintegration in the community.
- **Enjoying and achieving:** Our education service helps young people to re-engage with education and set goals that help to increase their confidence and self-esteem.

“I have appreciated how I have been treated here as I did not know what to expect as I had committed a serious offence.”

Young person who used to live at the secure children's home



## Working in partnership

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**Our staff work collaboratively with a range of agencies, including young people themselves.**

### **...With social workers**

We welcome and support social workers to visit young people in the secure care home. Sharing our experience of working in this setting, we explain processes and help where we can to make sure young people have a smooth transition from previous and onward placements. The Communication Working Agreement forms a care plan-based, information sharing way of working with social workers

### **...With primary health services**

Our staff at the secure home accompany young people to appointments with their own GP, dentist and child and adolescent mental health workers. We also have relationships with community dental workers who have attended the secure home for routine appointments.

### **...With young people**

We do all we can to encourage young people to engage in the support we offer them. In the secure home, we plan meals with them, encourage young people to decorate their living areas and discuss incentive systems together. They're also supported to fundraise for local charities of their choice. Expressing themselves in such a controlled environment can be difficult but we believe it is vital that we encourage young people in our care to see their choices, even if they are limited.

### **Our services**

Young people who come into contact with our services at Cronk Sollysh often have a range of emotional and behaviour difficulties. Our experienced team are skilled in identifying these difficulties and developing support packages that help them to have a more positive future.



## Secure care home

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**The registered secured children's home provides a safe environment for young people in the criminal justice system or under the care of the government.**

As the only secure service on the Isle of Man, the home provides an environment that facilitates positive change. We focus on tackling emotional and behavioural problems, offending and the consequences of criminal behaviour, developing positive attachments and reintegrating young people back into the community.

We work in partnership with professionals from other agencies to ensure the transition into secure care is smooth and means we can prepare young people for release and after care services.

We provide accommodation for up to three young people under 18 year olds, although in exceptional circumstances this could be increased to seven. Our staff team are careful to balance the need to maintain security and safety while promoting a non-institutionalised feel to the unit.

### Facilities

- There are two living areas, one with two bedrooms and another with three bedrooms, all of which have en suite showers. There's also a shared bathroom.
- Young people can relax, watch TV, interact with staff and eat their meals in one of two communal areas. Each living area has a kitchen, garden and office.
- A sports hall provides access to activities such as football, basketball, pool and the use of gym equipment.
- The Community Intervention Service communal room also offers young people in the secure home the opportunity to watch Sky TV and engage in a range of activities in a comfortable environment.

### Extra support

- Young people can access a range of support services in the secure home including: educational support, courses and training, healthy living and exercise classes, anger management, advice on how to develop positive decision making, relationships and self-esteem.
- Each young person has a key worker who will provide individual support and guidance. They help them maintain appropriate and realistic links with families, significant others and the wider community.

## Staying Safe: Paul's\* story

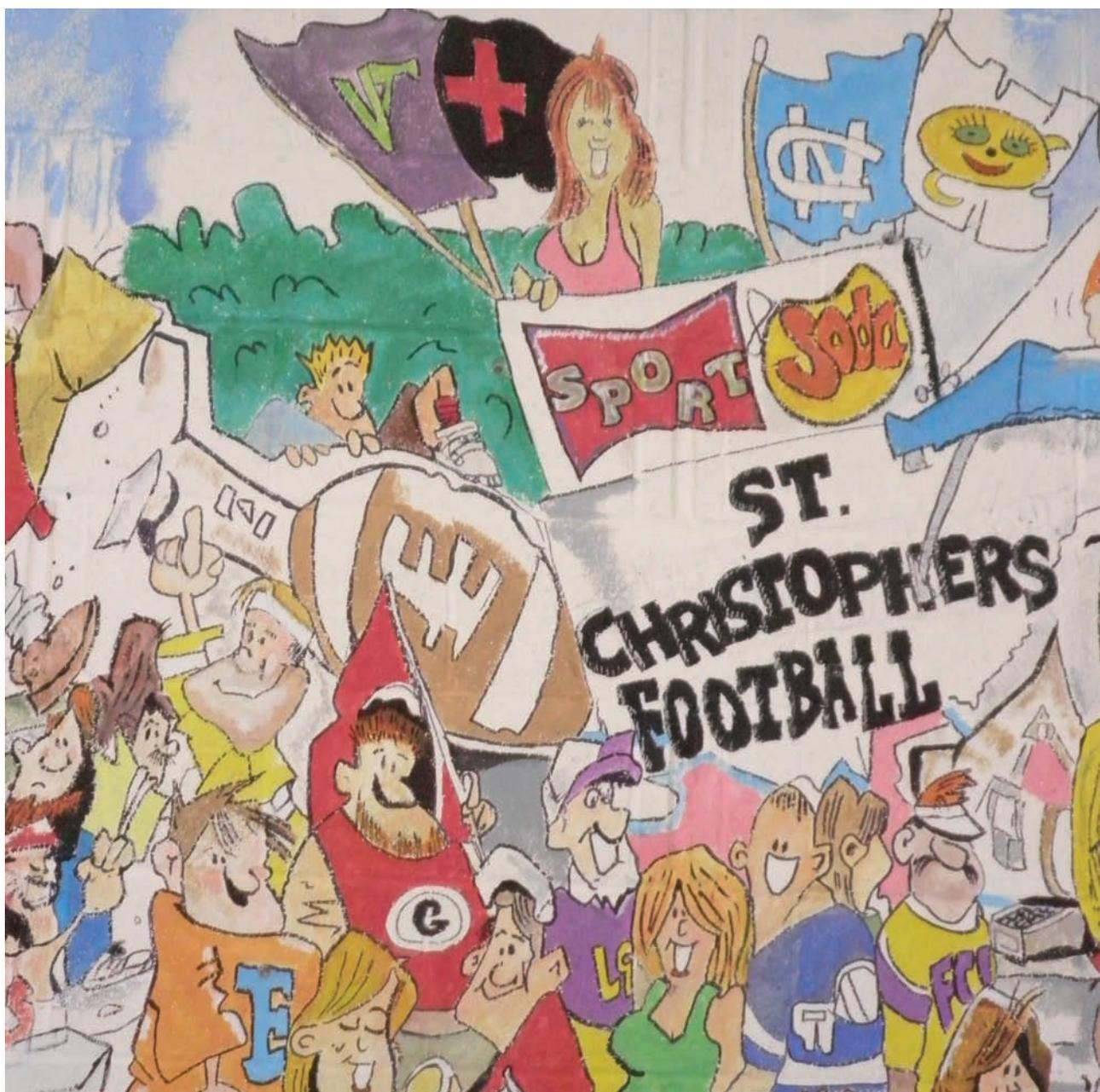
When Paul was referred to the secure home for his own safety, he had number of difficulties. He had anger problems and suffered from low mood, suicidal thoughts and would regularly self-harm.

The secure home gave him a safe place to address these issues and help him to have hope for the future. In the home, the team were able to work with Paul to set small goals that helped him to re-engage in learning and increase his confidence and self-esteem.

They also encouraged Paul to take part in a range of different activities in the sports hall. This helped him to get fit and healthy and also helped to improve his low mood, mobility and fine motor skills.

Over time, Paul managed to develop positive relationships with care staff, teachers and other professionals that have helped him to address his anger issues, develop self-esteem and the social skills needed to have a chance of a brighter future.

\*name has been changed.





## Community Intervention Service

**Our team of trained staff work with young people in the community at risk of offending or admission to the secure care home to help them make positive changes to their lives. This isn't nine to five work – we're there to support vulnerable young people whether it's 2pm or 2am.**

Sometimes the behaviour of the young people we work with becomes destructive and repetitive or their relationships are broken and they can feel helpless.

The Community Intervention Service (CIS) helps young people reflect on these issues and look at them more objectively. The aim is to help them take back some control over their lives and make positive changes so they avoid crime and stay safe.

The Community Intervention Service offers the following:

- **Family group conferencing** – We support young people in this process, led by family members, to plan and make decisions for their future.
- **Mediation** – Working with young people and their care givers, we help identify and resolve conflict.
- **Restorative justice** – This will involve working with young people to realise the consequences of their criminal behaviour.
- **Group work** – This may include 'staying safe' work with vulnerable young females or confidence building activities with young people who are unable to relate well to their peers.
- **Specific packages of support** – Every young person we care for is different and we adapt the way we work to best meet their needs. For example, we might consult with Youth Justice and Child and Adolescent Mental Health teams to find a workable alternative to custody.

## Making a positive contribution: Chris'\* story

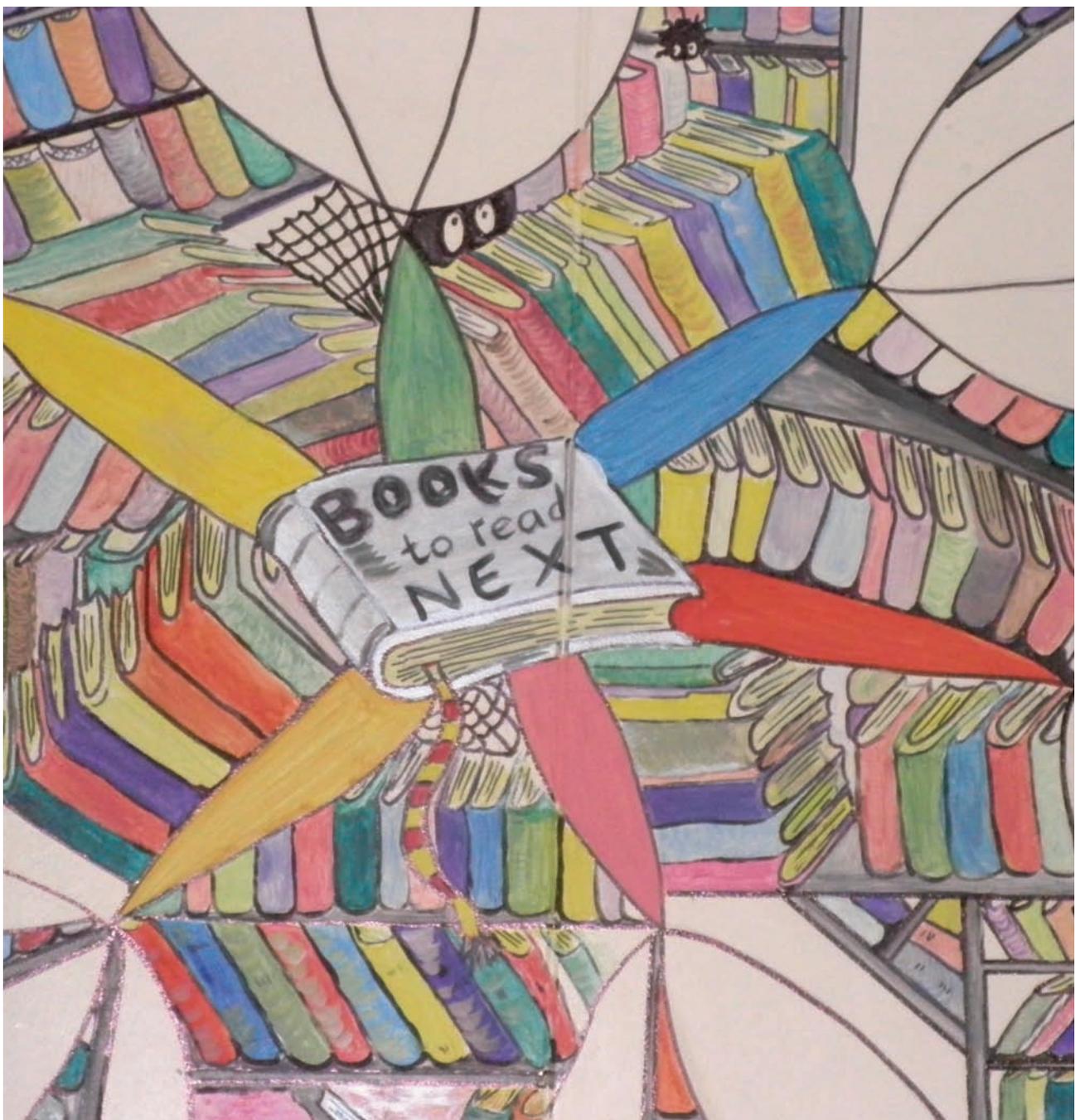
When Chris committed an offence that caused public concern, his relationship with his family had hit rock bottom.

"Chris' life was very chaotic when we first met him and he felt like he was alone," says Jack\*, our Community Intervention Service Worker. "We led a Bail Support Package, directed by the Isle of Man courts, to help Chris."

To do this, Jack worked with the police, social services and Chris's family to identify the best way to care for him and meet the courts' requirements.

"Chris says that, with our support, he is very positively becoming reintegrated into his family," says Jack.

\*name has been changed.





## Education Day Support Unit

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**We want all the young people that we work with to have positive futures. All children and young people supported by St Christopher's (Isle of Man) can benefit from our education Day Support Unit.**

Lack of opportunities can come to define a young person. We give everyone in our care the chance to learn. They can benefit from education and training they may not have had access to or engaged with in the past.

Our five-strong Day Support Unit team includes three qualified teachers and helps any young person in our care to get back into mainstream education or training.

Young people who have been suspended from school or are on a reduced school timetable also use the service if they are living in the community. Staff offer up to 25 hours of education every week, based on the needs of the young person and have access to two classrooms, two 'chill out' areas and a community resource that contains a library with vocational resources.

As the service is based at Cronk Sollysh this means that people living in secure care can also easily access educational opportunities.

Our team:

- might help one person with their homework and provide another with a complete programme of education, including sitting GCSEs and other exams
- offer college and career guidance and help young people develop accredited life skill qualifications, everything from time management to cooking.

## Our people

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Young people in the secure care home are looked after by one manager and six residential care workers. They help them deal with their past and prepare for their future. Each shift is covered by two members of staff but this number can increase depending on a risk assessment of the young people in the home.

The Community Intervention Service has a largely peripatetic team of five children's residential care workers, who also support the secure and education teams as needed. The CIS team leader also deputises for the secure care home manager in their absence.

We support our staff to deliver a high standard of care for the young people we look after. Our extensive package includes specific training on CALM, Appropriate Adult, drugs and alcohol, self harm and mediation.

We have also worked with The Children's Centre to set up and develop the NVQ centre (Isle of Man Childcare Partnership Training Centre).



## Evaluating our work

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**Working with academic and commissioning partners, we develop new and innovative approaches to support young people with complex needs achieve their potential.**

Using learning from attachment theory, education and behaviour management, we've worked with academics at the Centre for Abuse and Trauma Studies (CATS) to develop a package of attachment assessment tools - the Attachment Style Interview (ASI) and Q Pack assessment - that are delivering a positive impact on outcomes for children and young people.

When children and young people come into our care, we carry out an initial assessment to establish the best ways to support their needs and help monitor the impact of our interventions.

Our assessment involves:

- ▶ asking children and young people, teachers and carers for their views and opinions about their development every three to six months in Q Pack assessments and attachment style interviews (ASIs). This helps us measure attachment styles, strengths and weaknesses and significant life events
- ▶ working with young people to plan and make decisions about their care
- ▶ staff keeping an electronic record of the young person's daily behaviour and Care Support Plan, reflecting on agreed goals
- ▶ close partnership working with aftercare services and other agencies across the island

A recent evaluation of outcomes data for the children and young people supported by St Christopher's Isle of Man revealed that those in our care for at least three to six months experience positive change across all Every Child Matters outcomes.

We also have an excellent track record of supporting children and young people with complex and special behavioural and educational needs, including those with Aspergers, ADHD, Dyslexia and those on the Autistic spectrum.

## About St Christopher's Isle of Man

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**St Christopher's is a charity that has provided care for vulnerable children and young people for over 140 years. Drawing on our broad experience, we help build brighter futures for young people.**

St Christopher's has been on the Isle of Man since 2004 and is a registered Manx charity with three island-based trustees.

Where possible, we have a "grow our own" policy to staff recruitment and run an intensive induction, training and support programme for Manx staff with no previous experience in residential care.

# **St**CHRISTOPHER'S CREATING BRIGHTER FUTURES

St Christopher's is registered Manx charity, working in partnership with the Isle of Man government since 2004.

We deliver a broad range of services for vulnerable children and young people on the Isle of Man, including children's residential care, supported housing, aftercare services, secure care, community support and educational opportunities.

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**For more information**

**Visit** [www.stchris.org.im](http://www.stchris.org.im)

**Call:** Cronk Sollysh on 01624 667918

**Contact:** Head of Children's Services,  
**Stephen Taylor** on 01624 660292 or [StephenTaylor@stchris.org.uk](mailto:StephenTaylor@stchris.org.uk)

**St Christopher's (Isle of Man)**

Fenella House  
Fenella Avenue  
Willaston  
Douglas  
Isle of Man  
IM2 6PD

Tel: 01624 660 292  
Email: [FenellaOffice@stchris.org.uk](mailto:FenellaOffice@stchris.org.uk)