

Meeting a relative who does not live with you and who you may not have seen for a while might make you feel excited and happy. It also might make you feel nervous, a bit worried, or a mixture of feelings. The questions and answers in this leaflet will help you find out a bit more about what happens at the Contact Centre.

### What is a Child Contact Centre?

- A safe and friendly place
- Somewhere you can see people in your family
- Somewhere you can play and have fun

### Who will I be coming to see?

The person you live with will tell you this.

### What will I be doing?

There are lots of fun things to do such as games and craft activities. The person you are meeting can join in too.

### Will other people be there?

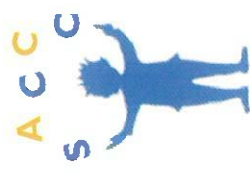
Yes, there will be helpers and other children with their families. This centre is for children up to 14 years old.

### Will the person I came with be able to stay with me?

The person who brought you can stay in another room at the centre while you see your other relative.

### How will I know who is a helper?

Helpers wear a special badge, with this blue person pictured on it.

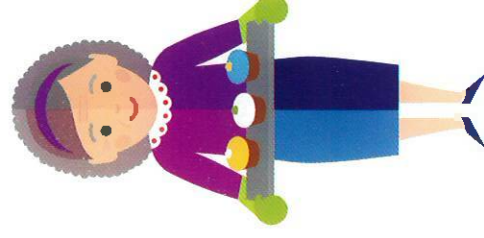


### How long will I be there?

The visit will be in the morning and can last up to 2 hours.

### Is there anything to eat or drink?

Yes, you can have squash, water and biscuits. If you need the toilet just ask your relative or a helper.



## Are there any rules?

We have a few rules to keep everyone safe

- Be considerate of other people
- Look after the toys and equipment
- Please turn off your mobiles during the visit, and leave your tablets and games consoles at home

## Where is the contact centre?

In a large room in a well equipped scout hall in St Albans.

## What if I have more questions about the centre?

Ask the person you live with to speak to the helpers at the centre and they will try to answer your question.

# All about...

A Guide  
for Children



### Further information

St Albans Child Contact Centre

Website: [www.stalbanschildcontactcentre.org.uk](http://www.stalbanschildcontactcentre.org.uk)

**Mothers' UNION**  
Christian care for families

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NATIONAL ASSOCIATION OF  
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