

Care Home Collaborative Newsletter



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Welcome to the March edition of our newsletter. It has been lovely to see the first signs of Spring and the nights getting lighter. In this issue we highlight the positive impact the Paths for All Strength and Balance project has brought to care home residents. We also bring you updates on the Care Home Learning Forum and our upcoming Quality Improvement training opportunities.

Strength and Balance - Moving Matters

Paths for All is a charity that works to encourage movement. The CHC team has been working with Braemount and Mosswood Care Homes in Renfrewshire to deliver a Strength and Balance exercise program for residents. Residents take part in exercise classes 3 times per week. Families have also been invited to get involved in the exercises.



Residents say they enjoy the classes and are feeling stronger and happier since starting the exercise program. Staff and families have noticed an improvement in resident's mood, socialising and have also commented that they are able to do more for themselves.

"I was hardly moving before I attended this. Now I am able to stand by myself" - Barbara (resident)



To spread the positive impact of this project, Paths for All and the CHC team are training staff in a further 12 local care homes.



"This is the best thing that could have happened in a care home" - Angie (care home staff)

Mosswood Resident Irene's Story

"Mum had a stroke at the beginning of September 2023 and was in hospital for six weeks. When she returned home she struggled to get up out of a chair and walk. Our family are pleased that mum's care home partnered with your team and Paths for All who showed residents how exercises could help.

Mum attends classes three times a week and loves going along as it's quite sociable too! At first she needed help to stand up and she found it difficult to walk and keep her balance. She faithfully did these simple exercises and she was able to do more each week. She still walks with a zimmer but her balance is much better and she can walk round the unit at a good pace. Sometimes she has been 'caught' walking along without her zimmer! I believe she walks better now than she did before she had her stroke.

Thank you for helping her get some independence back."

Alyson Craig

For more information on Paths for All [click here](#)



Alyson with her mum Irene

Celebrating success and stories!

Congratulations to two of our Infection Prevention and Control Nurses, Claire Bell and Sharon Thompson. They have recently achieved a Postgraduate Certificate in Infection Prevention and Control following an 18 month course of specialist study. Well done Claire and Sharon!



If you would like to share your teams achievements and celebrate successes or share your story drop us an email to

ggc.chccontact@ggc.scot.nhs.uk



Thank you to Betty from Hillview Care Home in West Dunbartonshire who shared her story with us about the importance of family and home. [Click here to read more.](#)



John Eden, the Independent Sector Lead for Scottish Care in Inverclyde, visited Larkfield View Care Home to discuss palliative care provision. [Click here to read more.](#)

Meet our team... In this issue we introduce Sheeja and Fiona



Sheeja Jacob
Registered Nurse

Hello, my name is Sheeja. I am a registered nurse at the Care Home Collaborative and I joined the team in March 2022. Looking back on my 25 years in nursing, I am most proud of the 15 years I spent as a care home nurse. Elderly care is my true passion and my care home experience helped me in this post to collaborate with care homes on projects and training initiatives that directly benefit the residents.

Witnessing the positive impact of the strength and balance exercise program on resident's lives is incredibly rewarding. Not only does it improve their physical wellbeing, but it also boosts their mental and social engagement, fostering a sense of independence. It is an honour to be part of the CHC team which is dedicated to the wellbeing of the care home community.

Hi, my name is Fiona, one of the two Quality Improvement (QI) Advisors at the Care Home Collaborative. I qualified as an Occupational Therapist over 27 years ago, and have mainly worked within rehabilitation teams, supporting people living in the community. I joined the CHC in May 2023, having previously worked as a QI advisor on the Care About Physical Activity (CAPA) programme at the Care Inspectorate.

I have always enjoyed working with older people and this role allows me to use my experience and knowledge to support improvement projects that are being developed with care homes across GGC. It is a fantastic opportunity to work together and make a difference to residents, families and staff within the care home community.



Fiona Cowan
Quality Improvement Advisor

Scottish Improvement Foundation Skills (SIFS)

Do you want to make lasting changes within your care home? Let us help you make those changes by giving you the tools and knowledge to carry out Quality Improvement (QI) projects. The Scottish Improvement Foundation Skills Programme (SIFS), developed in partnership with the Scottish Social Services Council (SSSC) covers the following topics:

- **An introduction to the Model for Improvement**
- **How to understand and identify where changes can be made**
- **How to test and understand what difference your changes can make**



The programme lasts 14 weeks and you will be asked to carry out a small project within your care home. You will take part in 3 in person learning days during the programme.

You will be assigned a Quality Improvement Advisor from the CHC team for support during the programme.

If you are interested, please click on the [link](#) and complete the application form by 22 March 2024.

If you have any questions, please do not hesitate to contact us: ggc.chccontact@ggc.scot.nhs.uk

Care Home Learning Forum

Let's
Grow
Together



The Care Home Learning Forum is a space for all registered nurses with an interest in care homes to learn together. It is an opportunity to share knowledge and experience, building connections and peer support networks with colleagues across settings.

The first meeting of the Care Home Learning Forum will take place on Thursday 14th March at 1:30pm.

Topics:

- 1.30pm - Future Care Planning/Anticipatory Care Planning
- 2.00pm - Palliative Care - Pain Assessment
- 2.30pm - Palliative Care - Agitation
- 2.45pm - Mouth Care

Scan QR code or [click here](#) to register

Learning opportunities

- **Essentials in Psychological Care - Dementia Training**
6 March, 18 April, 8 May, 5 June
- **Age Scotland Workshops** - 7 March and 20 March
- **SSKINS Study Days** - 28 March, 15 May, 3 October, 21 November
- **Wound Care Study Days** - 5 March, 24 April
- **Learning Forum** - 14 March
- **Sage and Thyme** - 4 March, 28 March, 9 April, 29 April, 2 May, 28 May, 20 June
- **Care Home Training Day** - 21 March



[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.

