

Seamab Threemiletown Care Home Service

Linlithgow

Type of inspection:
Unannounced

Completed on:
31 March 2026

Service provided by:
Seamab

Service provider number:
SP2003002135

Service no:
CS2023000161

About the service

Seamab Threemiletown is a care home for children and young people. The service was registered with the Care Inspectorate in June 2023. The service can provide care to a maximum of four children or young people at any one time.

The house is a large stone-built farmhouse in West Lothian. The young people all have their own bedrooms with spacious shared spaces and a large enclosed garden.

About the inspection

This was an unannounced inspection which took place onsite on 30 March 2026 between 09:50 and 19:00. 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 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 young people and met one more;
- spoke with five staff and managers;
- observed practice, the environment and daily life;
- reviewed returned questionnaires from four young people;
- reviewed returned questionnaires from three parents/carers;
- reviewed returned questionnaires from seven Staff members;
- reviewed returned questionnaires from two external visitors;
- reviewed service documents.

Key messages

- Young people benefited from established nurturing, trusting relationships with staff which contributed to keeping them safe
- Risk assessed opportunities for independent time in the community should be explored
- A culture of respect and acceptance was central to the ethos of the service
- Young people led very active lives and were fully involved in activities that interested them
- Family and friends spent quality time visiting young people at the house
- Care plans could be improved by recording progress and next steps

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 key question 7 as very good.

Young people were kept physically and emotionally safe in the house and in the community. However, whilst opportunities to explore and participate in the community, alongside staff, were plentiful, opportunities to access the community independently were more limited. The service needs to explore this as young people grow and look for increased independent time.

Young people were protected by staff who were confident in the actions they must take to keep young people safe. Records evidenced professionalism and putting the child at the centre of responses in matters of protection.

Young people received nurturing and compassionate care from staff who fully understood their needs. Care was tactile with affection being led by young people. Staff were ambitious for the young people, advising them how to stay safe and plan for the future.

Young people got on well together and individual interests were encouraged by staff. Coming together as a group for meals, social occasions and holidays provided the opportunity to appreciate and respect different views.

Young people were excited about a forthcoming holiday and spoke enthusiastically about trips to Blackpool and Belfast. The Belfast trip had included all young people and the majority of staff and had increased the bonds between young people and staff.

Staff recognised the signs of young people becoming overwhelmed and quickly offered support, preventing escalation. This ethos of de-escalation and distraction had resulted in a home free from physical interventions.

The leadership team led by example and had high expectations of high quality care and meaningful opportunities for young people. It was very clear that young people had trust in the managers and staff.

A high level of respect for others was central to the ethos of the home. Staff demonstrated genuine concern for the wellbeing of the young people. They had a sound understanding of trauma informed practice and young people benefitted from this approach in their care. All staff had completed trauma training, and this alongside the compassionate and sensitive approach helped young people to feel wanted, cared for and loved. All young people told us they felt staff really cared for them, One young person said "This is my home, these are my family".

Young people had very full and active lives including sporting activities, youth clubs and involvement in youth panels and administering trust funds. Staff recognised where young people lacked confidence and helped build this by being alongside them,

Seamab had demonstrated commitment to the right to continued care. The young people we spoke with said they wanted to stay at Threemiletown and were aware of their right to do so. Managers were in consultation with social workers about welfare assessments. Commitment to developing young people's life

skills resulted in reasonable expectations of young people to carry out tasks with gentle and understanding support from staff.

All of the young people attended Seamab school and staff worked closely with the school to ensure continuity of approach.

Time with friends and family was encouraged and supported. Young people visited their friends and friends visited Threemiletown. One young person said "I like that I am able to have my family and friends over to spend time at the house".

Care plans and risk assessments provided clear guidance for staff. Goals were in the main SMART, identifying triggers and strategies to keep young people safe and help them reach potential. However, whilst goals were outcome focused and detailed, it was difficult to see what progress had been made and improved recording of this would help identify progress and next steps.

Strong commitment to promotion of rights and advocacy arrangements ensured that young people had a voice in planning and delivery of care. The language used in care plans was framed positively and in line with the commitments of the promise.

The house was homely and comfortable and fully reflected the needs and tastes of the young people.

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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