

**Welcome** to our Innovation Newsletter, with information about opportunities available, training and information we hope you will find useful. In view of the continued Covid 19 restrictions we have endeavoured to be able to offer support and training opportunities to providers virtually, please read through to find the range of sessions we have available. All our events are listed on the Living Well Essex website where you will find further details of the events and how to book, please see <https://www.livingwellessex.org/events-provider-hub/forthcoming-events-and-training/>



## Mental Health First Aid Training-Domiciliary Care



MHFA England

### Providers

Provider Quality Innovation have commissioned Mental Health First Aid training for Domiciliary Care Providers, it's aimed at Managers/Senior Officers in the Domiciliary Care Sector. Lesley Bailey from Interact will facilitate the training which is delivered over four sessions on 12<sup>th</sup>, 19<sup>th</sup>, 26<sup>th</sup> April and 10<sup>th</sup> May from 9am to 1.30pm. We have a few remaining places, if you are interested and can attend all four dates please email [Quality.innovation@essex.gov.uk](mailto:Quality.innovation@essex.gov.uk)

## Wellbeing Resource Finder



Stress and burn-out are real issues for adult social care staff and with the

added challenges and restrictions of the pandemic, wellbeing has never been more important, Skills For Care has launched an easy to use tool to help you to quickly find trusted resources to support wellbeing. The tool will help you to find self-help or support for others. Additionally, there is a specific section for registered managers which includes a series of 30-minute recorded webinars you can watch at any time, some topics included are:

- Leading for Wellbeing
- Wellbeing for Registered Managers
- Time Management
- Keeping your team motivated

To find out more or use the tool please see [wellbeing resource finder](#) or [wellbeing guide for Registered Managers](#).

## Self-Care and Recovery

We have spaces on Amanda Waring's Self Care and Recovery sessions for Managers on the 20<sup>th</sup>, 22<sup>nd</sup>, 29<sup>th</sup> April and 13<sup>th</sup> May. To book email [quality.innovation@essex.gov.uk](mailto:quality.innovation@essex.gov.uk)

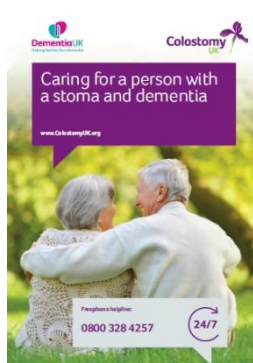
"The session felt very bespoke for us and a small number of attendees made it feel personal which was an added bonus! We haven't had time to take a breath lately so while I'm not always good at looking at my emotional intelligence it was a refreshing hour and a half "



## Stoma Care Refresher



Colostomy UK have produced two very informative booklets which are aimed at care staff supporting those with a colostomy. These are a great resource for those who have attended Stoma training but need to refresh their knowledge. The first one is 'Caring for a person with a stoma' and the second 'Caring for a person with a stoma and Dementia'. The second booklet has been produced in partnership with Dementia UK.



Both can be downloaded at

<https://www.colostomyuk.org/information/information-for-carers/>

## Prosper AWD-Nutrition & Hydration

The Prosper AWD team have organised a virtual Nutrition Education Session for people with learning Disabilities with the following themes being covered:

- Healthy balanced diet & portion sizes,
- Diet and Type 2 Diabetes.
- Capacity to make informed food choices

The first session was held on Friday 26th March at 10:30am and there will be another to join the session on **Wednesday 7th April at 2pm**, please email [Natalie.Huxster@essex.gov.uk](mailto:Natalie.Huxster@essex.gov.uk) should you wish to attend.

## Sepsis Training

As part of our COVID19 response and requested by Domiciliary Care Agencies, Provider Quality Innovation have commissioned and provided Sepsis training. Sepsis is a potentially life-threatening condition caused by the body's response to an infection. The body normally releases chemicals into the bloodstream to fight an infection. Sepsis occurs when the body's response to these chemicals is out of balance, triggering changes that can damage multiple organ systems.

To enable carers to be able to identify signs of this condition, we provided 8 sessions in February & March 2021. A total of 26 Domiciliary Care Providers engaged and as a result 140 care staff received this vital Sepsis training.

We are currently organising new dates for the coming year, if you are interested please email [quality.innovation@essex.gov.uk](mailto:quality.innovation@essex.gov.uk).

*'I found the sepsis training to be very informative and interesting'. Deputy Manager*

*'I found this course to be very informative and full of information. I was very happy with what I learnt and will feel confident now moving forward' Deputy Manager*

## FABS Training



The Provider Quality Innovation Team have linked up with 'Move it or Lose it' to commission the delivery of FABS

(Flexibility, Aerobic, Balance, Strength) training for activity staff from nursing and residential care homes.

Nine participants have already successfully passed their FABS training having initially completed 32 hours of pre-course work learning about the anatomy and physiology of the body as well as exercises and how to complete a session plan, before attending the 2-day virtual practical session. The FABS Training Programme gives you all the knowledge, theory and practical skills required to deliver safe, effective and enjoyable exercise sessions for older people. As we know keeping active is beneficial for both physical and mental wellbeing so this training will help you to support your residents to 'Move it or lose it', if you are interested in this course please email [Quality.innovation@essex.gov.uk](mailto:Quality.innovation@essex.gov.uk)

**“it has been successful with my residents. I've been using it when getting them up, using the sit to stand which helps awaken their ankles”**

**“Learnt a lot of new things that I can improve my resident's well-being, mobility and do it safely and explain how it will improve their everyday activity”**

Further information can be found at <https://www.moveitorloseit.co.uk/>

## Dying Matters Awareness Week 10<sup>th</sup>- 16<sup>th</sup> May



This year's Dying Matters Awareness week focuses on the importance of being in a 'good place to die'. Sadly, the Coronavirus pandemic has seen

many thousands of people die, many without having made any plans for their end of life care leaving loved ones with additional upset at an emotionally difficult time.

Often, people don't feel prepared and they haven't fulfilled their wishes or communicated them to loved ones. You can get involved in several ways, take the opportunity to have a conversation with colleagues, those you support, loved ones and friends or even holding your own event during the week. To find out more, please see [Awareness Week | Dying Matters](#)

## Covid19 Vaccine - Easy read

We know the importance of the Covid19 vaccination and it's vital that those you support are provided with information that is accessible and appropriate for them, please see the link below easy read documents including vaccinations and getting the right support.

<https://www.mencap.org.uk/advice-and-support/coronavirus-covid-19>



## Montessori for Dementia and Ageing

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.

The first two cohorts for Residential care homes have completed their sessions, with attendees already starting to implement the Montessori approach in their service with some simple but effective ideas.

"I have tried using a Yellow background label with large black font for a lady who kept locking herself in the toilet on the way out and kept getting stuck. I reminded her to push the handle first and its really helped"

"I'm asking my residents to help me with the tidying up where they are able and have enjoyed seeing my residents taking on tasks that I wouldn't have thought to ask before."

The Montessori Institute have created a bespoke course for Domiciliary Care Services and our first cohort will be starting in June 2021 with further opportunities for both Domiciliary and Residential Care services later in the year.

## Dementia Strategy 2022-2027 Consultation have your say

Essex County Council are currently seeking the public's views to test if the priorities of the current Southend, Essex and Thurrock Dementia Strategy 2017-2021 are still the right priorities to support citizens, families and carers, across Essex, who are Living with or affected by dementia to live well.

*What do you think .....tell us.*

They want to hear from you, your friends, family, colleagues, those you support and their families about future plans for services for those living with dementia, this is your chance to help shape the future so make sure you have your say and spread the word. Please do so by 5<sup>th</sup> April 2021

Dementia 2022-2027 consultation - <https://consultations.essex.gov.uk/rci/dementia-strategy-2022-2027>

Dementia 2022-2027 EASY READ consultation <https://consultations.essex.gov.uk/rci/dementia-strategy-2022-2027-easy-read>

the link below is for a recent Facebook post [Have your say!](#)



## PROSPER Skills Network

The Prosper OP team are holding a series of Skills Networks for PROSPER Champions and care home staff. Each month the skills network will focus on one theme and will explore what can be done to further prevent either Falls, Pressure Ulcers or UTI's using the PROSPER Methodology.

It will be a chance to share ideas, learn from one another and gain new insight and skills.

### PROSPER Skills Network Dates/Themes

13<sup>th</sup> April, 10:00 – 11:30 – Falls Prevention

20<sup>th</sup> May, 10:00 – 11:30 – Pressure Ulcer Care

1<sup>st</sup> July, 10:00 – 11:30 – Urinary Tract Infection

29<sup>th</sup> July, 10:00 – 11:30 – Nutrition/Hydration

If you would like to book places at the PROSPER Skills Network email

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

## PROSPER Online

Did you know Prosper has its own pages on the Living Well Essex, Care provider Hub, where you can find easy guides on the Model of Improvement used by PROSPER, PDSA cycles, Driver Diagrams and how you can use your Runtime Prosper Dashboards to their full effect!

The PROSPER toolkit and Newsletters are also available to download.

Visit

<https://www.livingwellessex.org/quality/quality-innovation/>

## PROSPER Quizzes for Staff and Residents

Following our successful series of Christmas Quizzes, the PROSPER OP team are hosting more quizzes to help staff and residents enjoy some of the holidays and celebrations coming up. Why not make it a day and celebrate with residents and families.

### Quiz dates

31<sup>st</sup> March, 14:00 – 15:00 Easter Quiz

5<sup>th</sup> May, 14:30 – 15:30 May Day Quiz

9<sup>th</sup> June, 14:30 – 15:30 The Queens Official Birthday Quiz

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

## PROSPER Support Visits

Your PROSPER Support Officer is available to meet with you and go through the full benefits of the PROSPER programme and how you can use the methodology to implement new ideas and changes in your home. Support visits can be conducted virtually or when the weather starts to improve, they are able to offer garden visits until restrictions are further lifted and normal visiting can once again begin. Email [prosper@essex.gov.uk](mailto:prosper@essex.gov.uk) to arrange a visit.

Don't forget the monthly PROSPER newsletter has a wealth of top tips, ideas and information to support your PROSPER journey.

<https://www.livingwellessex.org/latest-news/prosper-newsletter/>



## Kingsgate Nursing Home

Kingsgate Nursing home have been having lots of fun with their new digital rainbow activity table, engaging the residents in some brain



stimulation games and puzzles. The table features games including, brain training & memory, games & puzzles, sensory & dementia apps, colouring & drawing.

The table is mobile so staff can take it

anywhere in the building, especially to those that are in bed or to quiet areas, and helps residents to enhance person-centred care and wellbeing, feel engaged and mentally active.



‘For one resident who did not engage often the staff tried a few different games but

again nothing engaged her until we found a spot the difference game and then it all changed. She was awake, alert and enjoying the activity that was in front of her, you could see her brain working and the difference was so lovely to see. This is so rewarding to see this lady go from sleeping to engaging’

## Marsh House

### Valentines Bake Off



The manager at Marsh House entered the home into a baking competition for Valentine's Day.

The entry was for all care homes in the Colchester area and the competition was

arranged by FaNs (Friends and neighbours Support) Network Group and ALB (Anti Loo Roll Brigade).

Residents of Colchester were invited to vote on the best cake on their Facebook pages and Marsh House got the highest votes for learning Disabilities homes.

Well done to everyone at March House, the cake looks like you would have earned a Hollywood Handshake!





## Love is in the air



Manager Sue Smith at Silvana Court shared with us the beautiful Valentine event they held for residents and their loved ones. During a relative's zoom meeting Sue asked the residents families if they would like to send heartfelt

messages with photos, charms and any cards for the valentine's communication tree.



On Valentine's Day these were shared out with all the residents and read while we shared chocolates and a glass of sparkling wine. This presented a lovely atmosphere throughout the home and there was

certainly lots of love in the air! Families and their loved ones were very grateful to be given the opportunity to communicate at such difficult times and more importantly the beautiful cards and photos can be kept as keepsakes for the residents.



It certainly looks as though residents were feeling the love with all the chocolates, pink fizz and smiles shared!



Well done to all the staff in the home who made it such a special day.





## Poetry Corner



Residents at **Silvana Court** penned this poem as part of the Runwood homes Poetry competition, clearly inspired by the Spring air and sunshine.

*This morning I heard the blackbirds sing,  
I thought that is a clear sign of spring!  
The days are becoming much longer the  
nights are not so dark!  
I really love the springtime and taking walks  
through the park!*



*Daffodils are popping up and pretty  
bluebells are on their way!  
The Sun is shining brightly making me feel  
happier throughout the day!  
The winds have dropped the skies are blue, I  
am feeling more alert, how about you?*

*Tress are budding with leaves pushing  
through, this will provide shade to stop the  
sun burning you!  
Reach for your sandals & grab your shades,  
the children are gathering up their buckets  
and spades!  
Head for the seaside head to the shore enjoy  
your picnics and then go and explore!*



*Watch the sunset at the end of the day, and  
then wake up early to watch the sunrise to  
start your spring day!*





## Vaccination poetry



We know Sue Smith, manager at Silvana Court, has a flare for poetry and once again Sue has been creative composing this very topical verse following her COVID Vaccination.

*Can I ask is that a smile your wearing across your FACE? 😊*

*Yes, I've had my vaccinations to help save the HUMAN RACE ❤️*

*Is that a tear that's falling? YES I cry for those who have died 😞 I've sadly lost a friend, she was also her mother's PRIDE 🙏*

*Is that a mask your wearing? Yes with gloves and apron TOO 😬 we must carry on wearing PPE as it protects both me & YOU 👍*

*Is that a sparkle in your eye? Yes the roadmap ahead will set us FREE 😊 I'll be so happy as I will get to see my FAMILY ❤️*

*Is that Faith & Hope I hear within your words? Yes, as I so long to feel as free as the BIRDS!*

*Is this just a dream you speck of? Oh NO my words are very TRUE Lockdown will soon be over for ME & everyone TOO!! 🍷🍷🍷*

## Your good news stories



We know the past few months have presented some of the most challenging times and 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](mailto:Quality.innovation@essex.gov.uk)

## Upcoming Events

Don't forget to look at the events page of the care provider hub on the Living Well Essex Website for all our upcoming training sessions and events, this is updated regularly.

We currently have on offer:

- Catheter Care, Pressure Ulcer Care & Stoma Care for Domiciliary Care Workers
- My Home Life Leadership programme for Residential Care Homes
- Montessori for Dementia and Ageing
- Mental Health First Aid
- Bite Size sessions on Moving and Positioning
- Dignity in Care sessions
- Self- Care and Recovery
- Prosper Skills Network
- Manual Handling Train the Trainer

<https://www.livingwellessex.org/events-provider-hub/>

