

Quality Innovation Newsletter

Issue 46 October 2023

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/

Care Workforce Training Fund

If you have ECC funded residents you may be able to claim back the hourly pay of your staff to attend training organised by the Provider Quality Innovation team, this is a limited time fund which runs from the 1st September 2023 to 31st March 2024.

Further information, criteria and the claim form can be found via the link below

<https://www.essexproviderhub.org/quality/quality-innovation-team/care-workforce-training-fund/>

For further support and guidance on the training fund please contact: careworkforcetrainingfund@essex.gov.uk

A list of current training can be found on the Provider Quality Innovation section of the care provider hub;
<https://www.essexproviderhub.org/quality/quality-innovation-team/current-programme-of-training-and-events/> this is regularly updated as and when new training opportunities are added.

A booking system is in place for all training sessions and a named staff member must be booked on prior to the start of the session, this is to ensure maximum delegate numbers are not exceeded. The Provider Quality Innovation team manages all bookings and can be contacted via quality.innovation@essex.gov.uk

Domiciliary Care Training Opportunities

MCA & DoLS Training - Virtual.

The Mental Capacity Act 2005 governs decision-making on behalf of adults who may not be able to make their own decisions. This bite-sized workshop will provide delegates with the under-pinning knowledge of how to apply MCA and DoL safeguards within a domiciliary setting.

Wednesday 11th October 2-3pm

Tuesday 17th October 2-3pm

Healthcare Management Sessions - Virtual

These 2hr virtual sessions look at the aspects of Catheter Care Management, Stoma Care and Pressure Areas, exploring what they are and how to deliver personal care and support.

Stoma Care – 9.30am, 12th October 2023

Pressure Care – 12:00 noon, 12th October 2023

Sepsis – 2pm, 12th October 2023

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End of life Care Awareness – Domiciliary Care

In person training

This course will view end of life care on 2 levels: -
The individual whose condition means that they are likely to die within the next year-The individual who is likely to die within the coming days and hours.

You may choose from one of two session times

9.30am – 12.30pm **OR** 1pm -to4pm on the dates below.

- 31st Oct 2023, Colchester Football Stadium
- 7th Nov 2023, Hamptons, Chelmsford

Peg Feed Training In person training

This course is aimed at all Domiciliary care staff who are responsible for the day-to-day care of an individual with a PEG in situ. The course will raise awareness and increase knowledge of PEG including administering medication and feeds. The course includes a practical session on a manikin.

You may choose from one of two session times

10am – 1pm **OR** 13.30 -16.30 on the dates below.

- 19th Oct 2023, Zinc Arts, Ongar

To book/ attend any of the above domiciliary care training sessions please email Quality.improvement@essex.gov.uk ensuring you specify the course, date, and session time.

Women in Leadership - Virtual.

These workshops are designed for women in management positions who wish to increase their impact and influence by developing the critical leadership skills for success and addressing the barriers that women face in management and leadership roles. The overarching themes that run through the programme are: self-awareness, self-management and self-development.

The sessions are one hour in duration and will be delivered via MS Teams. The content of the course will cover:

- Reflecting on your journey
- Identifying barriers to women in leadership
- The CBT model for overcoming barriers to management and leadership.
- Role models – pinpointing the behaviours for success.
- Identifying personal strengths and development areas
- Next steps: Personal action planning

9th November 2023 – 10.00am to 11.00am

14th November 2023 – 10.00am to 11.00am

22nd November 2023 – 10.00am to 11.00am

6th December 2023 – 10.00am to 11.00am

To book email Quality.improvement@essex.gov.uk

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OT Bitesize Sessions **Virtual**

The Provider Quality Innovation Team's Senior Occupational Therapist, Caroline Robinson is holding virtual bitesize training sessions for all care staff from both Residential Care Homes and Domiciliary Care Agencies. The sessions are 2hrs in duration and cover the following topics;

Falls prevention, strength, and balance –

- 24th Nov 10am to 12pm.

Postural positioning 24/7

- 18th Oct, 1pm to 3pm

Bed safety - considerations, risk assessments and equipment

- 3rd Nov, 10am to 12pm

Enabling meaningful activity

- 15th Nov, 1pm to 3pm.

OT Monthly Advice Clinic

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

2nd Wednesday, every month, 10am to 11am

To receive the link email

quality.innovation@essex.gov.uk

Manual Handling with Dignity Protocol - Workshops

The manual handling with dignity protocol was launched earlier this year for external providers as well as internal Adult Social Care staff. Facilitated by Senior Occupational Therapists, this workshop provides an opportunity to understand how the protocol can support your manual handling practice as well as a forum for discussion, learning and development in manual handling people with dignity.

The morning session, 9.30am to 12.30pm is for Residential Care homes/Nursing Homes and the afternoon, 12.30 to 3pm is for Domiciliary Care Agencies

Refreshments will be provided during breaks, tea/coffee, cakes and pastries will be served from 12-12.30pm.

West Essex 19th October 2023, Epping Upper Clapton RFC, Upland Road, Thornwood, CM16 6N

Mid Essex 2nd November 2023, Hamptons Sport & Leisure, Tydemans, Chelmsford, Essex, CM2 9FH

South Essex 30th November 2023, Wat Tyler Country Park, Pitsea Hall Lane, Pitsea, Basildon, Essex, SS16 4UH

North Essex 7th December 2023, Colchester United Football Club, United Way, Colchester, Essex, CO4 5UP

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

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End of Life Care Study Days

St. Helena Hospice is running End of Life care training for **Residential Care homes in North-East Essex**, this training is fully funded.

The study day is for care staff or HCA's who work in Care Homes in North-East Essex only.

End of Life Care in the last year of life (3 hours).

The morning session will explore what end of life care is and the principles of Advanced Care Planning, holistic care, what is good communication and why it is so important.

Palliative care in the last days of life (3 hours). The afternoon session will explore how to recognise when a person is in the last days of life, the management of the most common symptoms and when "just in case" medications may be required, what is meant by a "good death" and how to provide dignified care after death, Explore and reflect on building self-care and resilience.

Dates

- 13th Oct, 9.30am to 4.30pm, Clacton
- 8th Nov, 9.30am to 4.30pm, Clacton
- 1st Dec, 9.30am to 4.30pm, Colchester

Both the morning and afternoon session should be attended, lunch will be provided.

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

End of life Care training - One Chance to get it right.

For **Residential Care Homes in Mid, South and West Essex** we are holding End of life Care training that is based upon the findings from the Leadership Alliance for the Care of Dying People 'One Chance to get it right' report.

This course will view end of life care on 2 levels: -

The individual whose condition means that they are likely to die within the next year-The individual who is likely to die within the coming days and hours.

18th Oct 2023, 9.15am to 4.30pm, Harlow Town Football Club, Harlow

Lunch and refreshments will be provided.

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

Continuous Improvement Methods PROSPER Community of Practice

The Prosper Community of practice will explore continuous improvement methods and tools which can easily be used in the care setting to address problematic areas. It is also an opportunity to learn how other homes have introduced quality improvement methodology and gain valuable peer insight.

12th October 2023, 9.30pm to 12.30pm (with lunch until 1.30pm) Colchester Football Stadium

To book email prosper@essex.gov.uk

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Introduction to Common Conditions

The introduction to common conditions training, for **Residential Care Home Staff**, is live online training provided by a consultant occupational therapist, these 1hr courses provide a brief overview of systems impairments for the different common conditions you may come across.

Systems impairments are a term of generalised impairments that can occur for a myriad of reasons but have a common impact to a person's daily life and care including

- A person's general care needs
- Manual handling
- Personal Care
- Hoisting needs
- Positioning needs
- Environmental needs

Chronic Cardiac Conditions - Virtual

30th October 2023, 1pm to 2pm

Respiratory Impairments - Virtual

3rd November 2023, 9am to 10am

Stroke and TBI - Virtual

20th October 2023, 9am to 10am

17th November 2023, 9am to 10am

Epilepsy - Virtual

23rd October 2023, 1pm to 2pm

20th November 2023, 1pm to 3pm

Parkinson's Disease - Virtual

27th October 2023, 9am to 10am

24th November 2023, 9am to 10am

Introduction to Chronic Impairments

The introduction to Chronic Impairments training, for **Residential Care Home Staff**, delivered by a consultant occupational therapist, are introduction courses that provide an overview of chronic impairments that can be present in many different conditions encountered by care and community services

Chronic Impairments refers to symptoms experienced by people that do not resolve with treatment or as a result of the healing process. These impairments have a significant and highly negative impact on a person's function and overall wellbeing.

These courses provide:

- Overview of Impairment
- The difference between Acute and Chronic
- General Management strategies
- Specific Intervention
- Care Implications
- Additional Support strategies

Managing Pain - Virtual

6th November 2023, 1pm to 3pm

Managing Anxiety - Virtual

13th October 2023, 9am to 11am

10th November 2023, 9am to 11am

Managing Confusion - Virtual

16th October 2023, 1pm to 3pm

13th November 2023, 1pm to 3pm

To book places on any of these courses please email quality.innovation@essex.gov.uk

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Equality, Diversity & Inclusion training

This course is aimed at Residential Care Home staff.

This 2hr virtual session on Equality, Diversity and Inclusion will cover:

- understanding diversity, equality and inclusion
- the case the valuing diversity: legal and moral
- attitudes towards differences
- understanding our rights
- our responsibilities towards equality
- discrimination versus fair treatment
- LGBTQ+ awareness
- unconscious bias
- policy and procedures
- promoting equality and diversity
- creating a positive culture of equality and diversity
- action planning for equality and diversity

Dates

Tuesday 7th November 2pm – 4pm

Tuesday 21st November 2pm- 4pm

Thursday 7th December 2pm- 4pm

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

Cultural Diversity training

This course is aimed at Residential Care Home staff. This 2hr virtual session on Cultural Diversity will cover:

- understanding 'cultural diversity' and 'multiculturalism'
- understanding 'cultural competence'

- the link between cultural diversity and legislation
- understanding the value and importance of multiculturalism - benefits
- culture and identity - what it means to be 'me.'
- looking at various cultures - language, traditions, celebrations, end of life etc
- embracing and promoting cultural diversity
- action planning for equality and diversity

Dates

Thursday 9th November 2pm - 4pm

Tuesday 28th November 2pm - 4pm

Wednesday 13th December 2pm- 4pm

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

PROSPER Champions Days

The Prosper team are busy planning the Spring 2024 Champion study days, as always, the days will be interactive, educational and a great opportunity to connect with other homes on the project.

Dates

Wednesday 7th February 2024

Tuesday 13th February 2024

Thursday 15th February 2024

Thursday 29th February 2024

Thursday 7th March 2024

Look out for the December edition of the newsletter for venues.

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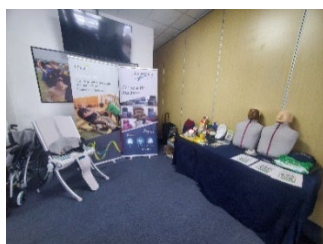
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Aspiration Pneumonia Event

On 27th September we held an event at Colchester Stadium focussed on Aspiration Pneumonia, how to prevent it and manage the effects. Respiratory failure remains the leading cause of death for people with a learning disability, both in Essex and nationally, which made it a priority for a learning opportunity. 128 people attended the event which had been opened to family carers. We started with a film made for us by the In Production team at City of Chelmsford Mencap and then some opening words from Tracey Brennan who is the Senior Manager for LeDeR for the Eastern region.



Health colleagues including speech and language therapists, dietitians, physiotherapists, occupational therapists, and community dental services all supported with presentations and workshops. They also contributed to the marketplace, alongside various company reps.



Born at the Right Time and Simple Stuff Works delivered a presentation and workshop focussed on the importance of good postural seating.

On a practical level we had a demonstration from Green Cross on how to assist someone when choking, especially if they are in a wheelchair.



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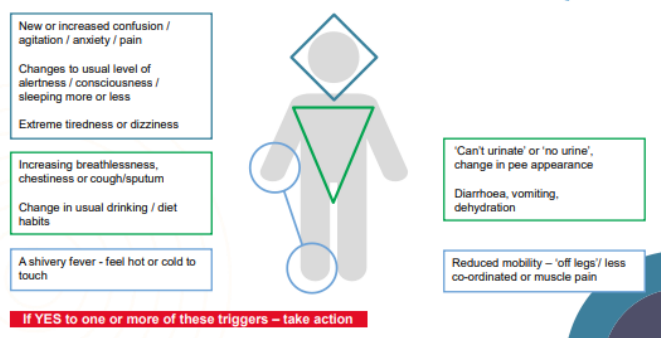
The CQC has announced they will commence the roll out of the Single Assessment Framework from November 2023 for adult social care providers. Ensure your service is prepared by exploring recommendations, practical examples and resources covering the 34 new Quality Statements in the Skills for Care inspection toolkit <https://www.skillsforcare.org.uk/Support-for-leaders-and-managers/Good-and-outstanding-care/inspection-toolkit/Inspection-toolkit.aspx>

Rapid Induction and Essential training

Fully funded essential training is now available via the **Skills for Care website** and includes rapid induction, refresher training and a volunteer programme. Employers can choose from six endorsed providers who have been awarded grants to deliver the training within this financial year. Three packages of learning are available. The rapid induction programme (aimed at new staff), refresher training (aimed at existing staff) and a volunteer programme which was set up as a Covid-19 response and will be discontinued at the end of the financial year. Funding remains available this year and you're encouraged to sign learners up and complete the funded training. Completion of training and our reimbursement to learning providers will need to be delivered within this financial year. <https://www.skillsforcare.org.uk/Funding/Essential-training/Essential-training.aspx>

Help to spot the signs when a person becomes unwell.

Find out if the person you're supporting is feeling unwell



Restore2 Mini for Carers tool offers a practical, user-friendly approach to support carers in monitoring and recognising changes when a person becomes unwell. By using this tool, carers can enhance the quality of care, promote early intervention, and effectively communicate with healthcare professionals, resulting in improved outcomes and wellbeing for people supported. The tool is intended to be used by carers, where the care and support is being undertaken by a paid or unpaid carer, a care worker, a personal assistant, or support worker.

Find out more via the Skills for Care website. <https://www.skillsforcare.org.uk/Developing-your-workforce/Care-topics/Spotting-the-signs-when-a-person-becomes-unwell/Spotting-the-signs-when-a-person-becomes-unwell.aspx>

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Registered Nurses CPD Conference

The CPD conferences for Registered Nurses working in Nursing Homes are back in 2024 and are open to all registered nurses from Nursing Homes and or agency nurses who work in Nursing Homes in the Essex County Council Local Authority area.

Dates & Venues

30th January 2024, 09:00 – 16:30, Colchester Football Stadium

27th March 2024, 9.00 – 16.30, Hamptons Sport & Leisure Centre, Chelmsford

Workshop sessions will include participatory elements which can be used as evidence for re-validation of registration.

Attendees will be able to choose 4 out of 6 workshops.

- Tracheostomy
- IV Cannulation
- Stoma Care
- PEG Feed
- Nutritional Supplements/ Dysphagia
- NMC Code of Conduct/ Validation of registration

To book email quality.innovation@essex.gov.uk stating the date and the 4 workshops you want to attend.

Positive Behaviour Support: AWD

PBS Informed Course

This CPD Accredited training will cover

- Key Components of PBS
- Importance of Proactive Support
- Focusing on quality of life
- Reducing Restrictive Practice
- Coproduction

12th Oct 2023, 9.30 am to 4.30pm, Chelmsford.

2nd Nov 2023, 9.30 am to 4.30pm, Chelmsford.

Email quality.innovation@essex.gov.uk to book

Sepsis Awareness for AWD Providers

This virtual training will cover:

- Definition of Sepsis
- Who is at Risk
- Causes of Sepsis
- The Physiological effects of Sepsis
- How to recognise Sepsis
- Signs and Symptoms
- How to treat Sepsis

18th October 2023 – 9.30am to 11.30am

8th November 2023 – 2.30pm to 4.30pm

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

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Essex Year of



Essex Year of Numbers – Cricket 4

Numbers Project

We are looking for expressions of interest to be involved in a new project called **Cricket 4 Numbers**, this is part of the Essex Year of Numbers programme which aims to support children and young adults to improve their numeracy skills.

The Cricket 4 Numbers project involves Care home residents & staff, School Children and/or youth groups coming together to play Table Cricket and Clock Cricket. These games involve numeracy skills, keeping track of scores, adding and subtracting whilst having fun playing the game. The Table Cricket equipment will be provided for care homes to use and each home will receive a facilitated session of Clock Cricket.

Participating Care homes will link up with a School or youth group and invite them to play Table Cricket with residents at the care home, encouraging intergenerational activities whilst supporting numeracy skills at the same time.

Click [here](#) to register your expression of interest

Table Cricket is an adapted version of cricket that is played on a table with teams of six taking it in turn to bowl or bat. A game of strategy with different scoring zones and carefully positioned fielders around the table, bowlers use a ramp to deliver the ball to the batter who has to hit the ball into the scoring zones, avoiding the fielders if they can!

Clock Cricket is a fantastic fun-driven game that can pit individuals up against the rest of the group, or can be played in teams. It's a simple format, played indoors and in the comfort of your lounge chair! Safe soft equipment, the game uses the surroundings to evolve the scoring!!

www.clockcricket.co.uk

Magic Moments Workshops

If you would like more ideas on how to incorporate Art activities in your care home, we have some creative workshops coming up in the New Year.

Working with Magic Me, who pioneered intergenerational art projects in care settings, the workshops will be run by artists who have created sensory based activities with care home residents and staff. They will showcase the learning from their work and provide lots of ideas of how to support everyone's right to creative expression through sensory based arts.

Workshop dates

- 28th Feb 2024, 9.30am to 3.30pm, Chelmsford
- 6th Mar 2024, 9.30am to 3.30pm, Colchester
- 13th Mar 2024, 9.30am to 3.30pm, Epping
- 20th Mar 2024, 9.30am to 3.30pm, Basildon



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Culture day at Dudbrook Hall

Earlier in the summer Activities Lead, Maria realised what a multi-cultural group there was amongst residents and staff currently at Dudbrook Hall and thought it would be a nice idea to celebrate this with a Culture Day.



Different cultures were demonstrated by people wearing traditional clothes, traditional music and dances, and of course, food and drink from different cultures. Staff member Lauren said, "It was such an amazing afternoon for our residents and staff, who all loved Culture Day."

Dudbrook Hall residents choose their experience.

Maria (Dudbrook Hall Activities Lead) has also been asking residents what 'experience' they would choose if they could try anything, and then trying to provide that 'experience' for the resident. She was seriously challenged by Shirly and Margaret, aged 90 and 95, who both said ice-skating, and Iris, Maureen, and Joyce, who wanted a bike ride. However, Maria rose to the challenge, and as you

can see from the photos everyone had fun with their chosen 'experience.'



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Cheviot Nursing Home resident becomes author.



Linda Bransgrove resides at Cheviot Nursing home used her creative talents to pen a murder novel during the Covid lockdowns. Linda had the plot of her story buzzing in her mind but unable to handwrite at the time had the added challenge of learning how to use a computer, luckily some of her fellow residents were able to support her with this. The finished result 'The Assasian' has now been published and Linda is already thinking about a sequel to her debut novel! Well done Linda on your amazing achievement!

Belmont Lodge Football Fever

Residents at Belmont Lodge Care Home in Chigwell cheered on their heroes right from the start of the tournament. They all huddled around the Television to watch the semi-finals as they played a superb performance.



From the start of the tournament residents enjoyed cheering on England's Lionesses with a pint in hand and a song in our hearts! And again, on the day of the final they watched with pride in a 'proper pub atmosphere.' Residents enjoyed sharing their words of wisdom for the Lioness ladies.

www.gazette-news.co.uk Thursday August 24, 2023 Gazette 31

69-YEAR-OLD CARE HOME RESIDENT GETS HER MURDER NOVEL PUBLISHED

'I wrote novel in lockdown'

A CARE home resident who decided she was going to write a novel during lockdown has now published the finished article.

Linda Bransgrove, a 69-year-old resident at Cheviot Nursing Home in Park Road, Colchester, had the plot of her novel - titled 'The Assasian' - in her head before trying to put the words on a page as quickly as she could.

She said: "I knew where the story was going - I knew the beginning, the middle, and the end. I couldn't write it fast enough because I knew where I wanted to take it."

The plot follows Robert, a murder witness, having seen the killing take place, he becomes the target for an assassin and has to evade those coming after him.

Unable to handwrite at the time her head was bursting with ideas, however, Ms Bransgrove had to keep the story in her head before she enlisted the help of her fellow care home residents who helped her get to grips with a word processor on a computer.

"It took quite a lot of time," she said. "There are a few people who know the ending because they were helping me with the computer."

By DANIEL REES

"We had a lot of trouble with the spell checker because I set it in American, and the UK spell checker was going nuts."

"I've never used Word before, so it took me a while to master it, but I can use it more or less now."

Though there is an undoubted convenience involved in using a word processor for a long piece of writing, that ease of use isn't for everyone. One drawback for Ms Bransgrove, for example, involved being unable to scratch up a physical piece of paper and start over.

She said: "I'm used to using a typewriter and having a physical piece of paper in front of me and tearing it up if I don't like it, that was one of the things that was difficult - not being able to get rid of the things I didn't want."

Thoughts now turn to a possible sequel.

"The sequel will follow up the fantasy and what happens to them when one of them goes and does something quite dangerous - that's all I'm going to tell you," she added.

Copies of the book are on sale for £6 via www.belliescarehomes.org.uk/our-residents/authors.

Pen to paper - Linda Bransgrove had set out the novel in her head before writing it

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Cherry Wood Grange Art Exhibition

Residential Care home, Cherry Wood Grange held an Art Exhibition on Friday 6th October which showcased the amazing work of residents who are clearly very talented. The Mayor of Chelmsford attended, and everyone was impressed with the standard of work on exhibit. Cherry Wood Grange are also Finalists in the Great British Care Awards in the category of Putting People First! They will find out on 3rd November at the awards ceremony if they have won. Good luck to everyone at Cherry Wood Grange and fingers crossed!



Your Good News Stories

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

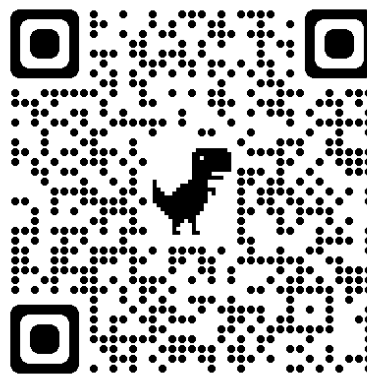
Quality.innovation@essex.gov.uk

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.

Provider Quality Innovation

For more information about Provider Quality Innovation and the training, events and initiatives we host please visit our pages on the care provider hub via the QR Code below or click on the link.



<https://www.essexproviderhub.org/quality/quality-innovation-team/>