

**Welcome** to our Innovation Newsletter, with information about opportunities available, training and events. Essex County Council has recently launched their new Essex Provider Hub. All our events are listed on the website where you will find further details of how to book, please see;

<https://www.essexproviderhub.org/provider-hub-news-and-events/>

## Behaviours that Challenge

**Fully funded training for Domiciliary Care Staff, 5<sup>th</sup> July 2022 10am – 12pm.**

This two hour virtual training workshop has its focus on the subject of challenging behaviour and how complex physical, cognitive and emotional factors associated with various conditions, contribute to these behaviours occurring.

This highly practical workshop will help delegates to assess and begin to put plans in place to manage behaviours that challenge in a uniquely complex and demanding work setting. Participants will have the opportunity to develop their skills and select practical strategies to help with the management of challenging behaviour in a way that promotes dignity and safety for all. The aim of the workshop is to give you the confidence as well as a range of practical skills and techniques for managing behaviours that challenge in people and their family members with complex conditions in a positive and professional way.

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

## GEM Stone Challenge for Residential Care Homes



We are launching a new challenge for Residential care homes as part of our Find Your Active Programme of work.

The challenge helps to prevent deconditioning and improves physical, psychological, and functional ability whilst having some fun at the same time.

It is something the whole Service can get involved in. Each Gem Stone represents a series of activities that you work your way to collect, the more Gemstones you have will enable you to reach the most coveted of Diamonds – the Blue Diamond!

You will be awarded with a certificate for each Level you achieve.

For more information and to receive your Gem Stone Challenge activity pack including poster chart and stickers email

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



## Best Practice Webinars for Care Homes



### Bitesize

We have commissioned My Home Life to deliver a series of monthly workshops exploring the Best Practice themes of the My Home Life ethos.

For over 12 years, My Home Life Essex has blended evidence-based frameworks and practical know-how to support quality of life across hundreds of care settings within Essex.

In addition to the My Home Life Leadership Support Programme, Tom Owen, Director of My Home Life England, is offering 1-hour on-line workshops for anyone in a leadership role in care homes. You do not need to have any previous experience of My Home Life to attend.

The workshops are informal and welcoming – We are confident that you might pick up a few things that could help! For more information about My Home Life visit [www.myhomelife.org.uk](http://www.myhomelife.org.uk)

Virtual Workshop Dates:

#### Best Practice: Helping people adjust to life in a care home

**30<sup>th</sup> September 2022, 10:00 – 11:00**

Focusing on the theme 'Managing Transitions' for those living, working and visiting care homes.

#### Best Practice: Promoting voice, choice and control in Care Homes

**28<sup>th</sup> October 2022, 10:00 – 11:00**

Focuses upon the best practice theme of 'Sharing decision-making' for those living, working and visiting care homes.

#### Best Practice: "Creating a person-centred Christmas

**25<sup>th</sup> November 2022, 10:00 – 11:00**

Focuses upon the best practice theme of 'Maintaining Identity' for those living, working and visiting care homes, with a particular focus on the festive period.

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

## Dementia Study Day for Domiciliary Care Staff

We are holding a Dementia Study Day for Domiciliary Care staff on the **12<sup>th</sup> July 2022, 09:30 – 16:00**. Venue: Hamptons, Chelmsford. The day will consist of bite size sessions on the following topics:

- Dementia Interpreter – experiential learning on communication and interpreting behaviours.
- Person Centred Dementia Care
- Purposeful Practice
- Gert Suit Experience – simulating the effects of Ageing.

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

#### End of Life for Domiciliary carers- 3 day course-

11<sup>th</sup>/18<sup>th</sup>/25<sup>th</sup> August -Chelmsford

contact: [Jenny.peckham@essex.gov.uk](mailto:Jenny.peckham@essex.gov.uk)



## New Virtual OT Bite Size Care Provider Programme

The Provider Quality Team's Senior Occupational Therapist has updated and added new **fully funded** bite sized training sessions for care providers. Training is delivered by our OT and PROSPER team and is completed virtually via Microsoft Teams. These sessions are open to both Residential Care homes and Domiciliary Care Agencies.

There are various dates/times available for each topic covered which includes:

- ❖ Enablement and Meaningful Activity Planning
- ❖ Falls Prevention, Strength and Balance
- ❖ Safer Handling Awareness
- ❖ Manual Handling Risk Assessment and Plus- sized Handling
- ❖ Postural Positioning 24/7 – including End of Life Postural Positioning
- ❖ Bed Safety – considerations, risk assessments and equipment
- ❖ Wellbeing for Staff and those we care for.

Please note: this is not moving and handling training and does not replace your mandatory training you need to provide for your staff, these sessions are designed to enhance understanding with additional knowledge.

Email [quality.innovation@essex.gov.uk](mailto:quality.innovation@essex.gov.uk) for the full programme dates and booking form.

## Adults with Learning Disability &/or Autism

The Quality Innovation team are holding the following courses for services of Learning Disability &/or Autism

**Ageing Well** 2 day course, 14<sup>th</sup> & 21<sup>st</sup> June, Chelmsford

**Diabetes Education**, 20th July, Brentwood

**Dementia for Adults with Learning Disabilities**, 16th August, venue TBC

Contact [Jenny.peckham@essex.gov.uk](mailto:Jenny.peckham@essex.gov.uk) for further details

## Learning Disability Awareness Week

### 20-24<sup>th</sup> June 2022

There are various events taking place across Essex during Learning Disability Awareness Week

11:00 – 14:00, Monday 20<sup>th</sup> June - Harlow Park by the bandstand – Living Life with a Learning Disability, share something about your Life, What do you want to tell the world? What do you like about having a LD? What do you want to change and what are you proud off?

12:00 Wednesday 22<sup>nd</sup> June -Colchester Leisure centre – Sport for Confidence



## Congratulations!

### Essex Care Sector Awards



The Judging for the Essex Care Sector Awards has now concluded and all those who have been shortlisted for an award have been notified. Those shortlisted have been invited to attend afternoon tea at Cressing Temple Barns, on the 8<sup>th</sup> July 2022, where the winners will be announced.

Good Luck to all those up for an award!

### PROSPER Community of Practice



Quality Innovation's OP Prosper Team held a face to face Community of Practice with Residential Care home managers and Prosper Champions on the 9<sup>th</sup> June. It was an opportunity to network and share ideas.

Lisa Welsh, Manager of Marmora Care home, Clacton shared the fantastic work they have been doing on the PEM programme which aims

to prevent the loss of physical, psychological and functional ability. Others spoke about how they have introduced Hydration champions, used Prosper's 24hour falls clock to identify trends in falls to help prevent from happening in the future and many other ideas. If you would like to be part of the Prosper programme contact [prosper@essex.gov.uk](mailto:prosper@essex.gov.uk)

### Understanding How Technology is Used in Care Homes - Survey

Essex County Council are currently trying to **understand how technology is used in care homes** across the region and need you to **share your experiences** by completing a short survey. By having a better understanding of how care homes in Essex use technology to support residents and staff, Essex County Council hopes to improve the support they are able to provide to the care sector.

This is an opportunity for homes across the region to let the Council know what they are and are not able to do with technology in the home and will help to identify where the biggest opportunities are for providing targeted support and share learning across the care sector.

The survey should only take 5 minutes. Please be assured that this is not an assessment or test but is purely to understand your experiences. To take part click [here](#).

Or visit [Survey: Understanding How Technology is Used in Care Homes | Provider Hub | Essex \(essexproviderhub.org\)](https://essexproviderhub.org)



## Recruiting care homes for 2022/23 flu season



FluCare is a National Institute for Health and Care Research funded project exploring whether offering a package to encourage staff to receive their flu vaccine in the care home can increase uptake of the vaccine.

To help us understand whether the FluCare package works, some homes will receive the FluCare package and others will not. All participating homes will receive £500 to cover the costs of time spent taking part and providing information for the researchers, whether they are chosen to receive the FluCare package or not ([www.flucare.co.uk](http://www.flucare.co.uk)).

The FluCare package includes:

- Free and convenient vaccine clinics for staff delivered within your care home by a pharmacist, GP or other provider
- Motivational videos, posters, and leaflets for staff across the care home
- Incentive payment to care homes for meeting the staff vaccination target

To take part your care home must:

- Be a residential or nursing care home in England
- Be providing care for people aged 65 and older
- Have ten or more staff members of any role
- Have a staff flu vaccination rate of less than 40% (from the 2021/22 flu season)

For more information go to the FluCare website [www.flucare.co.uk](http://www.flucare.co.uk) from where you can submit an expression of interest. Alternatively click on go to Twitter @flu\_care, or get in touch with our team at [flu.care@uea.ac.uk](mailto:flu.care@uea.ac.uk).

## Here for You Service

'Here for You' is a service set up by Essex Partnership University NHS Foundation Trust (EPUT) and Hertfordshire Partnership University NHS Foundation Trust (HPFT) offering psychological support services to anyone working in healthcare, social care, the voluntary sector or not-for-profit sector in Essex or Hertfordshire.

To view all their resources and support services please see [Home \(hereforyou.info\)](http://Home(hereforyou.info))

We know life is stressful right now. We are

here for you

0344 257 3960 24/7

[hereforyou@nhs.net](mailto:hereforyou@nhs.net)



## Good News Stories!

### International Nurse Day

Activity Co-ordinator, Dawn Harrison told us how staff and residents celebrated International Nurse Day, which was on 12<sup>th</sup> May 2022, at **Belmont Lodge** Care Home.

“We enjoyed baking cakes for our nurses and our residents, Patricia inspired us with talks of her nursing days as she dedicated 18 years of service to the NHS, so we gave everyone a special coffee morning to say a big thank you for all their hard work and support”

The Nurses received beautiful flowers from the residents at Belmont Lodge and residents enjoyed colouring posters for the nurses along with learning their wonderful history.

### Carers Week

Nicky Cook, Registered Manager of **A1 Homecare** told us about the knitted dolls created by one of their clients to say thank you during Carers Week, 6<sup>th</sup> – 12<sup>th</sup> June, complete in their uniform colours and a flower!



## Poetry Corner

### Celebrating Queen Elizabeth platinum jubilee

'Poem by Sue Smith, Manager  
Cherry Wood Grange

Your Majesty Queen Elizabeth born April 1926  
Such an amazing Queen with so many  
problems *you have FIXED!*

You have Reigned for 70 years and been a true  
SUCCESS! everyone agrees you really are the  
BEST!

You became Queen aged 25 & from that day  
fourth you've taken everything in your STRIDE!

When your Father King George passed away,  
the throne was handed to YOU, you didn't bat  
an *eyelid you knew exactly what you had to DO!*

You will go down in history as the most  
precious hard-working QUEEN, always on duty  
without a *fuss or a SCENE!*

Your love for horses and corgis, your hobbies  
I'm sure there's MORE! your family &  
grandchildren *you Deeply ADORE!*

You lost your dear husband who always stood  
by your SIDE, it's inevitable he's looking down  
on *you now full of joy & PRIDE!*

So as we celebrate your platinum JUBILEE,  
everyone would like to wish you peace and  
HARMONY!

As you wear your crown with dignity there's  
nothing more to SAY, than when you hand it  
over *your legacy will live on DAY after DAY!*

### Thank you (A poem for Carers Week)

By Nicky Cook, A1 Homecare

Thank you to my wonderful team, we work  
together like a dream

Each one of us has our own different way but  
show care and loving every day

I truly appreciate all that you do, my respect for  
your work is honest and true.

When times are hard, we all pull together, no  
stress or drama whatsoever.

Day in day out we provide needed care, some  
on their own, some as a pair

Each day you come to work with a smile, doing  
your best, going the extra mile

I am truly proud of all my staff

We have a chat and a little laugh, I truly believe  
we are the best you can get.

You're fantastic and valued, never forget.

## Your good news stories

If you would like to share your ideas or good  
news stories in the newsletter please email us  
at [Quality.innovation@essex.gov.uk](mailto:Quality.innovation@essex.gov.uk)

## Quality Innovation Team programme of work

For more information please visit:

[www.essexproviderhub.org/quality/quality-innovation-team/](http://www.essexproviderhub.org/quality/quality-innovation-team/)

