

Provider Quality Innovation

Residential Care Homes Winter 2026 Training

For further information or to book any of the courses/programmes please email quality.innovation@essex.gov.uk

These courses are only open to Residential Care Homes and Nursing Homes who are in the Essex County Council Local Authority area.

We are busy organising more training opportunities, these will be added over the coming weeks, please check back for any additional updates.

OT Clinic – Every Wednesday, Virtual. Provider Quality Teams Senior Occupation Therapist hosting the opportunity to ask questions, discuss case studies, general OT questions and sign posting.

OT Bitesize sessions – Virtual

Falls Prevention Part 1

- 11th February 2026, 1pm to 3pm

Falls Prevention Part 2

- 20th February 2026, 10am to 12pm

Seating and Sleeping Positions – Keep it symmetrical

- 13th January 2026, 1pm to 3pm
- 25th February 2026, 1pm to 3pm

How to unlock Meaningful Activity

- 22nd January 2026, 1pm to 3pm
- 5th March 2026, 1pm to 3pm

Safer Handling Part 1

- 27th January 2026, 10am to 12pm
- 13th March 2026, 10am to 12pm

Safer Handling Part 2

- 6th February 2026, 10am to 12pm
- 24th March 2026, 10am to 12pm

Magic Me SPARKS Activity Co-Ordinator Workshops

- 28th January 2026, 10.30am to 3pm, Colchester Football Stadium
- 4th February 2026, 10.30am to 3pm, Hamptons, Chelmsford
- 9th February 2026, 10.30am to 3pm, Latton Bush Centre, Harlow
- 18th February 2026, 10.30am to 3pm, Wat Tyler Country Park, Basildon

Namaste Care for Advanced Dementia and End of Life - delivered by St. Helena Hospice

- 11th February 2026, 9.30am to 4.30pm – Colchester

HEARTS (Hands on, Empathy, Aroma, Relaxation, Texture, Sound) - delivered by St. Helena Hospice

- 17th Feb 2026, 9.30am to 1pm – Colchester
- 5th Mar 2026, 9.30am to 1pm - Colchester

Focused Wellbeing for Residents and Staff training - delivered by St. Helena Hospice

- 20th January 2026, 9.30am to 1pm – Colchester

Montessori for Dementia and Ageing – 2 day workshop

- February 2026 – dates to be confirmed

Chair Based Exercise – 2 day course

- 14th & 15th January 2026, 9.30am to 4.30pm, Colchester Football Stadium

Care Home Study Days**Personal Care & Pressure Care:**

- 3rd March 2026, 9.30am to 4.30pm, Colchester Football Stadium
- 10th March 2026, 9.30am to 4.30pm, Hamptons, Chelmsford

Fluids/Nutrition & UTI/Catheter Care :

- 17th March 2026, 9.30am to 4.30pm, Colchester Football Stadium
- 19th March 2026, 9.30am to 4.30pm, Hamptons, Chelmsford

CQC-Ready Activity Provision - Workshops Delivered by NAPA for Care Home Activity Coordinators and Care Home Managers

- 12th March 2026, 9.30am to 4.30pm, Colchester Football Stadium
- 24th March 2026, 9.30am to 4.30pm, Chelmsford
- 26th March 2026, 9.30am to 4.30pm, Latton Bush Centre, Harlow

My Home Life Leadership Programme Cohort 43 – This is an 8 month programme, the 3 workshop dates must be attended in order to proceed on the programme. There is an expectation to attend the action learning dates apart from planned leave, illness or CQC inspection.

- Cohort starting in February 2026 – dates to be advised

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Other Training courses offered by system partners

Lets Get Digital – Free Beginners courses offered by ACL <https://tinyurl.com/54p45jzz>