

Welcome to our Innovation Newsletter, with information about opportunities available, training and events. Essex County Council has recently launched their new Essex Provider Hub. All our events are listed on the website where you will find further details of how to book, please see;

<https://www.essexproviderhub.org/provider-hub-news-and-events/>

Essex Care Sector Awards 2022



The window for nominations has now closed and Judging for the Essex Care Sector awards has commenced! There have been 142 nominations across the 8 award category's, so competition is fierce. Those shortlisted will be invited to the Award Ceremony taking place on the 8th July 2022 at Cressing Temple Barns. Good luck to all the nominees.

Quality Innovation Programme

With the start of the new financial year the Quality Innovation team are busy organising events and training for the year ahead, we are always interested to know what you would find useful, email quality.innovation@essex.gov.uk with your suggestions.

PROSPER Community of Practice



The Prosper OP team are holding a face-to-face Community of Practice on the 9th June 2022, 09:30 – 13:00 at the County Hotel, Chelmsford. This is an opportunity for Managers, Deputies and Senior staff to network with other homes on the Prosper project, share experiences and learn about new ideas. There will also be a couple of guest speakers and a preview of some of the events we have planned for the year ahead. To book your places email prosper@essex.gov.uk

Prediabetes Information Session

Do you know what Pre-Diabetes is? Are you, your family or your residents at a higher risk of developing Type 2 Diabetes?

To learn about prediabetes, how to find out if you are at risk and how you can help others reduce their risk, book onto these 30min virtual sessions.

Due to the funding source these sessions are only open to Care homes in North-East Essex (Colchester/Tendring).

Tues 7th June 15:00-15:30

Wed 8th June 11:00 – 11:30

Tues 14th June 19:00- 19:30

Thurs 15th June 12:00 noon-12:30

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



My Home Life - Bite Size



We have commissioned My Home Life to deliver monthly bitesize workshops

designed to help enhance your care home leadership. Each month a topic, that has been identified by care home managers as being important, will be explored. The sessions are virtual and last 1hr.

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.

What's involved?

Taking place on the first Friday of each month, to book simply click on the link below and join My Home Life England and hear insights from practice and research. Its free for anyone to join! Informal and welcoming

Click on:

<https://www.eventbrite.com/e/essex-bitesize-tickets-306354403267> and book tickets for any of the dates you wish to attend.

Session 1: Friday 29th April @10am:
"Is it time to rebuild our community links?"

Session 2: Friday 27th May @10am:
"How can I better support my team to get back some of their mojo?"

Session 3: Friday 24th June @10am:
"Recruitment- anyone got any ideas?"

For more information about My Home Life England: www.myhomelife.org.uk / mhl@city.ac.uk

NEW! Senior Staff Development Programme - Pick and Mix Bitesize Sessions

Following feedback at the Provider Forums we have organised virtual bitesize sessions for Senior Care staff to support the development of their Leadership and Management skills.

There are 15 topics and 4 dates to choose from for each topic. Your Senior Staff can pick and choose the sessions they feel would be most beneficial to their own development or they can attend all 15

All sessions are Virtual and start at 2pm, lasting 1 hour and are open to all services.

Topics covered include:

- The Role of the Manager
- Emotional Intelligence
- Management Styles
- Flexible Communication Styles
- Assertive Communication
- Supervision
- Team Building
- Motivating the Team
- Building Resilience
- Having Difficult Conversations
- Conflict Management
- Dealing with Poor Performance
- Managing Change
- Influencing Skills
- Mental Health First Aid - Introduction

For the full programme dates and booking form email quality.innovation@essex.gov.uk



New Virtual OT Bite Size Care Provider Programme

The Provider Quality Team's Senior Occupational Therapist has updated and added new **fully funded** bite sized training sessions for care providers. Training is delivered by our OT and PROSPER team and is completed virtually via Microsoft Teams. These sessions are open to both Residential Care homes and Domiciliary Care Agencies.

There are various dates/times available for each topic covered which includes:

- ❖ Enablement and Meaningful Activity Planning
- ❖ Falls Prevention, Strength and Balance
- ❖ Safer Handling Awareness
- ❖ Manual Handling Risk Assessment and Plus- sized Handling
- ❖ Postural Positioning 24/7 – including End of Life Postural Positioning
- ❖ Bed Safety – considerations, risk assessments and equipment
- ❖ Wellbeing for Staff and those we care for.

Please note: this is not moving and handling training and does not replace your mandatory training you need to provide for your staff, these sessions are designed to enhance understanding with additional knowledge.

Email Prosper@essex.gov.uk or quality.innovation@essex.gov.uk for the full programme dates and booking form.

Find Your Active Workshops



We have another opportunity for Activity Coordinators to attend our popular Find Your Active Workshops.

The fully funded workshop includes sessions by Move it or Lose it, who will give you simple tips on how to assess whether your residents are able to do standing exercise or need support or to be seated. Active Essex will guide you through Chair Yoga and our Senior OT will give lots of information and ideas on meaningful activity and range of movement.

The workshop sessions include ideas for activities for all abilities, whether that is just a slight movement of a sparkly pom pom, to music dance sessions, or a full game of Boccia, any kind of activity gives enormous benefits to residents.

Attendees will be given equipment to take back to their care home, including floor basketball, pom poms, dance ribbons, rainbow parachute and Boccia sets.

15th June, 10:00 – 13:00 Great Bromley
22nd June 10:00 – 13:00 Chelmsford

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

Person Centred Care Planning for Domiciliary Care Agencies

These sessions are aimed at frontline workers who may have the responsibility for following care plans.

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

- Person-centred care in context: CQC priorities, CCG and ECC.
- Understanding holistic person-centred care
- The benefits of a person-centred approach to care
- Understanding and promoting the principles that underpin person-centred care:
- Identifying and promoting holistic person-centred needs
- Maintaining professional records that demonstrate a person-centred approach
- Action planning

Session Dates/Times

3rd May 2022, 12:00 – 13:00

12th May 2022, 14:00 – 15:00

16th May 2022, 12:00 – 13:00

17th May 2022, 14:00 – 15:00

26th May 2022, 12:00 – 13:00

31st May 2022, 14:00 – 15:00

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

Domiciliary Care Community of Practice

We are holding our next Community of Practice for Domiciliary Care Agencies on the 8th June, 10:00 – 12:00. This will be a virtual meeting and is aimed at Managers, senior staff and in house trainers. The Community of Practice is an opportunity to network, learn about upcoming events and training and input into our programme of work for the coming year.

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

Dementia Study Day for Domiciliary Care Staff

We are holding a Dementia Study Day for Domiciliary Care staff on the **12th July 2022, 09:30 – 16:00**. Venue: Hamptons, Chelmsford

The day will consist of bite size sessions on the following topics:

- Dementia Interpreter – experiential learning on communication and interpreting behaviours.
- Person Centred Dementia Care
- Purposeful Practice
- Gert Suit Experience – simulating the effects of Ageing.

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



The Deteriorating Patient For Domiciliary Care Staff

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

- CQC Essential Standards of Quality and Safety, Safeguarding
- The Dignity Challenge
- The importance of effective observation
- The care planning process: assessment, planning, implementation and review
- How we observe
- What we observe
- The consequences of missing vital changes
- Recording observations and reporting concerns
- Action planning

Session Dates/Times

7th June 2022, 14:00 – 15:00

9th June 2022, 15:00 – 16:00

13th June 2022, 14:00 – 15:00

14th June 2022, 15:00 – 16:00

6th June 2022, 14:00 – 16:00

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

Behaviours that challenge including de-escalation techniques

This two-hour virtual workshop, aimed at Domiciliary Care Staff, has its' focus on Behaviour's that Challenge and how complex physical, cognitive and emotional factors associated with various conditions contribute to these behaviours occurring.

This highly practical workshop will help delegates to assess and begin to put plans in place to manage behaviours that challenge in a uniquely complex and demanding work setting.

Participants will have the opportunity to develop their skills and select practical strategies to help with the management of behaviour that challenges in a way that promotes dignity and safety for all.

The workshop will give you the confidence as well as a range of practical skills and techniques for managing behaviours that challenge in people and their family members with complex conditions in a positive and professional way

Date: 5th July 2022, 10:00 – 12:00

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



Dying Matters Week

2nd – 6th May 2022



Hospice UK's Dying Matters Awareness Week, 2-6 May, is our chance to get our community talking about dying and grief.

We want everyone to be **#InAGoodPlace** when they die – whatever that means for them.

Right now, we know that people are dying without the support they need. And we know that it's by talking, and by sharing stories, that we can remove the taboo and stigma that surround these topics.

Dying Matters Awareness Week is our chance to get talking, to share stories, and to call for end of life care for all.

Hospice UK have several downloadable resources on their website with top tips videos and online toolkits to help you to have those conversations.

Dying to talk: finding new ways to talk about death and grief.

On Tuesday 3 May at 4.30pm, Hospice UK are hosting an online conversation about how we shift the narrative around death and dying, talking about creative and alternative ways to get the conversation started.

For more information and to download the resources got to www.hospiceuk.org

Dementia Action Week



16th – 22nd

May 2022

Dementia Action Week is the Alzheimer's Society's biggest and longest running awareness campaign. Each year, they work with individuals and organisations across the UK to encourage people to 'act on dementia'. This year's campaign will run from 16-22 May and the theme is diagnosis.

This Dementia Action Week, the Alzheimer's Society want to encourage those who might be living with, or close to someone who might be living with, with undiagnosed dementia to:

- be able to understand and recognise potential dementia symptoms
- come to us for guidance and support
- feel empowered to take the next step
- improve the diagnosis process for both them and healthcare professionals.

For more information and ideas on how to get involved in Dementia Action week visit:

<https://www.alzheimers.org.uk/get-involved/dementia-action-week>



Diabetes Education Day

Diabetes is a disease that occurs when your blood sugar is too high. Blood glucose (sugar) comes from the food we eat and is processed by our bodies to be used to fuel our energy. This blood sugar is broken down by Insulin which we make in our Pancreas. If we don't make enough Insulin the extra blood sugar stays in our system and doesn't reach our cells. This can make us very ill and prone to infection, eye disease and poor circulation.

Diabetes is on the increase, partly as a result of the pandemic when many people gained excess weight but were limited in their opportunities to exercise.

For people with a learning disability, it can be a very complex condition to manage as it can include medication, injections, a strictly managed diet and regular checking your body for potential signs of damage due to poor circulation.

Working with Mid and South Essex Health & Care Partnership & Diabetes UK we organised a day for providers to attend along with the people they support, with the aim of sharing information about management of diabetes and general self-care and well-being.



Topics included diet, eye care, foot care, managing your diabetes and a myth busting session to answer some of the misnomers around the condition.

It was rounded off by a session from Sport for Confidence, getting us all active and proving exercise can be fun. We will be planning a second day in the summer so look out for your invitation.



Charlotte Brotherwood works for Mid & South Essex Health & Care Partnership and is setting up a Diabetes Champions Network for people with Learning Disabilities. The network has regular virtual coffee mornings where people can discuss how diabetes affects them, receive advice from professionals and generally get to know and support other people who are in the same situation.

Details future coffee mornings:

From 11am-12pm on
Wednesday 30 March
Wednesday 27 April
Wednesday 25 May
Wednesday 22 June
Wednesday 20 July
Wednesday 17 August

Scan the QR code to join



<https://tinyurl.com/dccncoffeemeeting>

For more details contact: cprccg.diabetesLDnetwork@nhs.net

Good News Stories!

Willowmead Charity Fundraiser for Ukraine

The team at Willowmead Care Home held a fundraising event on Saturday 26th March, whereby their Wet Sponge Challenge raised over £300 for the Ukrainian Crisis Appeal.



It was a perfect sunny day for residents and families to get involved by throwing wet sponges at the management team. Thanks go to all that took part, including Regional Manager Jonathan Johnson. Family, friends and residents had a great day, learning more about the people, culture and history of the nation, demonstrating their support for the humanitarian crisis.

Wendy Man, Manager at Willowmead, said: "My team wanted to show their support for all those affected by the conflict in Ukraine, so we decided to hold a fun event to raise money. It was a very special and emotional day, thank you to our residents, families and staff who got

involved. We are proud to have raised over £300 to help the people of Ukraine."

CEO Adrian Pancott commented: "Thank you to the Willowmead team, we hope that monies raised go some way towards making a difference to the lives of others in need."

If you have been affected by the situation in Ukraine, the Here for you service can provide psychological support

'Here for You' is a service set up by Essex Partnership University NHS Foundation Trust (EPUT) and Hertfordshire Partnership University NHS Foundation Trust (HPFT) offering psychological support services to anyone working in healthcare, social care, the voluntary sector or not-for-profit sector in Essex or Hertfordshire.

To view all their resources and support services please see [Home \(hereforyou.info\)](https://www.hereforyou.info)



Easter Fun at Belmont Lodge

Dawn Harrison, Activities Manager at Belmont Lodge has told us about how their Residents spent a lovely morning Home making and decorating chocolate nests cakes for Easter.

They mixed all the ingredients and then added them to cupcake cases, topping each one with little mini egg decorations. So sweet and yummy too!

They loved having music playing in the background while they crafted the cakes, with plenty of group conversation and laughter too. Such a fun activity.

Keeping with the Easter theme, they have been busy getting creative making their own Easter bonnets. Residents decorated their hats with bunnies, chicks and variety of different spring decorations.

With their fabulous assortment of themed bonnets completed, the residents will be participating in a collective parade over the Easter weekend, to showcase their creations and select a well deserved winner of their Easter bonnet competition.

“One of our ladies remembered making Easter bonnets when she was younger with her families, so she had a lovely time reminiscing about her past and getting stuck in.”

Your good news stories

If you would like to share your ideas or good news stories in the newsletter please email us at Quality.innovation@essex.gov.uk



Cherry Wood Grange recognised for End-of-Life Care Good Practice

Sue Smith, Manager of Cherry Wood Grange in Chelmsford, told us about how they have been given recognition by Farleigh Hospice for their End-of-Life Care.

“I am so proud of my Cherry Wood Grange Team for being chosen by Farleigh Hospice regarding the excellent care practice for our end-of-life patients.

Joanne Director of nursing was filmed with our nursing team during interviews and discussions surrounding best practices.

It's great that Cherry Wood Grange have been recognised for their outstanding end of life care practices and it's so rewarding to be working alongside the professional and caring Farleigh Hospice Team.

Thank you to everyone” ❤️



Poetry Corner

Poem by Sue Smith, Manager
Cherry Wood Grange

“I was inspired to write this poem after my mum told me my late father brought and planted a Willow Tree on her birthday 30 years ago”.

The Weeping Willow Tree

I'm sitting in the garden and what do I SEE, lots of flowers, birds and a beautiful weeping willow TREE!

This willow tree is special, it was planted just for ME, 30 years ago it was tiny, now it towers over ME!

It brings back memories through the seasons, it's a tree I ADORE, my late husband planted it, I couldn't have wished for MORE!

I've watched the willow tree grow and the leaves flickering in the SUNLIGHT, I always think of you my darling, when I say GOODNIGHT!

I feel you're still around ME, when I sit beneath the tree, the shadows and the memories fill me with GLEE!

I close my eyes and I feel you, I know your presence is THERE, this is more than just a willow tree, it takes away my DESPAIR!

Until we meet again my very true LOVE, I'll always admire the willow tree and watch the turtle DOVE!

The turtle doves nested in our special WILLOW TREE, that's just such a lovely tribute to YOU and ME! ❤️