

Welcome to our Innovation Newsletter, with information about opportunities available, training and events. Essex County Council has recently launched their new Essex Provider Hub. All our events are listed on the website where you will find further details of how to book, please see;
<https://www.essexproviderhub.org/provider-hub-news-and-events/>

Essex Care Sector Awards 2022



We are pleased to announce the Essex Care Sector Awards are back for 2022! Celebrating the best of care in Essex demonstrated through innovation, achievement, and outstanding contribution.

The Awards are open to all provides who deliver a care service to Adults in Essex County Council's Local Authority area. This includes, Residential Care Homes, Domiciliary Care Agencies, Supported Living and Day Services.

We welcome nominations from care staff, managers, seniors, relatives and the people you provide a service for!

There are 8 Awards up for grabs!

The Categories are:

- ❖ Outstanding Carer/Support Worker
- ❖ Unsung Hero
- ❖ Team of the Year
- ❖ Outstanding Leadership
- ❖ Prosper Champion of Champions
- ❖ Making a Difference
- ❖ Activities and Wellbeing
- ❖ Dementia Care

To enter your service, leader or individual for an award please email TheProspers@essex.gov.uk for the nomination form and award criteria.

Complete the form with details of why you think they should win, your name and contact details.

You can enter nominations for as many categories as you like. Please refer to each Category Award Criteria for guidance on what the judging panel is looking for and remember only the information on your nomination form will be judged so please make sure you put everything in the nomination!

Entries must be submitted by email to TheProspers@essex.gov.uk no later than 5pm on 14 April 2022.

Please note T's and C's apply and can be found on the Award Criteria.

Those shortlisted will be invited to the Award Ceremony, the afternoon of 8th July 2022 at Cressing Temple Barns, Braintree, where the winners will be announced!

Deconditioning Games

Medal Winners!

NHS England & NHS Improvement, East of England are running their Winter Deconditioning Games initiative which focuses on the Prevention of Deconditioning, what we mean by deconditioning is the loss of physical, psychological, and functional capacity due to inactivity. The pandemic has compounded this issue with isolation, infection control measures and restrictions on visitors to the home. The aim of the games is to raise awareness and to make changes in practice that will help your residents to keep their functional ability for as long as possible. As the old saying goes **if you don't use it you lose it.**

The Games officially opened on the 1st November and runs through to the 31st March 2022, teams can apply each month to be awarded a Bronze, Silver or Gold medal.

We are pleased to be able to announce the Medals awarded by NHS England & NHS Improvement for January 2022. Congratulations go to;

Beech House - Silver Medal

Clifton Lodge – Silver Medal

Eastham – Silver Medal

Humfrey Lodge – Silver Medal

Poplar House – Silver Medal

Sweyne Court – Silver Medal

Tall Trees – Silver Medal

The Grange – Silver Medal



Gold Medal Winner!

Congratulations go to the staff and residents at **Mundy House** in Basildon, who won an impressive Gold Medal in the Winter Deconditioning Games, they have been working as part of the Active Essex and PEM programme, with residents regularly able to enjoy chair-based yoga and Dance on prescription sessions.

Josi George, Manager said; “The Dancing on prescription has been a huge success as many of our residents enjoy the weekly programme. Every Thursday the gentle exercise happens here as part of this programme, also we have great support from Active Essex and Find Your Active – Sport for Confidence reps who supported us with various days exercise programmes. This was hugely benefitted to our staff.

If your home would like a chance to win a medal tell us what you have been doing to help prevent deconditioning and we will apply on your behalf.

Email: quality.innovation@essex.gov.uk



PROSPER



Do you **P**romote the **S**afer **P**rovision of care for **E**very **R**esident?

Then why not join **PROSPER**?

The PROSPER project has been running in Essex since 2014, supporting care homes to reduce the number of **Falls, UTIs and Pressure Ulcers**, using quality improvement methodology. Not only improving system performance and professional development, but also changing behaviours. Encouraging your staff to think creatively to improve overall performance in your home.

PROSPER has won three National Patient Safety Awards, the most recent being in 2019 for 'Improving Care for Older People'.

Many homes throughout Essex have benefited greatly from using the PROSPER philosophy in their homes.

If you would like more information on PROSPER email prosper@essex.gov.uk or visit <https://www.essexproviderhub.org/quality/quality-innovation-team/>

PROSPER Champion Study Days

The Prosper team are holding 2 face to face Prosper Champion Study days for care staff on the following dates:

Wednesday 9th March

Latton Bush, Southern Way, Harlow, CM18 7BL

Thursday 17th March

Wat Tyler County Park, Pitsea Hall Lane, Basildon, SS16 4UH

Agenda for the days include:

- ❖ Enablement approaches and Meaningful Activity
- ❖ Love to Move
- ❖ Oral Health
- ❖ Prosper Falls Skills Network

Spaces are limited so to avoid disappointment book now by emailing Prosper@essex.gov.uk

PROSPER Community of Practice

The Prosper team are busy planning the next Community of Practice which will be held at the County Hotel in Chelmsford on the 9th June 2022, 10:00 – 13:30. Put the date in your diary and we look forward to seeing Managers, Deputies, Seniors and Prosper Champions on the day.



Virtual Dementia Tour

We have organised another two dates for the Virtual Dementia Tour especially for Domiciliary Care Staff.

The Virtual Dementia Tour is experiential training which provides insight into the experience of someone living with dementia.

Wednesday 9th March

Latton Bush, Southern Way, Harlow, CM18 7BL

Thursday 17th March

Wat Tyler County Park, Pitsea Hall Lane, Basildon, SS16 4UH

There are four session times to choose from: 9.30, 10.30, 13.30 or 14.30. The training is followed by a 1hr debrief session so please allow at least two hours.

If you are interested in booking places, please email Quality.innovation@essex.gov.uk

Sepsis

The fourth cohort of Sepsis training will be running in March, this will be delivered Virtually via Microsoft Teams. Delegates only need to attend one of the sessions and complete the end of course assessment online to receive a certificate.

8th March 2022; 9.30-11.30 or 14.30-16.30

9th March 2022; 12pm-14.00 or 14.30-16.30

10th March 2022; 12pm-14.00 or 14.30-16.30

If you are interested in booking places, please email Quality.innovation@essex.gov.uk

Hoarding Awareness Training

The aim of this training is to support frontline Domiciliary Care staff with the knowledge, confidence and understanding that enables them to engage with clients who are displaying a complex clutter lifestyle in relation to hoarding tendencies.

We are holding two 3 hour sessions in March;

15th March 10am – 1pm

24th March 1pm – 4pm.

You will only need to attend one session per person, however, please note spaces are limited and will be given on a first come, first served basis. Only two attendees to attend per provider, to enable us to reach as many people as possible. The training will be delivered virtually via Zoom

Email: quality.innovation@essex.gov.uk

Having Difficult

Conversations Training

We have another opportunity for Domiciliary Care Staff to attend Amanda Cowan's Having Difficult Conversations training. Amanda is an Organisational Psychologist and her session will enable care staff to better manage challenging situations, understand the cause of conflict and difficult behaviour and the link between emotional intelligence and positive outcomes.

Monday 28th March 2022 10.30am – 12.30pm

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



Amanda Waring's Self Care & Recovery Sessions

The effects of dealing with the Pandemic over the last 18 months or more will no doubt have made a long lasting impact on some peoples emotional and physical wellbeing. We are continuing Amanda Waring's Self Care and Recovery sessions for Managers and Staff.

We are also introducing some follow-on sessions for those who have already participated and would like a further session with Amanda.

Amanda Waring's sessions are designed to give you a little bit of time out to focus on yourself and to recalibrate your own wellbeing which often gets side-lined whilst looking after others and meeting the ever changing demands the pandemic has created. The sessions provide tips and techniques on how to manage your own stresses and anxieties as well as create a safe space in which to share your experiences.

One manager's feedback from attending the Self Care & Recovery Sessions

"I have found from my own experience in the last few weeks 'I am COVID worn'. This course came along at the right time, an opportunity for 'self-care'. This is the first holistic training session based on my own wellbeing in the last 10years – if not the first, which is sad when you think about what we all do. Such a kind, timely, thoughtful and caring session to give to those in care."

Staff sessions

1st March 2022 09:30 – 11:00
15th March 2022 14:00 – 15:30
23rd March 2022 14:00 – 15:30

Manager's session

21st February 2022 14:00 – 15:30
11th March 2022 09:30 – 11:00

Follow up session for those who have previously attended

2nd March 2022 14:00 – 15:30
18th March 2022 09:30 – 11:00
29th March 2022 09:30 – 11:00

To book please email

quality.innovation@essex.gov.uk

Here for You Service

'Here for You' is a service set up by Essex Partnership University NHS Foundation Trust (EPUT) and Hertfordshire Partnership University NHS Foundation Trust (HPFT) offering psychological support services to anyone working in healthcare, social care, the voluntary sector or not-for-profit sector in Essex or Hertfordshire.

To view all their resources and support services please see [Home \(hereforyou.info\)](https://www.hereforyou.info)



Nutrition Hydration Week

14th - 20th March 2022

Nutrition and Hydration Week is open to absolutely anyone who wants to join the shared cause of helping people understand the importance of nutrition and hydration in health and social care. It's fun and its free to join and all the [resources](#) on their website are available to downloaded for free and be customised as you wish

This National initiative aims to widely promote:

- ❖ The 10 Key Characteristics for Good Nutritional Care
- ❖ Protected Mealtimes
- ❖ Nutrition Advocates for each health or social care setting
- ❖ The minimum standards for good nutrition in the respective settings
- ❖ Highlighting Good Nutrition and Hydration Practices
- ❖ Continued Education for professionals on good nutrition and hydration

Plus, we would like everyone to hold a Global Tea Party event on the Wednesday of Nutrition and Hydration Week

Visit www.nutritionandhydrationweek.co.uk for more information and a downloadable Nutrition Hydration Handbook.

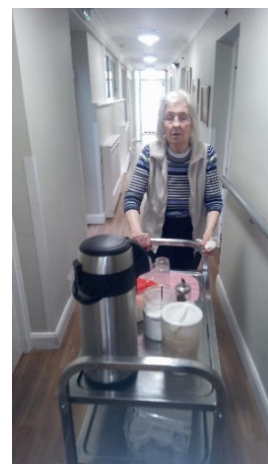


Keeping Residents Active

Staff at **Beech House** have been using their learning from engagement with several of our projects, including PROSPER, PEM and 'Find Your Active' to look for ways to keep their residents both active and engaged by introducing more meaningful activities into their day.

The home has told us in the last two months residents have been keeping active by doing the following:

- ❖ Sweeping the floor
- ❖ Planting herbs and watering/ looking after them
- ❖ Folding washing
- ❖ Assisting with the hydration station - making drinks or pushing the trolley
- ❖ Helping with "disinfecting" touchy/feely areas.
- ❖ Playing skittles
- ❖ Playing Boccia
- ❖ Rolling dough with a rolling pin.
- ❖ Dancing!
- ❖ Looking after baby dolls- Which is a lot of carrying around and cuddling/ rocking the baby to sleep!



Coming up in 2022!

We are currently putting together our plan for training and events in the coming year, once dates are finalised, they will be published on the Care provider hub events page and email invites sent out to providers. Please keep us updated with any changes to email addresses to ensure you keep getting the invites.

A little sneak preview of what to expect:


- ❖ My Home Life Essex Bitesize: small virtual introductory monthly sessions to some of the My Home Life way of working/ evidence-based frameworks
- ❖ My Home Life Leadership programme for Residential Care, Domiciliary Care and Nurses.
- ❖ Dementia Interpreters Experience
- ❖ Imagination Gym
- ❖ Namaste Care for Advanced Dementia
- ❖ Person Centered Care Planning for Domiciliary Care
- ❖ Deteriorating Patient for Domiciliary Care
- ❖ Manual Handling Train the Trainer
- ❖ Nursing CPD Conference
- ❖ Find Your Active Workshops
- ❖ PROSPER Champion Study Days


We welcome suggestions on topics to include in our programme of work, please email quality.innovation@essex.gov.uk


Poetry Corner


Come and sit with me


By Sue Smith, Home Manager at Cherry Wood Grange


Nurse, please hold my hand; come and sit with ME, 


Share all the things that you can hear and SEE! 


For my eyesight is poor and I don't hear so WELL, so it's nice for you to sit and TELL! 

I will listen and gain comfort in all that you SAY, people like you brighten up my DAY! 


I was aware of all my SENSES, but age took over and now I have lost my DEFENCES! 

I had my own house and a very good JOB; I had a beautiful cat and his name was BOB! 

I had holidays and spent time with family and FRIENDS, how sad it's all come to an END! 

I love to go shopping and dine OUT, but my minds all muddled, and I live in DOUBT! 

I'm growing old and you will TOO, so I'd like to give this message to YOU.....

Enjoy your life and live it to the FULL! 

Your good news stories

If you would like to share your ideas or good news stories in the newsletter please email us at Quality.innovation@essex.gov.uk

