

Quality Innovation Newsletter

Issue 53 December 2024

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/

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.

Montessori for Dementia & Ageing – 2 Day Course

We are pleased to be able to offer fully funded places at the 2-day Montessori for Dementia and Ageing training course, delivered by Anne Kelly from Maria Montessori Institute taking place on the **8th & 9th January 2025, 9.30am to 4.30pm at Hamptons, Chelmsford.**

The goal of the Montessori approach is to support adults and people living with dementia by creating a prepared environment, filled with cues and memory supports, that enables individuals to care for themselves, others, and their community. The training is aimed at Residential Care Homes.

On this course you will learn how to:

- Prepare environments where people facing challenges due to dementia, ageing or disability can still care for themselves and their community.
- Give individuals roles and activities tailored to their abilities, matching strengths, and abilities with personal history.
- Encourage independence, friendships, social connections, and a sense of purpose.
- Develop routines that build confidence and self-esteem.
- Provide cues, prompts, materials, and templates to support memory loss or other challenges.
- Use the approach for individuals or groups in residential care settings.
- Focus on the person, not the dementia, ageing or disability.

For more information on the Montessori methods for Dementia care please visit www.montessoridementia.org

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

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Chair Based Exercise – 2 Day Course

We have another opportunity for Residential Care home Activity Co-Ordinators or care staff to attend the 2-day Chair based exercise training course run by Move It or Lose It. This course trains staff to be able to safely deliver chair-based exercise for older adults, to promote independence and enhance their physical and mental health.

Delegates will be able to demonstrate and safely deliver the chair-based exercises and relate them to activities of everyday living. They will be able to observe participants and adapt the exercises to suit individual needs with progressions or regressions as appropriate and will be able to encourage individuals to participate through the use of music and small equipment (such as pompoms, beanbags and batons).

Dates & Venues

20th & 21st February 2025, 9.30am to 4.30pm, Hamptons, Chelmsford. ***Both days must be attended.**

SPARKS Workshop for Activity Co-ordinators

We are delighted to be working again this year with Magic Me, an arts charity that has been working creatively for 30 years, bringing moments of conversation and connection through the arts to older and younger people.

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Magic Me will be delivering their new **SPARK's workshops** in March 2025 which will offer training around new and inventive ways of creatively engaging care home residents.

Spark supports everyone's right to creative expression through sensory-based activities, all of which promote moments of togetherness, moments of enjoyment and of relief.

By attending the training day, you will have the chance to connect with professional artists from Magic Me that have designed bespoke activities for care home staff to work with a wide range of residents including those living with a dementia, and those unable to leave their bed or room. You will also be able to learn directly from artists and share learnings with other staff across care homes in Essex.

Dates & Venues

- 5th March 2025, 10.30am to 3.30pm, Latton Bush Centre, Harlow
- 11th March 2025, 10.30am to 3.30pm, Colchester Football Stadium
- 12th March 2025, 10.30am to 3.30pm, Wat Tyler Country Park, Basildon
- 19th March 2025, 10.30am to 3.30pm, Hamptons, Chelmsford

To book your place on a SPARK workshop please email quality.innovation@essex.gov.uk

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Training Opportunities for Domiciliary & Residential/ Nursing Providers

My Home Life Leadership Programme

We are pleased to offer you and your staff the opportunity to participate in the highly acclaimed My Home Life Leadership programme, with two new cohorts starting in the New Year.

Cohort 39, for Domiciliary Care Agencies & Supported Living, starting on 28th January 2025

Cohort 40, for Residential care homes, starting on the 19th February 2025.

The 8-month programme will provide significant benefits for your employee and, indirectly, for your care service:

- Improved resilience/ professional confidence.
- Demonstrable outcomes for quality of life (wellbeing) for service-users.
- Promoting a positive culture.
- Meeting CQC Outcomes: 'well-led, responsive, effective, safe and caring.'
- Dignity in Care/ Personalisation.
- Improved quality of leadership and practice.
- Reduced burn-out / better staff morale.

We urge you strongly to enable and encourage your employee to attend all sessions in full and there is an expectation that staff should be allowed to

attend as part of their working day, and not have to take days as annual leave or unpaid time off, as it supports a well led organisation.

For more information and to book a place please email quality.innovation@essex.gov.uk

We can only accept one person per organisation on any one cohort and the programme is only open to care providers who deliver a service in the Essex County Council Local Authority Area.

More information on national My Home Life initiative can be found at www.myhomelife.org.uk

Person Centred Dementia Care - Open to both Domiciliary & Residential/ Nursing Care staff

26th February 2025 – Hamptons Sport and Leisure, Tydemans, Chelmsford CM2 9FH. 9.30am – 4.30pm

12th March 2025 – Colchester Community football stadium, United Way, Colchester CO4 5UP. 9.30am – 4.30pm

Parkinson's Explained Training - Open to both Domiciliary & Residential/ Nursing Care staff

5th March - Hamptons Sport and Leisure, Chelmsford CM2 9FH

Book for either 9.30am – 12.30pm OR 1pm -4pm

To book any of the above please email quality.innovation@essex.gov.uk

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OT Monthly Advice Clinic

Our Senior Occupational Therapist, Caroline Robinson is running a virtual monthly advice clinic, an opportunity to ask any OT questions in relation to any person you are supporting. 2nd Wednesday, every month, 10am to 11am To receive the link email quality.innovation@essex.gov.uk

OT Bitesize – Virtual Sessions

Falls prevention part 1 – leading causes of falls and best practice in prevention.

6th Dec 2024, 10am to 12pm
31st Jan 2025, 10am to 12pm.

Falls prevention part 2 – falls retrieval and bed safety.

10th Dec 2024, 1pm to 3pm.
4th Feb 2025, 10am to 12pm

Seating and Sleeping positioning – keep it symmetrical.

17th Dec 2024, 10am to 12pm
12th Feb 2025, 1pm to 3pm

How to unlock meaningful activities

10th Jan 2025, 10am to 12pm
27th Feb 2025, 10am to 12pm

Safer handling part 1 – manual handling people with dignity protocol, active & passive hoisting, and plus sized handling

15th Jan 2025, 1pm to 3pm
18th Mar 2025, 10am to 12pm

Safer handling part 2 – risk assessments, handling plans, bed movement & equipment to support standing.

23rd Jan 2025, 1pm to 3pm
25th Mar 2025, 1pm to 3pm

Virtual Dementia Tour – face to face

We have further opportunities for your staff to attend the Virtual Dementia Tour a worldwide, scientifically and medically proven method of giving a person with a healthy brain and experience of what dementia might be like. It allows delegates to enter the world of the person and understand which simple changes need to be made to their practice and environment to really improve lives of people with dementia.

Dates & Times

- 5th Feb 2025, 10am to 1pm, Colchester
- 5th Feb 2025, 1.30pm to 4.30pm, Colchester
- 27th Feb 2025, 10am to 1pm, Chelmsford
- 27th Feb 2025, 1.30pm to 4.30pm, Chelmsford

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

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Training Opportunities for Domiciliary Care Providers

Peg Feed Training

Dates & Venues

30th January 2025 - Hamptons Sport and Leisure,
Chelmsford CM2 9FH. 10am – 1pm

18th February 2025 – Colchester Community football
stadium, United Way, Colchester CO4. 10am – 1pm

Oliver McGowan Part 2 training

We will be organising more dates for the Oliver McGowan Part 2 training for the New Year. This training gets heavily subscribed, and we do hold a waiting list.

What training do you need?

We want to hear from Domiciliary Care providers about the kind of training you feel would be beneficial for your staff. As we go into the New Year we will be putting together our training offer for the next financial year and want to tailor it to support your needs. Please email quality.innovation@essex.gov.uk with your suggestions.

Updates & Training Opportunities for AWD Providers

Festive Makaton Sing – a Long

Following success with their previous online Makaton Sign-A-Long sessions our AWD Provider Quality officers have linked up with Makaton tutor Debbie Avouche to offer a Festive session, please see details below.



Get ready for a wonderful

Winter Celebration

Join the Quality Innovation Team and Makaton Tutor Debbie Avouche with the people you support for a Christmas Sign-A-Long!

Friday 13th of December
10:00 – 11:00 on Microsoft Teams

Please email quality.innovation@essex.gov.uk to request the joining link. No limit on spaces.

The poster features a festive theme with musical notes, snowflakes, and a row of colorful houses at the bottom.

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Makaton For Frontline Workers

Presented by Debby Avauche

Date & Venue - Wednesday 8th January | 09:30-13:00 at Colchester Community football stadium, United Way, Colchester CO4

For more information & to book please see [Events - Makaton – Frontline: General Wellbeing | Provider Hub](#)

Ageing Well for Adults with LD and /or Autism – Two Day Course

Presented by Jenny Peckham & Sue Vallance.

Date & Venue -Wednesday 15th & Thursday 16th January | 09:15-16:30 * **Both days MUST be attended.** Colchester Community football stadium, United Way, Colchester CO4

For more information & to book please see [Events - Ageing Well | Provider Hub](#)

Peg /Enteral Feeding for AWD Providers

Presented by Teach Ltd

Date & Venue Thursday 16th January- 9am -12pm Barleylands Farm, Billericay, CM11 2UD

For more information & to book please see [Events - Peg / Enteral feeding | Provider Hub](#)

Epilepsy & Buccal Midazolam

Presented by Teach Ltd

Date & Venue Thursday 16th January -1pm- 4pm Barleylands Farm, Billericay, CM11 2UD

For more information & to book please see [Events - Epilepsy and Buccal Midazolam | Provider Hub](#)

Mental health First Aid – *Four Day Accredited Course, Presented by Lesley Bailey

Please note **all four days MUST be attended to be awarded a certificate.** Each session/date is 9.30am – 2pm.

Day 1 - 20th January 2025

Day 2 - 27th January 2025

Day 3 - 3rd February 2025

Day 4 - 10th February 2025

Presented/delivered via Virtual – Teams

For more information & to book please see [Events - Mental Health First Aid | Provider Hub](#)

Working with Adults with a Forensic History

Presented by Custodial manager, HMP Chelmsford Wednesday 22nd January- 9am – 4pm

Hamptons Leisure Centre, Chelmsford

**Closed session only for selected providers*

For more information please see [Events – Working with Adults with a Forensic History - Closed Session | Provider Hub](#)

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MCA/DoLS

Presented by Best Interest Assessors Essex County Council

Date & Venue -Tuesday 28th January 9.30am – 12.30pm at Colchester Community football stadium, United Way, Colchester CO4.

For more information & to book please see

[Events - MCA & DOLS](#) | [Provider Hub](#)

Breast Screening for those with a Learning Disability



Do you or someone you care for have a Learning Disability and/or Autism?

Come and join us to learn more about preventing breast cancer, and breast screening for those with a Learning Disability and/or Autism

What to expect:
Coffee & Cake!
Understanding the process of having a breast screening.
Education of how to support your loved ones with their screening and checking breasts for signs/symptoms to prevent breast cancer.
Practical support with breaking down the barriers to accessing your screening and reasonable adjustments.
Education of other preventative measures used to reduce your risk further.

When:
6th December 2024, 14:30–16:30

Where:
Human Kind Café, 111 High St, Billericay CM12 9AJ

To find out more, or for help with transport, call Amber on 07561 853040 or email healthinequalities@sportforconfidence.com

New Guidance for Pneumococcal Vaccines

The guidance has recently changed recommending that pneumococcal vaccinations should be offered to those with a learning disability.

Please ensure your team are familiar with this change and make arrangements to have those you support vaccinated if they fall within the at-risk category groups.

[See more information here](#)

Bowel Screening for AWD

Recent findings from Essex County Council LeDeR quality panels have highlighted a need to increase the uptake of bowel screening for adults with a Learning Disability and/or Autism.

Bowel screening test kits (FIT kits) are a simple at home test sent to you in the mail by the NHS.

Please see the link below for eligibility and support those you care for with ordering their kit.

[Bowel cancer screening - NHS](#)

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Working DPASS Dental Priority Access and Stabilisation Service- NHS Suffolk & Northeast Essex ICB

DPASS is a pilot running for 18 months to provide additional access to dental services for the most vulnerable and in need populations in Suffolk and Northeast Essex.

The priority groups eligible for appointments under this scheme are:

- People who are homeless.
- Transient populations including immigrants.
- People who have a learning disability and/or are Autistic.
- Children in care.
- Care leavers.
- Urgent and emergency care patients.
- Those awaiting any NHS procedure that requires Oral Stabilisation.
- Residents of Care Homes and Nursing Homes (in-practice care, not domiciliary visits).
- High dental risk patients.
- People living with dementia.
- Sex workers.

Up to date information on practices offering the service can be found at this link: [Dental Priority Access and Stabilisation Service - NHS Suffolk and North East Essex ICB](#) (you may need to register to access this information as it is held within the Professionals area of the SNEE ICB website).

Appointments can be booked either through 111 or by contacting the practice directly. Eligible people booking appointments will need to state they require a DPASS appointment when telephoning so that the reception team are aware.

Lifelong Smiles Accreditation Programme

Community Dental Services-CIC (CDS) are working closely with Suffolk and North East Essex Integrated Care Board and Essex County Council to offer residential care homes in **Colchester & Tendring** the opportunity to participate in our fully funded 'Lifelong Smiles' accreditation programme.

The accreditation consists of six standards relating to oral health, which are in line with NICE Guidelines (NG48) and recommendations from the Smiling Matters Report. The standards involve:

- Creating an oral health policy.
- Carrying out an initial assessment and creating individual oral care plans for all residents.
- Identifying an Oral Health Champion who will be supported by CDS Oral Health Team.
- Reviewing the foods and drinks provided, ensuring a healthy, tooth friendly option is always available.
- Raising awareness and engaging staff, residents and resident's families in the importance of maintaining good oral health.



To register scan the QR code

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Mouth Cancer Action Month

November was Mouth Cancer Action Month (MCAM). Did you know that:

- last year 8,864 people in the UK were diagnosed with mouth Cancer. An increase of 34% over the last decade.
- 3034 people in the UK lost their life to mouth cancer last year.
- Mouth cancer is the 6th most common cancer in the UK.

There are several factors that are likely to increase the risk of mouth cancer. These include smoking or using smokeless tobacco, drinking alcohol to excess, contracting the Human Papilloma virus, having a poor diet, and receiving too much UV radiation.

With a few small changes, you can help cut your chances of developing mouth cancer. Early diagnosis leads to better outcomes and that is why regular dental examinations and self checking for the early warning signs is so important.

A simple 45 second check could save your life. Scan the QR code below to self check.



Employee Assistance Programme

Essex County Council are excited to offer employees* of care providers in Essex a range of employee benefits from our health and wellbeing partner Vivup. We have commissioned this service in partnership with Care England. To discover more about our employee benefits –[view the benefits brochure](#)



Employee Assistance Programme (EAP)

Confidential, impartial assistance to help you in times of need including a 24/7, 365 days helpline. Face to face and virtual counselling sessions

Online GP appointments

Your Care – Embrace a healthier lifestyle with the help of assessments, goals, and tools available on our wellbeing management platform.

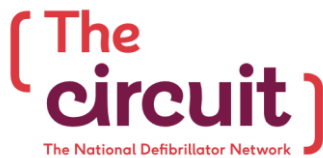
Lifestyle Savings – Access a huge range of savings across the UK's major retailers.

*Eligible employees must live in Essex (excludes Southend and Thurrock), and work for an ECC commissioned care provider of adult social care services. For more information please see <https://www.essexproviderhub.org/recruitment-retention-and-wellbeing/retention/employee-assistance-programme/> where a video is also available to view more details.

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Are you familiar with 'The Circuit'?



Do you know where the nearest Defibrillator is? It is vital that you and your colleagues know where your nearest defibrillator is located for use in an emergency. One of your team can be distributed to collect this defibrillator when a matter of seconds can be the difference between life or death. You can search on www.defibfinder.uk and display the location and access information of your nearest defibrillator around your setting.



Does your location have a defibrillator? Is it registered with The Circuit? The Circuit is the national defibrillator network used by all 14 ambulance services across the UK. It enables ambulance services to locate the nearest defibrillator when 999 is called in response to a cardiac arrest. At a time when every minute matters, this information is critical to enable bystander defibrillation to start before the ambulance arrives. Your defibrillator is visible to ambulance services 60 seconds after registering. It could make a lifesaving difference for someone and their loved ones.

Each year, there are over 30,000 out-of-hospital cardiac arrests in the UK. Every minute without CPR and defibrillation reduces the chance of survival by up to 10%.

If a defibrillator isn't registered on The Circuit the ambulance service can't see it and the opportunity to save a life could be missed. The person responsible for looking after the defibrillator (the defibrillator Guardian) should register the defibrillator. To register / find out more please see <https://www.thecircuit.uk/frequently-asked-questions>

You could Save a life!

[St Johns 'nearest defibrillator' poster](#)

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Jamie Cultivates future carers.



Jamie Hepburn, Manager at Canters Meadow, recently presented and spoke to 350 students, over two days, at The Colchester Institute. Following his presentation Jamie lead discussions around career paths in Health and Social care. Jamie told us there was a lot of interest in Agincare training and opportunities to work and earn while deciding on the right career path. Jamie will continue to work with the college by providing bite size talks promoting career options in Helath and Social Care. Four students are gaining hands on experience and

training at Canters Meadow where Jamie is the manager with one securing a permanent position with them.

Well done and thank you Jamie for promoting Social Care as a Career option and helping to recruit care employees for the future.

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



As this is the last Newsletter of 2024, we would like to wish you all a very Merry Christmas and Happy New Year! We look forward to working with you all in the New Year.