

Aberlour Sycamore Service Care Home Service

Dunfermline

Type of inspection:
Unannounced

Completed on:
14 November 2025

Service provided by:
Aberlour Child Care Trust

Service provider number:
SP2010011118

Service no:
CS2010272052

About the service

Aberlour Sycamore is a residential care home for up to six young people. The service is provided by Aberlour Child Care Trust and is located in a residential area of Dunfermline.

The house is set over two levels. It comprises two living rooms and a large kitchen dining space. Each young person has their own bedroom with shared bathrooms. There is a lovely garden area with outdoor play equipment. Local services and transport links are within walking distance.

About the inspection

This was an unannounced inspection which took place on 11, 12, 13 November 2025 between 09:00 and 17:00. 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, registration information, information submitted by the service and intelligence gathered since the last inspection.

To inform our evaluation we:

- spoke with four young people using the service
- observed interactions between young people and adults
- spoke with two family members
- spoke with ten adults
- spoke with seven external professionals
- reviewed documents.

Key messages

- Children and young people were cared for with nurture, compassion and respect.
- Young people benefitted from support from adults who provided a therapeutic approach.
- The service benefitted from a strong management team who provided a supportive culture.
- The service had good relationships with external professionals.
- Meaningful connections were highly valued by the whole team.

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
--	---------------

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.

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

Children and young people were kept safe in Aberlour Sycamore due to the strong relational care they received. They benefitted from consistent, skilled adults, trained in trauma responsive care. The team were able to use the strong relationships they had built with the young people to identify and reduce risks. The therapeutic care provided by the team supported young people to build independence and recover from their experiences.

All staff spoken to were aware of the procedures in place for child protection. The Aberlour policy for both child protection and adult protection is in line with legislation and good practice guidance.

The team ensured that children and young people maintained connections that were meaningful to them. These connections to family, friends and the wider community were championed and well supported.

Adults created a culture of safe, containing relationships to support young people to navigate difficult life events. This supportive culture was created by a highly effective management team who empowered adults in the house. One adult told us, "I've never before received this level of support from managers." This tells us that a positive, enabling culture has been created within the team.

Young people were offered opportunities based on their interests. We heard of trips to the beach, shopping, Halloween events, as well as planned holidays. All of these contributed to creating positive memories for young people.

There was a range of individualised options for education. Some young people were accessing school. One external professional told us, "There has been lots of co-working and that helped a lot." This tells us that there is a collaborative response to supporting young people to maximise their education. Each young person's educational journey was specific to their learning needs at that time. For those not accessing education, there were plans in place to support them to find alternatives to build on their life skills until such a time as they were ready to engage in education.

Young people's physical and mental health needs were being met. There were robust safety plans in place that were highly person centred. These were dynamic and shared with the team. The service worked hard to connect with a variety of external professionals to support the needs of each young person.

A strength of the service is in their understanding of the importance of meaningful relationships. One family member told us, "We have a good relationship and there is good communication." This tells us that adults understand the importance of these connections for young people. This extended to when children and young people moved on from the service. Adults in the service spoke about how important it was to maintain these connections and that this was fully valued by Aberlour as a wider organisation.

The home is warm and welcoming. Young people talked about personalising their spaces.

One adult told us, "You're always welcome here. It feels like a family." This gives us confidence that both young people and adults feel connected to the home.

Care plans were detailed, and personal goals were mostly SMART (specific, measurable, achievable, relevant, time bound). Daily recordings were person centred and the service was supporting all adults to continue and strengthen their development in this area.

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

To find out more

This inspection report is published by the Care Inspectorate. You can download this report and others from our website.

Care services in Scotland cannot operate unless they are registered with the Care Inspectorate. We inspect, award grades and help services to improve. We also investigate complaints about care services and can take action when things aren't good enough.

Please get in touch with us if you would like more information or have any concerns about a care service.

You can also read more about our work online at www.careinspectorate.com

Contact us

Care Inspectorate
Compass House
11 Riverside Drive
Dundee
DD1 4NY

enquiries@careinspectorate.com

0345 600 9527

Find us on Facebook

Twitter: @careinspect

Other languages and formats

This report is available in other languages and formats on request.

Tha am foillseachadh seo ri fhaighinn ann an cruthannan is cànan eile ma nithear iartras.

অনুরোধসাপেক্ষে এই প্রকাশনাটি অন্য ফরম্যাট এবং অন্যান্য ভাষায় পাওয়া যায়।

یہ اشاعت درخواست کرنے پر دیگر شکلوں اور دیگر زبانوں میں فراہم کی جاسکتی ہے۔

ਬੇਨਤੀ 'ਤੇ ਇਹ ਪ੍ਰਕਾਸ਼ਨ ਹੋਰ ਰੂਪਾਂ ਅਤੇ ਹੋਰਨਾਂ ਭਾਸ਼ਾਵਾਂ ਵਿਚ ਉਪਲਬਧ ਹੈ।

هذه الوثيقة متوفرة بلغات ونماذج أخرى عند الطلب

本出版品有其他格式和其他語言備索。

Na życzenie niniejsza publikacja dostępna jest także w innych formatach oraz językach.