

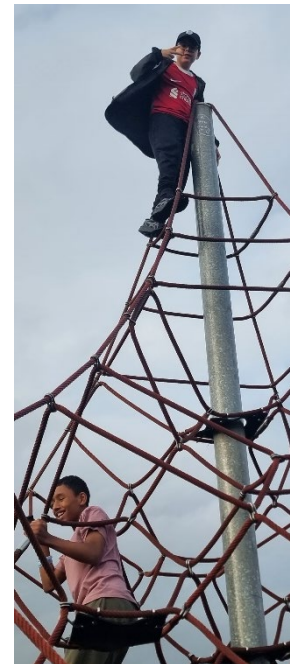


Residential Living at Bowden House: A Comprehensive Overview

At Bowden House, our residential living experience is supported by a dedicated team of professionals with diverse expertise, bespoke qualifications, and comprehensive training. This ensures that we provide the highest quality care for our students who reside with us. Our focus is on creating a nurturing and compassionate environment where students feel safe and secure, while also being encouraged to broaden their horizons and experience new challenges.

Our staff team has a richness of diversity, with members from various age groups, ethnic backgrounds, religious beliefs, and life experiences. This variety allows us to offer a well-rounded, supportive environment where each student is cared for as an individual. The team's collective experience is invaluable in fostering strong, positive relationships and ensuring that students thrive both emotionally and socially.

At Bowden House, we pride ourselves on offering a structured, nurturing, and dynamic residential experience designed to meet the unique needs of each student. Our aim is to provide a well-balanced mix of care, guidance, and opportunities that promote both personal growth and a sense of community. From daily routines to carefully curated activities and meals, our residential programme is centred around creating a safe, supportive, and enriching environment.



Daily Timings & Routine

8:00 – 9:20 AM (Riser and Breakfast): The residential day begins at 8:00 AM, when students are warmly woken by our dedicated residential staff. This personal wake-up sets the tone for the day.

In the mornings, students are encouraged to be up on time and ready for school, with the residential staff overseeing their preparation. Students are then taken to breakfast at 9:00 AM. After breakfast, the students are handed over to the education team, allowing the residential staff to focus on preparing for that evening's activities and ensuring the residential areas remain in top condition.

1:00 – 1:45 PM, working closely with the education team to ensure a smooth and enjoyable experience for students. Lunch is served buffet-style, offering a wide variety of food options for students to choose from. This approach not only encourages independence, as students are invited to select their own meals, but also fosters a sense of responsibility and decision-making.

Once students have chosen their food, they return to their designated tables, where they can sit and eat together, creating a communal and social atmosphere. The introduction of buffet-style lunches has been instrumental in helping some students discover a newfound interest and passion for food, sparking curiosity and engagement in an area they may not have explored before. This method aligns with our goal of promoting self-sufficiency and developing life skills in a supportive, nurturing environment.

At 1:45 PM, the students return to education.

4:00 - 5:30 PM (Students arrive back from school / Activity 1): At 4:00 PM, students are escorted back to the residential building, where they are warmly welcomed by the residential team. The first activity of the day runs from 4:00 to 5:30 PM. This is typically an on-site or small-scale event designed to help students transition from the school day into their evening. Activities may include creative arts, team games, or workshops, all tailored to engage students in a relaxed yet stimulating way.

5:30 PM (Evening Meal): At 5:30 PM, students are invited to the dining hall for their evening meal. Our menu is extensive and designed with input from a nutritionist to ensure meals are balanced, giving students the opportunity to choose from a variety of options. Meals are served in a restaurant-like atmosphere, fostering a sense of community as the entire school eats together. The dining experience is enhanced with waited tables and includes dishes from a range of cultural backgrounds, catering to individual dietary needs and preferences.

6:00 - 8:00 PM (Activity 2): After dinner, students can participate in a second activity, often off-site. These activities are diverse and could include outings to local facilities such as swimming pools, laser quest, bowling alleys, or other venues that promote both physical activity and social engagement. Alternatively, students can choose to stay on-site, where they have access to school facilities, or they can opt for a more relaxed evening in their common room or bedroom.

8:00 PM (Wind Down and Bedtime): Around 8:00 PM, students begin winding down for the night. Each residential group follows a structured routine to ensure a smooth transition to bedtime, with expectations tailored to the age of the students. This routine fosters a sense of security and helps students maintain healthy sleep patterns. Staff are on hand to offer support, ensuring each student feels settled before bed. Wake-up time is at 8:00 AM, with breakfast served in the dining hall at 9:00 AM, offering a variety of options including cooked and continental breakfasts on select days.

Food & Dining Experience

Our dining experience at Bowden House is a careful blend of nutrition, culture, and community. We offer an extensive menu advised by a professional nutritionist, ensuring meals are balanced and meet all dietary needs. Meals are served in a restaurant-style setting, with students seated at waited tables, creating a warm, celebratory atmosphere.

A student-led food committee meets regularly to provide feedback on meal options and presentation, allowing for student input and ownership over their dining experience. Our meals include dishes from a variety of cultures, celebrating diversity while ensuring that everyone's dietary needs, including any specific allergies or preferences, are met. Dining together is an integral part of the Bowden House culture, fostering social interaction and creating a shared experience that students look forward to each day.



Living Spaces

Our residential living spaces are bespoke, designed to be warm, homely, and safe. Each room is tailored to promote age-appropriate behaviour, offering a comfortable environment where students can relax and feel secure. All students have their own single-occupancy bedrooms, the majority of which come with en-suite facilities. We actively encourage students to personalise their bedrooms, allowing them to create a space that reflects their identity and makes them feel more at home.



Staff presence in the living areas is constant, with two staff bedrooms per wing to ensure support is readily available if needed during the night. A dedicated domestic team ensures that the living spaces are kept clean, creating an environment where students can feel comfortable and take pride in their surroundings.

Activities

At Bowden House, we place great emphasis on providing a wide variety of activities that cater to the diverse interests of our students. Our staff are extensively trained to deliver a range of activities, and students are encouraged to contribute ideas to the activity list, ensuring that everyone's interests are represented.

We partner with local clubs and organisations, offering access to programmes like Scouts, Cadets, sports clubs, and youth centres. Our activity schedule also incorporates celebrations of different religious and cultural events, broadening students' social and cultural understanding.



Each half-term, an activity programme is created, taking into account student input and ensuring that all activities are risk-assessed, with student safety being a top priority. While we encourage students to grow in a safe and supportive environment.



Culture & Care Approach

Our approach to care at Bowden House is rooted in trauma-informed practice, mindfulness, and a consistent focus on nurturing our students. We understand the importance of providing a stable, consistent environment where students feel cared for and supported. The culture we foster emphasises emotional well-being, offering students the tools they need to cope with challenges and thrive. The diverse backgrounds of our staff team allow us to approach care from a holistic perspective, meeting each student where they are and providing tailored support that considers their individual needs. By combining structure with nurture, we create an environment that promotes both emotional and personal development, ensuring that students leave Bowden House with a stronger sense of self and the skills they need to succeed.

Summary

In essence, Bowden House is more than just a place to live; it is a supportive community where students are encouraged to grow, explore new opportunities, and build lasting connections. Here, students are cared for as individuals, their needs are met, and their achievements are celebrated, all within a safe and nurturing environment.

