

## At Cherrycroft..

We try our best to help families. We know that growing up can be very hard for some children and teenagers. Everyone needs help sometimes...

The Cherrycroft Practice  
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# The children's guide to The Cherrycroft Practice





## What we do at Cherrycroft...

Everyone at Cherrycroft wants to help children and their families. Many children live with their adoptive families.

We know that adoptive children and the families sometimes need help with sorting things out like feelings that are too big and feelings that are mixed up. We try to help with the questions some children have like:

*Why was I adopted?*

*Why do I feel so angry?!*



## Who is part of Cherrycroft?

We have different types of therapists in our team such as Play Therapist, Clinical Psychologists, and others. Everyone is friendly and very keen to help. We all understand that everyone needs help sometimes.

## What happens when you come to Cherrycroft?

We try to make your visit as comfortable as possible so your mum or dad can stay with you the whole time. We have lots of different toys and fun things to do while we talk. You can ask questions and you can say if you don't want to talk. Sometimes we just play when talking feels too hard.

## How long is the session?

Usually, it's around an hour long.



## What you say?

We keep things that children say in therapy confidential. This means that we won't talk about what you say to people outside of Cherrycroft. The only time we must tell is if we think you or someone else isn't safe. We will do our best to let you know if we must tell someone.

## What if you are unhappy during your sessions?

If there is something you are unhappy with about your sessions at Cherrycroft we would really like to know so that we can sort it out. You can talk to your mum or dad, and they can tell us. We also have a feedback form you can fill out. You can always talk to Claudia Wilson who will try her best to help.

If you are still unhappy then there are others that can try to help like

- OFSTED Tel: 0300 1231231
- Your Independent Reviewing Officer (IRO) or a Social Worker
- Children's Commissioner **020 7783 8330**.
- Child Line 0800 1111  
[www.childline.org](http://www.childline.org)