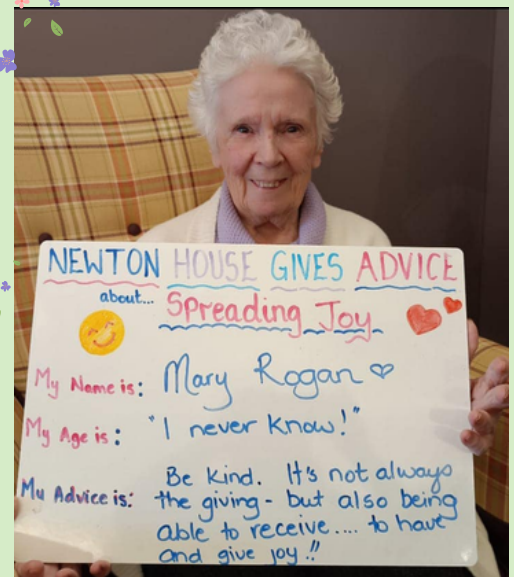
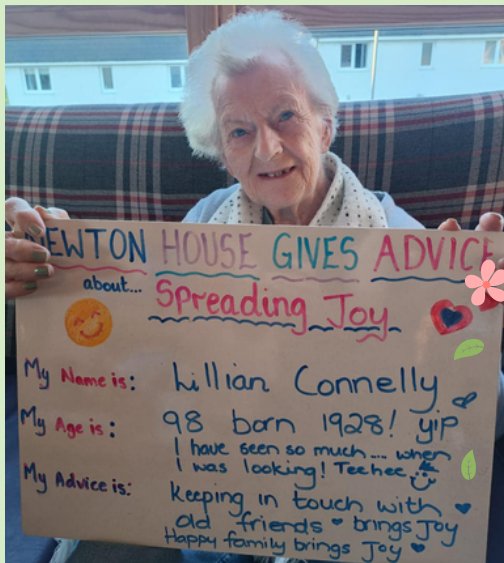


Spreading joy in 2025 - #carehomelife

It was amazing to see all the activities creating new memories for residents and families. We all know how important it is to keep our minds and bodies active, so moving into 2025, we have selected a few activities to share. Pictured below are Lillian and Mary from Newton House, East Renfrewshire who were delighted to share their words of wisdom and spread some joy around the care home #connectionsmatter



Here we see Joyce, Winnie and Jane from Belleaire Care Home, Greenock keeping active and smiling playing games. Beryl Mackenzie and Bob McAllister, who live in Westerton Care Home get very competitive with some Newspaper fun.

Beryl and Bob



Joyce Rodgers and Winnie Cook



Jane McEachran



Thank you to all the care homes that share pictures and stories with us. We know from talking to residents and staff they love to see what is happening in care homes across the area. Get in touch with us if you would like to share a story that promotes best practice and #carehomelife

COMING SOON

The CHC are working in partnership with Care Homes and the NHS Clinical Skills Mobile Unit to provide practical clinical skills opportunities for care home staff in March 2025.

The bus will be stationed at Ranfurly/Cochrane Care Homes in Renfrewshire from 24 March - 25 March and sessions are offered to all care homes in the area.

From 26 March - 28 March the bus is being hosted by Wynford Locks Care Home, Glasgow City.

Spaces are limited so please note your interest now by clicking [here](#) or scanning the QR code

Practical Clinical Skills Opportunities for Care Home Staff

Program offers:

- Venepuncture
- Male catheterisation
- Care of the deteriorating resident
- Syringe Pumps



March 24th - 28th 2025

Visit the CHC website or use the QR code to register your interest



In partnership with



In addition to the clinical sessions for staff we are planning sessions for friends and families. We are currently looking at Future Care Planning, Power of Attorney (POA) and Do Not Resuscitate Cardiopulmonary Resuscitation (DNACPR). We have created a short questionnaire and invite you to tell us if there is something specific you would like to know about that would help you in your caring role.

Monday 24 March
Ranfurly/Cochrane Care Homes
5pm - 6pm and 6.30pm-7.30pm

Wednesday 26 March
Wynford Locks Care Home
5pm - 6pm and 6.30pm-7.30pm



Please use this [link](#) or scan the QR code

Caffeine-Free at Nightingale House!

Nightingale House Care Home, Renfrewshire, are proud to share their latest initiative aimed at enhancing the health and wellbeing of its residents. In the last few months the care home has become a completely caffeine-free environment.



"The transition to a caffeine-free environment has been one of the most impactful changes we've made."

Arlene Fox, Care Home Manager

"The improvements we've seen in continence care and mobility have exceeded our expectations."

Mary Fox, Development Manager

As we know caffeine is found in many drinks and in older adults it can increase the need to go the toilet quickly and more often. Since going caffeine-free, the team have noticed residents needing the toilet less often and managing to make it to the toilet on time.

Over the six weeks, they recorded no falls within the care home, a remarkable achievement that they attribute, in part, to the benefits of a caffeine-free lifestyle. Well done to the team at Nightingale House where Arlene and Mary would be happy to share their experience with other care homes.

The CHC team are keen to support other care homes to test this out using a quality improvement approach, please get in touch if this is something your care home would be interested in exploring. email chc.ggccontact@nhs.scot

Care Home Infection Prevention and Control Manual

ARHAI Scotland would like to gather feedback from those who work in and support care homes on the Care Home Infection Prevention and Control Manual (CH IPCM).

Please complete the following short questionnaire or scan the QR code to inform future developments. The survey closes 7 February 2025.



Alcohol gel is not effective against Norovirus.

Wash hands frequently and thoroughly with soap and water.



Scottish Improvement Foundation Skills (SIFS)

Do you want to make lasting changes through your work? Let us help you make those changes by sharing with you the tools and knowledge to carry out Quality Improvement (QI) projects.

The Care Home Collaborative is delivering the Scottish Improvement Foundation Skills (SIFS) programme available for NHSGGC Staff who work with and support Care Homes. It will cover 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. You must be able to attend all 3 in person learning days detailed below.

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

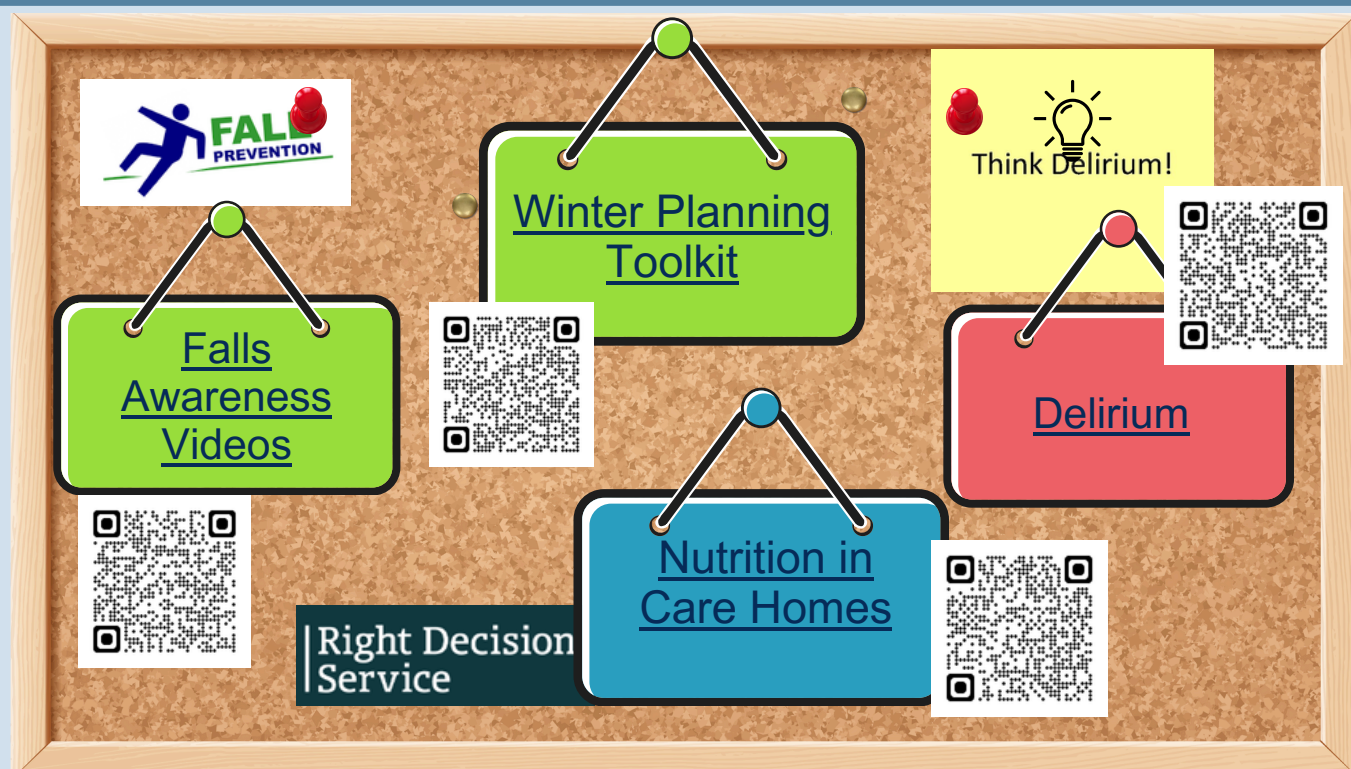


| Cohort 1 | Cohort 2 |
|----------------------|---------------------|
| Monday 24th February | Thursday 17th April |
| Wednesday 26th March | Thursday 15th May |
| Thursday 12th June | Thursday 31st July |



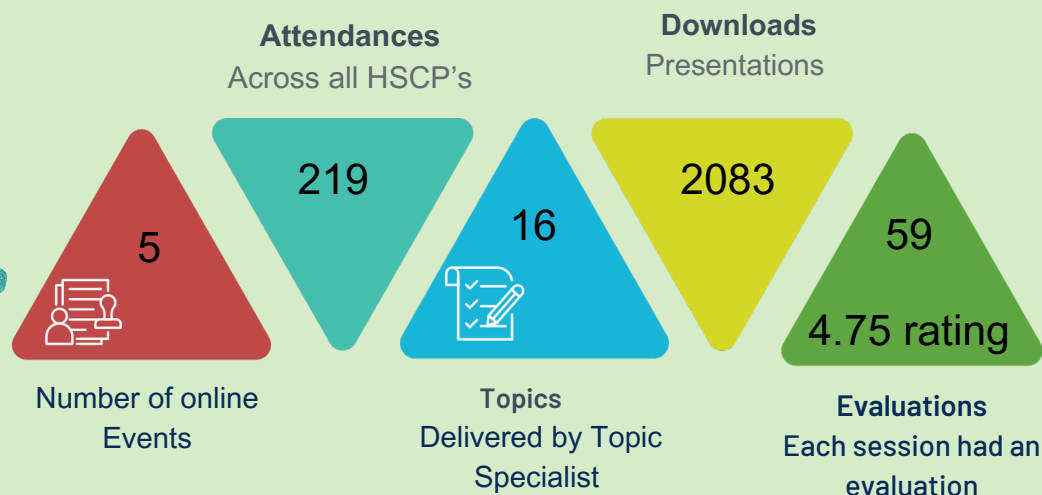
For further details and to register please click on the link: [Cohort 1](#) or [Cohort 2](#)

Here are some resources for your noticeboard



Learning Forum - Success 2024

Let's
Grow
Together



The Learning Forum is for nurses who work in or support care homes. It was designed to bring nurses together to share updates, expertise and offer a peer support network.

As part of the planning for 2025 we are seeking your feedback to help set the future direction of the Learning Forum and would appreciate if you could take 2 minutes to provide feedback in this anonymous survey [here](#) or scan the QR code



The Care Home Collaborative team are now located at 21 Dava Street, Govan, G51 2JA where we will continue to provide services and training for care homes.

We look forward to welcoming you to our new base in 2025!

[Get directions here](#)

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
- Follow us on social media.



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

