



Rachael Dunn

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Over the past 13 years of working in Health and Social Care, I have worked with adults with learning disabilities in a variety of environments, ranging from community-based services and one to one packages of care.

I joined Capricorn Cottage's team in 2019 and have progressed through a number of different management roles, until recently being promoted to the position of the Registered Manager.

I enjoy working with people and making a difference, ensuring to reflect our Core Principles: Respect, Dignity, and Independence.

My philosophy is to drive forward a person-centred approach, embedding an ethos that puts the person we support at the centre of all decisions made, thus enabling people we support to have greater choice, control, and autonomy over their lives.



Meet the Team

Capricorn Cottage and Supported Living Services



Ashlynn Crowson – Trainee Deputy Manager

Ashlynn has worked in Health and Social Care for the past 7 years. Ashlynn's career began in social care, working with the elderly and focusing on dementia care.

In 2021 Ashlynn made the transition from elderly care to working in Capricorn Cottage, supporting adults with a learning disability, Autism, and behaviour that can be seen as challenging.

Ashlynn's ethos and passions are very much centred around Valuing People.



Gill Morgan – Induction Leader & Trainer

Gill has worked in Education, Children Services, and Care for 25 years, working in a wide range of services, including supporting children and their families, young people, and people with a learning disability.

Gill ensures every member of the team receives a detailed and in-depth induction and completes all mandatory and relevant training for their role.

Gill is committed to ensuring people we support are only supported by a highly skilled and dedicated workforce.



Poppie Woolley – Team Leader

Poppie has worked in Health and Social Care for around 10 years, working in a range of residential settings and domiciliary services.

Since joining Capricorn Cottage's team in 2020, Poppie has thrived in providing care for the people we support, who have a range of care needs.

Poppie ensures that every person is treated with the utmost dignity and compassion.



Chris Palmer – Home Administrator

Chris has worked in Administration for over 20 years, working in a wide range of services, until joining Capricorn Cottage's team in early 2021.

An integral role in the day-to-day running of the service, Chris has many responsibilities, including auditing the finances of the people we support, and facilitating a robust recruitment process.

Chris is committed to ensuring the smooth running of the service, and always makes time in her busy day to talk to people we support.



Capricorn Cottage

Residential and Respite Service Supporting Individuals with Learning Disabilities

Capricorn Cottage comprises 31 bedrooms, including 12 en-suite rooms, for people with Learning Disabilities, located in the beautiful countryside on the outskirts of Fleet in Lincolnshire.

We strive to bring the highest standard of care to enhance the quality of people's lives. We are committed to delivering person-centred, flexible support that promotes choice, dignity, respect, and control.

Our team are trained and passionate about responding to the individual's needs. They are experienced in enabling people to reach their aspirations and goals, as well as developing and maintaining their life skills.

Residential

Capricorn Cottage offers a high-quality residential service with a friendly, caring atmosphere and a highly skilled team that is responsive to each individual's changing needs. The team will support, encourage, and empower them to reach their full potential, to make informed choices within all aspects of their lives.

We offer innovative person-centred support and care to meet any identified needs.

Respite

We offer a unique respite service within the area, as we are not a traditional respite service provider. We work with individuals with a wide range of needs, from a variety of different backgrounds. Being responsive to finding innovative support, we provide care solutions specifically tailored to each person.

The team is committed to working with people in a person-centred approach to enhance their quality of life while finding opportunities for people to maintain and develop new skills, based solely on how they choose to live their lives.

We are not a 'one size fits all' respite service, working proactively with people. We can adapt and change the support required at every stage of an individual's stay with us.





Capricorn Cottage

Complex Needs Services

We can provide bespoke support for people with complex needs, learning disabilities, and those who have a range of additional needs, including mental health and behaviour that is perceived as challenging.

We work closely with health and social care professionals to ensure the right support at the right time to enable the person to transition through the service.

To do this, we work closely with the individual, their circles of support and professionals to ensure continuity and consistency of support.

The Squirrels

The Squirrels is a single service comprising of a bedroom, en-suite, lounge and kitchen dining room, with its own entrances and access to a private garden area.

The Squirrels offers bespoke 24/7 staffing levels to meet the person we support's assessed needs. The Squirrels has a proven track record in delivering flexible support that promotes, choice, inclusion, dignity, respect, control, and empowerment.

Together we create a personalised support plan based on the individual's assessed needs that focus on their interests and skills.

Our aim is to support the individual to make informed choices, thus developing and encouraging greater independence and control.





Supported Living Services

The Supported Living Services has a proven track record in delivering person centred, flexible support that promotes inclusion, dignity, and respect.

Together we create a personalised support plan based on the individual's assessed needs that focus on the persons interests and skills.

Our aim is to support and empower each individual to make informed choices, thus developing and encouraging greater independence and control.

Our highly skilled and experienced team are happy to provide support and discussions around finances and benefits.



The Oaks

The Oaks is a four-bedroom supported living property offering individual tenancies.

All support is tailored to the tenants assessed individual needs, and we are able to:

- Support the person with managing their finances.
- Assist with the persons personal care needs.
- Support the person to find employment, educational, or leisure opportunities within their local community.
- Support the person to maintain their tenancy.
- Support the person to maintain and develop their independence and life skills.

We work proactively with people, adapting and changing the support required to ensure we meet people's needs.

Community Supported Living Service



The Community Supported Living Service offers bespoke services providing 1:1 daily and weekly visits. All visits are person-centred as identified within the assessment and care planning process.

We also offer:

- Support people to access social opportunities, such as shopping and days out.
 - Support people to access Healthcare services and appointments.
 - Support people to access leisure opportunities.
 - Support people to access educational courses.
- Support people to find and maintain employment opportunities.
- Support people to meet and keep in touch with friends and family.
 - Support people with their finances and benefits.





Example Activities

Flower Arranging
Walk around the Village
Life Skills – Money Awareness

Let's Get Moving – Dancing, Chair Exercises, Chair Yoga
Day Trip – Zoo, Farm, Air Museum, Seaside
Cooking Club

Horse Riding
Gardening Club
Arts and Crafts Workshop

Music Therapy
Sailing
Film Club

Knitting and Sewing Club
Pamper and Relaxation Afternoon
Visiting Local Cinema

Bowling Session
Visiting the Local Church
Comedy Afternoon

Attending Local Events
Swimming
Bingo Session



Example Menu

Breakfast

Selection of Cereals with Toast and Preserves
Tea or Coffee
Selection of Fruit Juices and Fresh Fruit

Mid Morning Tea/Coffee
Served with a Selection of Biscuits and Savoury Snacks

Lunch

Roast Chicken & Yorkshire Puddings
Served with Roast Potatoes and seasonal vegetables

Steak Pie
Served with Mashed Potatoes and Seasonal Vegetables

Dessert

Bakewell Tart with Ice Cream
Selection of Fresh Fruit and Yoghurts

Afternoon Tea
Served with a Selection of Cakes

Teatime

Cream of Tomato Soup
Selection of Homemade Sandwiches
Soup of the Day

Dessert

Selection of Cakes
Selection of Fresh Fruit and Yoghurts