



Greater Glasgow
and Clyde

November 2024
Issue 18

Care Home Collaborative Newsletter

Winter Readiness Pack



Care Home Winter Readiness Pack 24/25

Preparing for winter is an important part of how care homes keep their residents and staff well during the winter months.

To support care homes across Greater Glasgow and Clyde, the Care Home Collaborative (CHC) and partners have developed a 'Winter Readiness Pack'. The pack is an easy-read resource, with bite-sized information on a range of topics from prevention to supporting unwell residents. Each page contains interactive links to sources of further information. The pack is aligned with good practice and national guidance, and is intended to complement local arrangements.

To support the launch of the winter pack, the CHC is holding a 'Winter Readiness Webinar' on Tuesday 19 November, 1:30-3pm.

Join us to hear key winter messages from a Clinical Director, Public Health, Pharmacy First, the Right Decision Service and the National Wellbeing Hub.

To hear more, book your place [here](#) or scan the QR code to register.



Care Home Finalist Announced - Celebrating Success



Scottish Care have announced the finalists of the 2024 Care Home Awards! The entries highlight the remarkable work and dedication of people working in care homes.



We are pleased that staff from care homes across Greater Glasgow and Clyde have been shortlisted as finalists in seven categories including Meaningful Activity, Nutrition, Care Worker of the Year, Care Home Service of the Year and Specialist Unit.

The Awards Ceremony takes place on Friday 15 November.

Congratulations and good luck to all the finalists from this area.

Good Luck!

Milkshakes in Care Homes

Thank you to the 115 staff, from 35 different care homes who took part in one of the six local events held in October to launch Project Milkshake. At these events, the care home dietetic team provided an overview of the malnutrition universal screening tool (MUST) and the MUST step 5 pathway. This was followed by the importance of fortified food and fluids in managing malnutrition.

The team, in partnership with staff from Lillyburn Care Home, talked through their journey over the last 12 months using milkshakes, and the positive results they have seen for their residents.

This was followed by a workshop to make and taste the milkshakes. Pictured below are the smoothie bikes used at four of the events to generate some buzz and fun.

A special thanks to John Brereton, Claire Selbie and Chellsey Black from Lillyburn who came along to each of the events and were able to answer many of the questions from care home staff about starting milkshakes. They have also helped create a number of short videos to support others.



Lillyburn chef John with his own copy of the Project Milkshake recipe book



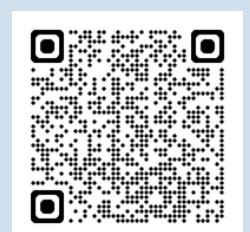
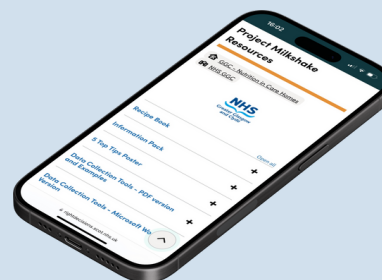
Community Dietitian Laura trying out the Smoothie Bike



Part of the Project Milkshake Team
Pictured L-R Gillian, Chellsey, Vik, Stuart, Claire, John and Carol

If you are interested in hearing how to start this in your care home please contact the CHC via the Contact Form on our website

The videos and other resources are available on the CHC website and also through the Right Decision App and web platform. They include top tips, posters, milkshake recipe book, learning videos and evaluation forms to help implement this in your home.



RCN Scotland Shining a Light: A History of Nursing Support Work

On 19 November, RCN Scotland will launch a new exhibition 'A history of nursing support work' celebrating the contribution that nursing support workers continue to make today.



The exhibition will be held at RCN Scotland Headquarters at 42 South Oswald Road, Edinburgh, from 10am - 4pm Mondays - Thursdays (after the launch event).

Stuart Wilson, Care Home Collaborative Support Worker, and runner up in the RCN Support Worker of the Year Awards 2023, has been invited to take part in the launch event.



Stuart is passionate about food, fluid and nutrition. His work on the mealtime experience has been pivotal in creating educational resources for care assistants within care homes. He will share his experience of working with care home teams to support residents and staff.

RCN Scotland Shining a Light: A History of Nursing Support Work: Exhibition Launch Event Tuesday 19 November 2024, 5.30pm - 8pm in person or online [Book now](#)

This year RCN Scotland #NursingSupportWorkersDay - 23 November

Hydration



Good hydration is vital to maintain health and prevent illness. There are lots of good ideas for promoting hydration in care homes.

Some examples from Adams House in Renfrewshire include making sure residents preferences are listed and attached to the tea trolley. They also introduced a themed drinks menu with drinks being served to residents in the dining room at 2pm every day.



Do you have ideas for promoting hydration that you would like to share, or would you like help to improve hydration in your home?

If the answer is YES please get in touch or visit our website to access resources.

To Absent Friends Week 1 - 7 November 2024

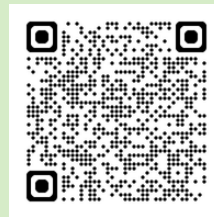
The “to absent friends” festival takes place across Scotland from 1 - 7 November 2024. It is an opportunity to remember, to tell stories, to celebrate and to reminisce about people we love who have died. Check out their [website](#) for ideas, resources and events across Scotland.



NHSGGC - HomeFirst Programme is supporting this year’s festival by offering events to help staff, residents and families acknowledge loss and share stories of those who have died. There are three online sessions covering the following topics:-

- 1** Seasons for Change - This is an informal session to help people reflect on loss, grief and bereavement.
- 2** Having Conversations that Matter - This is a workshop to give participants an easy way to start thinking about what’s important to them and those around them and takes a gentle approach to having those sensitive conversations.
- 3** Remembering and Celebrating Those we Care For - This session aims to support staff working in Health and Social Care who may experience death more than most. Many residents may die whilst in our care, and this can have an impact on our emotions.

These sessions are open to everyone and can be booked through the CHC website under [Homefirst - Training](#) or use the QR code



Wound Care Study Day - Places available

Would you like to know more about wound care management? Come along and join us on either 14 November or 4 December.



The study day has been developed in response to care home colleagues’ requests for wound care information and updates. It combines presentations with hands on interactive sessions on the topics including:

- Composition of the skin and its function
- Introduction to wound assessment and definition of a wound
- Wound management
- Treatment of wounds and case studies

The training is for nurses and care staff who have an existing competency in wound management within their role in the care home. It also counts towards Continuous Professional Development.

[You can book these sessions through website or use the QR code](#)



Physical Activity Framework - Strength and Balance Training

Physical activity is recognised as being important for both physical and mental health. In September, the Scottish Government 'National Physical Activity Framework' highlighted the Strength and Balance programme in Mosswood Care Home. This included a personal account from Alyson and her mum Irene which featured in our March newsletter.

The story showcased teamwork, collaboration and the impact of the Strength and Balance work to date. Thanks to everyone who contributed to this work, including residents, families, care home staff, the CHC care support workers and Paths for All.

In association with Paths for All, the CHC is spreading the Strength and Balance programme to more care homes across Greater Glasgow and Clyde, so that more residents and families have the opportunity to participate in classes. If you would like to be part of the next Strength and Balance training session book your place now through the link or QR code



The Framework
Physical activity for
health



Irene with her daughter Alyson

Date: Friday 15 November
Venue: Johnstone Town Hall, Carlile Suite
Training Time: 10.00am – 1.30pm

Refreshments: Tea and Coffee will be served on arrival plus a sandwich lunch.

Please note spaces are limited so make your booking as soon as possible.



Diabetes Awareness Day

Diabetes Awareness Day will take place on 14 November.

Diabetes UK is offering a series of free online courses for health and social care professionals including 'Understanding Diabetes'. This module will provide you with an overview of diabetes and increase your knowledge and skills to effectively support people living with or at risk of diabetes.

Each module is 90 minutes long and all are RCN (Royal College of Nursing) accredited. If you're not already registered you'll need to create a login first but this is all explained if you follow this link: [Diabetes UK CPD modules](#)



DiABETES
SCOTLAND
KNOW DIABETES. FIGHT DIABETES.



Care Home Development Day - Stop the Pressure

The next Care Home Development Day coincides with the annual worldwide 'Stop Pressure Ulcer' Day on 21 November.

The day is dedicated to raising awareness and spreading knowledge about the issues of pressure ulcers/injuries. Please join us on this development day to learn more about preventing and managing pressure ulcers for residents in care homes.



Programme for Stop The Pressure Day:

- How to protect residents feet
- Working as a team to prevent and manage pressure damage
- Technology and equipment which supports prevention and management
- Strategies to prevent pressure damage



21 November
9.30am - 2.30pm

This is an in person training event at
Springvale Care Home
9 Main Street
Lennoxtown
G66 7HA



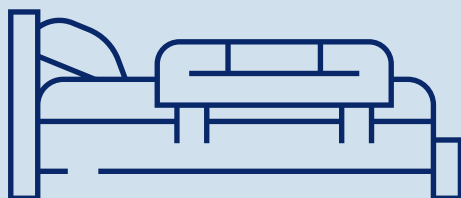
Please click on the [link](#) to register or scan the QR code

Bedrails Update

A National Patient Safety Alert highlighting the risk of entrapment, when using bed rails or bed grab handles, has been issued.

NHSGGC has worked in partnership with care home staff to produce two resources to help raise awareness of the key points to support safe use of bed safety rails and bed grab handles.

Copies of these posters will be distributed in the coming weeks to all care homes in GGC, and will be available on the Care Home Collaborative webpage in the Resources Section



Learning Forum - Update



Thanks to everyone who participated in and supported the Learning Forum over the past year. Five sessions were delivered in collaboration with care home teams across GGC.

The last session was hosted by Victoria Reilly, Balquhiddar Care Home and the West Dunbartonshire HSCP care home team. Also a special thanks to Kirsty, a family member who joined us to share her story.



The session highlighted the role of multidisciplinary teams in supporting the admission of a resident with complex care needs to their home. Other topics included polypharmacy and clinical frailty.

All recordings and presentations are available on our website under Learning Resources. We look forward to working with you again in 2025!

Learning opportunities

Care Home Development Day - Stop Pressure Ulcer Day - 21 November

MUST Webinar - 5 November

Sage & Thyme - Communication Skills - Various dates

Strength & Balance Paths for All - 15 November

Winter Planning Webinar - 19 November

Wound Care Study Day - 14 November, 4 December

HomeFirst - To Absent Friends Week - 1 - 7 November

Seasons of Change - 4 - 8 November

Having Conversations that Matter - 5 November

Celebrating and remembering those we care for - 6 November

Carers Rights Day - Involving and Supporting Carers - 21 November



[Click here or scan the QR code for further details of all our learning opportunities and to book one of our sessions](#)

Get involved



There are many ways to get involved and the team welcomes your input.

- Sign-up for our newsletter and updates
- Share your stories of person centred care and good practice.
- Join our groups and inform our work

Contact us for support, information and enquiries.

Visit our website at www.nhsggc.scot/carehomecollaborative for up to date resources and training