

Quality Innovation Newsletter

Issue 54 February 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: 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.

Spiritual Care & Managing Spiritual Distress (End of life Care)

A new half day, in person, training session delivered by St Helena Hospice on Spiritual Care, both religious and non-religious. The session will cover:

- ❖ 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

- ❖ 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

- 23rd April 2025, 9.30am to 1pm – Colchester
- 1st May 2025, 9.30am to 1pm – Chelmsford
- 17th June 2025, 9.30am to 1pm – Colchester
- 19th June 2025, 9.30am to 1pm – Chelmsford

To book please email

quality.innovation@essex.gov.uk

Supporting Older People to Thrive Workshop for Care Homes

We have a unique opportunity for your Senior Carers and Team leads to attend this workshop run by City University's My Home Life. Research undertaken by My Home Life proves that **older people can and do thrive in care homes** and identifies the key things which make this possible.

This workshop will discuss what it is about life in a care home that really boosts older people's quality of life and helps them to not just exist, but really thrive?

Tues 4th March 2025, 9:15am-1pm, Chelmsford

To book Click [Here](#)

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SPARK'S Workshop for Activity Co-ordinators - face to face

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.

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.

- 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 the SPARK's workshop please email quality.innovation@essex.gov.uk

Training Opportunities for Domiciliary & Residential/ Nursing Providers

Person Centred Dementia Care - Open

to both Domiciliary & Residential/ Nursing Care staff - **face to face**

Dates & Venues

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 Training - Open to both Domiciliary & Residential/ Nursing Care staff

Date & Venue

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 Weekly Advice Clinic - virtual

Our Senior Occupational Therapist, Caroline Robinson will be changing her monthly OT clinic to weekly sessions from 23rd April 2025. The virtual advice clinic is an opportunity to ask any OT questions in relation to any person you are supporting.

Feb – March 2025 2nd Wednesday, every month, 10am to 11am

April 23rd 2025 onwards every Wednesday 10.30am to 11.30am.

To receive the link email
quality.innovation@essex.gov.uk

OT Bitesize – Virtual Sessions

Falls prevention part 2 – falls retrieval and bed safety.

4th Feb 2025, 10am to 12pm

Seating and Sleeping positioning – keep it symmetrical.

12th Feb 2025, 1pm to 3pm

How to unlock meaningful activities

27th Feb 2025, 10am to 12pm

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

18th Mar 2025, 10am to 12pm

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

25th Mar 2025, 1pm to 3pm

Training Opportunities for Domiciliary Care Providers

Oliver McGowan Tier 2 Training - face to face

Tier 2 of the Oliver McGowan Mandatory Training on Learning Disability and Autism is for people who may need to provide care and support for autistic people or people with a learning disability.

Dates & Venues

6th February 2025, 9.30am – 4.30pm, Colchester

6th March 2025, 9.30am – 4.30pm, Chelmsford

13th March 2025, 9.30am – 4.30pm, Colchester

26th March 2025, 9.30am – 4.30pm, Colchester

8th April 2025 9.30am – 4pm, Chelmsford

8th May 2025, 9.30am – 4pm, Colchester

3rd June 2025, 9.30am – 4pm, Chelmsford

****Please ensure you complete Tier 1 of the Oliver McGowan Mandatory Training before attending this training. To book please email quality.innovation@essex.gov.uk**

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Peg Feed Training – face to face

This 3hr, face to face training course will give care staff an understanding of how to support someone who is PEG fed.

Dates & Venues

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

COPD/Oxygen Awareness - face to face

This full day training day is aimed at staff who are involved in the day to day care of individuals with a chronic lung condition and/or those prescribed with Oxygen

Dates & Venues

19th March 2025 – Colchester Football stadium, United Way, Colchester CO4 5UP. 9.30am – 4.30pm

26th March 2025 – Hamptons sport and leisure, Tydemans, Chelmsford CM2 9FH. 9.30am – 4.30pm

Hoarding Training - Virtual

9th April 2025, 10am to 11am

9th April 2025, 2pm to 3pm

Mental Health First Aider - Virtual

This 4-day training course will cover:

A deeper understanding of mental health and the factors that can affect people's wellbeing

Practical skills to spot the triggers and signs of mental health issues

The confidence to step in and support someone in the workplace by guiding them to appropriate support

Three years access to the MHFAider Support App® with 24/7 digital support

Access to exclusive resources, ongoing learning opportunities, and the benefit of joining England's largest community of trained MHFAiders®

All 4 days must be attended to obtain your certificate.

Day 1 – 23rd April 2025, 9.30am to 2pm

Day 2 – 30th April 2025, 9.30am to 2pm

Day 3 - 7th May 2025, 9.30am to 2pm

Day 4 – 14th May 2025, 9.30am to 2pm

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

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Updates & Training Opportunities for AWD Providers

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

MCA/DOLS – Delivered by ECC Best Interest Assessors

12th Feb 2025, 9.30am to 12.30pm, Chelmsford

For further details and how to book visit [Events – MCA & DOLS for AWD Providers | Provider Hub](#)

Postural Care – Delivered by Caroline Robinson
- ECC QI Occupational Therapist

13th Feb 2025, 9.30am to 3pm, Chelmsford

For further details and how to book visit [Events – Postural Care for AWD Providers | Provider Hub](#)

Care Planning & Record Keeping

18th Feb 2025, 9am to 4pm, Chelmsford

For further details and how to book visit [Events – Care Planning and Record Keeping for AWD Providers | Provider Hub](#)

Epilepsy Awareness & Buccal Midazolam

– Delivered by TEACH Ltd

20th Feb 2025, 9.30am to 12.30pm – Virtual

20th Feb 2025, 1pm to 4pm - Virtual

For further details and how to book visit [Events – Epilepsy and Buccal Midazolam for AWD Providers | Provider Hub](#)

Difficult Conversations

25th Feb 2025, 10am to 1.30pm – Chelmsford

4th Mar 2025, 10am to 1.30pm - Colchester

For further details and how to book visit [Events – Difficult Conversations Training for AWD Providers | Provider Hub](#)

Autism Reality Experience

27th Feb 2025, 10am to 1pm or 1.30pm to 4.30pm

18th Mar 2025, 10am to 1pm or 1.30pm to 4.30pm

Both sessions are at Earls Colne.

For further details and how to book visit [Events – Autism Reality Experience for AWD Providers | Provider Hub](#)

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BPS Approved Qualification in Autism and Eating Disorders/Disordered Eating

– Delivered by National Centre for Autism & Mental Health (NCAMH)

This is a distance learning course which includes 3 Mandatory 1hr virtual check in sessions & distance learning over a 2-month period.

Starting 3rd March 2025

To book please visit: [Events – BPS Approved Autism and Eating Disorder/Disordered Eating for AWD Providers | Provider Hub](#)

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

This is a 2 day course.

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.

5th & 6th March 2025, 9.15am to 16.30, Chelmsford

To book please visit: [Events – Ageing Well for Adults with a Learning Disability and/or Autism | Provider Hub](#)

Sepsis Awareness - Virtual

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.

This course is aimed at care assistants and support workers and will increase knowledge and raise awareness in the recognition and management of Sepsis.

5th March 2025, 10am to 12.30pm - Virtual

To book please visit: [Events – Sepsis Awareness for AWD Providers | Provider Hub](#)

Understanding and Managing ARFID, PDA and PICA Disorders - Delivered by Neurodiversity, Eating Disorders & Disordered Eating (NEDDE)

6th March 2025, 10am to 2.30pm – Virtual

13th March 2025, 10am to 2.30pm - Virtual

To book please visit: [Events – Understanding and Managing ARFID, PDA and PICA Disorders for AWD Providers | Provider Hub](#)

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LeDeR outcomes: Hospital Passports, Screenings & Vaccinations

This virtual session will cover the purpose and importance of Hospital passports, how to complete a good one and, how to advocate for the person and ensure documents are effectively used by health professionals.

The Provider Quality Innovation Team have created a screening/vaccination tracking tool that will be included within the session. The tool explains what is due and when, specifically for those with LD and/or Autism.

This session is to share knowledge and build the confidence of support staff advocating for adults entitlements. The overarching aim is to improve the figures for effective use of hospital passports and adults attending screening and vaccination appointments. Thus, improving the life length of those with Learning Disabilities and/or Autism.

10th March 2025, 10am to 12pm – Virtual

19th March 2025, 10am to 12pm – Virtual

19th March 2025, 2pm to 4pm – Virtual

To book visit: [Events – LeDer Outcomes: Hospital Passports, Screenings & Vaccinations | Provider Hub](#)

Dysphagia Awareness

11th March 2025, 10am to 3.30pm, Colchester

To book visit: [Events – Dysphagia Awareness for Adults with Disabilities Providers | Provider Hub](#)

Makaton: Frontline Workers Delivered by Debby Avauche Makaton Tutor

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 – 12th March 2025, 9am to 1pm, Chelmsford

Makaton Refresher

A two-hour refresher for the knowledge learnt during the general wellbeing training. – 31st March 2025, 9.30am to 11.30pm, Clacton.

To book visit: [Events – Makaton for AWD Providers | Provider Hub](#)

Mental Health Aware for AWD

This introductory course raises awareness of mental health

20th March 2025, 9.30am to 2pm, Colchester

24th March 2025, 9.30am to 2pm, Chelmsford

To book visit: [Events – Mental Health Aware for AWD Providers | Provider Hub](#)

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Confidence building, Resilience & Assertiveness

25th March 2025, 9am to 4pm, Colchester

Being confident, assertive and mindful go hand in hand are the essential building blocks for developing self-awareness and building resilience. Assertiveness can be defined as communication in which one expresses oneself in a direct and honest manner in interpersonal situations, while simultaneously respecting the rights and dignity of others.

This one-day training course will equip you with the essential skills to be more mindful, to boost confidence and be more assertive which in turn will impact positively on personal and working relationships and personal effectiveness.

To book visit: [Events – Confidence building, Resilience and Assertiveness for AWD Providers | Provider Hub](#)

Self-harm & Suicide Awareness

24th Feb 2025, 9.30am to 2pm, Colchester

26th March 2025, 9.30am to 2pm, Chelmsford.

To book visit: [Events – Self-Harm and Suicide Awareness for AWD Providers | Provider Hub](#)

Ableism Awareness: How to be more inclusive

We are pleased to offer a new session covering ableism awareness 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.

27th March 2025, 9.15am to 1pm, Colchester

To book visit: [Events – Ableism Awareness; How to be more inclusive | Provider Hub](#)

Some helpful links

[Weight Management - Essex Wellbeing Service](#)
[Essex Wellbeing Service](#)

[Improving care for people with diabetes and a learning disability - Fact sheet 1.pdf](#)

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**Huntington's
Disease
Association**

Do you support an individual with Huntington's Disease and would like to learn more about how to care for them? The Huntington's Disease Association provide free online training and information sessions aimed at care staff.

Upcoming Dates

Weds 26th February 2pm – 3.30pm

Weds 26th March 2pm – 3.30pm

To find out more and book a place please see

[Huntington's Disease Association - Overview of Huntington's disease for care staff](#)

The website <https://www.hda.org.uk/> also has a number of videos and Webinars providing helpful information/ advice , please see [Huntington's Disease Association - Videos and webinars](#)

Toolkits

The Provider Quality Innovation Team have several Toolkits on the Provider Hub with links to freely available resources and training from other national organisations.

[Domiciliary Toolkit](#)

[Prosper Toolkit](#)

Apprenticeship Support Fund

Essex County Council is offering the Essex 200 Apprenticeship Support Fund to SMEs to support apprentices. You could secure up to £2,000 in funding per apprentice, with funds provided in two equal payments.

Contact the team at apprenticeship.hub@essex.gov.uk or complete the [Essex 200 apprenticeship support application form](#) to apply for funding.

Eligibility Criteria:

- location - either your business or apprentice must be in an Essex postcode area.
- business size - open to SMEs only.
- Apprentices start date - apprentices must either a) be new employees who have not yet started in the workplace, or b) have joined your business within the last three months, from the date of your submitted application.
- training - apprentices must be enrolled in an approved apprenticeship programme between 1 September 2024 and 31 August 2025.

Funding is limited to two apprentices per business. Applications are reviewed on a first-come, first-served basis.

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Solicitor Provider support session - Sponsoring International Staff

Are you unsure if you are compliant with the home office? Would you like to ask a specific question? These workshops offer an opportunity to ask questions about sponsor license information; record keeping and documentation, and sponsor duties and compliance, completely free and in small groups. Dates available: 12th February, 12th March & 2nd April.

For more information & to book [De Nova - FREE provider support workshops](#)

'A Wish Come True at Cherrywood Grange'



Cherry Wood Grange manager, Sue Smith, has told us how Wellbeing staff at the home had been able to 'grant a wish' for one of their residents in December. She explained "Former German teacher Doreen Mortlock, who now lives at Cherry Wood Grange Care Home in Chelmsford, has always had a

flare for languages and found a passion for the German language following a school exchange trip to Germany in her youth. She made a wish to speak German.

When the team at Cherry Wood Grange told Doreen about the local German Christmas market at Wickford, the 85-year-old expressed a wish to go.

Doreen is living with Alzheimer's and has been a resident at the dementia specialist care home since January 2021. The home's lifestyle lead, Bex Harmer, said: "Doreen's face lit up when we told her about the German Christmas market. Although she struggles with memory loss, she remembers her life as a teacher.

Doreen was in her element at the market, she loved browsing the stalls and sampling the food and drink. She got chatting to one stall holder who was fascinated when she discovered Doreen's passion for the German language. The lady asked Doreen if she could teach her a few basic words of German, which she did straight away. Doreen taught her the German words for hello, goodbye, goodnight, and how are you.

Doreen said she had the best morning, and it was marvellous to see this side of her, the teacher fluent in a second language, enjoying the simple pleasure of teaching and sharing her love of the language".

If you have a story to share please email quality.innovation@essex.gov.uk

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Poetry Corner

By Tony who stayed at Dudbrook House Care home

Who Cares?

A smiling face, a warm embrace
You'll find them every day
Here at Dudbrook House – so many come
And all enjoy their stay
This is because both Sean and Claire
As well as all the staff
Look after every resident
And help to make them laugh

There's warmth and kindness shown each day
By member of staff
To those who need continual help
And that includes a bath...
As well as help with dressing, eating,
And just living every day
It makes life for all the residents
More bearable I'd say

For its not fun – this growing old
There's so much you can't do
Like reaching up or bending down
And often walking too
Life may be good for some of us
With family and friends – But some
Have no one left in life
Here Dudbrook makes amends

For help is here day after day
From those who really care..
About us – and all of them
Have so much love to share

Activities are plentiful
And different every day
Keep-fit and yoga feature here
And many games to play
There's carpet bowl in winter
Crazy golf when it warm
And visits from the ponies
Or trips out to the farm

Singers come quite frequently
Us all to entertain
And quizzes are quite popular
Test memories again
Thank goodness for our carers
we may grumble at the cost
But there's definitely no denying
Without them we'd be lost

Its not just to the carers
We offer grateful thanks
But also to the cleaners,
Laundry and kitchen staff...
All ranks, who all combine
To make our time
At Dudbrook so worthwhile
They do it all so willingly
and always with a smile.