

Welcome to our Innovation Newsletter, with information about opportunities available, training and events. Essex County Council has recently launched their new Essex Provider Hub, which will be replacing the Living Well Essex Website. All our events are listed on the website where you will find further details of the events and how to book, please see [Provider Hub News and Events | Provider Hub | Essex \(essexproviderhub.org\)](#)

The East of England Winter Deconditioning Games

The Winter Games is about the Prevention of Deconditioning and what we mean by deconditioning is the loss of physical, psychological, and functional capacity due to inactivity. The pandemic has compounded this issue with isolation, infection control measures and restrictions on visitors to the home. The aim of the games is to raise awareness and to make changes in practice that will help your residents to keep their functional ability for as long as possible. As the old saying goes **if you don't use it you lose it.**

The Games officially opened on the 1st November and runs through to the 27th February and there are different categories that teams can apply each month to be awarded a Bronze, Silver or Gold medal.

We have registered 4 teams that as a system we would like care homes to be part of:

Mid and South Essex System wide Team

Prosper Team

Find Your Active Team & PEM Team

We can submit applications to the Deconditioning Games for a chance to win a medal at the end of each month so please keep sending in your stories and photos and we will enter them into the Games.

Medal categories include

Making a Difference and this could include:

Helping people to stay connected
Improvements to nutritional care
Setting or prescribing activity goals
Support from volunteers
Focus on continence
Beating boredom
Improvements to the environment
Deconditioning / frailty champions

Supporting people to keep moving
#EndPJparalysis and
#GetUpGetDressedKeepMoving.
The number of people up and dressed in time for lunch each day
And / Or ...The number of people with an activity goal set each day

Supporting staff to keep active and well

Setting goals or making a pledge
Some sort of team exercise at start of /end of shift
Team challenges

Send us details of what you would like to enter and we will put forward the application under one of the 4 teams we have registered. If you would like more information email Prosper@essex.gov.uk



Find Your Active Event – OP Residential and Nursing

We are currently working with Active Essex supporting their Find Your Active Campaign which aims to get people moving and more physically active, to not only support their health but their mental and social wellbeing.



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We held Our first 2 'Find Your Active' workshops for care home activity & wellbeing leads in North Essex on 4th November and West Essex 24th November. The workshop sessions included ideas for activities for all abilities, whether that

was just a slight movement of a sparkly pom pom, to music dance sessions, chair yoga or even a full game of Boccia, the message given was any kind of activity gives enormous benefits to residents.

The attendees at the West event had a special surprise when the NHS East of England Deconditioning Torch arrived so they could have their picture taken with it!



As part of the workshops each home was provided with equipment that was used during

the workshop and included Boccia kits, Rainbow Parachutes, Floor basketball nets and balls amongst other things.

We are excited to announce we have a further 2 workshops taking place next year on the following dates and venues:

Friday 11th February 2022 – Wat Tyler, Basildon

Friday 25th February 2022 – The Hamptons, Chelmsford

If you would like to book spaces for the upcoming workshops, please email: Prosper@essex.gov.uk

Pedometers

As part of the deconditioning games the Mid and South CCG, have set a challenge for the homes in their area, to see how many steps both residents and staff can count daily within the home.



To make it more fun they have also created a poster of different landmarks around Essex that can be used to encourage people to do as many steps as it takes in a week/a month or more to reach a destination.

Prosper have also purchased several pedometers for any homes in North and West Essex who would like to take part in this challenge and be in with the chance to win a medal in the deconditioning games, to find out more please contact Prosper@essex.gov.uk

Deconditioning Games

Medal Winners!

We are pleased to be able to announce our first Medals awarded by NHS England & Improvement. Congratulations go to;

Marmora Residential Care home in Clacton was awarded a **Silver medal** for their work on the Prevention Enablement Model (PEM) project. The home has created Physical Activity Ambassadors. The Ambassadors hold weekly dance sessions getting residents up and moving to music as well as tailoring physical activities for individual residents, this has included simple but effective solutions such as bringing in some doll clothes for a resident with dementia who cradles a baby doll, the resident will sit and dress and undress baby Charlie, which is retaining their dexterity and a meaningful activity which the resident enjoys. This just goes to show physical activity and preventing deconditioning can be possible for all residents.

Tall Trees Nursing Home in Colchester is our next **Silver medal** winner, again they have been introducing physical activity as part of the PEM project and utilising the Find Your Active equipment from our workshops. As a result of this their Physical Activity Ambassadors have told us they now hold an energetic exercise session with residents just before lunch and have found residents then eat and drink more. Later in the day when it gets nearer to bed-time they hold a relaxation session, observing some residents sleep better at night since they introduced this into their routine.



Woodbury Court Residential Care home have also won a **Silver medal** for enabling one of their residents who has always been a keen swimmer to keep up their passion for swimming, taking them to the local swimming pool to get some lengths in!

The Oaks care home in Great Bentley are our next winners with another **Silver medal**. The Oaks have been using the Find Your Active equipment during activity sessions twice a week. They found Resident's appetite and fluid intake increases on the days they hold the activities and some residents have seen an improvement in sleep. The activities co-ordinator, Jodie, told us "The residents love all the activities, they thoroughly enjoy the basketball. I have my own chair yoga which I do on separate days which helps with wellbeing, interaction and mobility."

Mistley Manor Nursing home is our final medal winner for this month, again winning a **Silver Medal**. Their Activity co-ordinators attended our Find Your Active workshop and now hold daily activities using the equipment, with games of Boccia, floor basketball or waving pom poms and dance ribbons to music.

Keep up the good work as those Silver medals could be converted to Gold!

If you would like a chance to win a medal email prosper@essx.gov.uk and tell us what you are doing to prevent deconditioning.



Registered Nurses CPD conference for Nursing Homes

We are holding a virtual CPD conference for Registered Nurses working in care homes, to support their ongoing professional development and revalidation. Although the sessions are aimed at Nursing staff if you have Health care assistants or senior care staff who would like to further their knowledge and development please feel free to encourage them to book a space

Date: 13th January 2022

Time: 09:45 – 14:30

Virtual via Microsoft Teams

Agenda

End of Life Care – Symptom Management, Recognising Last Days & Anticipatory prescribing – *Kathryn Ross, St. Helena's Hospice*

Wound Care – Assessment using TIME Assessment Tool – *Hannah Patten, HR Healthcare*

Deconditioning/ Long COVID Fatigue – *Caroline Robinson, Provider Quality Occupational Therapist*

To book email;

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.

We have another virtual course starting in January 2022, the course consists of 6, 2hr sessions spaced out over 3 weeks.

All sessions are 9am to 11am on the

Session Dates:

26th, 27th January 2022, 2nd, 3rd, 9th & 10th February 2022, all sessions must be attended.

To book please email:

quality.innovation@essex.gov.uk

Pressure Ulcers- Safeguarding Protocols

The Department of Health and Social Care has



Department
of Health &
Social Care

a Safeguarding Protocol document to help practitioners and managers across health and social care



organisations to provide caring and quick responses to people at risk of developing pressure ulcers.

It offers a process for the clinical management of harm removal and reduction where ulcers occur, considering if an adult safeguarding response is necessary. This is relevant to all care settings.

The Protocol can be found at

<https://www.gov.uk/government/publications/pressure-ulcers-safeguarding-adults-protocol>

Amanda Waring's Self Care & Recovery Sessions

The effects of dealing with the Pandemic over the last 18 months or more will no doubt have made a long lasting impact on some peoples emotional and physical wellbeing. With this in mind we are continuing Amanda Waring's Self Care and Recovery sessions for Managers and Staff.

We are also introducing some follow-on sessions for those who have already participated and would like a further session with Amanda.

Amanda Waring's sessions are designed to give you a little bit of time out to focus on yourself and to recalibrate your own wellbeing which often gets side-lined whilst looking after others and meeting the ever changing demands the pandemic has created. The sessions provide tips and techniques on how to manage your own stresses and anxieties as well as create a safe space in which to share your experiences.

One manager's feedback from attending the Self Care & Recovery Sessions

"I have found from my own experience in the last few weeks 'I am COVID worn'. This course came along at the right time, an opportunity for 'self-care'. This is the first holistic training session based on my own wellbeing in the last 10years – if not the first, which is sad when you think about what we all do. Such a kind, timely, thoughtful and caring session to give to those in care."

Staff sessions

19th January 2022 – 14:00 – 15:30
 26th January 2022 – 14:00 – 15:30
 1st March 2022 – Staff 09:30 – 11:00
 15th March 2022 – 14:00 – 15:30
 23rd March 2022 – Staff 14:00 – 15:30

Manager's session

1st February 2022 - 09:30 – 11:00
 21st February 2022 – Managers 14:00 – 15:30
 11th March 2022 – 09:30 – 11:00

Follow up session for those who have previously attended

8th February 2022 – 09:30 – 11:00
 2nd March 2022 – Staff 14:00 – 15:30
 18th March 2022 – 09:30 – 11:00
 29th March 2022 – 09:30 – 11:00

To book please email

quality.innovation@essex.gov.uk.



My Home Life Leadership Programme For Domiciliary and Residential Care Services

My Home Life, in partnership with Essex County Council, has been running leadership support programmes successfully now for eleven years for Homecare providers, Residential, Nursing and Learning Disability services and most recently, Registered Nurses.

The focus of all leadership programmes is to support managers, and their key staff to develop their professional skills in conjunction with relationship-centred principles. Often the work is about discovering and growing existing strengths in the light of the most up to date knowledge of what best practices look like in care.

The programme is a mixture of

- 3 Introductory workshops
- 7 Action learning half day sessions
- A completion day

Action learning sets are where managers/leaders focus on real issues with the intention of achieving improvement and transformation in their care service. It recognises that individuals learn best when they learn with and from each other, by working on real issues and reflecting on their own experiences.

Throughout the programme principles, practice tools, and exercises will be introduced to you.

We have new opportunities to join the Leadership programme for Managers, Deputies, Seniors or team leaders starting in Feb/March 2022.

To find out more please email quality.innovation@essex.gov.uk

Moving on from COVID-19

My Home Life England is interested in hearing from care home managers, deputies, and team leaders if you want to showcase top tips / stories about what you are doing to help residents, relatives, and staff move on from the impact of COVID-19. Also, share your views on what needs to be done and why. My Home Life England want to share these successful top tips / stories with other care homes so that they can benefit too. Please contact J.Meyer@city.ac.uk if you want to be part of this.

Sepsis for Domiciliary Care

The Fourth cohort of Sepsis training will be running in March, this is virtual via Microsoft Teams. Delegates only need to attend one of the sessions and complete the end of course assessment online to receive a certificate.

Dates & Session times

8th March 2022; 9.30-11.30 or 14.30-16.30

9th March 2022; 12pm-14.00 or 14.30-16.30

10th March 2022; 12pm-14.00 or 14.30-16.30

If you are interested in booking places, please email Quality.innovation@essex.gov.uk



Mental Health First Aid



We know the challenges of the past eighteen months has increased the need for support for our mental health, we are pleased to be able to offer another opportunity for you or your staff (both domiciliary and residential services) to undertake the Mental Health First Aid training course.

Please note all four session dates must be attended to complete the training.

Sessions will be delivered via Zoom 9:00-13.30 for each session.

Cohort 5: 24th February, 3rd, 10th & 17th March 2022 9:00-13.30

If you are interested in booking places, please email Quality.innovation@essex.gov.uk

Virtual Training for Domiciliary Care Staff

We have a rolling programme of Virtual training for Domiciliary Care Staff with dates set through to March 2022. These sessions are delivered via Microsoft Teams and staff can discuss and ask questions. Virtual training is different to e-learning as its live training delivered as it would be in a face to face session

Catheter Care

25th January 2022, 9.30am – 11.30am
27th January 2022, 2.30pm – 4.30pm
2nd February 2022, 12pm – 2pm
3rd February 2022, 9.30am – 11.30am

Stoma Care

25th January 2022, 12pm – 2pm
27th January 2022, 9.30am – 11.30am
2nd February 2022, 2.30pm – 4.30pm
3rd February 2022, 2.30pm – 4.30pm

Pressure Area Care

25th January 2022, 2.30pm – 4.30pm
27th January 2022, 12pm – 2pm
2nd February 2022, 9.30am – 11.30am
3rd February 2022, 12pm – 2pm

To book places email quality.innovation@essex.gov.uk with the names of attendees and email address for the session link to be sent to.

Imagination Gym

We have another chance for you to attend The Imagination Gym 2-day program, which is based on music therapy, relaxation skills, imagination, nature awareness, communication skills and sensory stimulation. It is designed to be easily integrated into the care home as part of existing activity programs.

Feedback from those who have previously attended have said they saw a real difference in resident's behaviour and wellbeing after experiencing the Imagination Gym, with less agitation and a long lasting effect of relaxation and calm for the rest of the day.

The training is face to face held in Earls Colne **19th & 20th January 2022** to book email quality.innovation@essex.gov.uk



Resident's Wish Comes True Woodbury Court

Purely by chance during a conversation with one of the residents living at Woodbury Court, home manager Mel Oliver discovered one of their resident's, Christine, used to love swimming before she became unwell and needed to move into residential care. Upon further investigation Mel discovered Christine still had her swimming costume in her bedroom.

Following some research, staff at Woodbury Court realised they could make Christine's wish come true, and Wellbeing Lead Jodie and Daisy took Christine for a swimming session at Billericay Swimming pool



It looks like Christine had a great time

Madelayne Court gets festive!

Madelayne Court's Wellbeing lead, Veronica, told us how staff and residents decided to put up a Christmas Display Window.

A week of dedicated work with brilliant results, they also held an Elf Day and there was plenty of laughter and fun as the Elves buzzed around the home creating fun and no doubt a little mischief too, showing their festive spirit!



Poetry Corner

Once again Sue Smith, manager at Silvana Court has been creative and penned a poem explaining to Children the importance of Bee's

🐝 Bumble Bee

Children: Did you see that Bumble Bee? it come and sat right next to me! 🐝
I didn't scream I just gave the bumble Bee a smile as I know that he has flown mile after Mile! 🐝

He swoops down into heart of the flower collecting pollen with all his power 🐝
Then he takes it back to his hive to make honey that he will hide 🐝

Mmmm do you like honey I know I do? I spread it on toast and stir it in my stew 🐝

Honey is so good for me. and it's so good for you 🐝

So next time you see a Bumble Bee please remember this poem and remember me! 🐝

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

That's all for 2021 from us
We would like to thank you all for your continued hard work and dedication to care.

You are Amazing!

We look forward to working with you all in 2022!

Merry Christmas



From

Lesley, Jenny, Caroline, Rod,
Karen, Echo, Natalie, Sarah,
Imelda, Kris and Jan.

Provider Quality Innovation Team