

Meadows Care Limited

Management Plan – Rough Bank Barn

Rough Bank Barn, Rough Bank, Newhey, Rochdale, OL16 3QH

1. Introduction

This Management Plan sets out how Rough Bank Barn will be operated as a children's home for up to four young people aged 10–18 years. It provides detail on the ethos of the home, staffing arrangements, daily operation, safeguarding practices and the homes integration within its local community.

The plan forms part of Meadows Care's regulatory and operational framework and accompanies the planning and listed building consent application. It demonstrates the home will operate safely, professionally, and in line with all relevant legislation, while maintaining respect for the listed building, its rural setting and the amenity of neighbours.

About Meadows Care:

Meadows Care Ltd is an established and experienced provider of high-quality children's residential care, operating multiple Ofsted-registered homes across the North of England and the Midlands. The organisation is committed to providing safe, nurturing, and therapeutic environments for children and young people, delivered by skilled and compassionate staff teams supported by a specialist Therapy Team.

2. Statement of Purpose

Rough Bank Barn will provide high-quality residential accommodation and care for a maximum of four children or young people aged 10 –18 years.

Ethos and Objectives:

- To create a safe, nurturing and “normal” family-style home environment.
- To promote education, personal growth and independence.
- To provide trauma-informed and attachment-aware care, with integrated therapeutic support.
- To promote positive relationships with family, peers and the local community.
- To support young people in preparing for adulthood.



The home will operate in a manner consistent with a family household, with young people attending school, college, or training and engaging in structured daily routines.

3. Regulatory Framework

Rough Bank Barn will be registered with Ofsted as a children's home under the Care Standards Act 2000. The home will comply with the Children's Homes (England) Regulations 2015, including the Quality Standards.

- **Ofsted Inspections:** The home will be inspected by Ofsted on a regular basis, with reports published publicly to ensure transparency and accountability.
- **Regulation 44 Visits:** In addition to Ofsted oversight, the home will be subject to independent monthly visits under Regulation 44 of the Children's Homes Regulations 2015. Reports from these visits are shared with Ofsted and used to support continuous improvement.

4. Management & Staffing

Staffing Structure:

- Maximum of three care staff on shift at any time during the day.
- Two sleep-in staff overnight to ensure continuous supervision.
- The Registered Manager will oversee the home and attend as required.
- The Therapy Team will provide therapeutic input and supervision for staff.

Professional Development:

All staff will receive mandatory induction and ongoing training, including but not limited to:

- Safeguarding and child protection
- Trauma-informed and attachment-aware practice
- Positive behaviour support and de-escalation
- First aid, health and safety and fire safety
- Equality, diversity, and inclusion

Regular staff supervision ensures accountability, reflection, and support for best practice.

5. Day-to-Day Operation

- **Routine:**

The home will follow a daily routine similar to a family household, including:

- School/college attendance
- Shared mealtimes
- Homework and study support
- Recreational activities and hobbies
- Bedtime routines appropriate to age and need



- **Staff Shifts:**

- Staff hand-over procedures at 10:00am each day, ensuring that staff shift changes avoid peak traffic periods and reduce any impact on neighbours.
- Care staff work 24-hour shifts from 10am to 10am the following day, ensuring continuity of care and limiting vehicle movements to off-peak hours.
- The Registered Manager may visit the home at any point during office hours (9am–5pm).
- Other visitors (*therapists, social workers, education professionals*) may attend during the day by appointment, in the same way extended family or professionals might visit a private dwelling.

Supervision:

Children will never be left unsupervised unless specifically risk-assessed for periods of independence time, as part of their individual care plan. This reflects normal family life and supports gradual independence in a safe, managed way.

Behaviour Support:

The home will use positive behaviour management, restorative practice rather than punitive measures. Staff will work to build trusting relationships and model appropriate behaviour.

6. Therapeutic Support

Therapeutic care is central to the ethos of Meadows Care. At Rough Bank Barn we embed the Meadows-ARC framework across daily practice. This model provides a comprehensive assessment and psychological formulation of each young person, leading to an individual intervention plan targeted at three key domains: Attachment, Regulation and Competency (ARC).

The Meadows-ARC model is trauma-informed and specifically designed for residential services. It is grounded in research on childhood development, traumatic stress, attachment and resilience. Many of the young people we support have experienced developmental trauma, including abuse, neglect, or disrupted early attachments. Such experiences can affect cognitive functioning, emotional regulation, relationships, behaviour, and self-esteem.

Our therapeutic approach aims to:

- Provide a safe and predictable environment where children feel secure.
- Support staff teams in understanding the impact of developmental trauma and working therapeutically with young people.
- Use evidence-based methods to promote recovery, resilience, and healthy development.
- Enable young people to develop physical, emotional, psychological, and functional wellbeing.
- Foster reflective practice and attunement within the staff team.



- Ensure young people feel ownership of their lives and have safe ways to express themselves.

The Therapy Team work closely with residential staff to integrate therapeutic practice into everyday routines. In this way, the therapeutic environment extends beyond formal sessions, becoming part of the children's lived experience in the home.

7. Safeguarding & Wellbeing

Safeguarding is a core priority at Rough Bank Barn. The home will follow Meadows Care's safeguarding policies, which are aligned to national statutory guidance.

Key principles:

- Children's welfare and safety are paramount.
- All staff are trained to recognise and report concerns.
- Clear lines of accountability ensure swift action if safeguarding issues arise.
- Health, wellbeing, and personal development are promoted through education, healthcare access, and emotional support.

8. Community, Access & Highways

Rough Bank Barn is accessed via a single lane with passing places, which connects back to the highway at both ends.

- Traffic Impact: The change of use will not materially increase traffic movements compared to a large family dwelling.
- Parking: The property has capacity for up to seven vehicles within the site, ensuring staff and visitors can park without blocking the lane or neighbouring access.
- Neighbour Relations: Staff are instructed, through Meadows Care's Code of Conduct, to show consideration for neighbours and the local community at all times.

9. Environmental Sustainability

Rough Bank Barn benefits from a borehole water supply and filtration system, making the property partially self-sufficient and resilient.

Meadows Care also promotes biodiversity and environmental sustainability as part of its social values. Measures include:

- Maintaining and respecting natural features such as stone walls and surrounding greenery.
- Using pollinator-friendly planting in gardens.
- Encouraging recycling and energy efficiency within the home.

10. Monitoring & Review

Quality and compliance are maintained through:

- Ofsted inspections (*announced and unannounced*).
- Regulation 44 independent monthly visits, with reports submitted to Ofsted and the Responsible Individual.
- Internal monitoring by senior management.
- Regular staff supervision and appraisal.
- Feedback from children, families, and placing authorities.

11. Conclusion

Rough Bank Barn will provide a safe, nurturing, and therapeutic home for up to four children and young people aged 10 –18. Operated by Meadows Care, the home will combine family-style living with professional therapeutic support, ensuring that young people thrive and develop independence.

The home will be regulated by Ofsted, subject to monthly independent visits, and run in accordance with the Children's Homes Regulations 2015. It will integrate sensitively into its rural setting, with no adverse impact on highways, neighbours, biodiversity, or the listed building fabric.

This Management Plan demonstrates that Rough Bank Barn will operate to the highest standards of safety, care, and professionalism, providing much-needed residential provision in line with national and local policy.