

**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 Living Well Essex website where you will find further details of the events and how to book, please see

<https://www.livingwellessex.org/events-provider-hub/forthcoming-events-and-training/>

## Prosper Skills Network



The Prosper Team have recently introduced a new

series of bitesize 'Prosper Skills Network' sessions, each session focuses on a different topic e.g. Falls, Pressure Ulcers etc... The sessions provide knowledge, demonstrates some of the Prosper toolkit explaining how these can be used to support improvement initiatives and links everything to the methodology that underpins Prosper. These have been so well received we'd like to offer the opportunity to OP Residential / Nursing providers **who are not already** part of the Prosper project to join us, why not come along and find out more about Prosper and how we could help you to '**Promote Safer Provision of care for Every Resident**' in your home.

### Future Prosper Skills Network dates & subjects

**1<sup>st</sup> July 10am -11.30am - UTI's**

**29<sup>th</sup> July 10am -11.30am- Hydration/Nutrition**

**26<sup>th</sup> August 10am - 11.30am Oral Health Care**

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

## Prosper Community of Practice



The Prosper Team are busy planning their Community of Practice which will be

held virtually on **15<sup>th</sup> July 2021, 10:00 – 12:30**, this event is aimed at Managers, Deputies and seniors who are leading on the PROSPER Project in their home. More now than ever it provides homes who are part of the Prosper Project the opportunity to feel connected, a chance to network with other homes on the project, learn how Prosper tools and resources can aid them and hear about new initiatives, events and training the team have in the pipeline. Invitations to book will be sent out to all Prosper homes in due course.

## Prosper Support Visits

Your PROSPER Support Officer is available to meet with you and go through the full benefits of the PROSPER programme and how you can use the methodology to implement new ideas and changes in your home. Support visits can be conducted virtually or in person.

Email [prosper@essex.gov.uk](mailto:prosper@essex.gov.uk) to arrange a visit.

Or if you work in an OP Residential Care or Nursing home and not already part of the Prosper project but would like to join or find out more please also email the Prosper team on the above email.

More information about Prosper can be found on the Care Provider Hub at;

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



## Autism Reality Experience



The Quality Innovation Team have commissioned Training2care to deliver

another round of the Autism Reality Experience. This is an innovative, immersive and hands on training which has been developed to give non-autistic people an experience of the sensory processing difficulties faced by people on the autism spectrum.

The sessions will run from 09:30 -16:30 in two-hour slots and times will be detailed on the booking confirmation.

## Dates & venues

### Monday 14<sup>th</sup> June 2021

Hamptons Sports and Leisure, Tydemans, Great Baddow, Chelmsford CM2 9FH

### Friday 18<sup>th</sup> June 2021

ACL Colchester, Wilson Marriage Rd, Barrack St, Colchester CO1 2LR

### Thursday 24<sup>th</sup> June 2021

Latton Bush Centre, Southern Way, Harlow CM18 7BL

For booking details please visit

[Care Provider Information Hub - Forthcoming Events and Training \(livingwellessex.org\)](https://www.livingwellessex.org)

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

## National Smile Month-17<sup>th</sup>

May-June 17<sup>th</sup>, 2021



National Smile Month is a campaign which champions the benefits of good oral health and promoting the value of a healthy smile. In recent years, poor oral health, specifically gum disease, has been linked with a number of general health conditions such as heart

disease, Strokes, Diabetes and Respiratory disease. Good Oral Health can contribute to good overall wellbeing, with this in mind the Quality Innovation Team have teamed up with the Community Dental Services to commission Oral Healthcare training for both residential and domiciliary care services.

## Residential Care Course dates

Monday 12<sup>th</sup> July 10:30- 12:00

Tuesday 13<sup>th</sup> July 10:30 – 12:00

Monday 27<sup>th</sup> September 10:30-12:00

Wednesday 29<sup>th</sup> September 10:30- 12:00

## Domiciliary Care Course dates

Monday 19<sup>th</sup> July 10:30 – 12:00

Tuesday 20<sup>th</sup> July 10:30 – 12:00

Monday 20<sup>th</sup> September 10:30 – 12:00

Wednesday 22<sup>nd</sup> September 10:30 – 12:00

To book please email

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

## Sepsis Training - Domiciliary Care

As part of our COVID19 response and requested by Domiciliary Care Agencies, the Quality Innovation team commissioned and delivered Sepsis training to over 140 domiciliary care staff during February and March of this year, due to high demand further sessions have been arranged and will be held on

**5<sup>th</sup>, 7<sup>th</sup> and 9<sup>th</sup> July 2021**

There will be two sessions on each of these dates, sessions are two hours long and will be held virtually and delivered by Training2Care. Additional dates have been scheduled for November 2021 and March 2022 and can be found on the care provider hub events page at

<https://www.livingwellessex.org/events-provider-hub/forthcoming-events-and-training/>

For session times and to book please email [Quality.innovation@essex.gov.uk](mailto:Quality.innovation@essex.gov.uk)

## DNACPR- CQC Easy Read

CQC have published a paper on DNACPR in an easy read version, to view and download please see

[https://www.cqc.org.uk/sites/default/files/20210318\\_dnacpr\\_easyread.pdf](https://www.cqc.org.uk/sites/default/files/20210318_dnacpr_easyread.pdf)

## Chief Nurse for Adult Social Care launches New Awards

We know in Essex there are many amazing and inspirational staff within the social care sector, The Quality Innovation Team have been hosting the Essex Care Sector awards over the last 5 years recognising and celebrating such care, now a new national award scheme has been announced by Professor Deborah Sturdy, Chief Nurse for Adult Social Care. The awards are for nurses and care workers in adult social care and will mirror similar awards in the NHS.

**The Gold** award will recognise outstanding achievements by a nurse or social care worker in their sphere of practice.

**The Silver** award will recognise performance that goes above and beyond the expectations of the everyday role that the nurse or social care worker is expected to perform.

The awards are open to the workforce from all settings and parts of adult social care and will be awarded throughout the year. Nominations will be considered by a panel of NHS and adult social care chief nursing officers and adult social care sector representatives, to find out more and nominate please see

[New award to recognise exceptional practice in adult social care workforce - GOV.UK](https://www.gov.uk/government/news/new-award-to-recognise-exceptional-practice-in-adult-social-care-workforce)  
([www.gov.uk](http://www.gov.uk))



## Pressure Care Training

Following on from our successful Prosper Skills Network on Pressure Ulcer Prevention we have commissioned some Pressure Care Training for Residential Care Staff. These are open to all Care homes or Nursing homes.

There are 3 sessions a day at **09:30, 12:00 and 14:30** on the following dates:

**24<sup>th</sup> June 2021**

**6<sup>th</sup> July 2021**

**15<sup>th</sup> July 2021**

**21<sup>st</sup> July 2021'**

Email [quality.innovation@essex.gov.uk](mailto:quality.innovation@essex.gov.uk) for a booking form.

## Amanda Waring's Self Care & Recovery Sessions

We have Self Care and Recovery sessions available in June and July 2021 for managers and staff. These sessions are an opportunity to learn techniques to manage your own mental health and wellbeing as well as supporting others.

Available Dates:

**29<sup>th</sup> June 14:30 – 16:00 for Managers**

**30<sup>th</sup> June 14:00 – 15:30 for Staff**

**1<sup>st</sup> July 14:30 – 16:00 for Managers**

**2<sup>nd</sup> July 13:00 – 14:30 for Managers**

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

Here's what other attendees of the Self Care and Recovery sessions have said

**"Amanda was fantastic, she is passionate in what she does and her ability to make me laugh and switch off from general life stresses."**

**"I enjoyed the whole session, and the fact that we were a small group made it easier to be honest and open up. I could relate when Amanda said about taking away perfectionism and turn it into excellence."**

**"Yes, strangely it has helped to change the negative mindset I had found myself in over the last couple of weeks due to work and home "**

## Dignity in Care Workshops

Amanda Waring's Dignity in Care training helps us to "conceptualise" person centered care that encompasses dignity, compassion and respect, reminding us to **SEE** the individual inside and feel what they feel. Amanda provides a unique unforgettable experience that will undoubtedly transform attitudes.

The sessions are **9:30 – 12:30** on the **11<sup>th</sup>, 17<sup>th</sup>, 28<sup>th</sup> or 29<sup>th</sup> June**. Open to all care staff in a Domiciliary Care or Residential Care setting.

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



## Montessori for Dementia and Ageing Training

Montessori for Dementia and Ageing is an innovative approach to dementia care that can be adopted for individuals or groups as a philosophy of care. The goal is to support older adults and people living with dementia by creating a prepared environment, filled with cues and memory supports, that enables individuals to care for themselves. We are working with the Association of Montessori International to bring providers a series of workshops which will support them to implement the Montessori ethos in their services.

The training is delivered over 6, 2hour, virtual workshops.

### Residential Care Homes Cohort 3

**10<sup>th</sup>, 11<sup>th</sup>, 17<sup>th</sup>, 18<sup>th</sup> 24<sup>th</sup> & 25<sup>th</sup> November 2021, 09:00 – 11:00** (all six dates must be attended)

### Residential Care Homes Cohort 4

**26<sup>th</sup>, 27<sup>th</sup> Jan 2022, 2<sup>nd</sup>, 3<sup>rd</sup>, 9<sup>th</sup> & 10<sup>th</sup> Feb 2022, 09:00 – 11:00** (all six dates must be attended)

### Domiciliary Care Agencies Cohort 2

**8<sup>th</sup>, 9<sup>th</sup>, 15<sup>th</sup>, 16<sup>th</sup>, 22<sup>nd</sup> & 23<sup>rd</sup> Sept 2021, 09:00 – 11:00** (all six dates must be attended)

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

## Domiciliary Care Providers

We have a rolling programme of training for Domiciliary Care Staff with dates set through to March 2022.

Subjects include:

- Catheter Care
- Pressure Ulcer Care
- Stoma Care
- Sepsis

For dates and times visit the care provider hub events page:

<https://www.livingwellessex.org/events-provider-hub/>

## Mental Health First Aid



MHFA England

We have commissioned further Mental Health First Aid courses for both Domiciliary Care and Residential Care. The course starting in July is fully booked

however we will be running another one in the Autumn, if you are interested in attending the course which is delivered over 4 half day sessions, please email

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



## Registered Nurses CPD conference for Nursing Homes

At the beginning of this month we held our second virtual CPD conference for Registered Nurses working in Nursing Homes.

The Agenda included **Deborah Sturdy, England's Chief Nurse for Adult Social Care** as our key note speaker, who spoke about the plans to raise the profile of Care home Nurses and gave an open invite to the Nursing homes to invite her to come and look around their homes and talk to staff. She urged Nurses in Social Care to showcase the good work they are doing and talked about the new Gold and Silver awards as well as The Nursing Times award which for the first time has a category especially for Nurses working in Care homes.

The CEO of **The UK Sepsis Trust**, Dr. Ron Daniels, ran a session on the prevalence of SEPSIS and the direct link with COVID19, the Sepsis 6 pathway and spoke about their campaign to raise public awareness and offered to create a training pack for the care homes, inviting the attendees to form part of a working group with him. The UK Sepsis Trust has a number of useful resources including the Sepsis 6 pathway and educational videos: <https://sepsistrust.org/professional-resources/education-resources/>

Jenni Homewood from **St Helena's Hospice** gave a talk on Namaste Care for Advanced Dementia, a therapeutic approach using the 5 senses to create a calming atmosphere and soothing techniques using touch and the 3 M's massage. Jenni also spoke about the use of Aromatherapy which can have a powerful effect

on the emotions. If you would like to find out more about Namaste Care visit <https://namastecare.com/>

St. Christopher's Hospice has a useful Care home toolkit on how to implement Namaste Care in your home, this can be downloaded from: <https://www.stchristophers.org.uk/wp-content/uploads/2016/03/Namaste-Care-Programme-Toolkit-06.04.2016.pdf>

**EPUT** ran a session on their "Here for you" services and spoke about the Care home pilot they have undertaken with two care homes in North Essex, whereby they went into the homes and ran reflective sessions with the care staff to give support following the difficult times of the last year. If you think this would be beneficial for your service please email [quality.innovation@essex.gov.uk](mailto:quality.innovation@essex.gov.uk)



We plan to go back to our face to face CPD conferences later in the year and would welcome your input on future topics and training you would find beneficial.

Please email [quality.innovation@essex.gov.uk](mailto:quality.innovation@essex.gov.uk) with any suggestions.



## Pride Month at Silvana Court

Silvana Court's Wellbeing Lead, Caroline Mileham told us; "Here at Silvana Court we are building awareness for "Pride Month". We are dedicated to celebrating the LGBTQ and communities all around the world.

We have had a fantastic day of fun and celebrations in the garden. We organised a morning of arts and crafts. Our theme was "Tye-Dye" in all rainbow colours of the LGBTQ flag.



Some of the families joined us and some of the staff's children came in on their school holidays to help our residents make and design their accessories.



The children had lots of fun with our residents and it was lovely to see so many happy faces.



Our residents had fun designing, they had to roll and place elastic bands around their fabrics and choose the colour paints they wanted to use.



The sun was shining and we had the music playing and everyone was singing along.

They had handbags to make or bandanas. The colours were amazing and there were smiles all around. It was a little messy, but we had lots of laughs.



## Red Nose Day at Belmont Lodge Meaningful activity



favourite's whilst also enjoying a cup of tea".

**Belmont Lodge** shared with us how they had celebrated Red Nose day.

Activities co-ordinator Dawn said, "Our residents enjoyed celebrating red nose day with a cake bake sale, the residents enjoyed tasting a variety of delicious cakes and voting for their



It can be hard to think of new, creative, stimulating and meaningful activities for individuals to enjoy so

it's always great when you tell us about your wonderful ideas so we can share with other providers, if your looking for some new ideas how about jazzing up the tried and trusted game of Bingo? Suggested ideas for themes are vintage confectionary, food labels, film posters, animals , football teams or famous landmarks. These are all available free online, a quick search, print and laminated and a new version of an old favourite game is ready! Ensure to have a set of large cards with the picture on so that you can hold it up and say what it is. Such past images may also create a topic for conversation as people recall what Opal Fruits have been renamed as or if they remember what a Snickers bar used to be called, what they cost to buy and memories of who they might have shared their treats with. Some useful links for images:



## World Earth Day



earth day with some of their residents up-cycling milk bottles in to pot planters and making hanging baskets for their courtyard, from the photos we can see how creative they've been – **Well done Belmont**

**Lodge, they look fantastic!**

They're certainly a busy group at Belmont Lodge, they told us how they have been using different national events to get everyone up and active whilst incorporating meaningful activities. They enjoyed celebrating world

<https://www.nestle.co.uk/en-gb/aboutus/history/reminiscence-pack>

<https://www.inj.com/tag/vintage-advertising>

[https://www.google.co.uk/search?q=vintage+brand+food+labels+birds+eye&hl=en-GB&source=Inms&tbm=isch&sa=X&ved=2ahUKEwiA0OTc7dfwAhUeCmMBHSIDdf0Q\\_AUoAXoECAEQAw&biw=1366&bih=625&safe=active&ssui=on](https://www.google.co.uk/search?q=vintage+brand+food+labels+birds+eye&hl=en-GB&source=Inms&tbm=isch&sa=X&ved=2ahUKEwiA0OTc7dfwAhUeCmMBHSIDdf0Q_AUoAXoECAEQAw&biw=1366&bih=625&safe=active&ssui=on)



## Poetry Corner

Poetry  
Moment

a love of words

Once again Sue Smith, manager at Silvana Court has been creative and penned a thought-provoking poem entitled 'Look closely & what do you SEE!'

*Look Closely and what do you SEE*

*I was young like you and soon you'll be old like me! ❤️ I look around and I take it all IN!*

*Life is beautiful I've not lived in SIN! ❤️*

*I've had children a Job and a HOME!*

*Now I'm in your care but at times feel ALONE! ❤️*

*I kissed my husband on are wedding DAY!*

*His no longer here his gone AWAY! ❤️*

*I shopped, I worked and went out with FRIENDS!*

*Those days have gone they've come to an END! ❤️*

*I used to be free and go where I PLEASE!*

*But now I feel the pain within my KNEES! 🩹*

*I close my eyes; I dream about YOU!  
and long for the day when ONE becomes TWO!*



*Until that day please take care of ME! and let me live in HARMONY! ❤️*

*Come take my hand and Lead the WAY! I need your help now every single DAY.*

*I'm old, but grateful I have lived a life so FULL!  
please don't treat me like a fool ❤️*

*Show me kindness, give me some love & TIME!  
then I will show you I'll be just FINE! ❤️*

*Thank you for caring and taking my HAND! I look back knowing my life has been PLANNED!*



## 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)

