

Strength and Balance



Father Carroll

Father Carroll (83) lives in Holy Rosary Care Home in Inverclyde. He was born in Barrhead and went to school in Paisley, later, he studied Theology in London for six years.

Before moving to Holy Rosary, Father Carroll lived at home in Paisley. He said "I felt sad about the move at first, but things started to change when I began Strength and Balance exercises with Don".

Don, who is a carer in the home told us when Father Carroll started the sessions, he couldn't walk, needed a stand aid, and help with eating and drinking. Since taking part in the sessions regularly, he can now eat on his own, walk short distances with his Zimmer frame and a staff member, and no longer needs the stand aid.

Father Carroll has now set himself a new goal: to walk without any support. His falls have reduced greatly, and he continues to enjoy his one-to-one Strength and Balance sessions with Don.



Don and Father Carroll

Iris - Milngavie Manor



Iris from Milngavie Manor was craving a taste from home. She loves making soup and as a treat for the staff and residents made a huge pot of lentil soup for all to enjoy.

With the help of her sous chef Deputy Manager Bismy, Iris received lots of compliments on her soup.



Kincaid House Team Success



The Kincaid House Care Home team were thrilled to attend the Meallmore Group Staff Awards on 31 October, held at the Hilton Dunblane Hydro Hotel. Reflecting on the evening, Manager Anne Gardner shared: "To be named as a finalist in six different categories at our company awards is a phenomenal achievement for the whole Kincaid team. Every single finalist should feel proud."

We're delighted to share the outstanding achievements of the team:

- Manager of the Year – Winner: Anne Gardner
- Meaningful Activities – Winners: Emma Letson, Aimee Thompson, Pamela Dooley
- Positive Impact – Finalist: Alison Bradley
- Elderly Home of the Year – Finalist: Team Kincaid
- Carer of the Year – Finalist: Lauren McGillvary
- Meals Mean More – Finalist: Dan McGonigle

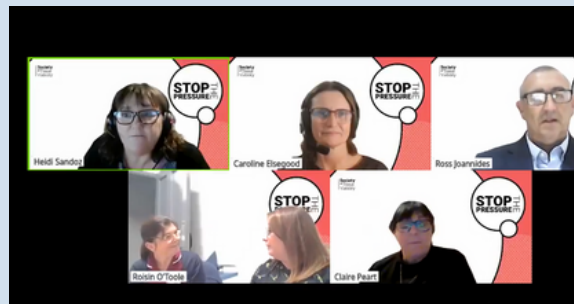
A huge congratulations to all nominees and winners!



Stop the pressure week and TV Link network



Thank you to everyone who took part in 'Stop the Pressure' week 17 - 21 November!



Click [here](#) to access the Society of Tissue Viability webinar featuring TV nurse Caroline.

Join the First CHC Tissue Viability Link Network on 11th December, 2:00–3:00 pm

This is a great opportunity for care home staff interested in wound care and pressure ulcer prevention to connect, learn, and share best practices.

Caroline looks forward to welcoming you and creating a forum for learning, support, and discussion. Please email caroline.elsegood@nhs.scot to receive your Microsoft Teams link.

Malnutrition Awareness week - 17 - 23 November

This year's campaign highlighted the importance of recognising every interaction whether with residents, family members or carers as an opportunity to spot the signs of malnutrition and dehydration early.

The campaign had a simple request; for everybody to "Ask, Look and Listen".

Each day of Malnutrition week had a different focus with Thursday being 'Thirsty Thursday'. Nutrition and hydration go hand in hand, yet hydration is often overlooked.

The campaign shared why hydration matters, gave practical strategies to improve fluid intake, and guidance on overcoming challenges such as dysphagia.

Two GGC care homes celebrated malnutrition week; Bonnyton House and Westerton Care Homes.



Westerton care home in East Dunbartonshire HSCP hosted a hydration awareness session with the West Community Dietetic team. This included some fluid quizzes for the residents and staff to take part in whilst enjoying a selection of juices and snacks to highlight its importance.

Bonnyton care home in East Renfrewshire HSCP launched project milkshake in July 2025. They celebrated 'Thirsty Thursday' as part of malnutrition week on Thursday 20 November showcasing the milkshakes with a selection of juices to increase awareness of hydration.



Janet



Jean

Click below to access resources

[Project milkshake resources](#)

[Hydration poster](#)

Red Bag project



We're excited to relaunch the Red Bag Project at Inverclyde HSCP, supporting safer, smoother hospital transfers for care home residents.



Resources, including the care home information pack and posters, are available via the [Your Support Your Way](#) Glasgow website.

SCAN ME



Think RED BAG Care Home Staff

What it means for you: NHS Greater Glasgow and Clyde

How does it help?

The Red Bag ensures vital information travels with the resident!

Preparing the Bag Identification:

- Ensure the resident's name/photo card is inserted in the pouch at the front of the bag
- Confirm the bag number is correct on the checklist
- Ensure all contents are accurate for the resident

When the ambulance arrives:

- Ensure ambulance staff take the Red Bag
- Explain requirements to ambulance staff
- Confirm the Red Bag checklist and hand it to the ambulance staff along with the Red Bag
- Keep a Copy of the Checklist in the Care Home

When your resident returns home:

- Ensure the bag is with the resident and contains all the correct paperwork
- Clean the bag in accordance with infection control guidance – warm soapy water or wipes
- Complete the back of the Checklist and retain a Copy for Data Collection and Review
- Contact Red Bag Enquiries ggc.redbag.enquiries@nhs.scot immediately if the Bag is not returned or the resident does not return from Hospital.

Benefits include:

- Improved communication
- Reduction of hospital stay by up to... 4 days

ggc.redbag.enquiries@nhs.scot

Think RED BAG Hospital Staff

What it means for you: NHS Greater Glasgow and Clyde

What's Inside?

- Care plan and Important Paperwork
- Medications
- Personal Items (clothing, dentures, communication aids)

How does it help?

The Red Bag ensures vital information travels with the resident!

How can you help?

- Review the documentation inside the Red Bag
- Always ensure the Red Bag travels with the patient during transfers.
- Compare the contents against the checklist and confirm that all required documents are included (e.g., DNACPR form, discharge letter, etc.)
- Ensure the Red Bag is returned to the care home upon the patient's discharge.

Benefits include:

- Improved communication
- Reduction of hospital stay by up to... 4 days

ggc.redbag.enquiries@nhs.scot

CARE CONNECTIONS - RED BAG CHECKLIST
TO BE RETURNED WITH THE RED BAG
To be completed by Care Home staff only

Residents Name
Date Completed

Question	Answer	Comments, including any requests for improvement.
Date of discharge		
Hospital		
Discharged from - A&E? Emergency Department or Ward? Main or Transfer? Ambulance? Red Cross / Other Transport?		
Did Red Bag return with resident?		
Did resident arrive in hospital on day of discharge?		
Was the clothing they arrived in appropriate for their discharge?		
What time of day did the resident arrive back home?		
Was documentation returned that you were to take receipt?		
Did you receive an immediate discharge letter (DCL)?		
Did you receive a copy of discharge letter setting changes to medication / diet of care?		
Did you receive appropriate medication - original sent in and also discharge medication?		
Did all property / valuables return on arrival with the resident?		
Any other comments regarding the resident's discharge or issues associated with admission - if present?		

Infection Prevention and Control - Update



National Infection Prevention and Control Manual

ARHAI Scotland has published an updated literature review on PPE (Aprons and Gowns), prompting minor revisions to NIPCM chapters 1 and 2 and wording changes in CHIPCM. Key updates include aligning visitor PPE guidance with SICPs/TBPs and clarifying hand hygiene requirements after apron/gown removal.

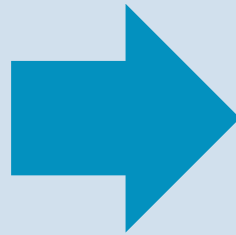
[Click here to access the review](#)



Peer Support webinars for Care Home Staff

We're pleased to offer peer support training to empower care home staff with the tools to support self and one another, build resilience, and enhance well-being in the workplace.

Click [here](#) to register for the webinar on a day that suits you.



**Peer Support Training
For All Care Home Staff
"Looking after yourself and others"**

ONLINE TRAINING

- WEDNESDAY 17TH DEC 2025
2PM-3PM
- MONDAY 23RD FEBRUARY 2026
2PM-3PM
- THURSDAY 23RD APRIL 2026
2PM-3PM
- MONDAY 15TH JUNE 2026
2PM-3PM
- TUESDAY 1ST SEPTEMBER 2026
2PM-3PM
- WEDNESDAY 25TH NOV 2026
2PM-3PM

For more information visit and to register click on the QR code or link below

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

Care Home Collaborative

Learning Forum

Great news! We're currently planning the 2026 Learning Forum programme for care home Registered nurses, and we'd love your ideas to help shape it. What would you would you like to learn, share, or see in the programme next year? Attending sessions counts for your your CPD and revalidation.



It only takes a few minutes to fill in our [survey](#).



Please remind your colleagues to take the survey too, we would like to hear from everyone.



Winter Readiness Pack 2025-2026



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

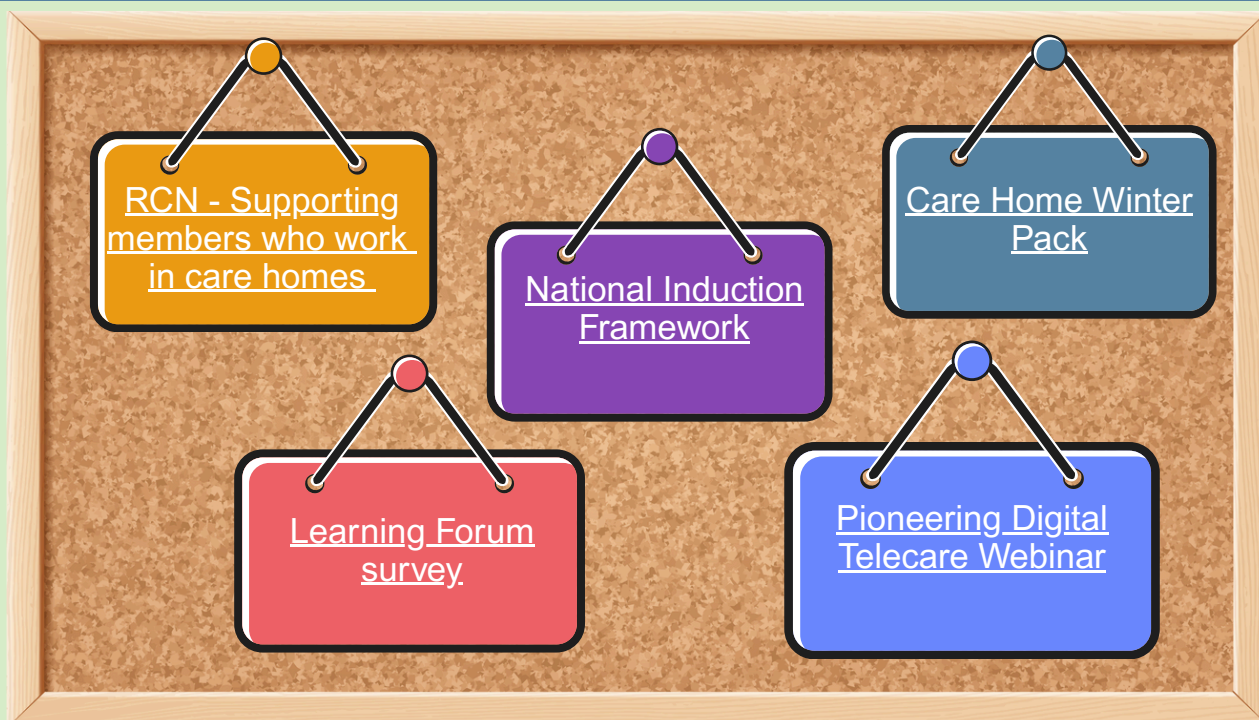
To support your care home to be winter ready, download NHSGGC's Care Home Winter Readiness Pack [here](#) – full of practical tools and advice to help keep residents well this season!



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.



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
- 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

