



# Welcome to Beannachar.

---



## Student Handbook

A guide to who we are and what we do.

---





This handbook is for all students at Beannachar, whether you are a ‘residential student’ and live at Beannachar, or a ‘day student’ and come in during the week to participate in our workshop programme. Some sections, however, are relevant only to residential students.

The handbook describes our community here at Beannachar, our life and work together, and what will be expected of you as a Beannachar student. The text is accompanied by pictures throughout. You may want to ask someone to read or to explain the text to you.

You may also wish to view our website, [www.beannachar.co.uk](http://www.beannachar.co.uk), to get a fuller picture of our community.

# Contents

Beannachar: Who we are and what we do .....	4
Home Life .....	5
Work .....	8
Community Life .....	10
Your progress at Beannachar .....	11
What we expect from you at Beannachar .....	12
What else can I expect while I am at Beannachar .....	14
Medical .....	14
Money .....	16
Free time .....	17
Adult education and independent living skills .....	18
Home visits .....	19
Closure .....	19
Moving on from Beannachar .....	22
Useful contact details .....	23



# Who we are and what we do...

There are three main aspects of our community which are described separately as follows:

- 01. Home Life
- 02. Work
- 03. Community Life

# 01. Home Life

All residential students live in one of our four 'House Communities'—these are Rose, Linden, Silver Birch and Sycamore. Day students are also 'attached' to one of these houses for meals and for rest periods. Each house operates separately as a 'care home', where residential students have their own rooms. Residential students and co-workers participate together in all aspects of home life such as cooking, cleaning, meals, weekend outings and evening activities.

The houses are staffed by a mixture of people who you will all get to know. The person in charge of the house is called the House Coordinator, who usually works with an Assistant and a Senior Support Worker. Alongside this team of Senior Staff, there are four or five co-workers in each house. These are young people like yourself, who come to Beannachar from other countries to volunteer for up to a year, work with you and experience community life. Beannachar has a strong international flavour!







## Individual Support

While we emphasise the social cooperation needed in order to live together, we recognise and cater for individual differences and needs. Some students will need more and some less support, but all will be treated equally. Some students will have their own interests and preferred activities for their leisure time, and these wishes and needs are also taken into account.





## Community Living

We promote independence in daily living, which does not mean doing your own thing by yourself, but taking on responsibilities in house life for others. Everyone contributes, and everyone is valued and supported in the contributions they make, whether it is doing the washing up or taking out the rubbish, going on an errand or sorting the recycling. Day students also join the houses for some activities, and also have their assigned jobs after lunch.





## 02. Work

From 9:00am to 5:00pm on Mondays to Fridays there are many more students and staff at Beannachar compared to the weekends. This is because our workshops are running during these times and the day students come in to join us. We have a wide variety of workshops at Beannachar, each with its own space and activities, but all with one purpose – meaningful work! This means that each workshop, whether it is an outdoor workshop on the farm, garden or estate, or in one of the craft workshops, or in a service workshop like a kitchen or the laundry, aims to produce something useful for Beannachar and the wider





community, or to provide a service to Beannachar that needs to be done, or simply to take care of the animals, the garden and the estate.

Each workshop is led by a 'Work Leader' who organises and leads the work activities. Together with one or two co-workers they support between two and five students. During the week each student has two workshops that they will attend, one in the morning and one in the afternoon. Every six months, in the Spring and Autumn, work placements change and students are given the opportunity to choose which workshops they would like to attend.



## 03. Community Life

We also do things together as a whole community! In fact, we do this every day, at the start of the day, with what we call the Work Meeting. We gather in the Community room at 9:00am and share news of the day, have presentations of work projects, and some music and singing. Besides this we regularly get together for festivals and celebrations, and occasionally have community meals and barbeques. We make a point of celebrating the four Christian festivals of the year together and have a short Sunday Gathering, with residential students and staff, on a spiritual theme. Altogether, as an active and living community, we are there for each other, show an interest in each other, and share interests and experiences together.



# Your progress at Beannachar

Students usually stay at Beannachar for up to 10 years, sometimes more. Each year you will be invited to attend an Annual Review along with your parents/guardians and Social Worker, as well as key members of Beannachar staff, usually from the House Community you belong to. During this review you will have the opportunity to say how things are going with you at Beannachar, in your house, workshop and with your social life. You will also be invited to say if there are any things about your Beannachar life that you would like to change. Your House Coordinator will have prepared with you your personal Support Plan, and this will be presented and discussed at the review. Your Support Plan is held in your file by your House Coordinator, and you can request to see anything in your file if you want to. Twice a year your House Coordinator will review your Support Plan with you, make any changes with your agreement, and give you the chance to plan your own progress at Beannachar.





# What we expect from you at Beannachar

Everyone is different, everyone has something to contribute, and everyone can and will make progress in their personal independence and practical skills. You will find, with our support, how to better get along with others, how to contribute in ways that make you feel good about yourself, and how to pursue your own interests.

There may be some people whom you don't feel you can get along with, or some situations in life and work which you just don't like. Our commitment to you is to work with you to avoid conflict wherever possible. We will also



expect you to try to find solutions to conflict situations with us, and to participate in our life and work as much as you feel comfortable with. You may wish to read or get someone to explain to you our Terms and Conditions of Admission so that you understand which behaviours are and are not acceptable at Beannachar.

If for some reason you are unhappy about your placement at Beannachar, or simply want to talk about something that is bothering you, you will always be able to find someone to talk to in confidence. You will be assigned a co-worker whose role is to listen, support, and pass on any issues of concern to your House Coordinator. Of course you may approach your House Coordinator directly as well, and your House Coordinator will be in touch with your parents/guardians and Social Worker and may call a special meeting on your behalf to sort out any problems. If you are still not satisfied that people at Beannachar are listening to you or helping you, then at the back of this booklet you will find the name and contact details of the Chair of the Board of Trustees, who is an independent person with the authority to intervene on behalf of anyone at Beannachar. You will also find contact details for the Care Inspectorate who will investigate your complaint and address this with all concerned, on your behalf, at Beannachar.





# What else can I expect while I am at Beannachar?

## Medical

Your House Coordinator is responsible for your health and well-being while you are at Beannachar. This means that he or she will make and attend medical appointments with you and administer any medications which you are prescribed. Residential students are usually registered at our local GP practice, the Camphill Medical Practice, in Bieldside.





Day students usually register with the GP practice where they live. If you are feeling unwell, you should tell your co-worker or House Coordinator as soon as possible. If it is necessary they will arrange for an appointment for you with a doctor. All staff at Beannachar are trained in First Aid and Epilepsy Awareness. Your personal health issues and health risks, if you have these, are included in your Support Plan and Risk Assessment.



## Money

You will have your own personal allowance which is provided by the Government Benefits system — money which is yours to use. Sometimes your parents/guardians or your Social Worker will keep this money for you and make it available to you when you need it. Most often Beannachar will do this for you, keep a bank account for you and withdraw money for you monthly. Your House Coordinator will help you keep records of how you spend this money — for example on outings to town, to the cinema, on personal shopping or gifts etc — and help you to budget so that you don't run out of money.



# Free time

During the week students have a 'rest hour' after lunch until workshops resume. Residential students usually spend this time in their rooms, but some may wish to socialise with others outside (in good weather) or in the house sitting rooms with the day students. Most evenings after supper an organised activity is available, often with students from other houses.



On those evenings where there is no organised activities, students may choose to pursue their own interests. The use of smart phones or iPads is possible during free times, but is discouraged during work and group activity times. On weekends the residential students have more free time, as the pace is much slower. Saturdays usually feature a house outing or trip to town either in a group or individually with a co-worker. On Sundays there is a short gathering, sometimes a walk then a big meal in the evening.

# Adult education and independent living skills

All of Beannachar's programme, in home life and in the workshops, is geared towards fostering your independence and practical skills. Our goal, (and probably yours too!), is that during your stay in Beannachar you will need less and less support from co-workers and Work Leaders, and even be able to support and set an example to other students less able than you! We offer individual tuition based on ASDAN (an award scheme for people with learning support needs) modules on a wide variety of subjects, again with the purpose of helping you along this path towards greater personal independence, confidence and ability.





## Home visits

For our residential students, Beannachar is their home away from home. Most residential students go 'home' to stay with their parents or carers occasionally or regularly on some weekends. This is arranged on an individual basis with yourself, your parents/carers and social services. A few of our students, who may not have other homes to go to, either stay at Beannachar year round, or go to respite services once or twice a year.

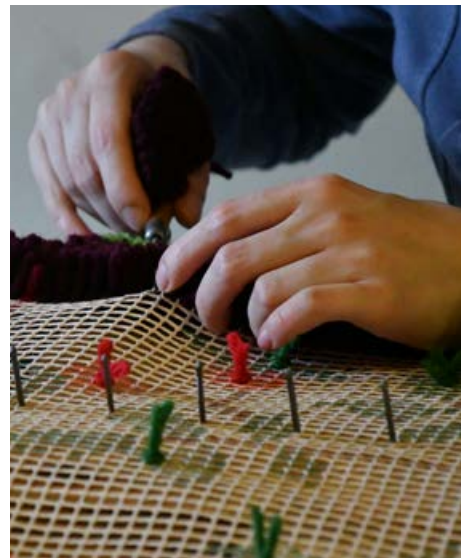


## Closure

Beannachar Camphill Community shuts its doors twice a year for two weeks each in the summer and at Christmas. There is no day service during these periods, and residential students are expected to stay with their parents/carers or go to a respite facility, arranged in advance. Those who may not have some place to go during these times may arrange to stay at Beannachar, where staff will arrange outings and activities, but there will be no workshops. You may be required to change rooms to make this possible.









# Moving on from Beannachar

During your final years at Beannachar, you, your parents/guardians and Social Worker will be looking for the right place for you to move on to. This process usually starts when you are around the ages of 28 to 30, but you can stay a few years longer at Beannachar if that is wanted.



Beannachar will support you throughout the process of seeking another, usually permanent adult placement. This includes visiting other places to help you decide where you want to be. Some students may wish to live as independently as possible when they leave Beannachar, and return to the wider community. In all cases Beannachar will support you to prepare for the life changes and challenges ahead.



# Useful contact details

## Chair of Beannachar's Board of Trustees

Jeannie Carlson

Email: [jeancarlson.camphill@outlook.com](mailto:jeancarlson.camphill@outlook.com)

Phone: 07890375761

## Scottish Commission for the Regulation of Care-Care Inspectorate

Compass House

11 Riverside Drive

Dundee DD1 4N

Email: [concerns@careinspectorate.gov.scot](mailto:concerns@careinspectorate.gov.scot)

Phone: 0345 6009527

## Beannachar Camphill Community

Banchory-Devenick

Aberdeen AB12 5YL

Email: [office@Beannachar.org](mailto:office@Beannachar.org)

Phone: 01224 869250

Silver Birch: 01224 970408

Sycamore: 01224 868605

Rose: 01224 869138

Linden: 01224 869645

**[beannachar.co.uk](http://beannachar.co.uk)**



