

Quality Innovation Newsletter

Issue 59 December 2025

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 www.essexproviderhub.org/provider-hub-news-and-events/

The Provider Quality Innovation Team have been bringing you training opportunities and support since 2014, visit us on the Essex Provider Hub <https://www.essexproviderhub.org/quality/quality-innovation-team/>

Essex Care Sector Awards 2025

The Winners of the Essex Care Sector Awards: The Prosperers 2025, were announced on Wednesday 3rd December at Chelmsford City Racecourse where those shortlisted were invited to attend a gala evening celebrating innovation, achievement and outstanding contribution. The Evening was hosted by Amanda Waring, Actress, writer, director, presenter and campaigner for Dignity in Care.



Outstanding Carer/Support Worker

Winner: Lorriet Kadenhe, Estuary Housing Association Care and Support



Highly Commended: James Ramos, Filcare and Cristina Elvena, Parkview.

Commended: Leah Clark, Silvana Court and Dawn Lovett, Acorn Villages.

Outstanding Care Sector Nurse

Winner: Lisa Stokes, Kingsgate Nursing Home



Highly Commended: Monica Chelbowska, Amber Health Care.

Quality Innovation Newsletter

Issue 59 December 2025

Unsung Hero Volunteer

Winner: Linda Mack, Woodbury Court



Highly Commended: Carole Darby, Volunteer at Edensor Care Centre and Patricia Beadsmore, Resident of Cameron House.

Unsung Hero Staff

Winner: Leah Clark, Silvana Court



Highly Commended: Linda Purdy, Cheviot Nursing Home and Kath Wright, Right at Home

Commended: Michael Howe, Old Shenfield Place

Congratulations to all those who took home awards for the 15 categories and we look forward to showcasing their winning entries in future editions of the newsletters.

The full list of Winners, Highly Commended and Commended for all categories can be found on the Essex Provider Hub in the Awards Brochure – [Essex Care Sector Awards 2025](#)

Residential/Nursing Home Training Opportunities

These courses are only open to Residential Care Homes and Nursing Homes who are in the Essex County Council Local Authority area.

MCA DoLS for Senior Care Staff and Nurses working in Care Homes

The Mental Capacity Act 2005 governs decision-making on behalf of adults who may not be able to make their own decisions.

This two-hour virtual session will provide delegates with the under-pinning knowledge of how to apply MCA and DoL safeguards within health and social care setting.

The two dates in January 2026 are fully booked however we will be running more in coming months. If you would like to be added to the waiting list email quality.innovation@essex.gov.uk

Quality Innovation Newsletter

Issue 59 December 2025

Magic Me SPARK Workshops

We have teamed up again with Magic Me, an arts-based charity to hold one day creative workshops for Activity and Lifestyle Co-ordinators.

Care staff will learn the SPARK approach, run by Artists, and gives care home residents the opportunity to take part in playful, multi-sensory creative activities which create moments of connection. Activities are designed to respect the age and individuality of everyone involved.

Whether you are new to Sparks or have attended before, don't hesitate to sign up for new themes, fresh creative ideas, and new ways of thinking about how we work creatively with people.

We know that SPARK:

- Inspires different ways of thinking about activities in care homes
- Increases meaningful connection between care home residents and staff
- Gives care staff increased confidence and motivation to use arts and creativity
- Allows residents and staff to find out new things about each other
- Improves resident and staff wellbeing



Dates

28th January 2026, 10.30am to 3pm, Colchester Football Stadium

4th February 2026, 10.30am to 3pm, Hamptons, Chelmsford

9th February 2026, 10.30am to 3pm, Latton Bush Centre, Harlow

18th February 2026, 10.30am to 3pm, Wat Tyler Country Park, Basildon

To book email quality.innovation@essex.gov.uk

Quality Innovation Newsletter

Issue 59 December 2025

New for 2026!

NAPA Workshop: CQC Ready Activity Provision

A practical, interactive one-day course designed specifically for activity co-ordinators working in care homes. The training will build understanding of who the CQC are, how inspections work, and the vital role activity co-ordinators play in influencing inspection outcomes.

Participants will explore how high-quality, inclusive, and resident-led activity provision strengthens a service's performance against the Quality Statements.

The training days will be highly interactive, combining discussion, live demonstrations, and collaborative planning. Participants will practise adapting activities for different needs, involving residents in programme design, and creating inspection-ready evidence.

Dates:

12th March 2026, 9.30am to 4.30pm, Colchester Football Stadium

24th March 2026, 9.30am to 4.30pm, Chelmsford

26th March 2026, 9.30am to 4.30pm, Latton Bush Centre, Harlow

To book email quality.innovation@essex.gov.uk

Care Home Study Days

Personal Care & Pressure Care

3rd March 2026, 9.30am to 4.30pm, Colchester Football Stadium

10th March 2026, 9.30am to 4.30pm, Hamptons, Chelmsford

Lunch and refreshments are provided

Fluid/Nutrition & UTI/Catheter Care

17th March 2026, 9.30am to 4.30pm, Colchester Football Stadium

19th March 2026, 9.30am to 4.30pm, Hamptons, Chelmsford

To book email quality.innovation@essex.gov.uk

Frailty Study Day – West Essex Only.

Princess Alexandra Hospital is holding a Frailty Study Day in February, for supporting staff and care home staff.

- Understanding frailty
- Frailty Assessment - lying and standing BP, ECG, bladder scan - theory and practical
- Delirium - advocating and communicating for a frail patient
- Falls and deconditioning
- End of life care

6th Feb 2026, Kalmar House training room, 9:00 - 16:00, PAH.

To book email i.all@nhs.net and j.bernardo@nhs.net

Quality Innovation Newsletter

Issue 59 December 2025

Chair Based Exercise 2-day course

The aim of this course is to train 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 chair-based exercise programme aims to improve strength, mobility and confidence. The exercises include functional movements to aid everyday living such as washing and dressing.

14th & 15th January 2026, 9.30am to 4.30pm,
Colchester Football Stadium, (both dates must be attended) – **Waiting list only**

To book email quality.innovation@essex.gov.uk

OT Weekly Advice Clinic - Virtual

Our Senior Occupational Therapist, Caroline Robinson is running a virtual weekly advice clinic, an opportunity to ask any OT questions in relation to any person you are supporting.

Every Wednesday, 10.30am to 11.30am.

To receive the link email
quality.innovation@essex.gov.uk



My Home Life Leadership Programme

My Home Life, in partnership with Essex County Council, has been running Professional support and development programmes in Essex for 16 years, with cohorts for Homecare providers, Residential, Nursing and Learning Disability services and most recently, Registered Nurses and team leads.

We are delighted to announce two new cohorts for 2026.

- Cohort 43 - Domiciliary Care starting Feb 2026
- Cohort 44 - Residential Care starting Mar 2026

Please note we can only accept one person from a care home or Domiciliary Care Agency on a cohort.

My Home Life is an international initiative with 17 years' experience supporting quality of life and promoting positive practice in care home and care settings.

The programme is evidence-based and practice-informed. You will be introduced to a range of tools and relationship-centred principles and supported to develop your professional skills and leadership. There is a focus on growing existing strengths, whilst trying out new ideas.

To book email quality.innovation@essex.gov.uk

Quality Innovation Newsletter

Issue 59 December 2025

AWD Training Opportunities & Updates

Please see details of our upcoming offers for December 2025 – January 2026 below. Click on the links under each heading for full session and booking details.

Caring for a Person with Chronic Confusion

Caring for a person with Chronic Confusion training is live online training provided by a consultant occupational therapist, this is an introduction course that provides an overview of chronic confusion that can be present in many different conditions encountered by care and community services.

Click link for further information and booking form [Events – Caring for a person with Chronic Confusion - for AWD Providers | Provider Hub](#)

Ageing Well for Adults with a Learning Disability and/or Autism

This is a two-day course, aimed at staff working with adults who have a learning disability and/or Autism and who may be considered to be ageing.

We are aware that we are supporting a generation of adults who are living to a greater age due to better living conditions and healthcare. They will be

experiencing signs of ageing such as Dementia and frailty and this may happen earlier than the general population.

The course aims to look at areas such as identifying the signs of ageing, healthcare, recording and future planning. Click link below for further information and booking form [Events – Ageing Well for Adults with a Learning Disability and/or Autism | Provider Hub](#)

Peg Awareness

This 3-hour training provides a comprehensive understanding of gastrostomy tubes and instructs on the safe administration of a gastrostomy feed. It aims to enhance your knowledge and confidence in supporting people who are tube-fed.

Training covers the different types of feeding tubes, how feeds are administered and sets out the principles and safety aspects that relate to administering tube feeds. It also includes how to manage an emergency should the tube come out. This relaxed and informative programme is delivered by highly experienced Registered Nurses with current clinical expertise in this field.

Click link for further information and booking form [Events – PEG Awareness for AWD Providers | Provider Hub](#)

Quality Innovation Newsletter

Issue 59 December 2025

Peg A CPD Accredited Epilepsy & Buccal Midazolam

This 3-hour CPD accredited training course is for anyone who supports a person with epilepsy and may be required to administer buccal midazolam for prolonged seizures. The course will provide delegates with a full understanding of epilepsy and seizure management, and in the safe administration of buccal midazolam. A practical demonstration on how to give emergency medication will be carried out.

Click link for further information and booking form
[Events – CPD Accredited Epilepsy and Buccal Midazolam for AWD Providers | Provider Hub](#)

MAKATON for Frontline Workers – General Wellbeing Specialised Training

A robust session promising to unlock your communication potential designed to meet diverse communication needs and enhance your organisation's accessibility.

- Competent in specialist signs and symbols designed to improve communication and reduce anxiety during appointments.
- Promote inclusion and awareness.

[Events – Makaton for AWD Providers | Provider Hub](#)

Essex Care Association Community of Practice

Are you in a Positive Behaviour Support (PBS) role and looking to connect with fellow professionals? Join our vibrant Community of Practice Network for an engaging session focused on support, learning, and growth! This is a fantastic opportunity to learn from each other, share experiences, and strengthen our collective impact within the field of Positive Behaviour Support.

This is not PBS training. To attend, you must be actively involved in PBS in your day-to-day role, have a PBS qualification, or be working towards a PBS qualification. This network is not suitable for support staff. You should currently support an Essex-based resident commissioned via the ECC Complex Care Framework.

Any queries or questions regarding this network, please contact Hannah McLaughlin, Development Manager, on hannah.mclaughlin@essexcare.org.uk or follow this link to register. [PBS Community of Practice Network - 22nd January 2026 | Essex Care Association](#)

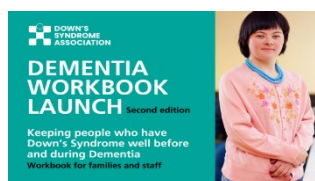
Quality Innovation Newsletter

Issue 59 December 2025

Care Planning & Record Keeping

This workshop is designed to equip health and social care staff with the skills and confidence to deliver high quality person-centred care that meets the diverse and holistic physiological, psychological, social, and educational needs of the people being supported. Click link for further information and booking form [Events – Care Planning and Record Keeping for AWD Providers | Provider Hub](#)

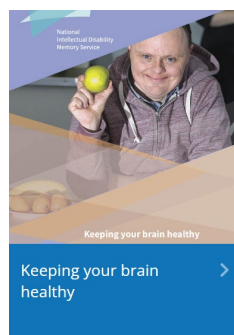
Do you Support Someone with Downs Syndrome?



Did you know they are likely to have Dementia, and at an earlier age to the rest of the general

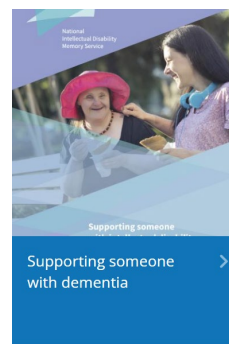
population. The Downs Syndrome Association has collaborated with Dr Karen Dodd to produce a detailed workbook focussed on supporting an adult before and during Dementia. It is suggested that you download and complete one workbook for each individual who has Downs Syndrome, as everyone will have a unique experience with Dementia.

In addition, they are promoting an easy read document entitled Keeping your brain healthy and a document called Supporting someone with Intellectual Disability and Dementia



[Supporting someone with Intellectual Disability & Dementia](#)

[Keeping your brain healthy](#)



Training Opportunities for Domiciliary Care Agencies

The below training courses **are all virtual sessions.**

Care Planning

This two-hour session is designed to equip health and social care staff the skills and confidence to deliver high quality person-centred care that meets the diverse and holistic physiological, psychological, social and educational needs of individual service users.

Date & Times

January 14th 10am -12pm

February 3rd 10am -12pm

March 3rd 2pm-4pm

Quality Innovation Newsletter

Issue 59 December 2025

MCA & DoLS for Domiciliary Care

The Mental Capacity Act 2005 governs decision-making on behalf of adults who may not be able to make their own decisions. This two-hour session will provide delegates with the under-pinning knowledge of how to apply MCA and DoL safeguards within health and social care setting.

Date & Times

January 21st 10am -12pm

February 11th 10am -12pm

March 10th 2pm-4pm

Personal Care Strategies

Personal care is a central role of the Carer, and it is important that personal care is carried out professionally and with compassion, sensitivity and diligence. This two-hour course will give participants the knowledge, skills and confidence to make a positive difference to people's sense of self and dignity

Date & Times

January 28th 10am -12pm

February 25th 10am -12pm

March 18th 2pm-4pm

To book a place on any of the sessions please email your details to Quality.innovation@essex.gov.uk

Safety in Care for Domiciliary Care

This one-day training course will equip you with knowledge, information and essential skills to protect yourself in the community and in doing so enhance your confidence and wellbeing.

The course will cover:

- Reflecting upon the real issues around personal safety and wellbeing
- Identifying the potential sources of 'danger'
- The importance of being vigilant, trusting your intuition
- Assessing the environment
- Monitoring suspicious activity, how to act, what to do
- Understanding stalking – what it is – how to recognise
- Keeping safe – actions to take
- Conflict escalation
- Dealing with difficult situations
- Reporting and documenting concerns
- Duty of Care, Employer Policies & Procedures
- Using technology and social media safely
- The importance of debriefing after an incident
- Creating action plans for implementation

4th March 2026, 9.30am to 4pm, Chelmsford

Who should attend? Anyone who works in the community who wants to feel and keep safe.

To book email quality.innovation@essex.gov.uk

Quality Innovation Newsletter

Issue 59 December 2025

Kilkee Lodge achieves Veteran Friendly Accreditation



Congratulations to Kilkee Lodge Care Home who have successfully completed the Veteran Friendly Framework to become an accredited Veteran Friendly Care Home.

They shared with us the process explaining, they had to complete 8 standards to become accredited, which at times were very challenging. The home was allocated a mentor who they met with every two weeks via a video call who guided them through the process.

They had a three-month period to work through all eight standards. One area of focus was to identify residents who were entitled to 'veteran status' through either being in the armed forces, being a spouse of someone in the armed forces or who had done national service for at least a day, they have already identified 30 of their residents who fit these criteria and they suspect they will have more.

These residents now have veteran status with poppies on their doors and the details of the armed forces they were in.

Marie, Activity coordinator at Kilkee Lodge told us

'It was a privilege to hear their stories and how humble they are about what they did and achieved.

We liaised with our GP surgery, local NHS champion and many charities, we then realised that there was a lot of help there for our residents when they need it.

We have built up a rapport with many groups thanks to the veteran framework. Our manager signed the armed forces covenant as part of the accreditation and the employee's recognition scheme.

We have and are continuing to do training regarding veterans and have been on the NHS armed forces champions course, we're also organising our first community veteran coffee afternoon, which will become a monthly event. It was a privilege to complete this and become a veteran accredited home and to be able to honour our homes residents'

We know a few Care homes across Essex are now enrolled and working towards becoming Veteran Friendly Accredited, if you would like to find out more, please see

<https://veteranfriendlyframework.org.uk/>

Quality Innovation Newsletter

Issue 59 December 2025

Christmas Poem

by Sue Smith, Manager Cherry Wood Grange

Let's start with a Christmas cheer!

With mulled wine or a cherry wood beer!

BBC Essex turning on the lights!

Oh just look at these festive sights!

Children and penguins having a treat!

Oh my goodness it's just so sweet!

Christmas is coming that's for sure!

At Cherry Wood we will give you so much more!

Snow machines and backdrop too!

To capture memories to last all year through!

Rejoice together and let's say a prayer, for those
past and present to show we care!

Happy Christmas wishes to everyone! we hope you
have lots of fun!



Your Good News Stories

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

Quality.innovation@essex.gov.uk

Eligibility

All 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.



From all of us in the Provider Quality Innovation Team, we wish you a very Happy Christmas and look forward to working with you in the New Year!

Lesley, Jenny, Echo, Stacey, Karen, Imelda, Theresa, Jamie, Jan, Kris and Caroline.

