

**Welcome** to our Innovation Newsletter, with information about opportunities available, training and information we hope you will find useful. All our events are listed on the Provider Hub website where you will find further details of the events and how to book, please visit the News and Events page:

[www.essexproviderhub.org/provider-hub-news-and-events/](http://www.essexproviderhub.org/provider-hub-news-and-events/)



## Find Your Active

### Workshops for residential care

Following the success of our Find Your Active workshops which took place earlier in the year, we have decided to hold further events in 2023. The new workshops will be an opportunity to share activities that work well with your residents as well as learning new ideas from a range of guest speakers and instructors. The aim of the workshops is to help you to improve residents' physical, psychological and functional ability with a bit a fun.

The sessions are open to all Older People care homes in the Essex County Council Local Authority area.

#### Dates & venues

Thursday 2<sup>nd</sup> March 2023, Great Bromley Village Hall, Great Bromley, CO7 7JA

Thursday 9<sup>th</sup> March 2023, Hamptons Sports and Leisure Centre, Chelmsford, CM2 9FH

## Chair based exercise 2-day course

This practical workshop encompasses best practice in chair-based exercise for older adults.

The course run by Move it or Lose it! aims to train care home staff/activity co-ordinators to be able to safely deliver chair-based exercise for older adults to promote independence and enhance their physical and mental health.

The course is on the **15<sup>th</sup> & 16<sup>th</sup> March 2023**, 9.15am to 4.30 pm and will be in the Epping area.

To book email [quality.innovation@essex.gov.uk](mailto:quality.innovation@essex.gov.uk)

## Domiciliary care

### Diabetes awareness

We have partnered with Diabetes UK to offer two Diabetes awareness sessions delivered virtually via Zoom. Each session is an hour long.

The content of the course will cover:

- About Diabetes UK
- What is Diabetes
- Hypoglycaemia and Hyperglycaemia
- Medication / Treatments and glucose Monitoring (non-professional)
- Complications of Diabetes
- Putting Feet First
- Healthy Eating & Moving More

#### Dates

14<sup>th</sup> December 2022, 10am to 11am

5<sup>th</sup> January 2023, 11am to 12pm

To book email [quality.innovation@essex.gov.uk](mailto:quality.innovation@essex.gov.uk)



## Neurological conditions

We have arranged a series of training sessions for domiciliary care providers these sessions will be delivered virtually throughout January to March 2023.

Sessions will be presented by Rob Warren, Consultant Occupational Therapist, previously the clinical specialist for neuro rehabilitation in SW Essex. All sessions will be via Microsoft Teams and are two hours long.

### Motor Neurone Disease Awareness

11th January 2023, 10am to 12pm

### Multiple Sclerosis Awareness

24th January 2023, 10am to 12pm

### Stroke & Acquired Brain Injury

1st February 2023, 2pm to 4pm

### Epilepsy Awareness

15th February 2023, 2pm to 4pm

### Dementia (Alzheimer's; Lewy Bodies; Binswanger's & Korsakoff's)

7th March 2023, 10am to 12pm

To book email [quality.innovation@essex.gov.uk](mailto:quality.innovation@essex.gov.uk)

## Healthcare management

We have organised a series of virtual training sessions for domiciliary care staff on how they can support people who may be at risk of developing certain Healthcare conditions such as Sepsis or Pressure Ulcers. The training will provide a basic understanding and how they can manage a person's care. The sessions will be delivered by Training2Care and are 2hrs long.

Date	9.30am to 11.30am	12pm to 2pm	2.30pm to 4.30pm
26.01.23	Sepsis	Catheter Care	Pressure Area Care
08.02.23	Catheter Care	Sepsis	Stoma Care
21.02.23	Pressure Area Care	Stoma Care	Sepsis
22.03.23	Stoma Care	Pressure Area Care	Catheter Care

To book email [Quality.innovation@essex.gov.uk](mailto:Quality.innovation@essex.gov.uk)

## Sensory Champion training for Domiciliary care staff

The Provider Quality Innovation Team are pleased to offer sessions on the virtual **Sensory Champion Training** half day course, provided by ECL sensory team.

These sessions will be taking place on:

Tuesday 7<sup>th</sup> February 2023, 9.30am to 1.30pm

Thursday 16<sup>th</sup> February 2023, 9.30am to 1.30pm

This training is an invaluable opportunity to learn directly from those living with sensory loss. Our trainers encourage participants to explore any preconceptions they may have, ask the awkward questions, and ultimately instil confidence and break down barriers.

The term sensory is used by us in relation to sight, hearing and dual sensory (deafblind) loss.

We hope you will join us in making the world a more sensory friendly and inclusive place by using your learning to make small but impactful changes to the way you work.



## Community of practice for Domiciliary care

We are organising the next Community of Practice for Domiciliary Care Agencies which takes place, virtually, on the **1<sup>st</sup> February 2023, 10am to 12.30pm**

The community of practice is a chance to network, share and discuss your training needs and how we can support your staff. There will be updates and guest speakers.

To book email [quality.innovation@essex.gov.uk](mailto:quality.innovation@essex.gov.uk)

## Here for You workshops Mental health & wellbeing

We have teamed up with EPUT's Here for You Service to offer short workshop sessions for you and your staff.

The taster sessions will also provide information on the Here for You bespoke help and support which is available for care services.

**2<sup>nd</sup> February 2023** – Colchester Football Stadium, United Way, Colchester

9.30am - Coping with difficulty: How psychological flexibility can help.

11.30am - The Three Systems model:  
A model for all of us

13.45pm- Resourcing Building: Support in challenging situations

To book email [quality.innovation@essex.gov.uk](mailto:quality.innovation@essex.gov.uk)

## AWD

### Dysphagia awareness training

Dysphagia describes eating, drinking and swallowing difficulties. It often occurs with other conditions, such as having learning disabilities, dementia, and stroke. It may also affect the persons quality of life, as eating and drinking is important for social life. If not treated appropriately, dysphagia can lead to other health complications such as aspiration pneumonia and in worst case can result in death.

The 2022 LeDeR report identified dysphagia as the leading cause of death in the Essex learning disability population and linked complication, aspirational pneumonia as the leading cause nationally. The report has highlighted a need for more awareness of dysphagia and as such, the Quality Innovation Team are collaborating with Hertfordshire Partnership Trust to deliver a dysphagia awareness day. The day will be held for services registered to support adults with a learning disability and or Autism.

The day will aim to support staff,

- Assist in the recognition of dysphagia.
- Be able to participate in the management of dysphagia.
- Be aware of professional responsibility in the role of dysphagia management.

Invites will be sent via email and details uploaded on the Provider hub events page.



## Introduction to relationships & sexual wellbeing- AWD



In September we worked collaboratively with HPFT colleagues and other professionals to provide a two-day training package aimed at support workers and provider staff as well as the adults they support who have a Learning Disability and/or Autism, about Relationships and Sexual Wellbeing. The Learning opportunity covered various learning objectives including

- Relationships & Friendships – Understanding the difference.
- Loving yourself before you can love others – Importance of self-worth.
- Understanding feelings and emotions.
- Good Touch Vs Bad Touch -being able to say NO.
- LGBTQ+ session, presented by Tracy at The Outhouse.
- Sexual Health session
- Keeping Safe online



The days were full of open conversations, learning and signposting to further support – we encouraged those who attended to get as involved as possible and to contribute to the discussions.



All participants received a resource file full of helpful materials and a certificate of attendance. Participants also chose either a badge or pair of laces from the LGBTQ+ session to wear with pride!

Evaluations were positive, with helpful feedback received and the sessions were received well. If you feel this session would benefit someone you support, please contact me via email at [Natalie.Huxster@essex.gov.uk](mailto:Natalie.Huxster@essex.gov.uk) and I can inform you if/when we will be running any future sessions.

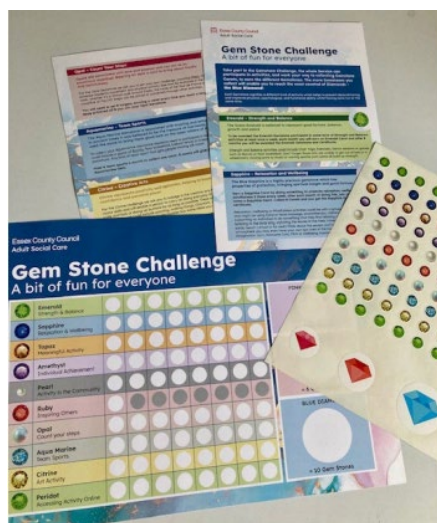




## Gemstone challenge



Earlier in the summer we announced our new Gemstone challenge for Older People residential care homes, this challenge helps to prevent deconditioning, which is the loss of physical, psychological, and functional ability, whilst having some fun at the same time. It is something the whole Service can get involved in. Each Gemstone represents a series of activities with milestones to be achieved, once you have completed each milestone you will be awarded the Gemstone certificate. With 10 different Gemstones in total to collect there are plenty of ways for everyone to get involved! The more Gemstones you collect will enable your home to eventually reach the most coveted of Diamonds – the Blue Diamond! So why not start the New Year with a new challenge! If you would like a Gemstone Challenge pack for your home to get involved, then please email [Prosper@essex.gov.uk](mailto:Prosper@essex.gov.uk) and we will look at getting the pack to you ASAP! Also don't forget to send us lots of pictures of you completing the challenge so we can share these in the newsletter.



## Woodbury Court gemstone challenge

Residents at Woodbury Court, Laindon, have been getting active with their Gemstone Challenge and are well on their way to gaining their Gemstone Certificates.

They have been going out and about for their Pearl Gemstone which is about accessing activity in the community. Christel and Dot have enjoyed joining the local Knit and Natter sessions at the community hall and have now started their own with other residents in the home.



Residents have been enjoying trips out in town shopping with tea and cakes in the local café, these all help to keep active and improve wellbeing. For the Citrine Gemstone of creative activity, residents have been making sweet bags for the children at Halloween and making leaf mobiles which look very effective.



## Imagination gym

We have another opportunity to attend a fully funded, unique sensory activities programme, the Imagination Gym is a 2 day training program based on music therapy, relaxation skills, imagination, nature awareness, communication skills and sensory stimulation. It is designed to be easily integrated into care home systems as part of existing activity programs.

The activity workshops use a combination of music therapy, massage therapy, visual and sensory stimulation techniques to enhance the relaxation and concentration processes. The workshop creates a calm, quiet and relaxing environment for both participants and staff and can be used in one-to-one settings and with larger groups.

Benefits of these activities for Dementia and Alzheimer's Care:

- Relaxation skills
- Concentration/Focusing skill
- Group work
- Communication skills
- Word recognition work
- Behaviour management
- Decision-making skills
- Sleeping problems

**Date:**

**26<sup>th</sup> & 27<sup>th</sup> January 2023**, 9.30am to 4.30pm

Venue: Earls Colne CO6 2NS

To book email [quality.innovation@essex.gov.uk](mailto:quality.innovation@essex.gov.uk)

## National Re-conditioning games



NHS England's Re-conditioning Games is back!

Following on from the success of last years Winter Deconditioning Games, NHS England are hosting the National Re-conditioning Games, with a chance to win Bronze, Silver or Gold medals!

Join us in promoting re-conditioning, sharing best practice, testing small changes, making a difference and most importantly having fun!

Medals can be won in three categories:

- 1 Making a difference**
- 2 Supporting people to keep moving**
- 3 Supporting staff to keep active and well**

If you would like to take part in the Re-conditioning Games email [quality.innovation@essex.gov.uk](mailto:quality.innovation@essex.gov.uk) and we will send you the information on what you need to do to win those coveted medals.

Remember all the things you have implemented following the Find Your Active workshops, chair-based exercise and Imagination Gym training as well as the Gemstone challenge can all count towards winning those medals.

If you are a Domiciliary Care provider, you too can take part in the reconditioning Games.

Lets all go for Gold!



## Edensor care home celebrate award win

On 4th November 2022, Edensor Care Home Employee **Ewa Ruskowiak** won the 'Ancillary Worker Award' at The Great British Care Awards

Representatives from care homes across the east of the country attended 'The Great British Care Awards' - East of England care awards 2022, at the MK Dons stadium in Milton Keynes. Much to the delight of everyone at Edensor Care Home, Ewa Ruskowiak who was nominated for a Great British Care Award, beat eleven other nominees in her category, to win the 'Ancillary Worker Award'.

The 'Ancillary Worker Award' is awarded to someone who offers an excellent, person centered service to clients and demonstrates dignity and respect through ancillary services and Ewa's win allows her to attend the National Finals, on 17th March 2023 at the International Convention Centre, in Birmingham.

Ewa Ruskowiak, a Domestic at Edensor Care Centre, said, "I felt so happy, as I could see that people believed in me, and I have never had that recognition before. I felt very special." And the domestic team at Edensor commented, "Ewa is a beautiful person through and through, she treats every single resident as if they are family. She uses her magic fairy dust to bring everything to life. She is one in a million and we are so very proud of her."

Lindsey Milliken, Deputy Manager, Edensor Care Centre, said, "Ewa's compassionate care delivery over fifteen years definitely requires recognition. She is kind, caring and compassionate to all our residents and is in the true sense, an unsung hero."

Although, as a domestic, she does not deliver hands on care, she proves to many that ancillary staff can make a real difference to resident's lives."

Congratulations to Ewa on her well deserved win!

## My Home Life leadership

### New! Care home senior carers programme



We have a new My Home Life Leadership programme designed especially for Senior Care Staff working in Care Homes. The programme is launching on the **21<sup>st</sup> February 2023** with 3 initial workshop dates held face to face at the County Hotel, Chelmsford. This is then followed by monthly action learning sessions where care staff can discuss the practicalities and reality of their work in the care home, in a safe environment with like minded peers and the My Home Life facilitator.

For over 12 years, My Home Life Essex has blended evidence-based frameworks and practical know-how to support quality of life across hundreds of care settings within Essex. With a well-established leadership programme which has supported Managers, Deputies and team leaders from Care Homes, Domiciliary Care Agencies and Nursing staff.

For more information and to book a place on the Senior Carers Leadership programme email [quality.innovation@essex.gov.uk](mailto:quality.innovation@essex.gov.uk)





## PROSPER supporting students

The Provider Quality Innovation Team's PROSPER programme has been supporting the Young Engineers Club at King Edwards VI Grammar School in Chelmsford, on a project asking the question 'Can Low-Cost Technology Assist in Social Care'? Despite major interruptions during the various lockdowns the country has been through, the project has continued, with new students taking up the challenge.

Rod Manning, Provider Quality Innovation's Prosper Support Officer has been guiding the students on how to use Quality Improvement Methodology and advising on the practicalities of care home life and the frailty of residents. Some of the teams have had recognition for their work, here the students tell us about their projects.



**Team ModPil**

by Casey

Given the task of "Using low-cost technology to improve social care", our team decided the best idea was to aid the way that older people take medication. Many of us had elderly grandparents, so knew the sheer number of pills that some have to take – it is a lot to remember, especially for those with dementia.

Therefore, our idea was a device that would automatically dispense pills at set times of the day and alert the users with an alarm and flashing lights. This device would take in what we called "pill magazines" which would be made by pharmaceutical companies rather than just plastic bottle containers, feeding the device with pills. Once at low levels, the device would then automatically request more be sent to its owner's address, which could then be easily slotted into place (much like the magazine for a firearm).

Coupled with a range of other supplementary features, such as an internal locking system and a system to ensure that pills are not dispensed all together (to prevent polypharmacy, when medicines mix together and cause unwanted side effects), we produced a very solid blueprint of our design and developed some rudimentary prototypes, leading to a CREST gold award from the British Science Association.

## Student success at technology competition

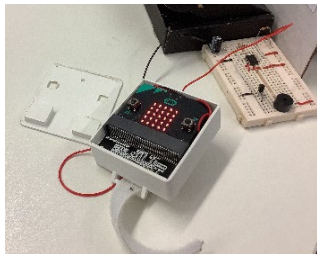


Two teams of year 10 students received awards at the recent Chelmsford Science and Engineering Society's TEXPO event at ARU. Umar, Alex and Hiranya were highly commended for their Fallarm invention and Stephen and Shaashvath won the CSES Concept Design Award for their adult health monitor.

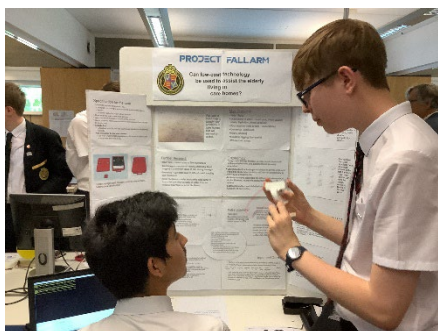




## Team FallArm



We are Fallarm, a Young Engineer's group from King Edward VI Grammar School comprising of members, Alex, Hiranya and Umar. We developed a prototype of a fall prevention and detection device, in the form of a watch. Our prototype received a British Science Association Gold CREST award, which consists of a research, design and creation project requiring over 70 hours to complete.



We began the design process by identifying the main causes of falls, particularly in care homes. After detailed research and analysis of these causes, we were able to identify factors such as nocturnal hypoxia were the most important factors to tackle with our product. We found that a fall was 25% times more likely if a person has slept for  $\geq 10\%$  of sleep time with oxygen saturation ( $SpO_2$ ) of  $< 90\%$  (nocturnal hypoxia). We also found that the heart rate of fallers can have a 20% change, compared to a normal 10% variation. We also considered dementia as this affected many people in the care

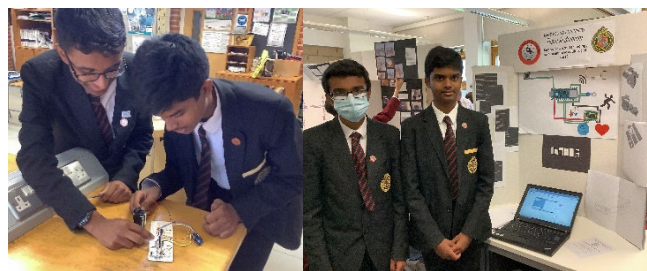
home setting, creating a design which didn't require manual input.

We considered different design approaches, finding that our product should be ideally positioned on the wrist, as information from our mentor as well as statistics sourced from our research showed us that this was the most comfortable position for our Device.

## Team AHM

Stephen says 'The AHM (Adult Health Monitor) is a real time health monitor, designed especially for use with people with health-related dependencies and those in need of social care. This project aims to provide carers with real time health updates and notifications for patients who are using this device. This will allow medical assistance to be administered more effectively and quickly to people in need'.

We were also awarded BSA silver CREST awards for our work on the project.



The students are very talented and have really taken the time to research their projects and give thought to how their ideas might work in practice.

Well done to the Young Engineers Group at King Edwards VI Grammar School, Chelmsford.

## That's the story so far

A talented Essex care home resident with a passion for writing has shown having dementia is no barrier to achieving your dreams by releasing her latest collection of poems.

Joan Vicente, a resident of Howard Lodge Care Centre, in Kelvedon Hatch, has been writing stories and poetry for most of her life.

Her penchant for the written word has seen her publish books in the past, as well as become a regular feature on the radio and host workshops to help inspire budding young wordsmiths.

Although Joan was diagnosed with dementia her passion for writing remains as strong as ever and she's always brimming with ideas for new poems and stories.

In fact, she has become a regular at mother and toddler groups, where she will read to the children and residents at the home.

Earlier this year, Lin Kirby, the manager of Howard Lodge reached out to the Provider Quality Innovation team and explained how it was Joan's dream to publish another book.

We were delighted to be able to help and were able to get published Joan's book, "That's the story so far: Mix and Match" a collection of children's poems.

The finished book was presented to Joan as a surprise at Howard Lodge on Friday 25<sup>th</sup> November

Joan's family were delighted she was able to publish another book

The book is now part of the Essex Year of Reading and is going to be used as inspiration by ten local schools for an art project they are working on. The book will also be available in some libraries, and we hope care homes will want to use it for children and residents to read to one another.



Cllr John Spence, Essex County Council Cabinet Member for Adult Social Care and Health, said: "Joan's continued passion and enthusiasm for writing is wonderful to see and it shows that behind the label of dementia there is always a person who has a vast array of experience, skills and talent.

"I am so pleased we were able to step in and help Joan achieve her dream of releasing one more book and I would like to thank all of the staff involved at ECC and Howard Lodge for making it happen.

"I hope Joan continues to express herself through the written word and look forward to seeing her continuing to inspire the next generation of young writers."



## Virtual variety Christmas show

The Christmas season has officially begun! We are pleased to be able to offer you a virtual Medley of Christmas Joy created by Amanda Waring for you and your residents/clients to enjoy.

This Christmas show is free for you to view and can be accessed anytime between now and Christmas Day. Sit down with a mince pie and maybe a glass of sherry or mulled wine and enjoy!

If you would like the link and password to view the show please email [quality.innovation@essex.gov.uk](mailto:quality.innovation@essex.gov.uk)

## Prosper festive quiz

Back by popular demand! We are pleased to announce the Prosper OP Team will be hosting a virtual Christmas quiz taking place on:

### **Monday 19<sup>th</sup> December 2.30pm to 4pm**

Like quizzes we have held in the past, the quiz will include Christmas themed questions, a picture round, and a fun game for everyone to get involved in. The quiz will be run via Microsoft teams so you will need a device such as laptop/iPad or android device that has a microphone and camera. If you can connect to a large screen tv it will enhance the experience.

If you would like to join us, email [Prosper@essex.gov.uk](mailto:Prosper@essex.gov.uk)

## Your good news stories



We know the past few months have presented some of the most challenging times and that many of you have adapted and been very innovative in your

approach, if you would like to share your ideas or good news stories please email us at

[Quality.innovation@essex.gov.uk](mailto:Quality.innovation@essex.gov.uk)

## Eligibility

All of our events and training opportunities are fully funded by Essex County Council and are available to Care providers who provide a service in the Essex County Council Local Authority Area.

## Festive wishes

This is our last newsletter of 2022, from all of us in the Provider Quality Innovation Team we would like to thank you all for your hard work over the last year and we have enjoyed meeting you at our training and events.

We wish you a very Happy festive season and New Year and look forward to working with you all in 2023!

