

Care Home Collaborative Newsletter



Mike's story

When Mike McKay moved into Mearns House Care Home a year and a half ago, he was living with Stage 4 cancer. At the time, Mike was unable to walk, he used a wheelchair and was struggling with low mood and frequent hospital appointments.

The team at Mearns House saw more than Mike's diagnosis. Kirsty Craig, the care home manager, shared how staff took the time to truly get to know him. They gently encouraged him to engage with other residents while also respecting his need for space and support.

Mike credits the compassionate staff, the stress-free environment, and the tranquil surroundings of Mearns House as key factors in helping him maintain his quality of life during such a difficult time.

Thanks to ongoing treatment, Mike's cancer is now in remission. He's regained his independence - driving again, swimming daily, and most remarkably, he has moved into his own accommodation with support from the care home team.

The staff at Mearns House are overjoyed with Mike's progress and are committed to keeping in touch with him and cherishing the strong bonds they've built.

Click on the link to hear [Mike's story](#).



Empowering Practice Through Training



Alana Cleary - Care
Home RN

'I have been to various care home collaborative training sessions, which have greatly benefited me in continuing to work on my professional development and keep up to date with current practice.

Each training course I have been to, I have learned something I didn't already know and found different ways of applying these to practice at work to benefit my residents. I have found this beneficial as I can then take back what I've learned to other staff and make the residents care more person-centred to them.

I have also encouraged other nursing staff to attend the training courses when they can to keep their skills up to date. I particularly liked the mobile skills unit training courses as I got to undertake venepuncture training, which I had wanted to do for years, but I had never found a course. Also, the wound care training was helpful as I learned about the various wound dressings and which dressings would be best suited to help my residents' wounds heal.

The staff who deliver the courses are very knowledgeable and experienced in what they do, and they can answer any questions that you may have. I would recommend the care home collaborative to all care home staff as it has given me confidence in carrying out my practice safely and enhancing my nursing skills.'

Strength and Balance Workshop - 6 November

Discover how Strength and Balance can keep residents more active and independent.

This hands-on workshop will give care home staff the confidence and practical skills to include strength and balance into everyday care.



Read what others are saying about the power of strength and balance!



6th November
9.30am -
2.30pm

Strength and Balance Workshop for Healthcare Settings

Join us for a 4.5 hour workshop that explains why walking, plus strength and balance provide the key to active older age. You will spend time learning how to encourage mobility and activity and build strength and balance into daily care.

This course is delivered by qualified trainers with extensive experience in health and social care.

Book your place now via the [Care Home Collaborative website](#) or scan the QR code below. Tea/coffee will be provided and there is an on-site café to purchase lunch.

Learning Outcomes

- Understand the physical, social and well-being effects of ageing
- Understand the benefits of being active
- Be aware of the current physical activity guidelines
- Understand why walking with strength and balance is important
- Try out and practice strength and balance



Venue

Erskine Care Home
Bishopton, PA7 5PU
For any queries contact:
Pooja.Gupta@nhs.scot



Book your place
Erskine Care Home
6 November

"I can see a big difference in resident 1, she required assistance to get up from the chair previously, but now is able to get up from the chair on her own" - **Staff member**

"The exercises helps my joints from stiffening. It helps with my mobility. It also helps to get out of the room and socialize with other people. It also gives me more confidence to walk." - **Resident**

"Best thing that could have happened in a care home" – **Staff member**

As the daughter of resident A, I feel that my dad has benefitted from doing his strength and balance weekly. My dad is always happy to attend this and enjoys doing it. I feel this has had a good impact on my dad's mobility." - **Family member**

These success stories show just how small changes can make a big difference!

Reflection Corner



Anne Gardner (Home Manager)

Monthly falls evaluation at Kincaid House - More than just a spreadsheet!



'At our care home, keeping residents safe and well is always a top priority. The Care Inspectorate's resource "Managing Falls and Fractures in Care Homes for Older People" includes **Resource Tool 19 – the Fall Data Spreadsheet**. This simple tool helps us record and look at information about falls in our care home.

When a fall happens, we record the details in the spreadsheet. It then creates an easy-to-read graph that helps us see when and where falls are occurring, making it simpler to spot any patterns or changes.

When we notice a trend, we look closely at what might be contributing to it — for example, if new residents have been welcomed to the care home or residents have become unwell or there have been changes to their medication, or if staffing levels need adjusting. If we identify any links, we take prompt action to help reduce the risk of further falls.

Since introducing this tool, we've seen a clear reduction in falls across the home. It helps our team make informed, evidence-based decisions and ensures we're taking the right steps to keep everyone safe.

We're grateful for the continued support of the Care Inspectorate and remain committed to providing a safe, caring environment for all who live with us.'



[Falls and Fractures Resource](#)

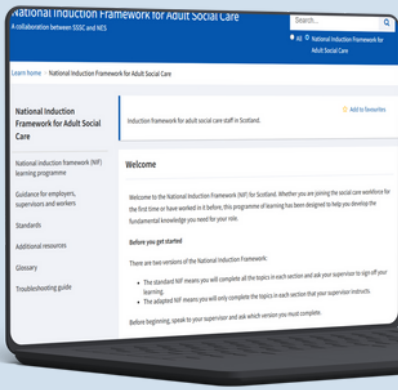


We want to hear from you!

Do you have any stories that you would like to share with other care home residents and staff? Contact us at ggc.chccontact@nhs.scot and we will get in touch to discuss sharing your story in future editions of the newsletter.



National Induction Framework



Scotland's National Induction Framework for Social Care (National Induction Framework), developed by NHS Education for Scotland (NES) and the Scottish Social Services Council (SSSC) launched on 14 May 2025. This initiative provides free, induction learning for adult social care workers across Scotland, ensuring a consistent, efficient and accessible learning experience.

Accessed through Turas Learn, NES' free education platform, the National Induction Framework integrates with the SSSC MyLearning App.

This allows employees to track progress and provide evidence of completed training when moving between roles.

NES and the SSSC will work closely with employers to support implementation and gather ongoing feedback. Regular events will provide updates and facilitate further improvements.

The launch of the Framework represents a major step forward in workforce development, promoting consistency, efficiency, and accessibility while ensuring that Scotland's social care professionals receive standardised induction learning.

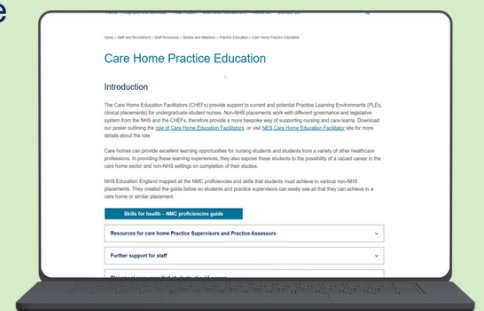
For enquiries, contact nes.nifenquiries@nhs.scot.

E-pad

The Care Home Education Facilitators (CHEFs) will have a focus on the rollout of the e-PAD in the coming months. This electronic version of the Practice Assessment Document (student paperwork) has been piloted in NHSGGC over the last year and now all part 1 / first year student nurses from all our partner universities will be using it.

Every Practice Supervisor and Practice Assessor for student nurses (approximately 250 of you) will need to be able to use the new system before being allocated a student. It is therefore essential that each individual nurse and senior carer has their own Turas account for the purpose.

The CHEFs and other members of the Practice Education have been, and will continue to run, in person and virtual training sessions, but below are a set of links to resources in addition. Please get in touch with any questions, comments and for support email Allan.dickins@nhs.scot



Useful resources include:

- e-PAD resources on Turas - NES ePad Helpful Resources and FAQs | Turas | Learn
- e-PAD FAQs - Turas Training Portfolio ePAD - Frequently Asked Questions (FAQs)
- Create or amend your Turas account - How to create a Turas account



[Practice Education website - Practice Education - NHSGGC](https://www.nhs.uk/practice-education)

Winter Readiness Pack

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) are in the process of updating the '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.

The pack will be available for download and emailed to care homes during November.



Care Home Winter Readiness Pack 25/26

Preparing for winter is an important part of support to residents and staff in care homes across the Greater Glasgow and Clyde area.

This pack contains a range of useful winter readiness information and planning resources. The information in the pack is aligned with good practice and national guidance, and is intended to complement local arrangements.

NHSGGC Interface Care

You will start to hear a lot more about 'Interface Care' over the coming months. It's a rapidly expanding area of work within NHS Greater Glasgow and Clyde that's helping make care more joined-up, more flexible and, ultimately, more sustainable for people who need our care. The Interface Division will drive the development and implementation of services including the Flow Navigation Centre Plus (FNC+Plus), remote monitoring and the virtual hospital

At its heart, Interface Care is about supporting people to get the right care in the right place, at the right time, and by the right team — whether that's at home, in a care home, in the community, or in hospital. It's a bridge between acute and community services, designed to help people move smoothly between settings and avoid unnecessary hospital stays wherever possible.

FNC+Plus will act as a single point of contact for referrers and professionals — linking hospitals, community teams, out-of-hours services and social care. It will help prevent avoidable admissions by ensuring alternative pathways are available. It will also support safe early discharge, and ensure patients don't get "stuck" between parts of the system.

The logo for FNC+Plus, featuring the letters 'FNC' in a large, bold, blue sans-serif font, followed by a blue plus sign and the word 'Plus' in a smaller, blue sans-serif font.

At present there are Care Home Pathways which enable care home staff / community health care staff in the out of hours period to access professional triage, clinical advice, and support. This includes pathways for residents who have fallen, who are deteriorating or require care when they are dying. The Interface Division will build on these pathways by working collaboratively with acute, HSCP, primary care and social care colleagues over the coming months.

We welcome any questions you might have in relation to Interface Care. Please submit your questions to ggc.chccontact@nhs.scot

Mobile Skills Unit (MSU) 20 - 24 Oct



Care Home Clinical Skills Opportunity

March 2026

We are bringing the Mobile Skills Unit to Greater Glasgow and Clyde Care Homes in 2026.



After the success of our March event, the MSU and our team visited 3 care homes across Greater Glasgow and Clyde in October. Over 100 care home staff attended a variety of sessions including:

- Venepuncture
- ABCDE Assessment
- Male Catheterisation (Refresher)
- Wound Care
- Delirium
- Palliative Care for Carers
- Strength and Balance (Taster)
- Syringe Pumps

We are already planning our next event, for March 2026. If you'd like to hear about the programme once it's ready, please scan the QR code to stay updated.

We would like to thank the teams at:

Holy Rosary, Inverclyde
Golfhill, Glasgow City
Campsie View, East Dunbartonshire

For hosting on behalf of Care Homes across the Greater Glasgow and Clyde area.

THANK
YOU



Swallowing Matters

Glasgow City HSCP Speech and Language Therapy service delivered training to nurses and carers from nursing, residential and hospice facilities across the city in the first phase of a targeted board wide approach.



Colin MacDonald (Head of Service) and SLT team

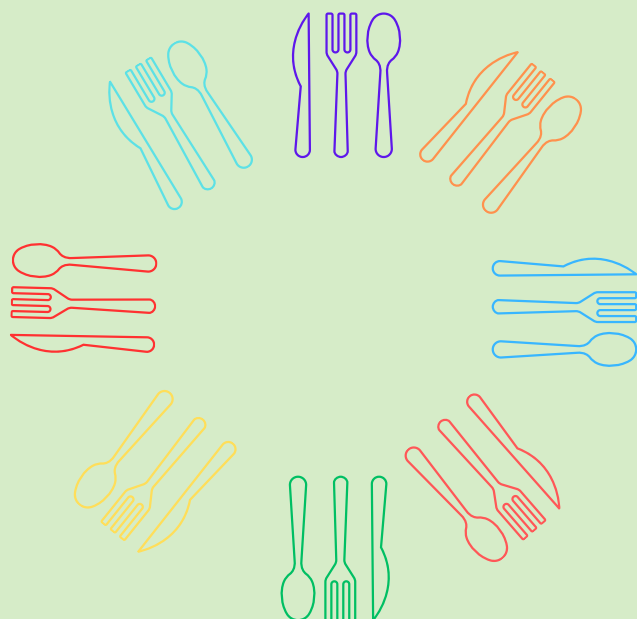
The programme aimed to optimise the experience of residents who are experiencing difficulties with eating. Implementation of this programme will support care teams to quickly and safely manage concerns as well as identify when to escalate to a specialist speech and language therapy team.

Swallowing Matters is an evidence based, targeted intervention used successfully in other Scottish boards and endorsed by the Care Inspectorate.

Feedback from the sessions has been very positive and further sessions will be arranged in the future. Meanwhile the speech and language therapy service is providing regular access to a telephone advice line to support nursing and care staff with implementation of this new tool. It is hoped that this will shorten waiting times for patients with more complex difficulties.

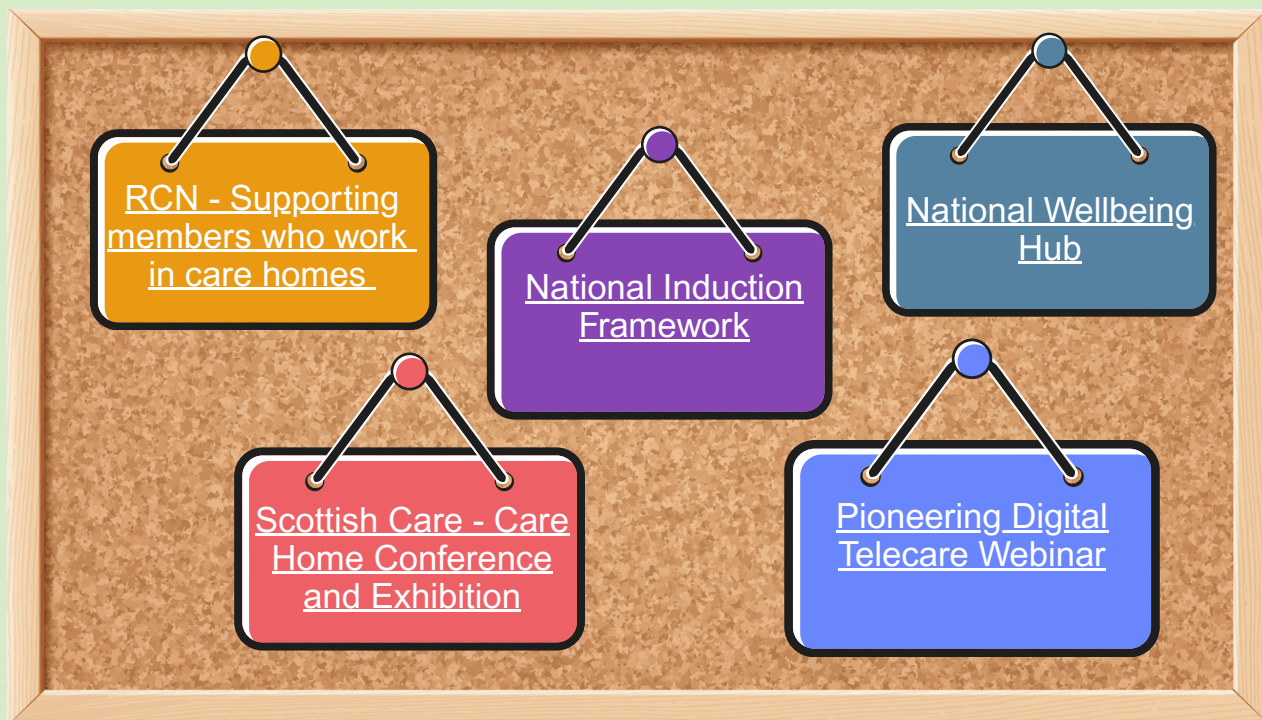


Swallowing Matters training session



For more information contact: Susan Anderson, Principle SLT, Care Home and Hospice Team
susan.anderson22@ggc.scot or call 0141 232 9224

Resources



Learning Opportunities

There are a number of training and education opportunities, over the next few months on the following topics. Please use the QR code to access our training page to book your place.

- Capturing Workplace Learning for RNs
- Confirmation of Death
- Delirium Risk Reduction
- Essentials in Dementia
- Falls Development Day
- Wound Care Study Day
- Caring for Smiles
- New Sage & Thyme communication training dates
- ARHAI Actively Preventing Catheter Associated Urinary Tract Infections in care homes



Scan QR code to access all training



Useful links to further training

Turas is available to all social care professionals

Continence Assessment - Continence Pad training. Various dates visit Sphere and Bladder Website/Health and Social Care Professionals



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

