

# Quality Innovation Newsletter

Issue 57 August 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 where you will find further details of the events and how to book, please visit the News and Events page: [www.essexproviderhub.org/provider-hub-news-and-events/](http://www.essexproviderhub.org/provider-hub-news-and-events/)

## 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.

### Namaste Care for Advanced Dementia

Namaste Care is 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 aim of the course is to understand and develop the Namaste Care program, for adaption and use in care homes and by individual carers and/or activity co-ordinators.

The course will cover;

- What is Dementia, and how one is assessed
- Review and clarify the needs a people with dementia
- What is Namaste Care
- Identify the benefits and challenges of providing Namaste Care
- Therapeutic interventions – touch/hand massage/non-pharmacological support
- Review how to start and sustain the program
- Develop and build action plans for your care home

All sessions will take place at the Colchester Football Stadium, Colchester

- 24<sup>th</sup> Sept 2025, 9.30am to 4.30pm
- 18<sup>th</sup> Nov 2025, 9.30am to 4.30pm

### H.E.A.R.T.S (Hands on, Empathy, Aromas, Relaxation, Textures & Sound)

This new half day course is designed to give you 'easy' approaches that can be utilised when working with distressed and vulnerable people, by developing an understanding of touch, aromas and the sound of the human voice, it will help residents achieve a state of relaxation and calm as quickly and easily as possible. An ideal accompaniment to the Namaste Care approach.

- 1st Oct 2025, 9.30am to 1pm – Colchester

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

# Quality Innovation Newsletter

Issue 57 August 2025

## **\*NEW\* Focused Wellbeing for Residents and Staff**

This new 3.5 hr in person session will focus on fostering wellbeing among both residents and staff in care home environments. The principles of wellbeing will be discussed and workable approaches considered, exploring common challenges and an opportunity to share and network with others' resources and activities that are successful for residents. The importance of wellbeing for staff is also discussed and explored, with plans to develop and promote self-care and resilience, to enhance positive workplace environments.

The course will cover:

### Wellbeing for residents

- Define wellbeing: physical, mental, emotional and social aspects
- Recognising the impact of ageing, illness and environment
- Wellbeing priorities: physical
- Wellbeing priorities: emotional and mental
- Shared experiences and networking – action planning

### Wellbeing for staff

- The impact of caregiving on staff wellbeing
- Identify common causes of stress and burnout

- Ways to develop self-awareness and self-care
- Balancing good boundaries mindfully
- The importance of resilience in a positive workplace environment
- Build a workable wellbeing plan

This training is only open to Residential Care homes in the Essex County Council Local Authority area

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

## **Falls CPD Workshop for Managers - Residential Care**

This Falls CPD workshop is aimed at managers/deputies or senior care staff and is run by the Provider Quality Teams Senior Occupational Therapist.

The half day workshop will cover topics such as understanding why definitions are important, the physiology behind falls and the impacts of policy, risk assessments and preventative strategies.

- 23rd Sept 2025, 9.45am to 12.30pm – Colchester Football Stadium
- 30th Sept 2025, 9.45am to 12.30pm – Hamptons, Chelmsford
- 9th Oct 2025, 9.45am to 12.30pm – Wat Tyler, Basildon
- 16th Oct 2025, 9.45am to 12.30pm – Latton Bush Centre, Harlow

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

# Quality Innovation Newsletter

Issue 57 August 2025

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

## Prosper Open Day

The Prosper OP team will be hosting a drop-in day for care homes to find out more about the Prosper project and how they can support the homes to embed the principles of Prosper in the care home.

For those homes already on Prosper it's an opportunity for staff to attend some of the bitesize sessions to further their knowledge on quality improvement methodology and the prevention of falls, pressure ulcers and UTI's, explore the tools and resources available to them.

The Prosper programme has won 3 national patient safety awards for; improving Culture, Best Improvement team and Improving Care for Older People.

Prosper uses Quality Improvement Methodology in the prevention of falls, pressure ulcers and UTI's.

- 23<sup>rd</sup> October 2025, Colchester Football Stadium

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

## Nursing CPD Conference

An opportunity for registered nurses working in Nursing homes to refresh their knowledge as part of their Continuous Professional Development. The day will include a session on Sensory: Sight and hearing loss delivered by ECL's Sensory team and a variety of clinical sessions to choose from to refresh and update their knowledge. Full details of the programme will be released soon.

- 11<sup>th</sup> November 2025, 9.15am to 4pm, Colchester Football Stadium

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

## Domiciliary Training Opportunities

### Mental Health First Aid

Mental Health First Aid is a four day accredited course, which equips individuals with the skills to recognize signs of mental health challenges, provide initial support, and guide individuals towards appropriate professional help.

Dates: 10th, 17th, 24th September and 1st Oct, 9.30am to 2pm (all four dates must be attended)

**This course is now fully booked**, please email [Quality.innovation@essex.gov.uk](mailto:Quality.innovation@essex.gov.uk) for waiting list

# Quality Innovation Newsletter

Issue 57 August 2025

## Working with Common Neurological Conditions

The 'Working with Common & Neurological Conditions' training will be delivered virtually via MS Teams by Rob Warren who is a Consultant Occupational Therapist. The training will run from September through to December 2025 and each session will be for the duration of 2 hours per session. The aim is to raise your awareness and knowledge in how to support people living in the community with the following conditions:

- Epilepsy- Tuesday 9 September 2025  
2:00pm - 4:00pm
- Motor Neurone Disease - Tuesday 23 September 2025 2:00pm - 4:00pm
- Multiple Sclerosis - Tuesday 7 October 2025  
2:00pm - 4:00pm
- Acquired Brain Injury - Tuesday 21 October 2025 2:00pm - 4:00pm
- Chronic Cardiac - Tuesday 4 November 2025  
2:00pm - 4:00pm
- Musculoskeletal- Tuesday 18 November 2025 2:00pm - 4:00pm
- Respiratory – Asthma & Emphysema -  
Tuesday 9 December 2025 2:00pm - 4:00pm

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

## Dysphagia Training- Face to Face Training

### Dates & Venues

21<sup>st</sup> October Hamptons Sport & Leisure, Tydemans, Chelmsford, Essex, CM2 9FH

**Please select one session time:** 9.30am -10.30am, 11am-12pm or 1pm-2pm

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

## Essex Police Online Safety Training

Essex Police Cyber Prevent, Protect & Prepare team will be delivering this two-hour session to raise awareness of potential scams that may affect you or the people you care for in the community. From banking to shopping and streaming to social media; people are spending more time than ever online. Cyber security is an important part of daily life, whether you are connecting to public Wi-Fi hotspots or scrolling through social media at home. As such, it is important to learn all that you can so that you can keep yourself, your money, treasured memories, family, and friends safe.

The aims and objectives are to equip you and your staff with a knowledge and understanding of cyber safety.

**Date** -Wednesday 20<sup>th</sup> August 2025 9.30am-11.30am virtual via Teams.

# Quality Innovation Newsletter

Issue 57 August 2025

## Spiritual Care & Managing Distress

This half day course will explore:

### **What is spiritual care?**

How does spirituality relate to religion?

What does spirituality mean outside of religion?

How does the word 'care' help or hinder?

### **Multi-cultural approaches to death & dying**

Central American Day of the Dead

Shinto shrines (Obon festival)

Indian cremation on the Ganges

Ghanaian Adowa Ceremony

Tibetan Sky Burials

Western Funerals

Focus on the patient as the expert. Don't draw conclusions based on labels.

### **What is spiritual distress & how to help**

Seven Domains of Spiritual Distress

Introduce concepts of Dukkha/Lament

Tools for accompanying patients through spiritual distress

Spiritual Care Assessments

### **Dates & Venues**

Thursday 11<sup>th</sup> September – 10am – 1pm at  
Colchester United Football Stadium, United Way,  
Colchester CO4 5UP

Tuesday 30<sup>th</sup> September – 10am – 1pm at Epping  
Upper Clapton Rugby Football Club, Upland Rd,  
Thornwood, Epping CM16 6NL

Wednesday 15<sup>th</sup> October – 10am – 1pm at

Hamptons Sports and Leisure, Tydemans, off,  
Beehive Ln, Great Baddow, Chelmsford CM2 9FH

To book please

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

## Responding to Distressed Behaviours

This full day course is run by the national Alzheimer Society and will develop your knowledge and skills in responding to challenging situations with empathy and respect.

This course focuses on behaviour as a form of communication and equips attendees with the skills to recognise certain behaviours in people with dementia and their associated triggers.

### **Dates & Venues**

Thursday 18<sup>th</sup> September – 9.30am – 4pm at  
Hamptons Sports and Leisure, Tydemans, Great  
Baddow, Chelmsford CM2 9FH

Thursday 2<sup>nd</sup> October - 9.30am – 4pm at Colchester  
United Football Stadium, United Way, Colchester  
CO4 5UP

Tuesday 28<sup>th</sup> October 2025 – 9.30am – 4pm at  
Epping Upper Clapton Rugby Football Club, Upland  
Rd, Thornwood, Epping CM16 6NL

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

# Quality Innovation Newsletter

Issue 57 August 2025

## AWD Training Opportunities & Updates

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

### Ableism Awareness- How to be more inclusive

-Delivered by Enhance the UK.

By the end of the course delegates will:

- Be able to define disability and ableism.
- Know ways in which ableism can manifest.
- Explore and identify types of ableism.
- Identify examples of biases and microaggressions
- Understand the importance of language in combating ableism and how to communicate with people appropriately about their access requirements.
- Know strategies for promoting anti-ableism and ways to effectively advocate for disabled people in a social care setting.

Click link for further information and booking form.

[Events – Ableism Awareness; How to be more inclusive | 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 Workers – General Wellbeing Specialised Training | Provider Hub](#)

## 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.

# Quality Innovation Newsletter

Issue 57 August 2025

Click link for further information and booking form.  
[Events – Sepsis Awareness for AWD Providers | Provider Hub](#)

## NHS Accredited Mental Health Awareness

This introductory course raises awareness of mental health. Attendees will learn:

- What mental health is and how to challenge stigma
- An introduction to some common mental health conditions
- Confidence to support someone who may be experiencing mental ill health.
- Ways to look after your own mental health and support wellbeing.

Click link for further information and booking form.  
[Events – Mental Health Aware for AWD Providers NHS England Accredited | Provider Hub](#)

## 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](#)

## BPS Approved Autism & Eating Disorder/ Disordered Eating

This two-day online training course introduces you to a “model for understanding & supporting autistic people who experience Eating-Disorders and Disordered Eating Patterns.” Essential knowledge and skills when supporting autistic people with co-occurring mental health conditions.

Click link for further information and booking form.  
[Events – BPS Approved Autism and Eating Disorder/Disordered Eating for AWD Providers | Provider Hub](#)

## End of Life Training - with Essex Hospices

The three-day course covers aspects such as:

- Increased confidence in matters relating to end-of-life care.
- Recognising when someone is exhibiting changes which could be part of dying.
- Know how the individual and those close to them may respond to their anticipated death, and how to support them with this response.
- Understand the person-centred approach to Advance Care Planning including DNACPR, Mental Capacity and consent, faith and spirituality, self-awareness and Lasting Power of Attorney or any relevant documentation depending on locality.

Click link for further information and booking form.  
[Events – End of Life training with Essex Hospices | Provider Hub](#)

# Quality Innovation Newsletter

Issue 57 August 2025

## Ageing Well for Adults with a Learning Disability and/or Autism

This is a two-day course, aimed at staff working with adults who have a learning disability and/or Autism and who may be considered to be ageing.

We are aware that we are supporting a generation of adults who are living to a greater age due to better living conditions and healthcare. They will be experiencing signs of ageing such as Dementia and frailty and this may happen earlier than the general population.

The course aims to look at areas such as identifying the signs of ageing, healthcare, recording and future planning.

Click link for further information and booking form.  
[Events – Ageing Well for Adults with a Learning Disability and/or Autism | Provider Hub](#)



Skills for Care offer have a free e-learning course called: 'How we can lead on everyday health measures' it covers 10 top tips for adult social care workers to lead on health promotion and preventive practices.

Including:

- preventing illness
- protecting health
- promoting wellbeing
- mental health
- healthy aging.

<https://www.skillsforcare.org.uk/news-and-events/blogs/how-we-can-lead-on-everyday-health-measures>

Please note that there may be a charge for some other courses on their website however, you may be able to claim back the cost of purchasing each module via the new Learning & Development Funding for Adult Social Care – see below for information.

## Learning & Development Funding for Adult Social Care

Investing in the development of your workforce is important to ensure your workers develop the right skills and knowledge to deliver high quality care and support but this can be costly, the Learning and Development Support Scheme (LDSS) offers funding to assist with this.

The LDSS for the adult social care workforce is offered by the Department of Health and Social Care, the scheme is now accepting claims for eligible courses and qualifications that have been paid for in financial year 2025 to 2026.

# Quality Innovation Newsletter

Issue 57 August 2025

To see the Step by Step guide to accessing LDSS funding please see

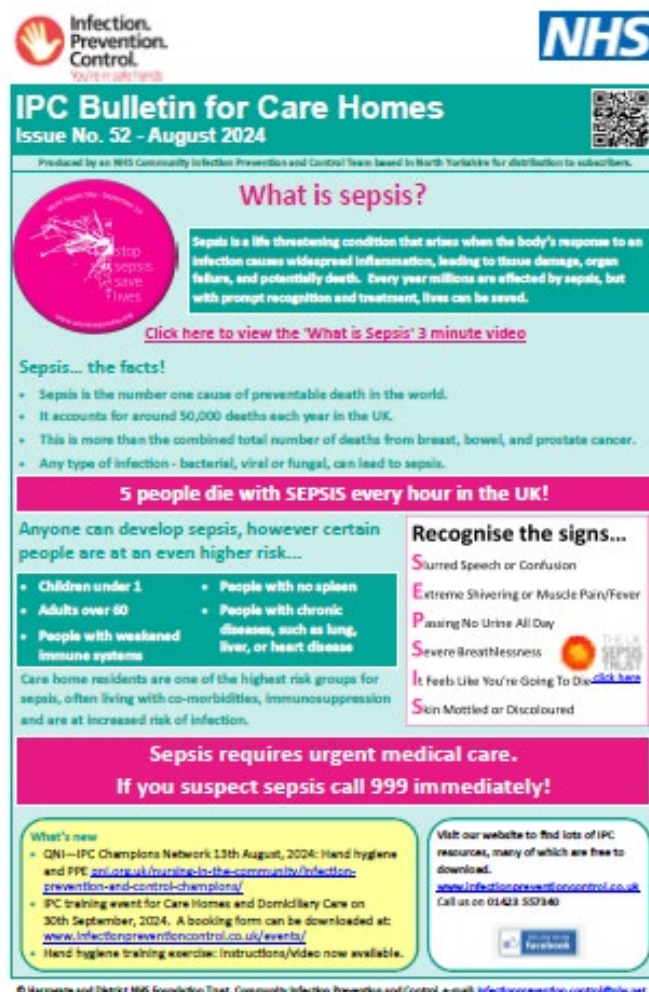
<https://www.skillsforcare.org.uk/resources/documents/Funding/LDSS/Step-by-step-guide-to-access-LDSS-funding-in-2025-26.pdf>

To find out more and check if you might be able to submit a claim please see

<https://www.skillsforcare.org.uk/Funding/Learning-and-development-funding-for-adult-social-care.aspx>

## Sepsis – Do you know the signs?

Did you know that Sepsis kills 5 people every hour in the UK, would you know the signs? The NHS Community Infection Prevention Control team in North Yorkshire have produced the below flyers to provide information, links are included to view more resources and videos.



**Infection. Prevention. Control.**  
You're in safe hands.

**NHS**

**IPC Bulletin for Care Homes**  
Issue No. 52 - August 2024

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

**What is sepsis?**

Sepsis is a life threatening condition that arises when the body's response to an infection causes widespread inflammation, leading to tissue damage, organ failure, and potentially death. Every year millions are affected by sepsis, but with prompt recognition and treatment, lives can be saved.

[Click here to view the 'What is Sepsis' 3 minute video](#)

**Sepsis... the facts!**

- Sepsis is the number one cause of preventable death in the world.
- It accounts for around 50,000 deaths each year in the UK.
- This is more than the combined total number of deaths from breast, bowel, and prostate cancer.
- Any type of infection - bacterial, viral or fungal, can lead to sepsis.

**5 people die with SEPSIS every hour in the UK!**

Anyone can develop sepsis, however certain people are at an even higher risk...

- Children under 1
- Adults over 60
- People with weakened immune systems
- People with no spleen
- People with chronic diseases, such as lung, liver, or heart disease

Care home residents are one of the highest risk groups for sepsis, often living with co-morbidities, immunosuppression and are at increased risk of infection.

**Recognise the signs...**

- S**lurred Speech or Confusion
- E**xtrême Shivering or Muscle Pain/Fever
- P**assing No Urine All Day
- S**evere Breathlessness
- I**t Feels Like You're Going To Die [click here](#)
- S**kin Mottled or Discoloured

**Sepsis requires urgent medical care.**  
**If you suspect sepsis call 999 immediately!**

**What's new**

- QNI-IPC Champions Network 13th August, 2024: Hand hygiene and PPE <https://www.infectionpreventionandcontrol.org.uk/resources/IPC-Champions-Network-13th-August-2024/>
- IPC training event for Care Homes and Domiciliary Care on 30th September, 2024. A booking form can be downloaded at: [www.infectionpreventionandcontrol.co.uk/events/](https://www.infectionpreventionandcontrol.co.uk/events/)
- Hand hygiene training exercise: Instructions/Video now available.

Visit our website to find lots of IPC resources, many of which are free to download.  
[www.infectionpreventionandcontrol.co.uk](https://www.infectionpreventionandcontrol.co.uk)  
Call us on 01423 557940

© Harrogate and District NHS Foundation Trust, Community Infection Prevention and Control, e-mail [ipc@harrrogateanddistrictnhs.uk](mailto:ipc@harrrogateanddistrictnhs.uk)

Click on this link for the Care Homes Bulletin  
[bulletin-care-homes-no-53-sepsis.pdf](https://www.infectionpreventionandcontrol.co.uk/bulletin-care-homes-no-53-sepsis.pdf)

# Quality Innovation Newsletter

Issue 57 August 2025



higher risk of the impacts of urinary tract infections as well as paid and unpaid carers. The toolkit aims to raise awareness of UTI prevention, symptom recognition and treatment, including advice on how and when to seek help. It contains key messages, background information, social media assets statistics and useful links.

The toolkit includes information on

- What are the symptoms of a UTI?
- How healthcare professionals diagnose a UTI in older adults
- Preventing UTIs
- Preventing UTIs for those with indwelling catheters
- Taking action if you think you or someone you care for has a UTI
- Successfully managing UTIs and use of antibiotics

Click on this link for the Domiciliary Care bulletin.

[bulletin-domiciliary-care-no-43-sepsis.pdf](#)

## UTI Prevention & Awareness in Older Adults – Communication toolkit for Stakeholders

The UK Health Security Agency (UKHSA) and NHS England have created a joint communications toolkit that can be used to target older adults (65 years +), who are at

There are a number of informative posters that you can download and print, a number of useful inks and short educational videos.

The UKHSA and NHS England UTI toolkit can be found on the Care provider hub in the **UTI section** of the [Prosper Toolkits | Provider Hub | Essex](#)

# Quality Innovation Newsletter

Issue 57 August 2025

## '50 for 50<sup>th</sup> Birthday' - Talented Saxophonist plays 50 free concerts in Essex Care homes



Mike Aremu a talented saxophonist who is a reputable and recognised front running world – class saxophone player approached the Quality Innovation Team with an amazing offer, Mike turns 50 years old this year and as an Essex resident decided he wanted to give something to the community and play 50 free concerts in 50 care homes and day centres across Essex this year.

Some care homes have already has their concert and the feedback has been outstanding: Amanda Doyle from **The Oaks** Care home in Great Bentley told us Mike Aremu, “is an absolutely amazing musician and the residents totally loved his performance, they were talking about it for hours after he left the home. She added ‘it was an amazing performance, and our residents (and staff) truly found his performance spell binding and I

think they will be talking about it for weeks to come. What a truly inspirational man.

Sarah Cadge, Care Co-ordinator from **Jospeh Nursing Home**, Clacton told us “Mike the Musician was fantastic, we had relatives, staff and residents enjoy his music, as a small home he created such a lovely ambience with the saxophone, you could hear the music throughout the building, it was lovely “



**Redbond Lodge** residents, staff and visitors were also privileged to enjoy the talented Saxophonist Mike Aremu as part of his '50 for 50 concerts.

Whilst everyone present loved Mike's performance Home manager Raquel Cruz spoke about two particular individuals who do not usually engage with music or activities, one lady was blowing kisses to Mike whilst he played and despite her very limited mobility she was determined to get up so with support of staff She was able to stand so she could 'dance/sway to the music.

# Quality Innovation Newsletter

Issue 57 August 2025

Another resident, a gentleman who is extremely hard of hearing and rarely responds became extremely engaged with a beaming smile and shaking and swaying to the vibrant tunes.



It's clear Mike's performances are certainly so much more than a few tunes, they're immensely powerful and have a profound impact on those who have are lucky to have the opportunity to hear him play.

Mike is currently at the half way point with his ambition. We can't thank Mike enough for his generous offer of giving back to the community.

*Please note all current dates for concerts are booked.*

## CK2Care's Voluntary Beach Clean Up

On Saturday 21<sup>st</sup> June 2025, CK2Care proudly demonstrated its commitment to the local community and the environment by organizing a beach clean-up event that brought together clients, staff, and families for a day of meaningful volunteer work. The event took place at the local beach hut, where volunteers gathered in high spirits, ready to make a difference. Armed with litter-picking equipment generously provided by Tendring District Council, participants spread out across the beach to collect rubbish and help restore the natural beauty of the coastline and protect the wildlife.

CK2Care ensured everyone stayed refreshed and energized by providing a selection of drinks and snacks throughout the day. The atmosphere was one of camaraderie and shared purpose, as people of all ages worked side by side to protect the environment and give back to the community.

The council also played a vital role by not only supplying the necessary tools but also handling the collection and disposal of the gathered waste, ensuring the clean-up was both effective and environmentally responsible.

This initiative reflects CK2Care's ongoing dedication to social responsibility, environmental stewardship, and community engagement. It was a day of teamwork, care, and positive impact—one that left the beach cleaner and the community stronger.

# Quality Innovation Newsletter

Issue 57 August 2025

## Eastham Care Home Blooms with Sustainable Wildlife Garden

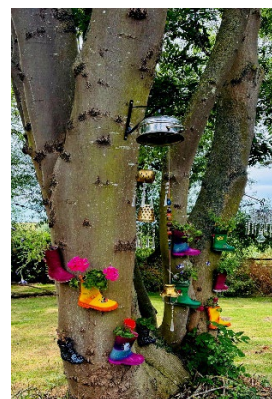
The residents and staff at Eastham Care Home have transformed their outdoor space into a thriving wildlife sanctuary, proving that creativity and environmental consciousness go hand in hand. Through an inspiring community project, they've created a sustainable garden using entirely recycled materials, giving new life to everyday items while providing a haven for local wildlife.

The garden's charming guardians are Buzz Keeper, a lovingly crafted scarecrow, and his delightful companion Flutterkin, who watch over the growing plants and visiting creatures. Their presence adds whimsy and character to the space, delighting residents and visitors alike.

Music fills the air thanks to ingenious wind chimes created from repurposed kitchen items – old pots, pans, and cutlery now dance in the breeze, creating gentle melodies. Meanwhile, discarded wellington boots have found new purpose as quirky planters, bringing colour and personality to the garden.

The team's commitment to wildlife conservation shines through their impressive bug hotel, constructed from reclaimed wood pieces. This eco-friendly structure provides essential shelter for beneficial insects, supporting the local ecosystem while demonstrating sustainable building practices.

The latest addition to this magical space is an enchanting fairy door, carefully crafted from old pallets and nestled into a garden tree. This whimsical feature has sparked the creation of a dedicated fairy garden area, capturing imaginations and adding an element of wonder to the outdoor space.

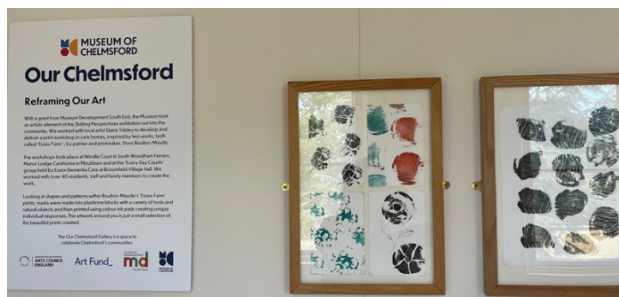


This remarkable project showcases how creativity, environmental responsibility, and community spirit can combine to create something truly special. The Eastham Care Home wildlife garden stands as a testament to the positive impact that can be achieved when people come together with a shared vision for sustainability and nature conservation.

# Quality Innovation Newsletter

Issue 57 August 2025

## Windle Court Residents Art takes Centre stage at Chelmsford Museum



A heartwarming collaboration between Runwood Homes Windle Court residents, artist Elaine Tribley, and Chelmsford Museum has culminated in a successful art project, with residents' printmaking work now proudly displayed at the Chelmsford Museum. The initiative, which included a visit to the museum and a hands-on art workshop, has been met with enthusiasm from both participants and museum staff.



The project began with an interactive and creative exploration as residents engaged in plasticine art and printmaking sessions, with some even including their family members. Local artist Elaine Tribley and Maxine

Clark, Events and Outreach Officer for Chelmsford Museum, were instrumental in guiding the residents, fostering a vibrant atmosphere where "everybody enjoyed moments of printmaking."

Kieun Kwon, Associate Director of Dementia & Wellbeing for Runwood Homes, was delighted by the creative connection and opportunity provided by Lesley Cruickshank from Essex PROSPER. "It's amazing to see how creativity connects with people, not only within the care home but also fostering broader community connections, which is a powerful way to enrich lives".



### Residents' Voices

The culmination of this artistic endeavour saw six residents—**Margaret Curtis, Ann McEvoy, Phylis Ockendon, Kitty Cluney, Antony Francis, and Barry Platt**—from Windle Court visiting the Chelmsford Museum's art gallery on **July 14th**. Their feedback was overwhelmingly positive:

**Kitty** said, "Our artwork was fantastic and absolutely wonderful that our work has been displayed!"

**Antony** commented, "I am thrilled that our work was displayed. I wish my wife Marie was here to see hers, but she sadly passed away. But I will surely tell her when I speak to her later. I speak to her every night before bed."

# Quality Innovation Newsletter

Issue 57 August 2025

**Ann** also remarked, "I really enjoyed today and seeing our work displayed around the museum; it was a lovely place to visit.

**Lee Barry, Lifestyle Coordinator**, reportedly said, "It was an emotional but happy day, and they were really amazed by their artwork."

This project beautifully illustrates how art can bridge gaps, foster connections, and provide a platform for personal expression, enriching the lives of all involved.



## Congratulations to Frank Foster House!

Frank Foster house was presented with the 'Dementia Care Team Award' at this year's National Dementia Care Awards in London.



The team were delighted to be presented their award from Angela Rippon, former newsreader, writer, and journalist. Nicolas Kee Mew, Home Manager at Frank Foster expressed how thrilled the entire team was to receive this distinguished recognition. Nicolas commented: "This incredible achievement reflects the passion, dedication, and commitment of our entire team in delivering the highest standard of person-centred care to individuals living with dementia. We are immensely proud of this recognition and what it represents. A heartfelt thank you to every single person who has supported us on this journey. We are especially grateful to our residents, their families, and the wider multidisciplinary team"

# Quality Innovation Newsletter

Issue 57 August 2025

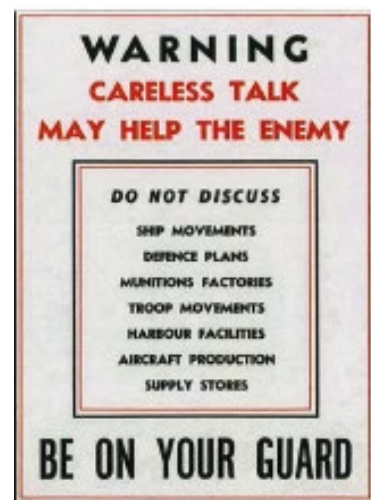
## Eastham Residents Remember

The residents of Eastham Care Home carry with them remarkable memories of World War II. Though most experienced the war as children, their recollections offer powerful insights into this historic period, each shaped by their unique circumstances and locations. To mark the 80<sup>th</sup> anniversary of VE Day on 8<sup>th</sup> May they have been recalling their experiences, this month we share with you **Michael Rushworth's** war memories.

## From wartime child to business leader, Michael Rushworth's Memories

When war swept across Britain, young Michael found himself relocated to Rochdale alongside his siblings, Rosemary and Geoffrey. This displacement, while disruptive for many children, would become the unexpected foundation for Michael's future success.

Michael's father served in a unique capacity during the conflict, working as a groom for the horse guards—a role that connected him to the magnificent war horses whose strength and courage supported the military effort. Though separated from his father for long periods, this paternal connection to such an important wartime role instilled in Michael a sense of purpose and pride.



What makes Michael's war recollections particularly remarkable is how he perceives the period not as one of deprivation or fear, but as a catalyst for profound personal growth. "I was what you might call a late developer," Michael reflects. "The war, strangely enough, helped me overcome this. With schools disrupted and normal childhood patterns altered, I truly learned to play, socialise, and communicate in ways I hadn't before. "

The close quarters of wartime living—sharing space with siblings, neighbours, and extended family—created an intensive social laboratory for the previously reserved child. Street games, improvised entertainment, and the necessity of cooperation during difficult times all contributed to Michael's accelerated social development.

"I felt myself growing in confidence almost daily," he recalls. "Something about those extraordinary

# Quality Innovation Newsletter

Issue 57 August 2025

circumstances brought out capabilities in me that might have remained dormant in peacetime. "

When schools reopened after the war, teachers and classmates noticed a transformed Michael—more articulate, self-assured, and emotionally resilient than many of his peers who had not experienced the same intense social immersion. This newfound confidence laid the groundwork for his impressive later career as a regional manager for a large office business.

"Looking back," Michael observes, "I can draw a direct line from those wartime experiences in Rochdale to my ability to lead teams and navigate complex business relationships later in life. The war reshaped my childhood, and in doing so, shaped the man I would become. "

Michael's story stands as a powerful testament to human adaptability—how even in the most challenging circumstances, particularly impressionable young minds can find unexpected opportunities for growth and self-discovery.

## 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](mailto:Quality.innovation@essex.gov.uk)



## Essex Care Sector Awards

The nomination window for the Essex Care Sector Awards closed on Friday 25<sup>th</sup> July, and we are thrilled that we received a record-breaking number of nominations for this year's Essex Care Sector Awards, surpassing all other years!

Celebrating the best of care in Essex demonstrated through innovation, achievement, and outstanding contribution, this is the 8th Annual Awards.

Judges will soon be busy reading all the wonderful applications and have the difficult task of deciding upon this year's winners.

Those shortlisted will be notified in October 2025.

Winners will be announced at the Award Ceremony, the evening of 3rd December 2025 at Chelmsford City Racecourse, Great Leighs.

## 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.