

# Quality Innovation Newsletter

Issue 64 October 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/](http://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/>

## PROSPER Community of Practice

The Prosper team are hosting a Community of Practice in October, this is a great way for homes to get together and share their experience of Prosper and how they implement the methodology in their care home. The agenda for the morning includes:

- Our Prosper Journey – Guest Speakers from homes on the project talking about how they have implemented Prosper.
- Methodology Round Robin – PDSA's, 5 Whys and a What & Driver Diagrams
- Update on Dementia & Sexual Safety
- Care plans and electronic recording
- Network Lunch

**20<sup>th</sup> October 2026, 9.30am to 1.30pm - Hamptons Sport & Leisure, Chelmsford, CM2 9FH**

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

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## 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 a person you are supporting.

Every Wednesday, 10.30am to 11.30am.

Drop in at any point during that time.

To receive the link email [quality.innovation@essex.gov.uk](mailto:quality.innovation@essex.gov.uk)

## Namaste Care for Advanced Dementia

This one-day course looks at the key elements of Namaste Care, a multi-dimensional sensory program, designed to improve quality of life and enrich the lives of care home residents, particularly those living with advanced dementia. Developed in the USA, the program delivers a mixture of care and compassion, with specific activities, on a daily basis, for people with advanced dementia. The day will consist of information presentations, and videos, activities and discussion, practical learning of a hand / foot massage and other non-pharmacological interventions.

**19<sup>th</sup> November 2026, 9.30am to 4.30pm, Colchester Football Stadium**

Please email [quality.innovation@essex.gov.uk](mailto:quality.innovation@essex.gov.uk) to book places

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## Nursing CPD Conference

The Nursing CPD conference 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.

The sessions will include participatory elements which can be used as evidence for validation and the NMC, RNC and Skills for Care will have stands with information and a chance to ask questions during the lunch break.

The day will include:

Spotlight sessions on Pressure Ulcers, Wound Care/dressing and Continence, Royal College of Nursing professional offer and resources, NMC introduction to the Employer Link Service and update from Skills for Care.

Attendees can then choose from two workshops:

Cannulation  
Insulin  
MCA/DOLS

**3<sup>rd</sup> November 2026, 9am to 4pm, Colchester Football Stadium**

**10<sup>th</sup> November 2026, 9am to 4pm, Hamptons, Chelmsford**

Please email [quality.innovation@essex.gov.uk](mailto:quality.innovation@essex.gov.uk) to book places

## Parkinsons Explained

The half day training course for Residential Care Home Staff will increase your knowledge and confidence in supporting people with Parkinson's.

- Identify Parkinson's symptoms and the challenges they can present
- Explore how Parkinson's is managed
- Recognise the importance of time critical medication

Understand the changing needs of people living with Parkinson's

This course has been developed by Parkinson's UK.

**26<sup>th</sup> November 2026, 9.30am to 12.00pm, Cressing Temple, Braintree**

**26<sup>th</sup> November 2026, 1pm to 4pm, Cressing Temple, Braintree**

Please email [quality.innovation@essex.gov.uk](mailto:quality.innovation@essex.gov.uk) to book places

Further information about Parkinson's can be found at Parkinson UK, where there are resources which can be downloaded or hard copies ordered (some of which are free!)

<https://www.parkinsons.org.uk/professionals/resources>

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## Care Home Study Days- Personal Care & Pressure Area Care

These full day study days for residential care home staff will cover Personal Care in the morning and then Pressure Area Care in the afternoon.

### Personal Care

- Introduction Best Practice in Personal Care including Legislation, policies and guidelines for assessing risk.
- Rationale for undertaking personal care and exploring diversity and individual needs.
- Consent, confidentiality and the importance of appropriate documentation.
- Possible issues with regard to safeguarding and definitions of personal care and risk management.
- Identify factors affecting personal care, assessment of personal hygiene.
- Culture of care and quality.
- Principles of skin care, anatomy and physiology of the skin.
- Care of skin, hair, mouth, nails & feet and ears and nose.
- How to support a service user with washing and dressing, oral hygiene needs
- How to spot symptoms of the adverse effects of pressure.
- How to ensure that service users' hair is brushed in accordance with their wishes.
- Carry out catheter care and convener care.
- How to change incontinence pads correctly.

- How to use body maps when there are concerns about a person's health or wellbeing

### Pressure Area Care

- Introduction - The Skin.
- Structure of the skin
- Functions of the skin.
- What is pressure ulcer?
- Classification of pressure ulcers
- Who is at risk?
- Differentiate between pressure, shear and friction forces
- Preventative and pressure relieving aids
- Risk Assessment - Identify and understand the different Risk Assessment tools available
- Undertaking a skin assessment
- Documentation

**29<sup>th</sup> October 2026, 9.30am to 4.30pm, Latton Bush Centre, Harlow - **Spaces****

**5<sup>th</sup> November 2026, 9.30am to 4.30pm, Wat Tyler Country Park, Basildon – **limited space****

**18<sup>th</sup> November 2026, 9.30am to 4.30pm, Colchester Football Stadium – **limited space****

To book please email

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## OT Bite Size Sessions return for the Autumn!

Join our **FREE** bite-sized virtual sessions led by our Provider Quality Senior Occupational Therapist. Delivered via Microsoft Teams. Although the topics remain similar, new information has been added, and all care providers are welcome—including past attendees.

**Safer Handling:** considering good practice principles to ensure safe and dignified transfers

- 5th Nov 2026, 13:00 – 15:00
- 15th Dec 2026, 13:00 – 15:00
- 16th Feb 2027, 10:00 – 12:00

**Risk assessment for bed safety & manual handling:** covering risk-adverse to risk-aware practices

- 13th Nov 2026, 10:00 – 12:00
- 14th Jan 2027, 10:00 – 12:00
- 26th Feb 2027, 10:00 – 12:00

**Postural care** – in all aspects of life: covering how to spot the signs of deterioration, support better posture, reduce deterioration, and contractures

- 9th Oct 2026, 10:00 – 12:00
- 18th Nov 2026, 13:00 – 15:00
- 20th Jan 2027, 13:00 – 15:00
- 3rd March 2027, 13:00 – 15:00

**Falls Prevention & Retrieval:** considering best & current practice, supporting equipment and other considerations

- 15th Oct 2026, 13:00 – 15:00
- 24th Nov 2026, 13:00 – 15:00
- 28th Jan 2027, 10:00 – 12:00
- 11th March 2027, 10:00 – 12:00

**Dementia care: using a sensory and trauma-informed approach:** considering how these approaches can help to understand the person better

- 23rd Oct 2026, 10:00 – 12:00
- 4th Dec 2026, 10:00 – 12:00
- 3rd Feb 2027, 13:00 – 15:00
- 19th March 2027, 13:00 – 15:00

**Safer Handling for plus sized people & those with Dementia:** considering equipment and techniques to better support people's needs

- 27th Oct 2026, 10:00 – 12:00
- 10th Dec 2026, 10:00 – 12:00
- 10th Feb 2027, 13:00 – 15:00
- 23rd March 2027, 10:00 – 12:00

**Please note:** the safer handling sessions do not replace your care providers mandatory manual handling training requirement.

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

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## Domiciliary Care Training Opportunities

These two-hour virtual sessions are 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 individuals you care for. (Delivered via Microsoft Teams)

- **Motor Neurone Disease;** on September 18<sup>th</sup> 10am-12pm (3 spaces available)
- **Multiple Sclerosis;** October 2<sup>nd</sup> 10am-12pm (3 spaces available)
- **Epilepsy;** October 16<sup>th</sup> 10am-12pm (Fully Booked)

To book please email

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

## Palliative & End of life Care: St Clare Hospice

This half day training session delivered by St Clare's Hospice, will cover following:

- Recognise the signs that someone is approaching the end of life or is imminently dying.
- Apply effective communication skills during difficult conversations.

- Understand the importance of Advance and Future Care Planning.
- Explain the priority areas of care for a person who is dying.
- Describe St Clare Hospice services and how they support people at the end of life
- Know when and how to refer to St Clare Hospice.

**27<sup>th</sup> October at St Clare's Hospice, Hastingwood**  
**1pm-4pm** **waiting list only**

## Palliative & End of life Care: Farleigh Hospice

This full day training session delivered by Farleigh Hospice will cover the foundations of end-of-life care including key topics such as terminology, communication skills, what does dying look like but also touch on areas such as grief, ethics and mental capacity.

**25<sup>th</sup> November at Hamptons Chelmsford 9.15am-4.30pm**

To book please email

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## Healthcare Topics – Pressure Area Care and Catheter Care

This half day training course delivered by PROVIDE, is aimed at Domiciliary Care Staff and will cover:

- Skin integrity and pressure damage
- Risk factors and early identification
- Pressure ulcer prevention strategies
- Safe actions carers can undertake
- Basic bladder and bowel function
- Types and purpose of urinary catheters
- Safe catheter care and infection prevention
- Recognising complications and issues
- Appropriate escalation and seeking support

**8th October 2026, 9.30am to 1.30pm, Hamptons, Chelmsford**

**12th November 2026, 9.30am to 1.30pm – Colchester Football Stadium, Colchester**

This is open to Care staff working for Domiciliary Care Agencies who deliver care in the Essex County Council Local Authority area.

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

## Person Centred Dementia Care and Managing Behaviours

This full day training course is an interactive session which explores Dementia, Communication, Feelings and Behaviours enabling care staff to better understand and manage behaviours of people living with Dementia.

This course is open to Both Domiciliary Care Staff and Residential Care Homes where care is delivered in the Essex County Council Local Authority Area.

**4th November 2026, 9.15am to 4pm, Colchester Football Stadium, Colchester**

**19th January 2027, 9.15am to 4pm, Wat Tyler Country Park, Basildon**

**9th February 2027, 9.15am to 4pm, Harlow Hotel, Harlow**

**10th March 2027, 9.15am to 4pm, Hamptons, Chelmsford**

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

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## Resilience Based Clinical Supervision (RBCS).

Resilience-based Clinical Supervision (RBCS) is a form of restorative clinical supervision characterised by:

- Co-creating a safe space
- Integrating mindfulness-based stress-reduction exercises
- Focusing on the emotional systems motivating our response to a situation
- Considering the role of our internal critic in sustaining or underpinning our response to a situation
- Maintaining a compassionate flow to self and consequently to others

The RBCS programme is fully funded for registered nurses working in social care. RBCS supports nursing teams to recognise the emotional impact of their work on themselves and others, and to respond positively to these experiences.

Through structured reflective practice, nurses develop resilience, strengthen peer support, and build the skills needed to support the wellbeing of colleagues, helping to create a more resilient and sustainable workforce.

RBCS can be used as evidence of continued professional development required for nursing revalidation.

More information can be found at [Clinical Supervision - Foundation of Nursing Studies](#)

Please note this is not organised by Essex County Council's Quality Innovation team but an initiative from [www.fons.org](http://www.fons.org)

## World Dignity Day - 14<sup>th</sup> October 2026

Get involved in World Dignity Day and Celebrate acts of dignity in your organisation and share what dignity means to you.

By supporting World Dignity Day, it will:

- Remind society that Dignity is everybody's business
- Raise awareness of the importance of Dignity in all walks of life and particularly in Care and Support settings.
- Be part of a national celebration and demonstrate solidarity for the Dignity campaign.
- Ensure with thought that everyone can get involved and have fun as well as demonstrating your commitment to Dignity.

Become a Dignity Champion to help spread the message [www.dignityincare.org.uk/Dignity-Champions](http://www.dignityincare.org.uk/Dignity-Champions)

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## Good Food Good Mood



[Good Food, Good Moves](#) is an Essex-wide programme delivered by Sport for Confidence and commissioned by Essex County Council Public Health. The programme works alongside adults with learning disabilities, carers and care services to make healthy eating, wellbeing and movement more accessible, achievable and part of everyday life.

Through practical support, accessible resources, education and inclusive opportunities, the programme aims to help individuals and those supporting them build healthier habits that can last.

A key part of this work is recognising the important role that carers and support staff can play in helping healthy habits become part of someone's everyday routine.



With Good Food, Good Moves there is access to free resources to support conversations, ranging from practical food and activity ideas to Recipes for Wellbeing, a food and nutrition guide with over 56 recipes.

With the [free e-learning programme](#) bringing everything together in one place, Good Food, Good Moves is supporting Essex's learning disability community to make positive changes to their food and nutrition.

Sustainable change does not have to mean dramatic changes overnight. Accessible information, consistent support and small, achievable changes can help healthier choices become part of everyday life: for more information and to get involved now, please visit [the website](#) or contact: [info@sportforconfidence.com](mailto:info@sportforconfidence.com)

## Inclusive Opportunities at Waterside Farm Leisure Centre

Becoming more physically active is also an important part of everyday life and [Waterside Farm Leisure Centre](#) have inclusive opportunities available.

For more information on sessions visit the websites [Waterside Farm Leisure Centre – Castle Point Active](#) or [Sport for Confidence at Waterside Farm](#)

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## Essex Care Sector Awards



This year's awards have seen an unprecedented number of nominations with a grand total of 394 across just 15 categories. The standard of nominations was high and gave the judges a lot to deliberate over, however they have now made their decisions and those shortlisted, will soon be presented with their invitations to the Awards Ceremony on the evening of the 2<sup>nd</sup> of December. The team will be hand delivering the invites over the coming weeks. For those who were unsuccessful you will be notified via email in October.

Best of luck to all the shortlisted nominees!

## Good News Story

We like to share good news stories from across the care market in Essex to share innovation and celebrate success. If you have a story to share please email us at [quality.innovation@essex.gov.uk](mailto:quality.innovation@essex.gov.uk)

## Provider Quality Innovation

More information about our programme of work can be found on the Essex Provider Hub at [www.essexproviderhub.org/quality/quality-innovation-team](http://www.essexproviderhub.org/quality/quality-innovation-team)

or by scanning the QR code below



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