

# WELCOME TO THE HUB

Helping Understand Babies



A Guide  
to Communal  
Living at  
Dudley  
Lodge



Dudley Lodge  
safeguarding children services

# What is Communal Living?

We understand that moving to a new home away from your family and friends can be difficult. Our aim is to try to help you settle into Dudley Lodge as easily and as quickly as possible in a safe and supportive environment.

In the communal space you will be spending most of your time with up to 2 other families. We have a team of dedicated family assessment workers who will be based in the Hub and will support you with the basic care tasks for your baby. This will include safe handling, making feeds, changing nappies, winding, top and tail washes, bathing and generally providing good basic care and recognising baby cues, emotional warmth, baby/child's health and ailments. There will be six sessions on child development with the playroom leader alongside sensory play sessions and activities for older children that will show you how to have fun and play with your child.



The family workers will help you settle into Dudley Lodge and show you around Coventry, where to get shopping and specialist foods, places of worship and community activities for you to do with your baby and can provide you of a leaflet of what is available in Coventry that is appropriate to you.

They will help you register your baby's birth, if needed, support you with claiming or changing your benefits and registering you and your baby with the local Doctors surgery and Dentist.



# Frequently Asked Questions



## How long will I need to attend the Hub?

Family assessment workers and your Team Case Manger will ensure that you have received the right levels of help and support for you to safely care for your baby either on your own or with support with your partner.

Once you have shown that you can provide good basic care, you will no longer need to attend the Hub each day and your assessment will continue in your own flat.

Your time in the Hub could range from 2-4 weeks depending on what help and support we feel you need. This may be extended if we are worried about certain areas of caring for your baby and we may have to look at meeting with your social worker to talk about how your assessment will continue.

## What does a typical day in the Hub look like?

When you need to complete your first task of the morning with your baby, you will go along to the Hub to have this supervised. The Hub will start between 8am-10am, but night staff will support you should you need to start earlier.

During the day, you will do what you would normally do in caring for your baby, Family assessment workers will be on hand to show you how to complete tasks with your baby safely and will explain to you more about your assessment. There will be times to go out shopping and do more practical things.

We will have groups and individual sessions taking place in the Hub with our playroom leader, who will show you lots of fun and exciting things you can do during playtime with your baby.

We will also help you with more practical tasks like budgeting your money, planning and preparing meals as well as what things your baby might need as they get older.

During the night you may be asked to attend the hub to feed your baby if there are a number of supervised families needing to feed at the same time.





### What is in the Hub?

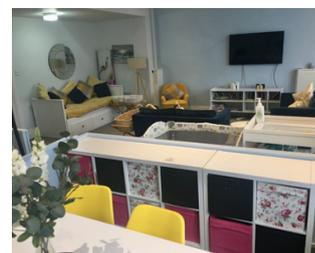
We hope The Hub will feel like home, however there will be other residents with you. They are all going through the same experience of being in a new place and going through an assessment with their babies. We will look to support each other and make it a positive experience for everyone.

There will be a large TV that we can watch as well as WiFi, if you want to bring your own tablets/entertainment. There is a kitchen, a dining space, and an area for feeding, changing, sleeping and bathing for babies.

### What about the practical things, like making my baby's feeds and cooking for myself?

We have a shared kitchen space that you will be able to use; you will have your own steriliser for your baby's bottles and to make up feeds. The kitchen will also be where you will prepare your own food. You will have your own cupboard and space in the fridge for all of your things and will all take turns with the other residents in making your food and eating.

If you don't feel confident with cooking or struggle to find healthy options, staff will help and support you in teaching you these skills that you can then use again in the future. Taking care of yourself is an important part of being a parent so we need to make sure you are also fit and healthy. We also having a cooking club on a Tuesday morning to help you think about new healthy recipes.



## What do I need to bring with me?

As you will be in the Hub for most of the day, you will need to bring practical things you need to last the whole day like, baby's clothes, nappies, wipes, nappy sacks, milk, bottles, and food for yourself.

You should also bring something you enjoy doing, maybe like a hobby or what would usually do at home during the daytime.



There will be the opportunity for you to start a memory book for your baby, and then you will be supported to complete this during the rest of your stay with us

Don't worry if you forget anything, you can return to your flat to collect what you need.

## Can I take my baby with me out of the Hub if I want to return to my flat or go out for a cigarette?

Yes of course you can! Providing this is agreed with the family assessment worker in the Hub.

## What happens when I no longer go to the Hub and return to my own flat?

You can return to your own flat when we are happy that you can provide a good enough level of care for your baby. We will carry on monitoring this throughout the assessment, but this will be in your own flat and not in the Hub space.

When you are in your own flat, we will continue with the rest of the assessment. You will start to attend groups and sessions and will be completing 1:1 work with family assessment workers, link workers and Team Case Manager.

Your supervision levels of basic care will be reduced; this will allow you to really focus on the next part of your assessment.



# The Hub Rules

**We don't have many but the ones we do have are important**

## RULES

- Be respectful to one another.
- Treat other residents and staff how you would want to be treated yourself.
- Share staff time and equipment with others.
- Keep the shared space clean and tidy (clean up after yourself).
- Work together to support each other.
- Look after your own baby and do not allow other residents to do this for you.
- Do not tend to or provide care for another baby. Call for a family assessment worker to help.
- Do not touch or take anything that belongs to another resident.
- Bring your own food and essentials.
- Arrive promptly for all tasks and group/sessions.
- Engage in the group and individual sessions.
- Verbal aggression/threats or bullying towards other residents or staff will not be tolerated.
- Direct threats of violence towards staff or other residents will result in the immediate suspension of the assessment.



## Valuing Children and Their Families

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