



Service User Guide for Children

kidsinspire.org.uk





Hello you

Here are some questions
and answers about us at
Kids Inspire.

Who?

We are Kids Inspire, a children's charity.
We help children, young people, and
their families.
Someone you know asked us to meet,
listen to and help you.



Why?



Something in your life has changed.
Maybe the change is school, or family
or it could be all around you.
The change has made life different for
you, and maybe for your family too.
We would like to know about the change
so that we help you and your family
to feel better.



What?

We use art, play, drama, music, or movement to help in a fun way. Sometimes we will include your family too.



How?

Having fun with art, play, drama, or music helps us to find out about you. And we will see you every week until you are ready to say goodbye. The time we have together will help you even after we say goodbye.



Where?

If we meet you in school, your teacher will find us a quiet room. If we meet you at the Kids Inspire building, we will find a quiet room there too. Or we can meet you on your computer.

Yes, no, maybe and goodbye

Can I tell Kids Inspire anything?

Yes, anything you want to tell us you can.

Do I have to do art or drama?

No, you can choose on the day if you want to do it.

Will my parent / carer know about me meeting you?

Yes, we must speak to your parent / carer first, before we can talk to you.

Will my parent / carer be with me?

Maybe, it all depends on what is best for you.

When will we say goodbye?

We will say goodbye once we have helped you to feel better.



Thank you for taking the time to
read this guide about Kids Inspire.