

# Burnside Cottage Care Home Service

CUPAR

**Type of inspection:**  
Unannounced

**Completed on:**  
31 January 2025

**Service provided by:**  
Fife Council

**Service provider number:**  
SP2004005267

**Service no:**  
CS2021000052

## About the service

Burnside Cottage is a care home for children and young people in a village location in Fife. It is a two storey cottage with an enclosed garden close to public transport links.

## About the inspection

This was an unannounced inspection which took place on 27 January 2024. The inspection was carried out by one inspectors 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 six staff and management, observed practice and daily life, reviewed documents and received feedback from six external professionals in our pre inspection surveys.

The provider of this service is a corporate parent, with statutory responsibilities to look after and accommodate children. This may mean that the duty to care for children and young people on an emergency basis, or with highly complex needs, is their highest safeguarding priority.

In these circumstances our expectations, focus on outcomes and evaluations remain identical to those of all other providers. We may, however, provide some additional narrative in the body of the report to reflect the impact of these duties, should it be relevant to this particular service.

**Key messages**

- Children and young people were kept safe through robust safeguarding practice.
- Children and young people experienced therapeutically stable care.
- Access to independent advocacy was embedded into the introduction to the service.
- Children and young people were supported to engage in community activities.
- Family relationships were fully supported and promoted by the service.
- The setting had a warm and homely feel.

**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

We found significant strengths in aspects of the care provided and how these supported positive outcomes for children/people, therefore we evaluated this key question as very good.

Children and young people were kept safe through responsive safeguarding practice. Staff worked authoritatively with other agencies, child protection practice and was robust and staff implemented best practice in relation to child sexual exploitation. This ensured that children and young people's wellbeing was protected.

Children and young people had access to independent advocacy, with children's rights workers introduced as part of the admissions process to the service. This ensured that children and young people had access to responsible adults outside the service and had opportunities to express their views. Children and young people were also supported by their allocated social worker and additional workers from a specialist team allocated to children and young people in residential care within Fife.

Children and young people experienced therapeutic stable care which supported their emotional wellbeing. Comprehensive behaviour support plans outlined children and young people's needs and how these should be met within the service. Children and young people and staff were supported when incidents occurred through life space interview and de-brief. in accordance with best practice. Service wide action on restraint reduction and a new model of relationship-based practice had created a positive culture which minimised the use of restrictive practice within the service.

Children and young people experienced nurturing relationships with staff. Staff understood trauma and how this impacted on children and young people's behaviour and had a nurturing approach. This helped to support recovery and build resilience for children and young people.

The environment was well maintained and had a homely feel. A staff sleepover room had broken windowpanes at the time of inspection. These were due to be repaired and had minimal impact on children and young people. The service has one kitchen/dining/living room which created additional risks in supporting children and young people. Plans were in place to alter the layout to reduce these risks and further enhance the environment by creating additional communal space.

The service ensured that children's rights were upheld, the service advocated for children and young people in formal meetings and rights were considered alongside risk in care planning. This ensured that children and young people were not subject to unnecessary interventions.

Children and young people's health needs were met regarding access to universal health services and specialist assessment. Care plans were holistic and supported children and young people's physical and mental health needs to ensure positive outcomes.

Meaningful connections to family were well supported, family were included in planning meetings and the service were creative in their approach to supporting family relationships to ensure these were maintained.

Children and young people had access to a range of community activities, and these were supported by appropriate staffing ratios. Children and young people's individual needs were well met, and activities were led by their interests.

Educational needs were discussed when children and young people joined the service and plans were in place to ensure these were met.

Care plans were in place with SMART goals, these were comprehensive and holistic and were written in appropriate language to the child. This ensured that children and young people's needs were met by the service and that progress could be evaluated.

## What the service has done to meet any areas for improvement we made at or since the last inspection

### Areas for improvement

#### Previous area for improvement 1

To ensure children are safe within the service, the provider should ensure that all crisis management techniques, including environmental restraint, are fully risk assessed and detailed in care plans.

This should include, but is not limited to, a review of care plans, agreement with key professionals involved and identification of staff training needs.

This is to ensure that care and support is consistent with the Health and Social Care Standards which state that: 'If my independence control and choice are restricted, this complies with relevant legislation and any restrictions are justified, kept to a minimum and carried out sensitively' (HCSC 1.3).

**This area for improvement was made on 6 July 2022.**

#### Action taken since then

Positive behaviour support plans are detailed and restrictive practice measures are fully risk assessed in agreement with key professionals. Staff training needs regarding restrictive practice are regularly reviewed.

This area for improvement has been met.

#### Previous area for improvement 2

To allow outcomes of care planning to be evaluated, the provider should review how individual work supports care planning objectives.

This should include but is not limited to training and support for staff in relation to care planning and a review of recording.

This is to ensure that care and support is consistent with the Health and Social Care Standards which state that: 'I am fully involved in developing and reviewing my personal plan, which is always available to me' (HSCS 2.17).

**This area for improvement was made on 6 July 2022.**

#### Action taken since then

Improvement in care planning format with goals linked to wellbeing indicators. Service wide support for staff around goal formulation as part of ongoing development.

This area for improvement has been met.

## Previous area for improvement 3

To ensure that children and young people are aware of their rights, the provider should ensure that advocacy support is available to support care planning.

This should include, but is not limited to, young people in the service having regular access to independent advocacy.

This is to ensure that care and support is consistent with the Health and Social Care Standards which state that: 'I am supported to understand and uphold my rights' (HCSC, 2.3).

**This area for improvement was made on 6 July 2022.**

### Action taken since then

Introduction to children's rights worker forms is part of admissions process to ensure children have access to independent advocacy.

This area for improvement has been met.

## Complaints

There have been no complaints upheld since the last inspection. Details of any older upheld complaints are published at [www.careinspectorate.com](http://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

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Care Inspectorate  
Compass House  
11 Riverside Drive  
Dundee  
DD1 4NY

[enquiries@careinspectorate.com](mailto:enquiries@careinspectorate.com)

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