



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.





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