

Quality Innovation Newsletter

Issue 58 October 2025

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

28th January 2026, 10.30am to 3pm, Colchester Football Stadium

4th February 2026, 10.30am to 3pm, Hamptons, Chelmsford

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

18th February 2026, 10.30am to 3pm, Wat Tyler Country Park, Basildon

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

Quality Innovation Newsletter

Issue 58 October 2025

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 and RNC will have stands with information and a chance to ask questions during the lunch break.

The day will include:

Spotlight on Sensory – Sight and Hearing Loss

Choice of two workshops from the below

- Medication - Consent, Safe Administration, Errors, Controlled Drugs
- Diabetes - Complications, Blood Sugar Monitoring, Insulin
- Catheterisation - Male/Female/Supra Pubic

Dates:

11th November 2025, 9.15am to 4pm – Colchester Football Stadium

20th November 2025, 9.15am to 4pm – Christ Church, New London Road, Chelmsford.

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

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:

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

Quality Innovation Newsletter

Issue 58 October 2025

Care Home Study Days

We have organised two in person Study days for Residential Care Home staff, the first covers Personal Care and Pressure Area Care and the second includes Fluid/Nutrition and UTI's/Catheter Care. Both days are delivered by Nurse Training 2 Care and are full days.

Personal Care & Pressure Care

6th November 2026, 9.30am to 4.30pm, Latton Bush, Harlow (fully booked, waiting list only)

3rd March 2026, 9.30am to 4.30pm, Colchester Football Stadium

10th March 2026, 9.30am to 4.30pm, Hamptons, Chelmsford

Lunch and refreshments are provided

Fluid/Nutrition & UTI/Catheter Care

13th November 2026, 9.30am to 4.30pm, Latton Bush, Harlow (fully booked, waiting list only)

17th March 2026, 9.30am to 4.30pm, Colchester Football Stadium

19th March 2026, 9.30am to 4.30pm, Hamptons, Chelmsford

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

Chair Based Exercise 2 day course

The aim of this course is to train activity co-ordinators to be able to safely deliver chair-based exercise for older adults to promote independence and enhance their physical and mental health.

The chair-based exercise programme aims to improve strength, mobility and confidence. The exercises include functional movements to aid everyday living such as washing and dressing.

14th & 15th January 2026, 9.30am to 4.30pm, Colchester Football Stadium, (both dates must be attended)

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

Quality Innovation Newsletter

Issue 58 October 2025



My Home Life Leadership Programme

My Home Life, in partnership with Essex County Council, has been running Professional support and development programmes in Essex for 16 years, with cohorts for Homecare providers, Residential, Nursing and Learning Disability services and most recently, Registered Nurses and team leads.

We are delighted to announce two new cohorts starting in February and March 2026.

My Home Life is an international initiative with 17 years' experience supporting quality of life and promoting positive practice in care home and care settings. Working with 2,400 care leaders, My Home Life programmes have delivered significant outcomes and impact in hundreds of care settings, including enhanced leadership, resilience, confidence, wellbeing and quality of life.

The programme is evidence-based and practice-informed. You will be introduced to a range of tools and relationship-centred principles and supported to develop your professional skills and leadership. There is a focus on growing existing strengths, whilst trying out new ideas.

Participants will attend monthly, face-to-face sessions, over an 8 month period, supported by an experienced My Home Life England facilitator.

These are:

- Introductory workshops
- Action learning sessions
- A completion day

The 3 introductory workshops focus on you as a leader, leading others and leading change.

The action learning/group coaching sessions (small groups) provide a safe, reflective space for participants to focus on real issues that they are currently facing, with the intention of achieving improvement and transformation in their care service, and receiving support from colleagues going through similar experiences.

Throughout the programme principles, practice tools, and exercises will be introduced to you, then a dialogue will be opened up asking you to reflect on how you might adopt them in your everyday work. We encourage you to actively participate in discussions and to experiment with using the tools, ideas and approaches.

"The really important thing is that it's based on the experience of the sector and is not imposed from above." Past participant (Care home manager).

If you would like to be considered for the next cohorts starting in February & March 2026, please email quality.innovation@essex.gov.uk

Quality Innovation Newsletter

Issue 58 October 2025

AWD Training Opportunities & Updates

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

Care Home Le Der outcomes: 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.

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

Care Planning & Record Keeping for AWD Providers

This workshop 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 people being supported.

Click link for further information and booking form.
[Events – Care Planning and Record Keeping for AWD Providers | Provider Hub](#)

Modern Slavery Across the care Workforce

Bob Fortt, Prevent & Protect officer from Essex Police's Modern Slavery and Human Trafficking team are offering this session to providers across Essex. This session aims to teach you how to identify, address and prevent modern slavery across the care workforce.

Click link for further information and booking form.
[Events – Modern Slavery & Human Trafficking Awareness | Provider Hub](#)

Introduction to Multiple Sclerosis

The introduction to Multiple Sclerosis training is live online training provided by a consultant occupational therapist, this is a vignette course that provide a brief overview of systems impairments.

Email quality.innovation@essex.gov.uk for further information and booking form.

Introduction to Motor Neurone Disease

The introduction to Motor Neurones Disease training is live online training provided by a consultant occupational therapist, this is a vignette course that provide a brief overview of systems impairments.

Quality Innovation Newsletter

Issue 58 October 2025

Click link for further information and booking form.

[Events – An Introduction to Motor Neurones Disease | Provider Hub](#)

Introduction to CPD Accredited Epilepsy & Buccal Midazolam

This 3-hour CPD accredited training course is for anyone who supports a person with epilepsy and may be required to administer buccal midazolam for prolonged seizures. The course will provide delegates with a full understanding of epilepsy and seizure management, and in the safe administration of buccal midazolam. A practical demonstration on how to give emergency medication will be carried out.

Click link for further information and booking form.

[Events – Epilepsy and Buccal Midazolam | Provider Hub](#)

Introduction to Nutrition & Hydration to Support Healthcare

Fully funded 2.5 hr virtual session to increase understanding of how adequate nutrition and hydration supports the maintenance of health and the recovery from ill health.

Click link for further information and booking form.

[Events – Nutrition & Hydration to Support Healthcare - for AWD Providers | Provider Hub](#)

MAKATON for Frontline Workers- General Wellbeing Specialised Training

A robust session promising to unlock your communication potential designed to meet diverse communication needs and enhance your organisation's accessibility.

- Competent in specialist signs and symbols designed to improve communication and reduce anxiety during appointments.
- Promote inclusion and awareness.

Click link for further information and booking form.

[Events – Makaton for Frontline - AWD Providers | Provider Hub](#)

Introduction to Self-Harm & Suicide Awareness

This training has been devised for people supporting individuals affected by suicide, enabling them to deal with the impact of suicide and the subsequent challenges to mental health, including increased risk of suicide and/or self-harm, and feelings of isolation/loneliness.

Click link for further information and booking form.

[Events – Self-Harm and Suicide Awareness for AWD Providers | Provider Hub](#)

Quality Innovation Newsletter

Issue 58 October 2025

Introduction to Sepsis Awareness

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 course 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](#)

Introduction to Dementia in adults with learning disabilities with or without Autism

This is a one- day workshop to look at how you can identify potential Dementia in adults with learning disabilities with or without Autism. We will also

look at how you can evidence your concerns to share with health professionals and then continue to support the individual with Dementia to lead a healthy and positive life.

Click link for further information and booking form.
[Events – Dementia in adults with Learning Disabilities with or without Autism | Provider Hub](#)

An Introduction to Acquired Brain Injury

The introduction to Acquired Brain Injury training is live online training provided by a consultant occupational therapist; this is a vignette course that provides a brief overview of systems impairments.

Click link for further information and booking form.
[Events – An Introduction to Acquired Brain Injury - for AWD Providers | Provider Hub](#)

Introduction to Caring for a person with Chronic Pain

Caring for a person with chronic pain training is live online training provided by a consultant occupational therapist, this is an introduction course that provides an overview of chronic pain that can be present in many different conditions encountered by care and community services.

Click link for further information and booking form.
[Events – Caring for a person with Chronic Pain - for AWD Providers | Provider Hub](#)

Quality Innovation Newsletter

Issue 58 October 2025

Introduction to 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.

Click link for further information and booking form.

[Events – Dysphagia Awareness for Adults with Disabilities Providers | Provider Hub](#)



Macmillan Coffee Morning

A very well done to Sally, carer at CK2 for raising an amazing £1072.77 for Macmillan Cancer Support by organising and hosting a coffee morning.

Well done Sally !

Your Good News Stories

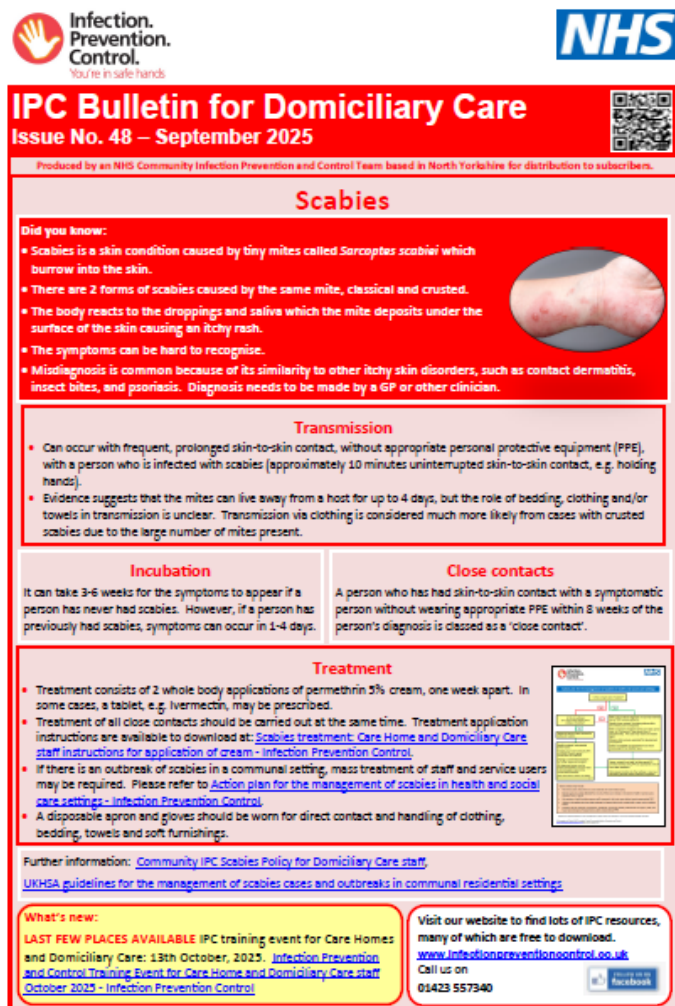
If you would like to share your ideas or good news stories, please email us at

Quality.innovation@essex.gov.uk

Eligibility

All our events and training opportunities are fully funded by Essex County Council and are available to Care providers who provide a service in the Essex County Council Local Authority Area.

Infection Prevention Control for Domiciliary Care - Scabies



IPC Bulletin for Domiciliary Care
Issue No. 48 – September 2025

Produced by an NHS Community Infection Prevention and Control Team based in North Yorkshire for distribution to subscribers.

Scabies

Did you know:

- Scabies is a skin condition caused by tiny mites called *Sarcoptes scabiei* which burrow into the skin.
- There are 2 forms of scabies caused by the same mite, classical and crusted.
- The body reacts to the droppings and saliva which the mite deposits under the surface of the skin causing an itchy rash.
- The symptoms can be hard to recognise.
- Misdiagnosis is common because of its similarity to other itchy skin disorders, such as contact dermatitis, insect bites, and psoriasis. Diagnosis needs to be made by a GP or other clinician.



Transmission

- Can occur with frequent, prolonged skin-to-skin contact, without appropriate personal protective equipment (PPE), with a person who is infected with scabies (approximately 10 minutes uninterrupted skin-to-skin contact, e.g. holding hands).
- Evidence suggests that the mites can live away from a host for up to 4 days, but the role of bedding, clothing and/or towels in transmission is unclear. Transmission via clothing is considered much more likely from cases with crusted scabies due to the large number of mites present.

Incubation

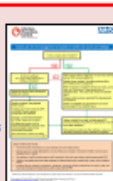
It can take 3-6 weeks for the symptoms to appear if a person has never had scabies. However, if a person has previously had scabies, symptoms can occur in 1-4 days.

Close contacts

A person who has had skin-to-skin contact with a symptomatic person without wearing appropriate PPE within 8 weeks of the person's diagnosis is classed as a 'close contact'.

Treatment

- Treatment consists of 2 whole body applications of permethrin 5% cream, one week apart. In some cases, a tablet, e.g. Ivermectin, may be prescribed.
- Treatment of all close contacts should be carried out at the same time. Treatment application instructions are available to download at: [Scabies treatment: Care Home and Domiciliary Care staff instructions for application of cream - Infection Prevention Control](#)
- If there is an outbreak of scabies in a communal setting, mass treatment of staff and service users may be required. Please refer to [Action plan for the management of scabies in health and social care settings - Infection Prevention Control](#)
- A disposable apron and gloves should be worn for direct contact and handling of clothing, bedding, towels and soft furnishings.



Further information: [Community IPC Scabies Policy for Domiciliary Care staff](#), [UKHSA guidelines for the management of scabies cases and outbreaks in communal residential settings](#)

What's new:

LAST FEW PLACES AVAILABLE IPC training event for Care Homes and Domiciliary Care: 13th October, 2025. [Infection Prevention and Control Training Event for Care Home and Domiciliary Care staff October 2025 - Infection Prevention Control](#)

Visit our website to find lots of IPC resources, many of which are free to download.
www.infectionpreventioncontrol.nhs.uk
Call us on 01423 557340

© Harrogate and District NHS Foundation Trust, Community Infection Prevention and Control, e-mail: infectionprevention.control@nhs.net

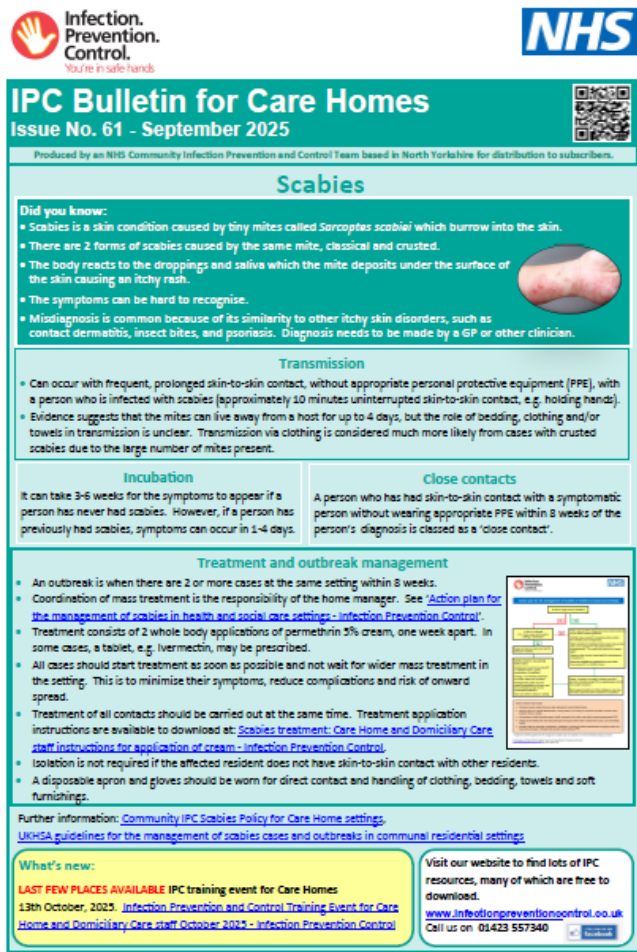
<https://www.infectionpreventioncontrol.co.uk/news/ipc-bulletin-for-domiciliary-care/>

Quality Innovation Newsletter

Issue 58 October 2025

Infection Prevention Control for Residential Care – Scabies

To read the UKHSA guidelines for the management of scabies cases and outbreaks in communal residential settings please see [UKHSA guidelines for the management of scabies cases and outbreaks in communal residential settings - GOV.UK](#)



Infection Prevention Control.
You're in safe hands.

NHS

IPC Bulletin for Care Homes
Issue No. 61 - September 2025

Produced by an NHS Community Infection Prevention and Control Team based in North Yorkshire for distribution to subscribers.

Scabies

Did you know:

- Scabies is a skin condition caused by tiny mites called *Sarcoptes scabiei* which burrow into the skin.
- There are 2 forms of scabies caused by the same mite, classical and crusted.
- The body reacts to the droppings and saliva which the mite deposits under the surface of the skin causing an itchy rash.
- The symptoms can be hard to recognise.
- Misdiagnosis is common because of its similarity to other itchy skin disorders, such as contact dermatitis, insect bites, and psoriasis. Diagnosis needs to be made by a GP or other clinician.

Transmission

- Can occur with frequent, prolonged skin-to-skin contact, without appropriate personal protective equipment (PPE), with a person who is infected with scabies (approximately 10 minutes uninterrupted skin-to-skin contact, e.g. holding hands).
- Evidence suggests that the mites can live away from a host for up to 4 days, but the role of bedding, clothing and/or towels in transmission is unclear. Transmission via clothing is considered much more likely from cases with crusted scabies due to the large number of mites present.

Incubation

It can take 3-6 weeks for the symptoms to appear if a person has never had scabies. However, if a person has previously had scabies, symptoms can occur in 1-4 days.

Close contacts

A person who has had skin-to-skin contact with a symptomatic person without wearing appropriate PPE within 8 weeks of the person's diagnosis is classed as a 'close contact'.

Treatment and outbreak management

- An outbreak is when there are 2 or more cases at the same setting within 8 weeks.
- Coordination of mass treatment is the responsibility of the home manager. See [Action plan for the management of scabies in health and social care settings - Infection Prevention Control](#).
- Treatment consists of 2 whole body applications of permethrin 5% cream, one week apart. In some cases, a tablet, e.g. ivermectin, may be prescribed.
- All cases should start treatment as soon as possible and not wait for wider mass treatment in the setting. This is to minimize their symptoms, reduce complications and risk of onward spread.
- Treatment of all contacts should be carried out at the same time. Treatment application instructions are available to download at: [Scabies treatment: Care Home and Domiciliary Care staff instructions for application of cream - Infection Prevention Control](#).
- Isolation is not required if the affected resident does not have skin-to-skin contact with other residents.
- A disposable apron and gloves should be worn for direct contact and handling of clothing, bedding, towels and soft furnishings.

Further information: [Community IPC Scabies Policy for Care Home settings](#),
[UKHSA guidelines for the management of scabies cases and outbreaks in communal residential settings](#).

What's new:

LAST FEW PLACES AVAILABLE IPC training event for Care Homes
13th October, 2025 [Infection Prevention and Control Training Event for Care Home and Domiciliary Care staff October 2025 - Infection Prevention Control](#)

Visit our website to find lots of IPC resources, many of which are free to download.
www.infectionpreventioncontrol.co.uk
Call us on 01423 557340

© Harrogate and District NHS Foundation Trust, Community Infection Prevention and Control, e-mail: infectionprevention.control@rda.net

<https://www.infectionpreventioncontrol.co.uk/news/ipc-bulletin-for-care-homes/>