

The Stables Care Home Service

Anstruther

Type of inspection:
Unannounced

Completed on:
17 March 2025

Service provided by:
Inspire Scotland Limited

Service provider number:
SP2012011803

Service no:
CS2020379308

About the service

The Stables is part of Inspire Scotland, and is registered with the Care Inspectorate to provide care to a maximum of four young people. At the time of inspection the service had three young people living within the house.

The Stables is located just outside of nearby town Crail. The house is located on farm land, with extensive garden space, and has spectacular views of the Firth of Forth.

About the inspection

This was an unannounced inspection which took place on the 13 March 2025. The inspection was carried out by an 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 two people using the service and three of their family & representatives
- spoke with eleven staff and management
- observed practice and daily life
- reviewed documents
- spoke with professionals

Key messages

- All young people we spoke with reported that they felt safe both emotionally and physically.
- The providers processes for matching young people were at times insufficiently followed. This meant staff members did not have the necessary training to meet the needs of young people.
- The leadership team promoted and encouraged the staff team to build trusting, loving relationships with young people.
- Staff and managers knew their roles in child and adult protection training.
- Young people were supported to maintain connections with family members. This was strengthened by strong relationships established between family members and the staff team.
- Educational engagement for some young people was compromised by poorly defined educational goals and supports.
- All young people had support plans which were reflective of the views and wishes of young people.

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?	4 - 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?

4 - Good

We evaluated this key question as good where several strengths impacted positively on outcomes for young people and clearly outweighed areas for improvement.

Quality Indicator 7.1 Children and young people are safe, feel loved and get the most out of life

All young people we spoke with reported that they felt safe both emotionally and physically. The needs of young people within the service varied, and the service demonstrated a good assessment of young people's needs. The roles of staff in supporting young people to be safe were clearly identified through detailed risk assessment processes, and were known by staff.

The provider had clear policy and procedures for matching young people. We found despite this at times there was insufficient assessment of the potential impact of new young people coming to the service, or the skills and mix of staff within the service. This was especially evident with restraint practices, where we found evidence of insufficiently trained staff to meet the needs of young people in times of crisis. This meant that young people at times were at increased risk (**See Requirement 1**).

It was pleasing to see that provider's internal quality assurance systems had identified a need to ensure that all incidents received a full debrief within appropriate timeframes. This would allow effective learning to ensure that future interventions and supports actively promoted positive outcomes.

The leadership team promoted and encouraged the staff team to build trusting, loving relationships with young people. Staff had good access to trauma training which helped ensure their supports and relationships were compassionate, and tailored to the individual needs of young people.

Staff and managers knew their roles in child and adult protection, and had good access to training. The provider was in the process of updating its internal policies to ensure that these reflected the most up to date guidance and legislation. We highlighted the need to ensure that all staff had awareness of changes, the provider agreed to take this forward.

Young people had appropriate access to independent advocacy. This ensured that young people could share their views with responsible adults who could uphold their rights, and act in their best interest.

Young people were supported to maintain connections with family members. This was strengthened by strong relationships established between family members and the staff team. This made young people feel valued and supported their sense of identity and belonging.

There was lots of emphasis placed on young people being active, clubs and interests were promoted. Young people told us that staff were always looking for things to get them involved in.

Young people's mental and physical health was given priority. The service had good links and ensured that young people were supported to attend supports as required.

Education had mixed outcomes. For some young people excellent engagement in education, for others their ability to engage in education had been compromised by poorly defined educational plans and goals, on arrival at the Stables (**See Area for Improvement 1**).

All young people had support plans which were reflective of the views and wishes of young people. Staff had good awareness of these and were fully aware of their role in helping young people to meet their goals, and to achieve positive outcomes.

Requirements

1.
By 31 May 2025, you must review your use of restraint and restrictive practices. In particular you must:

- a) Ensure that staff have been trained in restraint and restrictive practice, and are competent to meet the needs of children and young people.
- b) Ensure that individual de-briefs are carried out with staff following all incidents where restraint has been used and that analysis of the strategies used by staff identifies staff learning to improve future practice.
- c) Ensure that any use of restraint is documented, includes pertinent detail and is shared timeously with relevant partner agencies including the social work department, the Care Inspectorate and any other relevant agencies.
- d) Ensure that restraint practices are effectively overseen by management to ensure staff compliance with training standards.

This is in order to comply with Regulation 4(1)(a), Regulation 4(1)(c) and Regulation 5 of The Social Care and Social Work Improvement Scotland (Requirements for Care Services) Regulations 2011 (SSI 2011/210).

Areas for improvement

1. To support the young people's wellbeing and outcomes the service should review their educational plans and supports.

To do this, the service should, but not limit to:

- a) Ensure that educational needs and supports are considered at the point of referral.
- b) Ensuring that supports that are required out with formal education are agreed between agencies, are clearly written into care plans, including the amount of educational support that will be received.
- c) Ensuring all staff consistently follow these plans. Advances and barriers in this are shared with multi agency partners.

This is to ensure that care and support is consistent with the Health and Social Care Standards (HSCS) which state that:

'If I am supported and cared for by a team or more than one organisation, this is well co-ordinated so that I experience consistency and continuity' (HSCS 4.17).

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?	4 - Good
7.1 Children and young people are safe, feel loved and get the most out of life	4 - Good

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