

Quality Innovation Newsletter

Issue 60 February 2026

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 our pages on the Essex Provider Hub

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

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.

SPARK Workshops

A one-day creative training 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 & Venues

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

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

and Hearing Loss

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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 & Venues

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

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

PROSPER Champions Study Days

The Prosper team are busy planning the Summer 2026 Champion study days, as always, the days will be interactive, educational and a great opportunity to connect with other homes on the project.

Save the dates:

16th June 2026, 9.30am to 3.30pm – Colchester

25th June 2026, 9.30am to 3.30pm – Harlow

7th July 2026, 9.30am to 3.30pm – Chelmsford

9th July 2026, 9.30am to 3.30pm - Clacton

If you're not part of Prosper and would like to find out more please see [Prosper | Provider Hub | Essex](#) or email the Prosper Team at Prosper@essex.gov.uk

**The Prosper Project is open to all older peoples residential care and nursing homes that are within the Essex County local Authority Area.*

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Prosper Spotlight – Falls Prevention Physiotherapist led training

This half day session is delivered by a Physiotherapist and supports the [PROSPER](#) initiative by equipping care staff with practical, physiotherapy informed knowledge and skills to reduce falls risk, maintain functional ability, and support safer movement in older adults living in care homes. The session will be followed by a networking lunch and an opportunity to discuss Prosper initiatives with the Prosper Support Officers for your area.

The session focuses on early identification of physical and cognitive decline, confident movement support, and embedding effective falls prevention strategies into everyday care practice.

The session will cover:

Understanding Falls in Care Homes

A physiotherapy informed overview of why falls occur, focusing on strength loss, balance impairment, cognitive load, fear of falling, and deconditioning.

Early Identification of Falls Risk

Practical guidance on identifying early functional and behavioural changes before a fall occurs.

Safe Movement and Transfers

A core practical section including demonstration

and supervised practice of sit to stand support, graded assistance, and verbal cueing.

Cognition, Dementia, and Falls Risk

Understanding how reduced attention, cognitive overload, and dual tasking increase falls risk, with practical strategies to simplify movement support.

Embedding Falls Prevention into Daily Care

Using everyday care tasks to maintain strength, balance, and confidence.

After a Fall, Supporting Recovery, Responding after a fall in a way that supports confidence and function while avoiding unnecessary restriction.

30th April 2026, 9.30am to 2pm – Colchester

7th May 2026, 9.30am to 2pm – Clacton

13th May 2026, 9.30am to 2pm – Harlow

19th May 2026, 9.30am to 2pm – Chelmsford

21st May 2026, 9.30am to 2pm - Basildon

To book please

email quality.innovation@essex.gov.uk

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Dignity Champions Training with Amanda Waring - Virtual

This 2hr virtual training session is aimed at staff who want to become a Dignity Champion in their organisation and will support them to promote the Dignity Principles.

Delivered by Amanda Waring who was instrumental in setting up the Governments Dignity in Care Campaign and the 10 Dignity Do's. Her award winning 'What do you See' film is used around the world to awaken compassion for elders and to improve care. Amanda is a staunch campaigner for Dignity in Care

This training is open to both Residential Care Homes and Domiciliary Care providers

21st April 2026, 9.30am to 12pm

21st April 2026, 2pm to 4.30pm

12th May 2026, 2pm to 4.30pm

14th May 2026, 9.30am to 12pm

End of Life Care Support and Wellbeing with Amanda Waring – Virtual

We have been working with Amanda Waring to bring you a virtual support session for care staff who often feel underprepared and, in many

cases, overwhelmed when working with those at end of life.

There is a strong need for emotional care training to enhance their connection and communication to the people they support at end of life.

The session will:

Explore common reactions of fear and feeling unprepared or helpless when dealing with those at End of Life

Understanding of Relatives perspective

Tools to alleviate panic and emotional distress

When to use touch and when not to use touch and how to touch

Providing physical and emotional support reassurance techniques

Tips to make the person being cared for more comfortable

How to address any spiritual needs

What to say and what not to say.

What is an emotional care tool kit

How to care for oneself emotionally, physically and spiritually

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

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AWD Training Opportunities & Updates

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

Ableism Awareness – How to be more inclusive.

We are pleased to offer a new session covering ableism awareness delivered by Enhance the UK. By the end of the course delegates will:

- Be able to define disability and ableism.
- Know ways in which ableism can manifest
- Explore and identify types of ableism
- Identify examples of biases and microaggressions
- Understand the importance of language in combating ableism and how to communicate with people appropriately about their access requirements.
- Know strategies for promoting anti-ableism and ways to effectively advocate for disabled people in a social care setting.

Click link for further information and booking form [Events – Ableism Awareness; How to be more inclusive | Provider Hub](#)

Sepsis Awareness Online

Data from LeDeR reviews has shown us that there are some common themes involved in the often-avoidable deaths of people with a learning disability.

Sepsis is not always recognised within the required timeframe to obtain successful outcomes with treatment and can lead to a very quick health deterioration and sudden death. Sepsis is a common and potentially life-threatening condition triggered by an infection which causes the body's immune system to go into overdrive and can result in multi organ failure.

We are offering the opportunity for providers to attend a fully funded virtual session with Training for Health on Sepsis awareness. This session is aimed at care assistants and support workers and will increase knowledge and raise awareness in the recognition and management of Sepsis.

Click link for further information and booking form [Events – SEPSIS AWARENESS for AWD PROVIDERS | Provider Hub](#)

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Le DeR Inspired – The Importance of Hospital Passports, Screenings & Vaccinations

A new session created at the request of the ECC Provider Quality Innovation Team in response to LeDeR outcomes. The virtual session will cover the purpose and importance of Hospital passports, how to complete a good one and, how to advocate for the person and ensure documents are effectively used by health professionals.

The Provider Quality Innovation Team have created a screening/vaccination tracking tool that will be included within the session. The tool explains what is due and when, specifically for those with LD and/or Autism.

This session is to share knowledge and build the confidence of support staff advocating for adults' entitlements. The overarching aim is to improve the figures for effective use of hospital passports and adults attending screening and vaccination appointments. Thus, improving the life length of those with Learning Disabilities and/or Autism.

Click link for further information and booking form [Events – LeDer Outcomes: Hospital Passports, Screenings & Vaccinations | Provider Hub](#)

Mental Health Awareness Online

This introductory course raises awareness of mental health. Attendees will learn:

- What mental health is and how to challenge stigma
- An introduction to some common mental health issues
- Confidence to support someone who may be experiencing mental ill health
- Ways to look after your own mental health and support wellbeing

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

Acquired Brain Injury & Associated Neurological Conditions

A virtual awareness session covering Acquired Brain Injury and Associated Neurological conditions delivered by Training for Health.

Click link below for further information and booking form [Events – Acquired Brain Injury & Associated Neurological Conditions | Provider Hub](#)

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Dysphagia Awareness

The Provider Quality Innovation Team have collaborated with Essex Learning Disability Partnership to deliver Dysphagia awareness training for services that support adults who have learning disabilities and or Autism. The day will cover the following aims and learning outcomes.

Aims:

To be able to assist in the recognition of dysphagia.

To be able to participate in the management of dysphagia.

To be aware of your professional responsibility in the role of dysphagia management.

Learning outcomes:

To understand the structures & processes involved in the normal swallow

To be aware of the signs & symptoms of dysphagia

To understand commonly made recommendations & why they are made

To know the different individuals' roles in managing dysphagia

To know who to refer to & the roles of the MDT

Click link for further information and booking form [Events – Dysphagia Awareness for Adults with Disabilities 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 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](#)

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Essex Care Association PBS 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 new session date to be confirmed. Please keep checking the page for the next date [Events | Essex Care Association](#)

NHS Shout About Sex – A one day event in Supported Living

Shout About Sex is a welcoming, inclusive event bringing people together to talk honestly about sex, relationships, and rights. This is an NHS event that

Quality Innovation do not have ties to. For further information and booking, please follow this link.

[Shout about Sex in Supported Living Tickets, Thu, Apr 23, 2026, at 10:30 AM | Eventbrite](#)



Good Food, Good Moves - Sport for Confidence

Good Food, Good Moves is a pilot initiative focused on improving nutrition, weight, mealtime engagement, and overall health outcomes for people living with a learning disability. The pilot currently supports individuals living in residential care settings across Essex. The team is uniquely made up of a learning disability dietitian, a health and wellbeing mentor specialising in education and teaching around cooking, and a Sport for Confidence occupational therapist.

Follow the link for further information [Good Food, Good Moves](#)



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Domiciliary Care Provider Training Opportunities

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

Care Planning & Record Keeping for Domiciliary Staff (Virtual)

This two-hour virtual session 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 individuals they provide a service for.

Date & Time

Tuesday 3rd March 2pm – 4pm

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

MCA & DoLS

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

11th February 10am -12pm - waiting list only

10th March 2pm-4pm - waiting list only

19th March 2026, 10am to 12pm

24th March 2026, 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

February 25th 10am -12pm - waiting list only

March 18th 2pm-4pm - waiting list only

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

Domiciliary Care Toolkit

We have a toolkit of useful links, resources and online training that is available for anyone to use. Covering subjects such as Huntington's disease, Parkinsons, MS and information about Fire Safety, falls prevention and frailty amongst others.

The toolkit can be found via the Quality tile on the front page of the Essex Provider or by using the link below:

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

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Person Safety in Care for Domiciliary Care Staff

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.

Course objectives:

- Reflecting upon the real issues around personal safety and wellbeing in the community
- Identifying the potential sources of 'danger' whilst working in the community
- The importance of being vigilant – trusting your intuition.
- Assessing the environment
- Monitoring suspicious activity – knowing how to act – what to do
- Understanding stalking – what it is – how to recognise.
- Keeping safe – actions to take in actual and potentially unsafe situation
- Conflict escalation – knowing when to intervene and when to withdraw.
- Dealing with difficult situations and situations of conflict
- Reporting and documenting concerns
- Duty of Care – Employer Policies and Procedures to draw up
- Using technology and social media safely
- The importance of debriefing after an incident or potential incident
- Have created an action plan for implementing back in the workplace.

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

Date & Venue

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

Training Opportunities from ACL

If you have staff members who are interested in upskilling or progressing within their roles, Adult Community Learning (ACL) are pleased to offer three fantastic, funded opportunities designed to support their development and strengthen your teams. Starting in February

Lead Practitioner in Adult Care Level 4

Who is it for?

This programme is ideal for senior care staff who are beginning to lead others, coordinate care, and support service improvement. It offers a strong foundation in leadership, safeguarding, person-centred care, and professional development—without the strategic demands of the Level 5 qualification. It's a great fit for staff who:

- Are stepping into leadership but not yet managing services or budgets
- Would benefit from a manageable increase in responsibility
- Need time to build confidence before progressing to a registered manager role

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- Are valued team members you'd like to retain and develop internally

What it covers:

- Specialist knowledge of conditions and care practices
- Leadership and mentoring skills
- Professionalism and confidence in care delivery
- Understanding of adult social care within their work setting

Benefits for Staff:

- Builds confidence and professionalism
- Enhances leadership and specialist care skills
- Supports career progression and personal development

Benefits for Employers:

- Develops highly qualified, productive team members
- Improves quality of care and service delivery
- Strengthens internal talent pipelines and retention
- Contributes to a responsible and adaptable workforce

Lead Practitioner in Adult Care Level 5

Who is it for?

This programme is designed for experienced care professionals preparing to step into senior leadership roles, such as Registered Managers or

Service Leads. It's ideal for those already managing services or about to take on strategic responsibilities.

Participants typically:

- Oversee services, teams, budgets, and compliance
- Need to strengthen strategic leadership and governance skills
- Play a key role in maintaining quality and regulatory standards
- Are valued leaders you want to retain and develop within your organisation

What it covers:

- Strategic leadership and service improvement
- Governance, regulation, and compliance
- Budget and resource management
- Safeguarding, person-centred care, and partnership working
- Coaching, mentoring, and workforce development

Benefits for Staff:

- Equips learners for registered manager roles
- Builds strategic thinking and leadership confidence
- Supports career advancement into senior positions

Benefits for Employers:

- Strengthens leadership capacity across services
- Enhances compliance and quality assurance
- Develops future service managers from within
- Improves retention by investing in internal talent

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Coaching Professional Level 5

There has been a growing demand for the professionalisation of coaching to include one-to-one coaching, team coaching, leadership coaching and for coaching skills to be embedded within culture and governance infrastructures to support future ways of working.

Coaches:

- use enhanced listening and questioning skills to increase individuals' and teams' self-awareness to enable them to evaluate their own and others' strengths and development areas, allowing the individual(s) receiving coaching ("the coachee") to create and deliver bespoke actions leading to positive change.
- Use their emotional and social intelligence in an applied way to support the development of self-awareness, adaptability, resilience, wellbeing, motivation, and confidence in the coachee.
- Are non-judgmental (neither denying nor affirming a coachee's perspectives and opinions) and encourage individuals to find their own solutions and appropriate ways forward.
- Work with coachees in one-to-one relationships, in person and via video or audio conferencing, to aid in their self-

reflection, and may observe coachees, for example by attending a relevant meeting, to provide non-judgmental feedback.

- Work with groups and teams, to increase collective awareness and increase accountability associated with making positive change.

If you'd like to discuss how these programmes could support your team, please don't hesitate to get find out more please contact Lorretta Wiltshire, Apprentice and Employer Engagement Lead at lorretta.wiltshire@essex.gov.uk

Skills for Care - Dementia Resources

Skills for Care have created some new dementia resources designed to support the adult social care workforce including home care workers, care home staff, community teams, and family carers. They aim to make dementia information more accessible, person-centred, and practical for carers, professionals, and community members.

The resources include the following - please click each heading to access the webpage/ resources.

- [Prevention](#)
- [Before and after diagnosis](#)
- [Support](#)
- [Family carers](#)
- [End of life](#)

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Free Online training from RNIB

RNIB (Royal National Institute for the Blind) have just announced this year's training schedule on Eventbrite. These sessions are FREE, they have a wide range of sight related sessions and include to help you understand and support those you care for

To find out more, please use the links provided here:

Free 30 minute sessions: [Courses for health and social care professionals | Eventbrite](#).

Free 1-hour CPD courses can be found in our CPD training courses collection: [CPD training courses by RNIB Health and Social Care Training Team | Eventbrite](#).

Let Love Bloom

An Online Valentine's Celebration for Care Homes

Presented by award-winning performer & producer Amanda Waring

Let Love Bloom is a joyful **50-minute online revue** filled with music, poetry, laughter, romance, and playful nostalgia — specially created for care homes and senior communities, and care staff.

Featuring **award-winning performers** including **Dame Virginia McKenna, Nick Rowe, Elizabeth Counsell**, alongside beloved screen legends such as **Fred Astaire, Gene Kelly, Judy Garland, Cary Grant and Katharine Hepburn**, this heart-warming show

celebrates the many faces of love — tender, humorous, nostalgic, and uplifting.

- ✦ Lifts spirits
- ✦ Sparks memories
- ✦ Creates shared joy and togetherness

Perfect for **Valentine's activities**, wellbeing programmes and meaningful group viewing experiences.

- ❤️ **Unlimited viewings** via private link
- ❤️ Watch together in lounges or individually in rooms
- ❤️ Replay as often as you like
- ❤️ Easy digital access
- ❤️ Ideal for February programming

Price

👉 £50 per care home [LINK TO BOOK](#) here <https://www.theheartofcare.co.uk/products/let-love-bloom-virtual-online-revue-show-exclusive-link-sent-to-you-by-e-mail-upon-purchase>

Please give the email address you wish the link to be sent to.

For more information email Amanda Waring amandawaringfilms@gmail.com