

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 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 that 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.

Prosper Skills Network Future dates & subjects

26th August 10am - 11.30am Oral Health Care

The sessions are being held virtually via Microsoft Teams. If you're interested in booking spaces for your home, please email Prosper@essex.gov.uk with the names of the people you wish to attend the event.

Prosper Community of Practice



On 15th July the Prosper Team held their second virtual Community of

practice joined by twenty people from thirteen Prosper care homes and it was a very welcomed opportunity to come together and network with other homes and professionals

During the event there were several different mini sessions delivered including:

- PEM Project and Bitesize Sessions delivered by Caroline Robinson Senior ECC Occupational therapist
- Here for you Pilot Session delivered by Dr Leon Fletcher-Tomenius from EPUT
- Light bulb Project delivered by Lesley Cruickshank Provider Quality Innovation Manager ECC and Natalia Jurasz Home Manager of Beech House
- Montessori Ageing with Dementia in Practice at Edensor Nursing Home
- Activity Social Club started in North Essex.

To end the event the Prosper team gave an update of upcoming events including face to face champion study days, taking place at the end of September, other events and training that is on offer, and the exciting news Prosper support visits to Care Homes are able to recommence. If you would like to book a prosper support visit, or find out more about Prosper please email Prosper@essex.gov.uk



Bite Size Occupational Therapy sessions

The Provider Quality Team's Senior Occupational Therapist Caroline Robinson has been running a programme of virtual bite-size training sessions which launched in October 2020. Sessions have covered everything from COVID recovery to seating residents safely to plus sized handling. So far more than 300 carers have attended the sessions from 149 providers. The programme has received some positive feedback from the carers who attended the sessions

"A relaxed learning atmosphere. Given time to ask questions and contribute to the learning. Visual aids given and very good presentation. Managed to see staff for my home attending which was good. Well done and will book for more sessions"

"Helped us to identify and forward plan for one of our Residents" as a result we plan "to Refer one of our Residents to a dietician in order to manage their weight gain. The tendency is always to refer for weight loss and Not weight gain "

The programme was paused in May 2021 to enable further sessions to be added and the existing sessions to be reviewed. **Some exciting news...BIG ANNOUNCEMENT** a new programme of sessions is returning from September.

The new sessions will include:

- Enablement Approaches and Meaningful Activity Planning
- Safer Handling Awareness
- Manual Handling Risk Assessments & Handling Plans
- Plus-sized positioning considerations and equipment provision
- Positioning including End of Life
- Bed Safety Considerations, Risks and Equipment Provision
- Safer Seating – Reducing Falls and Pressure Sores
- Falls Prevention – aimed at AWD Homes
- Long Covid Fatigue
- Wellbeing

The full programme dates and times will be posted on the Care Provider Hub events page and email invites sent in the coming weeks.



Slings should be checked before each use!

Sling checks - What to look for?

- Stitching – is it intact?

If no then it is a **LOLER fail**

- Loops – are there any frays?

If yes then it is a **LOLER fail**

- Label – Can you read it clearly?
Can you identify the SWL?

If no then it is a **LOLER fail**

- Sling material – are any parts ripped/is it all intact?

If yes then it is a **LOLER fail**

If the sling has failed LOLER it needs to be **scrapped immediately**



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Occupational Therapy Support

We know there are times when those you support require assessment by an occupational therapist for advice and provision of appropriate equipment, details of where to make a referral,

Provider comms: contacts for Social Care OT referrals/advice and equipment queries

 North Essex (Colchester, Tendring): North Early Intervention team ASCSouthEarlyIntDuty@essex.gov.uk 0345 603 7630	Customer Service Centre (formerly Social Care Direct): 0345 603 7630	 West Essex (Uttlesford, Epping, Harlow): Single Point of Access team SPAteamwest@essex.gov.uk
 Mid Essex (Braintree, Maldon, Chelmsford): Mid Incoming (Duty) Team 03330138928	Out of Hours Emergency Duty Team: 0845 609 1212	 South Essex (SE – Basildon, Brentwood, SW – Castlepoint and Rochford): South OT Hub southOT.hub@essex.gov.uk

Equipment service:-

main number: 0333 013 5438 (for all enquiries incl. hoist breakdowns during office hours (9-5 Monday – Friday))
out of hours **ceiling track hoist breakdown only:** 0300 003 1623
email address: ECLContactcentre@essexcare.org



evidence-based best practice in all aspects of moving and handling and musculoskeletal health. NBE recognise the need for training standards in manual handling and has a published article regarding this subject which covers

- The Need for Standards
- The legal and professional requirements for training
- Pre-training requisites
- Training – Planning and Recording
- Training Delivery
- What the standard elements of Induction in client handling training should include



To find out more please see [Microsoft Word - Manual handling training guidelines 2010 \(nationalbackexchange.org\)](#)

New Equipment available

Occupational therapist will soon be able to assess and provide the new Molift Raiser Pro, shown below to those assessed as suitable.

May 2021

Equipment update: coming soon...

 Molift Raiser Pro etac - https://www.youtube.com/watch?v=VAQcGPOEPCo	NEW addition to the standard equipment catalogue – Molift Raiser Pro Use: Same principles for use as the Return already in our catalogue – this is for active standing transfers This will be available to Occupational Therapists to order for adults (who meet criteria) within Essex. You will start to see these being issued to adults primarily being supported in their own home's over the next few weeks.	 Return Handicare - https://www.youtube.com/watch?v=0z4dms2kBE
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National Back Exchange



The National Back Exchange (referred to as “NBE”) is a non-profit membership association whose goal is to develop, disseminate and promote

Distressed Behaviours Toolkit



East of England

The NHS has released an Antipsychotic Prescribing

Guidance, and Distressed Behaviour in People Living with Dementia Toolkit. The document provides information on pharmacological and non-pharmacological approaches to managing distressed behaviour in people living with dementia, as well as discussing other potential causes for distressed behaviours and ideas on how to manage these for carers. [To view the guidance document, please click here](#)



Essex County Council

Fully Funded Rapid Induction Training for New staff

Training2care have been awarded a grant from Skills for Care to offer **fully funded Virtual Rapid Induction for new staff**. The course is delivered over 5 days. Delegates booked on the Induction programme must attend all of the courses. To access this fully funded training, you would need to have an Adult Social Care Workforce Data Set (ASC-WDS) account. If you do not have an account, you would need to register for one at

<https://ascwds.skillsforcare.org.uk/registration/create-account>

The courses will run weekly for the next 10 months or until the funding runs out. To book places contact Training2care on 01376 317156

Monday	
0930-1130	Care Certificate knowledge digital learning (2 hours)
1230-1530	Assisting and Moving People (3 hours)
Tuesday	
0930-1230	Basic First Aid (including Basic Life Support) – 3 hours
1330-1530	Fire Safety – 2 hours

Wednesday	
0930-1130	Food Safety – 2 hours
1230-1530	Health and Safety – 3 hours
Thursday	
0930-1230	Infection Prevention and Control – 3 hours
1300-1600	Safeguarding (specially around isolation) – 3 hours
Friday	
0930-1230	Medication – 3 hours

My Home Life Rebuilding Together



We have commissioned My Home Life to offer a bespoke programme specially designed to support you and your teams as we transition through the next phases of the pandemic.

The Rebuilding Together Programme – provides FREE support to care and domestic staff bringing them together for a series of face-to-face mini sessions to reflect upon ‘what was hard?’, ‘what they are proud of?’, ‘what strengths they have developed as a team?’ and ‘what they can do together to rebuild and use this unique moment in time to create a more positive future for themselves and the care



home. We will also equip them with some top tips in helping them to look after themselves.

The My Home Life team will work with the manager to ensure what they do is most helpful to the home.

Feedback to date indicates that these sessions help people feel more buoyant, more connected to their role and more able to process some of the very difficult feelings that have come out of the pandemic. It also generates great evidence of your positive work to share with CQC.

If you are interested in the programme email quality.innovation@essex.gov.uk

My Home Life Leadership Programme – We are pleased to be able to offer Cohort 29 of the My Home Life Leadership programme for Managers/Deputies or Team leaders working in Residential Care or Nursing Homes. The 9-month programme will start on the **29 September 2021** and is hoped to be held at the County Hotel in Chelmsford.

In addition, we will also be running Cohort 4 of the **Registered Nurses Leadership programme** aimed at Nurses working in Nursing Homes starting on the **19th October 2021**

Cohort 10 of the **Domiciliary Care Leadership programme** will be starting on **26th October 2021**.

If you would like to be considered for any of the above programmes, please email quality.innovation@essex.gov.uk

Social Activities Hub



Lisa Welsh, Manager of **Marmora** Care Home in Clacton came up with the idea of creating a '**Social Activity Hub**' with other homes in the

area. Our PROSPER Support Officer, Sarah Cadge helped make the connections with the other homes and they now meet virtually every fortnight. Each home takes it in turn to host an activity, where they meet new people, and have some fun. They recently held their launch with Marmora Care home hosting a 'Who am I game?' each resident spent a few weeks working with the activity co-ordinator to create an outfit/costume to dress up as a famous person.



They took it in turn to show the other homes virtually their costumes so they could guess who they were.

Costumes included John

Wayne, Mae West and Frank Sinatra to name but a few.

If you are interested in starting a Social Activity Hub in your area, please email Prosper@essex.gov.uk

End of life training



St Clare's Hospice have some free afternoon workshops

available regarding Caring for patients in the Dying phase please follow the link to find out more:

<https://stclarehospice.org.uk/events/category/education-and-training/>

Edensor adopt the Montessori approach

Edensor Care Centre in Clacton is one of the homes that has undertaken the Montessori for Ageing & Dementia training, Residential Manager, Muhammed Neeliyath explains how the new approach has meant that introducing daily chores help reduce anxiety and dementia challenges and talks about the pleasure the team experience when they see residents developing friendships and supporting each other.

Two residents have really benefitted, one lady who is living with dementia and depression was very anxious and constantly worrying about things. The staff were really concerned with the level of anxiety displayed and wanted to put in place activities that would help to lessen this. Another resident who can be forgetful but has not been diagnosed with dementia has become her friend and taken her under her wing, Staff witnessed the way she was looking after her

friend and that this attention was helping the resident feel less anxious.

To build on this positive relationship, the staff gave them the responsibility for laying the tables in the dining room and helping Chef to serve meals to their fellow residents a few days a week. The pair complete the task with the help of an Activity Coordinator, and staff hope that soon they will be comfortable enough with the routine, to help in the dining room every day. The residents condition means that she will have forgotten what she did when she laid tables the time before, but her new friend and the Activity Coordinator are always there to lessen her anxiety and help her.

Muhammed Neeliyath, Residential Manager said 'Previously the resident would sit and worry, so this is a fantastic distraction for her and seeing her new friend reassuring her as she lays the tables has such positive rewards. This has been so successful that the two friends now help me with administration tasks in the office too.'

It certainly demonstrates how the Montessori ethos has proved beneficial and resulted in positive outcomes for individuals', if you'd like to know more about Montessori for Ageing and Dementia please see

<https://montessoridementia.org/>

We have another opportunity for Residential Care homes to attend the **Montessori for Dementia and Ageing** 6 part course taking place on **10th, 11th, 17th, 18th, 24th & 25th November 2021, 09:00 – 11:00** (virtual) To book please email

Quality.innovation@essex.gov.uk



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Frontline Workers Day

Belmont Lodge shared with us how they had marked NHS and Social Care & Frontline workers day on 5th July. Activity coordinator Dawn Harrison told us "This is a wonderful opportunity for us to pay tribute to all the local doctors, nurse, care workers, police force, fire service and other frontline staff who play a key role in saving lives and keeping essential services going when Covid-19 struck our country. Their commitment and sense of duty was an inspiration to everyone, and this was our chance to say thank you to every single one of them." The home started celebrating the day with the raising of their flag at 10am, this was followed by two minutes silence at 11am with the 'Last Post' playing whilst they remembered those lost during the pandemic. At one o'clock the amazing team at Belmont lodge raised their glasses along with the police force, fire service, local Councillor, and Chair. They all enjoyed refreshments and treats of ice cream by their local ice cream van. Certificate of grateful recognition were awarded to all and the celebration was rounded off by a one-man band live singer who performed and danced for them.



Dawn said" We would like to say a massive thank you to our amazing residents for their fantastic artwork and making our posters and banners, local brownies for their cakes and pictures, Tesco, Londis and our local community for all their help and support.

Poetry Corner

Once again Sue Smith, manager at **Silvana Court** has been creative and penned a thought-provoking poem entitled '**From my window**'

*I look out for my window and what do I see, I see you arrive for work to take care of me!
I see a beautiful garden with flowers galore, I see a large oak tree and so much more!*

*I see grass so green with a patio set, this is where we sat when we first met
You were kind and talked to me and listened to my needs*

*I live in your care home now and you take good care of me
I sit by my window I dream of days gone by sometimes I laugh sometimes I cry*

*But most of all I can see the world go by and the sun is shining high in the sky,
I am content as I feel so loved, I am as free as a Turtle dove!*

*I look out my window and what do I see I see my husband smiling & waving at me
You can't see him but I know he's there!
I feel him beside I feel his presence in the air*

So when you close my curtains you block my view! my window means more to me than it does to you

*So please remember when I look out my window it's more than just a view!
It's my whole life and full of my memories too*



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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



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