

**Welcome** to the Quality Innovation Newsletter, with information about opportunities available, training and events. All our events are listed on the Essex Provider Hub Events page where you will find further details of how to book, please see;

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

## PROSPER Champion



### Study Days

The Prosper OP team are holding 5 Champion Study Days. The days are open to Care homes who are part of the Prosper project.

The Study days will include sessions on: Urinary Tract Infections, Ecoli and Hydration, Falls prevention with a session run by our Occupational Therapist, Pressure Ulcer care and a fun session on team building and the differing characteristics and perspectives of a team which can add a vital contribution to your homes Prosper journey.

This year we are bringing the Study Days right to your doorstep with sessions in the heart of Clacton and Maldon, as well as Colchester, Basildon and Ongar.

13<sup>th</sup> Oct, 10:00 – 16:00, The Swan, Maldon

14<sup>th</sup> Oct, 10:00 – 16:00, Colchester

18<sup>th</sup> Oct, 10:00 – 16:00, Princes Theatre, Clacton

20<sup>th</sup> Oct, 10:00 – 16:00, Zinc Arts, Ongar

10<sup>th</sup> Nov, 10:00 – 16:00, Wat Tyler, Pitsea

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

If you would like to be part of the Prosper project or to find out more information please visit;

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

## QUIZ Afternoons

Following popular demand, the Prosper OP team are hosting two Quiz afternoons for your residents and staff to enjoy.

Halloween Quiz

Friday 28<sup>th</sup> October, 14:30 – 15:30

Christmas Quiz

Monday 19<sup>th</sup> December, 14:30 – 15:30

To book your place on the Quiz afternoons email [prosper@essex.gov.uk](mailto:prosper@essex.gov.uk)

## Prosper Skills Network

The Prosper OP Team recently introduced a new series of bitesize 'Prosper Skills Network' sessions, each session focuses on a different topic e.g., Falls Prevention, Pressure Ulcers, UTI's, Nutrition/Hydration and Oral Healthcare.

The sessions provide not only information but demonstrates the Prosper toolkit explaining how these can be used to support improvement initiatives and links everything to the methodology that underpins Prosper.

The Prosper team can come out to your care home and deliver these sessions to your staff.

Email [Prosper@essex.gov.uk](mailto:Prosper@essex.gov.uk)



## Registered Nurses CPD Conference

The CPD conference for Registered Nurses working in Nursing Homes is back as a face to face event and is 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.

**24<sup>th</sup> November 2022, 09:00 – 16:30, Colchester Football Stadium**

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 5 workshops;

- Venepuncture Practical
- Catheterisation Male/Female Practical
- Syringe Driver Practical
- Wound Care
- Care Planning

To book email [quality.innovation@essex.gov.uk](mailto:quality.innovation@essex.gov.uk) stating the workshops you want to attend.

## Mental Health First Aid

We have another cohort of the Mental Health First Aid training for Managers and Senior staff.

**Thursday 17<sup>th</sup> & 24<sup>th</sup> November & 1<sup>st</sup> & 8<sup>th</sup> December 2022.**

Each session will run between 9am to 1.30pm. Attendees must attend **all four sessions** to receive their certification.

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

## Here for You Workshops

We have teamed up with EPUT's Here for You Service to offer short workshop sessions for you and your staff. There are two dates available and 3 session times to choose from.

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

### Dates:

**29<sup>th</sup> November 2022** – Hamptons Sport & Leisure Centre, Chelmsford

9:30 – Stress Management

11:30 - How to stop struggling - Using acceptance and values to find a way of forward

13:45 - Resourcing Building: Support in challenging situations

**2<sup>nd</sup> February 2022** – Colchester Football Stadium, United Way, Colchester

09:30 - Coping with difficulty – how psychological flexibility can help.

11:30 - The Three Systems model: A model for all of us

13:45- Resourcing Building: Support in challenging situations

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



## Imagination Gym

We have another two opportunities 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

**1<sup>st</sup> & 2<sup>nd</sup> December 2022**, 09.30 – 16:30

**26<sup>th</sup> & 27<sup>th</sup> January 2023**, 09:30 – 16:30

Venue: Earls Colne CO6 2NS

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

## Best Practice Webinars for Care Homes



We have commissioned My Home Life to deliver a series of monthly workshops exploring the Best Practice themes of the My Home Life ethos.

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

The workshops are informal and welcoming – We are confident you will pick up a few things that could help! For more information about My Home Life visit [www.myhomelife.org.uk](http://www.myhomelife.org.uk)

Virtual Workshop Dates:

### **Best Practice: Promoting voice, choice and control in Care Homes**

**28<sup>th</sup> October 2022, 10:00 – 11:00**

Focuses upon the best practice theme of 'Sharing decision-making' for those living, working and visiting care homes.

### **Best Practice: "Creating a person-centred Christmas**

**25<sup>th</sup> November 2022, 10:00 – 11:00**

Focuses upon the best practice theme of 'Maintaining Identity' for those living, working and visiting care homes, with a particular focus on the festive period.

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



## GEM Stone Challenge for Residential Care Homes



We have launched a new challenge for Residential care homes as part of our Find Your Active Programme of work.

The challenge helps to prevent deconditioning and improves 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 that you work your way to collect, the more Gemstones you have will enable you to reach the most coveted of Diamonds – the Blue Diamond!

You will be awarded with a certificate for each Level you achieve.

For more information and to receive your Gemstone Challenge activity pack including poster chart and stickers email [quality.innovation@essex.gov.uk](mailto:quality.innovation@essex.gov.uk)

## Dementia Interpreter

The Dementia Interpreter course is a three-hour session which will give delegates the opportunity to experience the same communication barriers that a person living with dementia may experience.

Delegates will take part in a series of tasks where they will be asked to communicate with other delegates while having the abilities that they would normally rely on to communicate impaired. This will build empathy and understanding of how someone living with dementia will communicate differently to others.

### OP Residential Care homes

27<sup>th</sup> Oct, 13:30 – 16:30 Crossing Temple, Braintree

9<sup>th</sup> Nov, 13:30 – 16:30 Watt Tyler, Pitsea

### Domiciliary Care Staff

4<sup>th</sup> Oct, 10:00 – 13:00, Chelmsford

4<sup>th</sup> Oct, 13:30 – 16:30, Chelmsford

12<sup>th</sup> Oct, 10:00 -13:00, Colchester

12<sup>th</sup> Oct, 13:30 – 16:30, Colchester

19<sup>th</sup> Oct, 10:00 – 13:00, Basildon

19<sup>th</sup> Oct, 13:30 – 16:30, Basildon

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

## Complex Needs Virtual Training Programme

This Autumn we are launching a series of Virtual training sessions aimed at supporting Domiciliary care staff to manage complex needs and Neurological conditions.

### Introduction to Neurological Conditions

Thursday 3rd Nov 2022, 10:00 – 11:00

Thursday 5th Jan 2023, 14:00 – 15:00

Wednesday 1st Mar 2023, 14:00 – 15:00

### Advanced Communication Skills – Having Difficult Conversations

Friday 4th Nov 2022, 1:00 – 15:00

Wednesday 11th Jan 2023 14:00 – 15:00

Tuesday 7th Mar 2023, 14:00 – 15:00

### Mental Health Awareness

Wednesday 9th Nov 2022, 10:00 – 11:00

Wednesday 18th Jan 2023, 14:00 – 15:00

Wednesday 8th Mar 2023, 14:00 – 15:00

### Suicide Awareness

Wednesday 5th Oct 2022, 10:00 – 11:00

Thursday 17th Nov 2022, 14:00 – 15:00

Wednesday 25th Jan 202, 14:00 – 15:00

Thursday 16th Mar 2023, 14:00 – 15:00

### Self-Harm Awareness

Thursday 6th Oct 2022, 10:00 -11:00

Tuesday 22nd Nov 2022, 14:00 -15:00

Tuesday 31st Jan 2023, 14:00 – 15:00

Wednesday 22nd Mar 2023, 14:00 – 15:00

### Depression

Friday 7th Oct 2022, 14:00 – 15:00

Tuesday 29th Nov 2022, 14:00 – 15:00

Thursday 9th Feb 2023, 14:00 – 15:00

Friday 24th Mar 2023, 14:00 – 15:00

### Motor Neurone Disease

Friday 28<sup>th</sup> Oct, 10:00 – 12:00

### Multiple Sclerosis

Tuesday 22<sup>nd</sup> Nov, 10:00 – 12:00

### Stroke and Acquired brain Injury

Monday 28<sup>th</sup> Nov, 10:00 – 12:00

### Epilepsy

Wednesday 14<sup>th</sup> Dec, 14:00 – 16:00

### Peripheral Neuropathy

Thursday 15<sup>th</sup> Dec, 10:00 – 12:00

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



## National Standards of Cleanliness

The *National standards of healthcare cleanliness 2021* (the national standards) apply to all healthcare settings acute hospitals, mental health, community, primary care, dental care, ambulance trusts, GP surgeries and clinics, and **care homes**, regardless of the way cleaning services are provided.

They provide a common understanding of what it means to be a clean health or social care setting and give organisations in England a framework for detailing the required cleaning services and how 'technical' cleanliness and the efficacy of the cleaning process should be assessed.

Designed to encourage continuous improvement it combines mandates, guidance, recommendations, and good practice in one place.

NHS England and NHS Improvement guidance states that compliance to the new National Standards of Healthcare Cleanliness is **mandatory by November 4th 2022**

### National Standards of Healthcare Cleanliness 2021

<https://www.england.nhs.uk/publication/national-standards-of-healthcare-cleanliness-2021/>

## End of Life -Champions Day

On 8<sup>th</sup> September we held a End of Life Champions Day with Essex Hospices, Farleigh, St. Luke's and St. Francis, for all carers who had attended End of Life training including domiciliary carers and those who support adults who have a learning disability and/Autism.

It has been noticeable since the pandemic, that an area of the training causing most concern is around best interest decisions and DNA/CPR (do not attempt cardiopulmonary resuscitation) Therefore, it was decided to have the focus for the champions day on ethical and legal aspects of end of life.

Colleagues from Essex Safeguarding presented a session on MCA/DoLs and Best Interest Decisions which helped to clarify issues around areas such as covert medication, making unwise decisions and actions taken by those with Power of Attorney.

Colleagues from the three hospices also delivered a workshop on ethical principles around DNA/CPR .

Evaluations at the end of the day were very positive with attendees acknowledging they had a clearer perspective on legal and ethical issues at end of life.

The next cohort of End of Life training for domiciliary workers is taking place in November and details are available from the provider hub.

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



## Arts in Care Homes

**Rosedale Court** have been taking part in NAPA's Arts in Care Homes National Day. The Residents though it would be nice to do something a little unusual for this year's National Day. Embracing both nature and the outdoors together with their love of crafts.



They created the Rosedale's Friendship Weave which was started off by Pat.



Residents were given the opportunity to weave their own bit of 'love' into the loom as a sign of inclusion and togetherness.



## Poetry Corner

### Dementia Crept In

By Sue Smith, Manager, Cherry Wood Grange

Brain shrinking,  
Instructions sinking!  
Mind racing lost and tracing!

Memories fading, fear replacing, words with no  
feeling, sentence without meaning!

Can't quite get what's going on, I'm so scared  
and I know something is wrong!

Needing your help in all that's to be done, are  
you my brother or my son?

I can't remember I can't think straight, is that  
my dinner served on that red plate?

Help me, guide me show me how it's done! I  
can't do my buttons up and I'm all undone!

Where are my glasses I feel in despair, I look a  
mess, look at my hair!

All in a muddle, I'm not quite right, thank  
goodness for my cares who'll help me tonight!

Followed by days rolled into one, life's not the  
same, I used to have fun!

Dementia crept in and took my soul, please  
keep your good memories of me, & don't ever  
let go!

## Quality Innovation Team

### programme of work

Our courses and events are open to Residential Care Homes, Nursing Homes, Domiciliary Care Agencies and Supported Living providers in the Essex County Council Local Authority area, if you are unsure what Local Authority you come under your CQC registration will state this.

Some courses are specific to type of service and this will be stated in the course information.

All our training and events are listed on the Provider Hub Events page;

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

For more information about the Provider Quality Innovation team and the range of work we undertake please visit:

[www.essexproviderhub.org/quality/quality-innovation-team/](http://www.essexproviderhub.org/quality/quality-innovation-team/)

