

The Cottage Care Home Service

Kirkcaldy

Type of inspection:
Unannounced

Completed on:
24 March 2025

Service provided by:
Inspire Scotland Limited

Service provider number:
SP2012011803

Service no:
CS2020379307

About the service

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

The Cottage is a large house located in a rural location in Thornton, Fife. It comprises a large open plan living area, opening out to a spacious rear garden. Three of the five rooms have en-suite facilities. Another multi-purpose room is located upstairs to provide additional communal space for young people.

About the inspection

This was an unannounced inspection which took place on 18 and 19 March. The inspection was carried out by two 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 one young person using the service, spoke with 10 staff and management, observed practice and daily life, reviewed documents. We spoke with three social workers for young people.

Key messages

- Children and young people had positive, nurturing relationships with staff.
- Children and young people experienced therapeutic stable care which minimised the use of restrictive practice.
- The setting was well maintained and had a warm, homely feel.
- Children and young people were included in care planning and had access to independent advocacy.
- Continuing care was highly valued by the service.

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 and young people, therefore we evaluated this key question as very good.

Children and young people in The Cottage were kept safe and benefitted from responsive, knowledgeable staff who were attuned to their needs. The team's understanding of young people and their collaborative work with multi-agency partners, helped to inform their assessment and mitigation of risk. This ensured a holistic response to young people's safety. Child protection procedures were robust, following national guidance and best practice. This ensured that children and young people's wellbeing was protected.

Children and young people experienced therapeutic and stable care. Staff told us about being trained in the Solihull approach, one staff member told us "It's the best training I have ever done." This has supported young people receiving trauma informed care. The use of restrictive practice was rare, the service created a reflective culture including robust quality assurance to review incidents.

Children and young people had access to independent advocacy. Staff told us that all young people were engaged in their care and wholeheartedly encouraged to express their views reflective of their age and stage of development. As part of development work in relation to The Promise, we heard that young people had been involved in creating a new complaints form. Young people had their rights protected and their wellbeing nurtured. We were told that young people had access to external professionals to meet assessed need in specific areas.

Children and young people experienced warm, trusting and nurturing relationships. Several staff spoke about there being a homely feel to The Cottage, one staff member told us, "It feels like a second home." These relationships supported young people to feel respected and fully included in their care. The environment was well maintained with young people involved in all decisions about house life.

Children and young people's health needs were comprehensively met. The service had been proactive in ensuring assessment and specialist support was in place to address complex needs.

Children and young people had access to a range of activities and holidays of their choice. These were carefully planned and risk assessed to ensure ratios and skills mix of staff team were considered. Children were supported with access to education. They received individualised support to maximise attendance. Some of the young adults in The Cottage were pro-actively supported to continue in further education and participate in voluntary opportunities. This told us that staff were invested in supporting young people to achieve their potential. This ensured young people had opportunities to learn and develop their interests.

Staff were supported by managers and the organisation to continue lifelong links with young people when they moved on. This organisational commitment to continuing care supported young people's wishes to remain in The Cottage into adulthood.

Care plans were holistic, supporting children and young people's needs to ensure positive outcomes. The service was responsive to feedback around the use of SMART targets and development work is ongoing in relation to care planning to further improve how these documents support positive outcomes.

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

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Care Inspectorate
Compass House
11 Riverside Drive
Dundee
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