



# Rachael Dunn

Registered Manager of Capricorn Cottage and Supported Living Services

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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 28 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.





## *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