

Seamab Threemiletown Care Home Service

Threemiletown Farmhouse
Linlithgow
EH49 6NF

Telephone: 01577 840307

Type of inspection:
Unannounced

Completed on:
12 June 2024

Service provided by:
Seamab

Service provider number:
SP2003002135

Service no:
CS2023000161

About the service

Seamab Threemiletown is a care home for children and young people. The service was registered with the Care Inspectorate in June 2023. The service can provide care to a maximum of four children or young people at any one time.

The house is a large stone-built farmhouse in West Lothian. The young people all have their own bedrooms with spacious shared spaces and a large enclosed garden.

About the inspection

This was an unannounced inspection which took place on 4 June 2024 between 10:30 and 18:00 and 6 June 2024 between 09:30 and 14:30. The inspection was carried out by one inspector from the Care Inspectorate. To prepare for the inspection, we reviewed information about this service. This included previous inspection findings, registration information, information submitted by the service and intelligence gathered since the last inspection.

In making our evaluations of the service, we:

- spoke with three young people;
- spoke with 10 staff and managers;
- Spoke with two external professionals;
- observed practice, the environment and daily life; and
- reviewed documents.

During our inspection year 2024-2025 we are inspecting against a focus area which looks at how regulated services use legislation and guidance to promote children's right to continuing care and how children and young people are being helped to understand what their right to continuing care means for them. Any areas for improvement will be highlighted in this report.

Key messages

- Children experienced a high level of nurturing care from a knowledgeable staff team. Children were kept safe and had adults who listened to them.
- Relational based practice was a strong focus of the staff team which resulted in children experiencing warm and nurturing care.
- The children's mental and physical health was prioritised within the service. The children also had access to therapeutic practitioners to support their wellbeing.
- There was a culture of continuous learning in the service with good support, training and role modelling from senior staff which resulted in the promotion of best practice.
- Care planning was specific to the individual child. Risk assessments were detailed and well analysed in relation to the care of the children.

From this inspection we evaluated this service as:

In evaluating quality, we use a six point scale where 1 is unsatisfactory and 6 is excellent

How well do we support children and young people's rights and wellbeing?	5 - Very Good
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Further details on the particular areas inspected are provided at the end of this report.

How well do we support children and young people's rights and wellbeing?

5 - Very Good

An evaluation of very good was awarded to this key question, as significant strengths were identified that supported positive outcomes for children.

The children were kept physically and emotionally safe in the house. Staff had a high level of understanding of their needs and developed practice to respond to these. Staff had a clear understanding of their roles and responsibilities for keeping children safe. One child told us "I really like all my adults; they make me feel safe and love me".

Most staff had a good understanding of trauma informed practice and the children benefitted from this approach to their care. Although not all had staff had attended formal training on trauma informed practice, their understanding was high due to effective role modelling by senior staff. Staff evidenced a high understanding of the trauma that the children had experienced and kept this central in their response to the child's needs.

Restrictive interventions were used as a last resort to support children when in crisis. There was a commitment to reducing the need to use restrictive interventions by using de-escalation strategies in the first instance.

Staff were nurturing and compassionate in their care of the children. Care was tactile with affection being led by the child. There was a strong focus on relational based practice which resulted in positive relationships. One family member told us "I can see the strong connections [the] young person has made within the house with staff and how [they] speak so fondly of the staff at the house. I can see [they] are safe and know [their] needs are being met within the house".

There was a high sense of fun in the house with children engaging in activities with their carers as well as organised groups in the community. There was strong representation of the children's voices generally in the house as well as in care planning.

Mental and physical health was strongly promoted with all appointments being prioritised. There was a therapy team as part of Seamab who offer theraplay, lifestory work, educational psychology and CAMHS assessments to the children. This combined to a holistic approach of support for the children's wellbeing.

All the children were attending education at Seamab. There was positive role modelling in terms of engagement in education which the children will take into their futures. Connections with family members and important people were well supported in the house.

At the time of inspection, all the children were under the age of 14 years which meant that none were experiencing continuing care. However, there was a strong commitment for the children to remain as they grew and developed with recognition that a Continuing Care Policy and practice guidance needed to be developed.

Care planning was SMART (specific, measurable, achievable, relevant and timebound) and was tailored to individual children. The risk assessments detailed relevant strategies and interventions.

The culture within the house was very supportive and focused on the best interests of the children. High

standards were role modelled and expected, in order to support best outcomes for the children. There was a high level of external and internal monitoring to promote best practice.

Transitions had been well managed to best support the children moving into the house. However the process would benefit from further consideration on guidance for admissions and matching.

Staff engaged meaningfully with training and reflective group sessions. Formal supervision was timely and of a high quality. There was a culture of continuous learning within the service which resulted in the children experiencing a very high level of care which meet their individual needs.

Complaints

There have been no complaints upheld since the last inspection. Details of any older upheld complaints are published at www.careinspectorate.com.

Detailed evaluations

How well do we support children and young people's rights and wellbeing?	5 - Very Good
7.1 Children and young people are safe, feel loved and get the most out of life	5 - Very Good
7.2 Leaders and staff have the capacity and resources to meet and champion children and young people's needs and rights	5 - Very Good

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Care Inspectorate
Compass House
11 Riverside Drive
Dundee
DD1 4NY

enquiries@careinspectorate.com

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