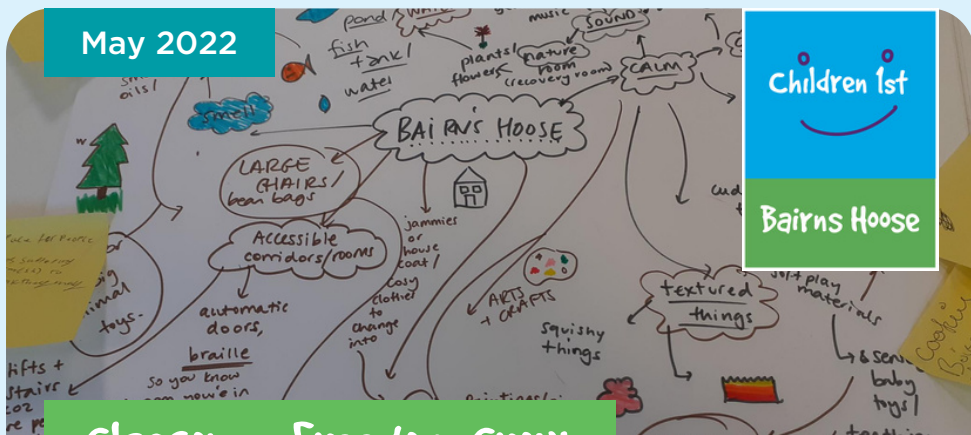


May 2022

Children 1st

Bairns Hoose



Glasgow - Freedom Group

What have we been up to?

We met up with the 5 young people that make up the brilliant Freedom group, which runs from the Pollok Hub, on Thursday 26th May 2022. We connected over food, kitbag and lots of lovely chitchat. This session focused on the 'right place and space'.

The right place and space

The young people began by talking through ideas together, and then led onto decorating a house with all their ideas and feedback.

We paused for reflections and explored some of their suggestions in depth.



Key Themes



Comforting space

The young people spent time exploring how a space can feel comfortable and comforting.

Many of their suggestions led to similar feelings of wanting to feel grounded. We unpacked what makes a space feel comforting, and the young people suggested:

- Squishy toys
- Sensory toys – a balance of soft and hard sensory toys
- Arts and crafts corner
- Games to play in the welcome room
- Puppets to help children and young people express themselves
- Nice pictures on the wall
- Welcome kit, which may consist of chewable toys, stress relievers, toiletries, noise cancelling headphones

The young people also suggested that the children and young people that access the Bairns Hoose could be encouraged to wear comfortable clothes throughout their time there, this could be comfies, jammies and even a housecoat/dressing gown – it's their choice – and no judgements would be made on what each child and young person chooses to wear on the day. Spares could be kept there too.



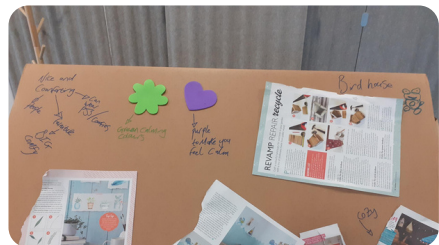
calm atmosphere



The young people shared the importance of creating a space that felt calm and relaxing for children and young people attending the Bairns Hoose. They explained ways in which a calming atmosphere can be created is through having nice smells when walking through the front door, and calming music playing quietly and discreetly in the open areas of the house.

The young people felt it is important to have furniture which is inviting, such as large, comfortable sofas and beans bags, so there is a choice of seating in the welcome rooms. They also felt it is important to have the right lighting throughout the house, all preferring side lights rather than large strip lighting, which is often found in schools, doctors. They explained that the colours in the house would help influence the atmosphere, they explained that some colours create calming and relaxing feelings. After exploring this further they decided that purple, blue and green were the most calming colours. They suggested that the recovery room could have a focus on nature as this helps to create feelings of rest, calm and relaxation.

Nature was a significant feature for the young people, as they all felt nature can help them feel relaxed and unwind. They explained the feelings of nature could be created in various ways, such as through the colours in the house, sounds and music, water features and the garden space being inviting.



The young people considered children and young people's needs when accessing the Bairns Hoose, for example they explained for children and young people with multifactorial neurodevelopmental conditions, may want a variety of options to help sooth them throughout the process. For example, noise cancelling headphones, puppets to share their feelings and sensory toys that have hard surfaces would be helpful options.

They went onto explain young people who self-harm could potentially have urges to cut themselves for stress relief and comfort, so they felt staff should be highly trained and have awareness of this. They felt it would be helpful to have things there to help navigate the urges, such as chewable toys which children and young people can bite, and elastic bands.

They also reflected on children and young people who may struggle with eating disorders might want to have a space where they can eat privately so they do not feel looked at. They felt food is important to have in the house and have a variety of options – not just biscuits.

The young people felt it is important to have a space that is friendly for hearing aids and ensure there is braille, so children and young people know what each room is and important information is provided in braille. They also felt it would be important to have accessible doors, corridors and rooms.

The young people also highlighted that young people who are transgender might need additional privacy, especially in the health suite room, as they may feel self-conscious, and anxious. They suggested that the highest level of support and understanding for young transgender people is in place.