



Welcome to the April Newsletter. In this issue find out more about Gordon's achievements, the Learning Forum, highlights from Nutrition and Hydration Week 2024 and new IPC Resources. Also please help by giving us feedback on this newsletter via our survey.

## Gordon passes his first exam at 82 years old



Gordon Moore, a resident at Kingsacre Care Home, West Dunbartonshire, was presented with a certificate after successfully passing his SQA National Two Gaelic exam.

To celebrate his incredible achievement, staff at Kingsacre threw a party for him. Amongst those in attendance was Gordon's Gaelic teacher Carolyn who said that she "knew from the minute he came into the room" that he was going to do something wonderful. Gordon said "the first time I heard Gaelic was when I was evacuated during the war and it sounded like singing to me." To read more click [here](#)



**Mealaibh ur naidheachd a Ghordain!  
Congratulations Gordon!**

If you or a resident would like to share your stories of achievements and celebrate successes drop us an email [ggc.chccontact@ggc.scot.nhs.uk](mailto:ggc.chccontact@ggc.scot.nhs.uk)

## Learning Forum for nurses who work in or with care homes

58 nurses joined the first Learning Forum on 14 March 2024. The Forum is a platform for registered nurses to learn together, build connections and develop peer support networks with colleagues across settings.

The Forum focused on aspects of Palliative Care. The presentations are on the website in the Resources section.

**Next Learning Forum 1 May - 13.30 - 15.00**

Hosted by Renfrewshire Nurses

Join us to hear from a care home manager who has completed the Queens Nursing Award; an opportunity to network and discuss nurse leadership; and informative sessions around respiratory, bladder and bowel care.

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

Nice relaxed sessions and content was really good

Incredibly informative, speakers were very knowledgeable and presented in an engaging way.

Let's  
Grow  
Together

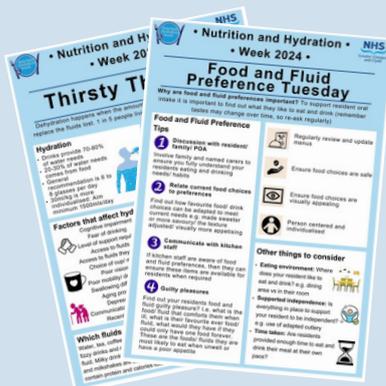
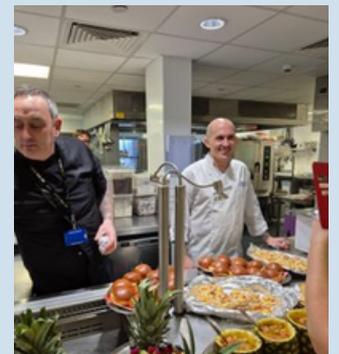


# Highlights from Nutrition and Hydration Week 2024



Nutrition and Hydration Week 2024 was celebrated in March across care homes. One of the many highlights was the Global Tea Party. This was a great opportunity to bring people together to socialise and enjoy some amazing treats.

Care home chefs and residents let their imaginations run wild, creating Hawaiian mocktails, mixed fruit smoothies and milkshakes on 'Thirsty Thursday'.



As part of nutrition and hydration week, our dietitians developed a series of resources.

Find these on the Nutrition and Hydration resources section of the [website](#)



## Meet our team... Dietitians and Andy



**Gillian, Sharon, Vik, Carol, Stuart and Rachel**

In this issue we introduce you to the team of four dietitians who work across the 182 care homes. Gillian, Vik, Carol and Rachel have been working in partnership with the care homes and health and social care partnership (HSCP) teams to promote good nutritional care for residents. On visits to care homes they can be joined by the CHC care support workers (pictured left, Sharon and Stuart).

The team is passionate about the importance of nutrition and hydration and have developed tailored training and resources for use in care homes. The resources were highlighted as part of Nutrition and Hydration week in March. They are most proud of developing Project Milkshake which has supported residents to maintain their weight and reduce their risk of malnutrition.

Hello I'm Andy, and I'm thrilled to be a part of the Care Home Collaborative, Infection Prevention and Control (IPC) team. Previously I worked as a charge nurse at the Royal Alexandria Hospital and looked after older adults recovering from surgery. During this time I learned of the importance of preventing infection, and by doing so improving care.

This experience inspired me to take on this new role and contribute to enhancing IPC standards in both care homes and mental health wards across Greater Glasgow and Clyde. I have been involved in the development of IPC education for care home staff, and look forward to undertaking my specialist IPC qualification later this year.



**Andrew Murdoch  
Infection  
Prevention and  
Control Team**

## New Resources - IPC Toolkits

Standard Infection Control Precautions (SICPs) are the basic infection prevention and control (IPC) measures which reduce the risk of transmitting infection, whether or not there is known infection. SICPs are part of everyday practice and should be used by all care home staff, at all times, for all residents, to support the safety of the whole home.

The IPC Team has developed interactive IPC kits based on 4 of the 10 SICPs.

- Hand Hygiene
- Personal protective equipment (PPE)
- Cleaning of reusable equipment
- Management of Linen

Designed to be delivered in small groups to facilitate discussion, each kit takes about 20 minutes to complete, and adds to the existing IPC knowledge of care home staff. The kits contain video resources, information from the Care Home Infection Prevention and Control Manual (CH IPCM), and also have a practical element to try, such as a glow box for hand hygiene.

Please [contact us](#) for more details of these sessions

“ The interactive session was fun and very informative ”



# Can you help us?



The Care Home Collaborative's first monthly newsletter was produced in June 2023. We use it to share information, resources, learning opportunities and celebrate good practice from care homes.

We are keen to hear your views on the newsletter and any suggestions and ideas for improvements.

We have attached a short survey here and would be very grateful if you could take two minutes to help us to continue to provide you with a publication that is relevant and useful. Survey closes Friday 12 April.



## Care Home Collaborative Newsletter Survey

Your feedback is very important to us.



## Learning opportunities

- **Essentials in Psychological Care - Dementia Training**  
18 April, 8 May, 5 June
- **SSKINS Study Days** - 15 May
- **Wound Care Study Days** - 24 April
- **Learning Forum** - 1 May, 11 June, 22 August, 2 October, 12 November
- **Sage and Thyme** - 9 April, 29 April, 2 May, 28 May, 20 June
- **Care Home Development Day** - 9 May
- **Delirium Risk Reduction** - 16 April, 14 May, 12 June



[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
- Follow us on X @NHSGGCCHC



Contact us for support, information and enquiries.