



Newsletter

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Welcome

The Care Home Collaborative (CHC) team is excited to share our first newsletter to keep you informed of our activities and the opportunities to get involved.

The CHC works in partnership with all care homes and HSCPs across Greater Glasgow and Clyde.

We learn from and work with care home teams and their communities to help residents live their lives according to what matters to them.

We invite care homes to contact us to share their experiences. This allows us to share good practice, highlight care home stories and celebrate success. We can offer specialist advice, tailored training and support to carry out projects.

Meet our team...

In this issue we introduce
Elaine and Stuart



Elaine Hamilton:
Lead Nurse

My name is Elaine and I am the Lead Nurse for the multi-professional team at the Care Home Collaborative. I am passionate about supporting the delivery of safe, effective and person centred care, and I recognise the wealth of good work within care homes across the area. I am delighted to now be leading the CHC, a team which is committed to working with and learning from Care Homes and HSCP teams.

I have been a Registered Nurse for over 20 years, with expertise in Practice Development and Quality Improvement. I have recently had personal experience of my father-in-law moving into a care home. I truly value the homely environment of care homes and that people are supported to continue to live meaningful and purposeful lives as part of their communities.

Hi I'm Stuart and my role is Care Home Support Worker at the Care Home Collaborative. I've been in post since October 2021 and it has been an incredibly interesting 18 months. I joined the team to have the opportunity to help shape a new service, which has been the chance of a lifetime. I have worked with a range of Care Homes, HSCPs and with our Specialists, and have learned so much.

My passion is in Food Fluid and Nutrition, which has led me to work closely with the Care Home Dietitians and understand the importance of nutrition. I look forward to developing further in my role; working more closely with care home teams and more exciting times ahead.



Stuart Wilson:
Care Home Support Worker

Spotlight on Good Practice

Creativity, Connection and Community at Mosswood



Jackie

Mosswood Care Home in Linwood, is a home with a strong sense of creativity, connection and community. Chatting with Pauleen (Home Manager) and Lesley (Depute), gives a sense of their commitment to understanding residents' lifestyles, and tailoring care, activities and interventions to meet their needs. To achieve this, Pauleen and Lesley encourage the Mosswood team to "bring themselves to work" and recognise the valuable contribution that they can make to a resident's day.

The goal of 'making the resident's day' shines through in a host of projects running in Mosswood, where staff have brought their own experiences, creativity, and connections to meet residents' needs.

Jackie (left) a nurse for over 30 years, recounted a tale of reminiscence sparked by a visit to the Glasgow Museums Resource Centre. She recalled putting her hand into a box of confectionery. On removal, her hand was clutching an old fashioned bar of Cadbury's Dairy Milk chocolate which returned memories of childhood, Sunday mornings at the Kilmarnock Road baths and the wave machine. She thought of her 'old pal' she had not seen for many years, and of the chocolate bar they would share on the way home.

This moment of personal reflection inspired Jackie to create a memory room for her residents, filled with glamorous items of times gone by. The room, which is set for tea complete with vintage table cloth and antique china, welcomes small groups of residents to share time and memories.

Vintage style suitcases act as memory boxes, each showcasing a different theme. A box is selected each session and one item is removed at a time. This is used to support the conversation with the intention of promoting reflection and memories, encouraging connection to one another in the present and to the people and places of the past. Jackie spoke passionately about the kindness of others, who, on hearing what she was trying to achieve, have donated items and services to help bring her vision to life. This gives a real sense of community spirit, which is at the heart of Mosswood.

Sharon, a team leader and creative dynamo in the home, identified an underused space within the unit. She then consulted with her residents and transformed it into a sociable tearoom known as Nana's Cafe.

This is a small tearoom space which is now run by one of the Mosswood residents who takes the orders, rings up the till and ensures everyone is looked after. The cafe has given this resident the opportunity to work and to feel purposeful, helping her to settle well into the life of the home.

Whether it's a picnic trip to the park or an open invite to the whole community for Christmas lunch, there is a sense of care, creativity, connection and community at the centre of the Mosswood team.



Spotlight on Scottish Ballet SB Duet



The Scottish Ballet digital dance resource, SB Duet, is designed to promote movement and connection for people with limited mobility and their companions. Use of this resource has demonstrated positive outcomes for residents and carers.

One such story was a reminiscence following a SB Duet session. A care home resident shared that she learned to dance at the age of 14, by taking herself to the dance hall. Soon dancing became her weekly highlight and was how she met her future husband, who in her own words, “had two left feet!”

World War 2 came, and her husband was drafted overseas for several years. On his return, he took her for an evening of dancing, and was very insistent that she should dance with him. Thinking of his ‘two left feet’ she was horrified, but eventually agreed to dance. To her absolute delight, she found out that whilst away, her husband had been practising as he wanted to surprise her when he got back home.

This beautiful story was brought back to life through the use of the Scottish Ballet SB Duet resource. It was a privilege to see the resident open up and speak fondly of her husband and her love of dance.

Multi-specialist Day

The CHC held its first multi-specialist day on the 28 April 2023. We kicked-off with a session on Caring about Physical Activity (CAPA), and had a great discussion, sharing ideas and reflections on promoting meaningful activity.

The Care Home Dietitians gave an informative presentation on the importance of nutrition for older adults, supported by practical tips for food fortification. This session ended with a tasting of one of the milkshakes from our nourishing drinks project - 'Project Milkshake'.



Pressure ulcer prevention (PUP) training was provided by the Tissue Viability Nurse and the day was rounded off with a session on palliative care by the Palliative Care Nurse Specialist.

Feedback was very positive and included the following comments:-

- Really informative and very interesting. It was a great training day
- I will highly recommend the training to my manager as all staff would benefit from these informative sessions
- The short talks given by each specialist. Engaging and not too long

Website update

The team has been developing the Care Home webpages on the NHSGGC website.

We use the website to share resources and links to training that we can offer care homes and others interested in supporting care home communities.

Care Home organisations within Greater Glasgow and Clyde can access the training hosted on our site free of charge.

We want you to help shape our website and welcome feedback from people who live in, work in and visit care homes. Please have a look at our page and use the website feedback form to tell us your thoughts on the content and layout. You can feed back anonymously or you can leave your details if you are happy for us to get in touch.



<https://www.nhsggc.scot/your-health/care-homes/care-home-collaborative/>

Learning opportunities



- Essentials in Psychological Care- Dementia Training
 - 6th, 13th, 20th June and 5th July
- Caring About Physical Activity (CAPA)
 - 15th June
- SSKINS
 - 13th July and 24th August



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

How to 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.



Contact us

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