

Rossie Secure Accommodation Services

Secure Accommodation Service

Rossie Young Peoples Trust
Montrose
DD10 9TW

Telephone: 01674 820 204

Type of inspection:
Unannounced

Completed on:
24 February 2026

Service provided by:
Rossie Young People's Trust

Service provider number:
SP2003000292

Service no:
CS2003001447

About the service

Rossie Secure Accommodation Services is provided by Rossie Young People's Trust, an incorporated association and registered charity. The trust has oversight from a board of governors. The service offers a total of 26 places to young people, with an additional emergency bedroom.

The service is situated in a rural location, approximately five miles from Montrose. The building is divided into five houses, each with en-suite bedrooms. Each house has a living room, dining room, kitchen, an additional space for young people to use and a staff office. There had been a recent upgrade and all bedrooms now had windows which young people could open for fresh air.

Additional facilities include a welcome room, meeting and family rooms, fully equipped dental and medical rooms, and catering kitchen. The service also has a secure, purpose-built education facility, gym, indoor swimming pool, boxing ring, dance studio, games room and a secure outdoor space which includes an outdoor gym, climbing wall, all-weather pitch, dance studio and games room

There was also a bespoke education facility offered through a Forest school, which allowed young people to learn and develop skills in an outdoor environment. The extensive grounds are used to facilitate outdoor activity and education, and include gardens, polytunnels and a sensory area.

About the inspection

This was an unannounced inspection which took place on 10, 11, 12, 17 and 18 February 2026 between the hours of 9:30 and 23:45. The inspection was carried out by four 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 15 young people using the service and two of their family representatives
- spoke with 39 staff and management
- observed practice and daily life
- reviewed documents
- spoke with nine visiting professionals
- reviewed survey responses from nine young people, one family member, 23 staff and two visiting professionals

During our inspection year 2025-2026, the Care Inspectorate and Mental Welfare Commission are undertaking shared visits to all secure centres. This is so both organisations can look together at the culture, policies and outcomes of the use of restrictive practice.

The Care Inspectorate is a member of <https://www.nationalpreventivemechanism.org.uk> - a group of organisations designated to monitor the treatment and conditions of those people who have been deprived of their liberty. This includes children and young people in secure care.

Key messages

- Young people experienced strong relational safety and nurturing care.
- There was an innovative approach to restrictive practices.
- Young people benefited from a rich range of meaningful experiences, comfortable living spaces and opportunities to influence decisions.
- Health needs were well understood and met promptly.
- Transitions out of the service were well planned and sensitively managed.
- The leadership team had a strong value base and were forward thinking and progressive in their approach.
- The service should improve its quality assurance processes to further support young people's rights, safety and wellbeing
- There was a strong commitment to improve the environment for young people to support their rights and provide more opportunities.

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 young people, therefore we evaluated both quality indicators within this key question as very good.

Across the service, most young people experienced strong relational safety through trusting relationships with staff who were attuned to their needs. This proactive approach helped prevent escalation and supported young people to feel emotionally and physically safe. Multi agency working was a developing strength, with regular meetings helping create shared understanding and informing decision making.

Young people's legal and advocacy rights were well supported. Advocacy partners told us that staff consistently encouraged young people to engage and ensured they had access to independent support when needed. For one young person, ensuring access to advocacy led to the introduction of alternative communication methods and helped decision makers gain a clearer understanding of his needs. This demonstrated a strong commitment to upholding young people's rights and ensuring their voices were meaningfully represented.

Child and adult protection procedures aligned with national guidance, and staff understood their responsibilities. Strong links with the local authority ensured concerns were responded to promptly and supported young people to be kept safe from harm.

The service was courageous and progressive in its approach to reducing restrictive practices. Enhanced training, reflective practice and effective de-escalation was embedded and contributed to more restrictive interventions being removed from practice. Strong relationships were key to understanding young people's needs and contributed to reduced restraint. One young person told us, "When there are restraints here I am asked about how I felt about it... They [staff] are pretty good at helping me to feel safe." This helped young people feel understood and was in line with the promise that empathises the importance of young people's voices in the aim to reduce restraint.

There was recognition that searches needed to be recorded more consistently. We found at times there was a lack of information regarding whether authorisation had been sought to ensure young people's rights were being upheld.

Young people enjoyed very warm, nurturing relationships not only with care staff but also with domestic and reception staff, creating a wider caring culture. One young person told us, "The staff are good at listening and supporting us when we need them." This meant young people felt valued and respected.

Young people benefited from a range of fun and enriching experiences, including games, creative activities, swimming, gym sessions, fun days and wellbeing treatments. Dedicated spaces such as the games room and dance studio enhanced these opportunities. Staff created a softer, nurturing environment that helped young people develop social skills, build relationships and experience joy.

Rights and risk were often balanced very well, with creative approaches enabling young people to build independence and new skills. We saw how young people were supported to increase their independent living skills by cooking, working in the barista cafe and experiencing community outings where risks and needs were understood and managed sensitively. There was recognition from the service that some areas of

practice could be more individualised for young people, but they were clear this would progress at a time which was safe for the service.

There was a strong commitment to improving the environment. Developments since the last inspection had enhanced young people's comfort, dignity and ownership. Improved lighting, media walls and projectors showed commitment to developing high quality spaces. The addition of opening windows had an extremely positive impact, allowing fresh air and natural sounds into bedrooms. This demonstrated the progressive approach within the service to ensure young people experienced high quality environments.

Young people were central to new developments within the service. We saw how they had been involved in decision making and co-design, contributing to garden and house design, window evaluations, room decoration and food feedback. Daily conversations also showed that young people's views were routinely acted upon, helping them feel included and valued in both their own care and wider service developments.

There was a very good understanding of the health and wellbeing needs of the young people. We found the specialist intervention team to be present in houses to offer direct support to the young people and the staff team. An increase in resources had also supported the service to be responsive to young people's needs and provide meaningful interventions that contributed positively to their overall wellbeing.

There was a commitment to support family time in a meaningful way. We found the service had been developing more creative areas where time with family was more dynamic. However, some families shared that information about visits and the items they could bring was not always communicated clearly or consistently. With planned developments underway this may strengthen relationships and communication.

There was a strong commitment to support individualised learning for young people. Young people were supported to be reintroduced to an education setting and gain qualifications, others benefitted from flexible approaches such as in house learning, forest school and vocational opportunities like the barista cafe. Developments such as the skills academy, strengthened through care support and emerging links with local colleges will further enhance skills development and build on young people's confidence, capability and potential.

Transitions out of the service were managed sensitively, with well-structured planning supporting young people to move on. The service provided detailed information about a young person's needs and risks to support a successful transition home and support their future care. Alongside this we also saw regular conversations, planned visits and emotional support. Some young people had been supported through structured plans and virtual reality images to help them understand and prepare for their move. This innovative practice helped alleviate young people's worries about moving on and supported their understanding of enduring relationships.

The service was in the process of developing their approach to care planning. Most care plans were well written and reflected a person-centred approach and SMART goals. The planned improvements for care planning should support more consistent reflections on young people's needs, goals and achievements.

Leaders were motivated and had an inspiring vision for the service. There was a recognition of the changes within the organisation and the impact this may have on staff. Staff had regular opportunities to express their views through engagement forums and meetings with senior managers helping build trust, transparency and a sense of being listened to. A staff member told us, "I have contributed to improving our service through meetings and training days."

External managers were clear about their roles and responsibilities. Where the expansion of the service had

meant that some staff were new to leadership roles, there was strategic oversight and an awareness of individual performance, with supports and opportunities to develop confident leaders.

We were confident that transitions into the service were carefully planned and further transitions within the service were minimised, supporting trauma free and successful outcomes. However the rationale for these transitions could have been better evidenced to ensure the individual needs of young people were considered.

There was good strategic oversight of staffing needs, and the service worked hard to provide young people with stable and familiar relationships. This meant that young people were mostly supported by staff they knew well. Leaders invested in strengthening the workforce through open days, improved benefits and wellbeing support. Staff reported valuing these supports, and it contributed to positive staff culture. While periods of absence, vacancies and varying experience did create some pressures, the service's co-ordinated and proactive approach meant these were well managed. There was a clear strategic plan in place to continue strengthening staffing and ensure young people felt safe and well supported.

There was a strong commitment to training and developing staff skills and confidence. A structured induction with mentoring helped new staff understand their role and the service's trauma informed approach to care. Role specific development and mandatory training strengthened staff confidence and decision making. Regular staff development days gave the team time to reflect together, which supported consistent practice. Senior managers recognised that, during organisational change, staff would benefit from more regular supervision to maintain reflective practice. This created a learning culture with confident staff who were supportive of one another.

Self-evaluation was a strength within the service and contributed positively to a culture of reflection and continuous improvement. However, existing quality assurance systems required further development to provide effective and consistent oversight of young people's care. We found inconsistencies in communication and the quality of support planning. Strengthening these processes would support a more robust and consistent evaluation of young people's experiences across the service (see area for improvement 1).

Senior managers, leaders and staff demonstrated an aspirational commitment to the promise. Enhancements such as opening windows in bedrooms, more homely décor, improved communal areas and calm sensory informed spaces contributed to young people feeling valued and cared for.

Areas for improvement

1. To support young people's rights, safety and wellbeing the service should strengthen its quality assurance systems. This should include but is not limited to oversight of communication with families, external professionals and evaluating the experiences of young people

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

"I benefit from a culture of continuous improvement, with the organisation having robust and transparent quality assurance processes." (HSCS 4.19)

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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Contact us

Care Inspectorate
Compass House
11 Riverside Drive
Dundee
DD1 4NY

enquiries@careinspectorate.com

0345 600 9527

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