



"We can all help to change the world. One step at a time, one day at a time"

## GROW Hostel House Rules/Guidelines

The aim of GROW is to provide a comfortable, friendly, supportive and homely environment for all its residents. In order to achieve this, certain rules are required and all residents must comply with these house rules.

### Failure to comply may result in termination of residency.

1. No drinking or drug taking are allowed anywhere **on or off** the premises, nor is any abuse of any prescribed medication. Should you return to the hostel under the influence of alcohol or drugs you will not be allowed admission to any of our three hostels until you have recovered, you will then attend a crisis meeting.
2. No alcohol, illegal drugs (drug paraphernalia), solvents, surgical or meth spirits are allowed on the premises. If found they will be disposed of; if illegal the relevant authority will be informed.
3. No violence, intimidation (physically or mentally), sexual or racial harassment of residents, staff or neighbors will be tolerated.
4. Residents are required to engage and cooperate at all times with GROW staff and recommended professional bodies and attend all meetings and group sessions.
5. You must be registered with a local doctor and if necessary the staff will make an appointment and accompany you to the surgery. All prescribed medication is to be handed to staff for safe keeping. It will be made available (within the dosage requirement) at the request of the resident concerned. The staffs do not administer medication. Ideally you should come off all medication, although we are aware that every case needs to be judged on its merits and not without medical advice. Residents with substance/alcohol misuse issues will access specialist services i.e. C.R.I./ AA. NA. All service users must sign a Medical Form of Authority.
6. For a **minimum** of 28 days you will not be allowed to leave the house unaccompanied (unless there are exceptional circumstances).
7. Unless previously agreed with Duty staff, residents will not be admitted to the hostel after 10.30PM.
8. Smoking is not allowed in the building.

9. Knives or weapons of any kind will not be tolerated.
10. Residents of GROW (36 Rickmansworth Road) are expected to take turns in preparing the evening meal (which must be consumed communally in our dining room) and cleared up afterwards. Residents are responsible for making their own breakfast/midday meal and clearing up. No food is to be taken to the bedrooms at any time.
11. On weekdays, breakfast finishes at 9.30 AM, the evening meal is served between 5 and 6 PM. At weekends, breakfast ends at 10.30 AM . No meals may be served outside these hours unless prior arrangements have been made with the Duty worker.
12. Residents must keep their bedrooms clean and tidy and will wash hand basins and the bath after use. Staffs have the right to inspect the rooms if they feel necessary.
13. Residents are expected to be up and dressed by 9.30 AM on weekdays.10.30 weekends
14. All visits (either here or outside of GROW) are at the discretion of Staff And Your Peer Group The maximum visit at Grow is 2 hours.
15. Residents must take their turn on the Rota's.
16. Residents are required to pay fort nightly a contribution to cost of living expenses (Rent is collected through Housing Benefits).
17. Grow has the right to breathalyse or do a drug test at any time.
18. Laptops and music are allowed at staff discretion in the bedrooms.
19. You will be asked to keep a daily diary.
20. The communal TV's will be turned off at 11.00PM, unless a duty worker agrees otherwise.
21. Stealing of any kind of will not be tolerated.



"We can all help to change the world. One step at a time, one day at a time"

22. Anyone with money management issues may be asked to deposit their money/bank cards in the safe.

23. Should you be accepted into GROW, we are only liable to keep your personal effects for a maximum of two weeks after your departure, after which time, any outstanding items will be taken from the premises and disposed of.

**I acknowledge and accept these house rules. I understand that any breach of these rules may lead to immediate eviction from the hostel.**

Signed..... Resident

Name in Capitals.....

Date.....

Signed..... GROW Staff Member

Date.....