



Collaborative Newsletter

Holy Rosary - Seeing the World

Holy Rosary Residence in Greenock is working with the Turnstyles organisation to offer virtual travel for residents.

The team uses virtual reality (VR) headsets to bring virtual travel experiences into care homes.

Residents can “visit” places such as beaches, cities, landmarks, or familiar locations, all from the comfort of their chair.

The residents loved it and are all looking forward to their next travel experience!

"I had never seen anything like it before in my life! I visited New York - I saw everything and it was absolutely brilliant!"



Resident Charlie Lang virtually experiencing New York



Staff enjoying the VR headsets



Residents enjoying the VR headsets



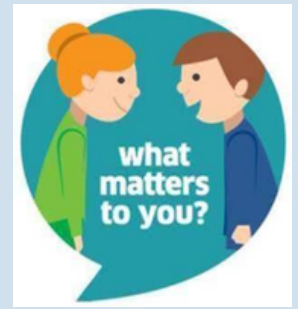
Paul Wright, Founder of Turnstyles

Care Home Life

From the chair to the stairs: Mary's journey

When Mary began Strength and Balance sessions at Buchanan Lodge, she had very poor posture and needed support to stand. Everyday tasks, including taking her medication safely, were becoming more difficult.

Strength and Balance focuses on improving movement, reducing falls risk and supporting independence.



Just 12 weeks later, the difference has been remarkable. Mary now sits and stands upright, which means she is more comfortable and is able to take her medications easier. She has gone from needing help to stand, to walking independently — and has even returned to using the stairs.

Beyond the physical changes, Mary's confidence and independence have grown. Attending sessions alongside her husband John has also brought a social benefit, with both enjoying the time together and the connections built with others.

Mary's journey shows how small, consistent steps can lead to meaningful improvements in safety, independence, and overall wellbeing.

Mary and husband John taking part during his visit

World Hand Hygiene Day 2026



World Hand Hygiene Day took place on Tuesday 5 May 2026, with this year's theme, "Action Saves Lives", highlighting the importance of hand hygiene in preventing infection and protecting those in our care.

To mark the day, the Care Home Collaborative hit the road, visiting Crosslet House in Dumbarton and Campbell Snowdon House in Quarriers Village. The visits provided an opportunity to engage with staff, promote good hand hygiene practice, and celebrate the vital role care home teams play in reducing the risk of infection.

A huge thank you goes to both homes for their warm hospitality, enthusiasm and participation on the day. It was fantastic to see staff getting involved and supporting such an important infection prevention and control message.



Care Home Registered Nurse Syringe Pump Training



We are offering a train-the-trainer session designed to strengthen syringe pump knowledge and confidence and ensure sustainable skills development across care homes.

This programme supports senior care home nurses to become local trainers, enabling them to deliver syringe pump education within their own care home.

Why Attend

- Access to the new NHSGGC Care Home training model
- Opportunity to build sustainable syringe pump training within your team
- Contributes to safe and effective palliative care practice

Who Should Attend

- 2 experienced registered nurses from each care home
- Attendees should already be familiar with syringe pump use

Training Format

- Full day in person session

Registration

Scan the relevant QR code below to register for the date of your choice (1 only)

Please ensure you have your manager's approval before registering

Venue: St Joseph's Care Home 14 Cumnock Road
Robroyston, Glasgow
G33 1QS

**Tues 16 June
2026**

0900-1600



**Tues 28 July
2026**

0900-1600



**Tues 8 September
2026**

0900-1600



**Thurs 24 September
2026**

0900-1600








Texture Modified Diet Snack Ideas



This is the second article in our series on supporting residents with swallowing difficulties. To view last month's click [here](#).

Soft or modified diets do not mean boring snacks. People do not have to eat only yoghurt if their food is changed in texture.

There are lots of sweet and savoury snack choices for each IDDSI level. Offering different snacks helps residents enjoy their food and feel happy.

Glasgow City HSCOP HSCP Adult SLT Service		Texture Modified Diet Snack Ideas		Core Home Collaborative	NHS Greater Glasgow and Clyde
<p>3 Liquidised</p>  <p>Image: Smooth yoghurt</p>	<p>Sweet Snack Ideas</p> <p>Drinkable- ensure sieved and level 3 tested:</p> <ul style="list-style-type: none"> Smooth yogurt (thick and creamy) Custard Fruit puree (remove excess fluids) Milkshakes (level 3 tested) 	<p>Savoury Snack Ideas</p> <p>Drinkable- ensure sieved and level 3 tested:</p> <ul style="list-style-type: none"> Bowl of soup Avocado liquidised with yoghurt, mayonnaise or cream cheese <p>Please note: If somebody is on level 4 fluids, they cannot have level 3 snacks</p>			
<p>4 Pureed</p>  <p>Image: Chocolate Whip</p>	<p>Sweet Snack Ideas</p> <ul style="list-style-type: none"> Smooth yogurt (thick and creamy)/ custard with smooth syrup style sauces such as chocolate or fruit flavour Fruit puree (remove excess fluid) Chocolate mousse or whip e.g. Angel delight Creme caramel Lemon curd Smooth rice pudding with seedless jam Trifle with soft fruit – may need to be sieved Pureed plain sponge with thick custard 	<p>Savoury Snack Ideas</p> <ul style="list-style-type: none"> Dalrylea Smooth houmous or guacamole Smooth taramasalata Smooth pate Smooth nut butter mixed with cream or milk to form Level 4 puree food Soft cream cheese and meal/fish/bean paste (these can be eaten on their own) <p>Please note: All of these foods need to be a smooth, uniform consistency</p>			
<p>5 Minced and Moist</p>  <p>Image: Mashed banana</p>	<p>Sweet Snack Ideas</p> <p>Any food listed above and:</p> <ul style="list-style-type: none"> Mashed banana Mashed cake with cream / custard Finely broken biscuit in yogurt / custard Avocado mashed with banana Mashed sponge with cream, thick yoghurt or cream Thick milk puddings served with smooth seedless jam 	<p>Savoury Snack Ideas</p> <p>Any food listed above and:</p> <ul style="list-style-type: none"> Mashed egg (with mayonnaise/ butter/ smooth mustard) Mashed tuna (with mayonnaise/ butter/ smooth mustard) Ripe avocado finely mashed with Greek yoghurt or cream cheese. Seasonings such as pepper or finely ground herbs and spices could be added for extra flavour 			
<p>6 Soft and Bite Sized</p>  <p>Image: Peaches (15x15mm)</p>	<p>Sweet Snack Ideas</p> <p>Any food listed above and soft and bitesized pieces of:</p> <ul style="list-style-type: none"> Milkyway Soft cake/ cake bars Soft muffins (no raisins) Soft banana Soft stewed fruit Chocolate rolls broken into bite sized pieces, chocolate buttons, ripe avocado mashed with banana 	<p>Savoury Snack Ideas</p> <p>Any food listed above and soft and bitesized pieces of:</p> <ul style="list-style-type: none"> Smooth cheese (e.g goats cheese, brie or camembert with rind removed) Corn snacks Quavers, wotsits, skips – with care - at the discretion of your SLT Ripe avocado mashed with cream cheese or greek yoghurt 			
<p>7 Easy to Chew</p>  <p>Image: Jaffa cake</p> <p>Please remember: Haribo / jolly sweets; marshmallows; pink wafers are normal foods and are not suitable for those on a texture modified diet</p>	<p>Sweet Snack Ideas</p> <p>Any food listed above and:</p> <ul style="list-style-type: none"> Soft biscuits (Jaffa cakes) Sponge fingers Soft plain / cheese / treacle scones (butter/ jam / cream) Soft fudge Soft / stewed fruit 	<p>Savoury Snack Ideas</p> <p>Any food listed above and:</p> <ul style="list-style-type: none"> Soft crustless toast (lots of topping) Soft sandwiches with moist fillings (egg or shaved ham or tuna or ripe avocado, with mayonnaise / salad cream / sauce). Boiled eggs Crustless quiche Soft crisps (wotsits / quavers / skips) <p>Remember: for bread, remove crusts and choose bread without grains and seeds</p>			

This poster shows safe snack ideas for each IDDSI level.

Important to remember:

If someone is on a higher level (for example Level 6), they can also have snacks from the lower levels (Levels 3, 4 and 5), as long as the fluid thickness is right for them.

More information can be found on the IDDSI Snack Ideas Poster [iddsi-snack-ideas-poster.pdf](#)

Diabetes Awareness Week (9 -15 June 2026)

Reflection Corner: Diabetes

What happened?

One busy Saturday morning, insulin was accidentally given to the wrong resident in a care home. This happened because the team were very busy and had recently admitted two new residents who happened to look alike.

The team had not yet had time to get to know the new residents well, and there were no photos or easy ways to check their identity. The visiting community nurse did not ask to check the electronic record, which had a picture of resident, and relied on identification, by the care home team.

What went well?

Once the mistake was realised, the care home and community nursing teams worked well together. The resident who got the wrong insulin was taken to hospital to be checked and was fine. The resident who was meant to get the insulin received it later with no harm. Together, both teams followed their incident reporting processes and had timely communication with resident's families.

Immediate actions

With consent, pictures were placed on resident's room doors to help new residents be easily identifiable. It was also suggested that community nursing would keep a photo of the resident in their notes to help with identification.

Recommendations for the future

- Improve how residents are identified
- Create clearer medicine-giving guidance
- Develop diabetes training resources and opportunities for all care home staff
- Share this learning across the GGC area

The **MORE**
you **REFLECT**
the **MORE**
you **LEARN**

Diabetes Resources

NHSGGC have developed a series of short podcasts for busy care home staff who would like to know more about type 2 diabetes.

These five podcasts are short and easy to follow with accompanying information slides. Click on the links below to access each topic

Topics include

- [What is type 2 diabetes?](#)
- [Oral and non-insulin medicines used in the management of diabetes](#)
- [Diabetic emergencies](#)
- [Insulin therapies in diabetes](#)
- [Glucose monitoring](#)



Help to shape future of diabetes education and resources for care homes in the NHSGGC area.

Please complete [this survey](#) and share your views



Getting Bereavement Right Every Time

Virtual Learning Session

Target audience

All health and social
care staff



Date & Time

Thurs 4 June 2026

9:30–11:30

Registration

For further details & to
register please visit:

<https://shorturl.at/QGIYM>



Registration deadline:

3 June 2026

If you have any queries
please contact:

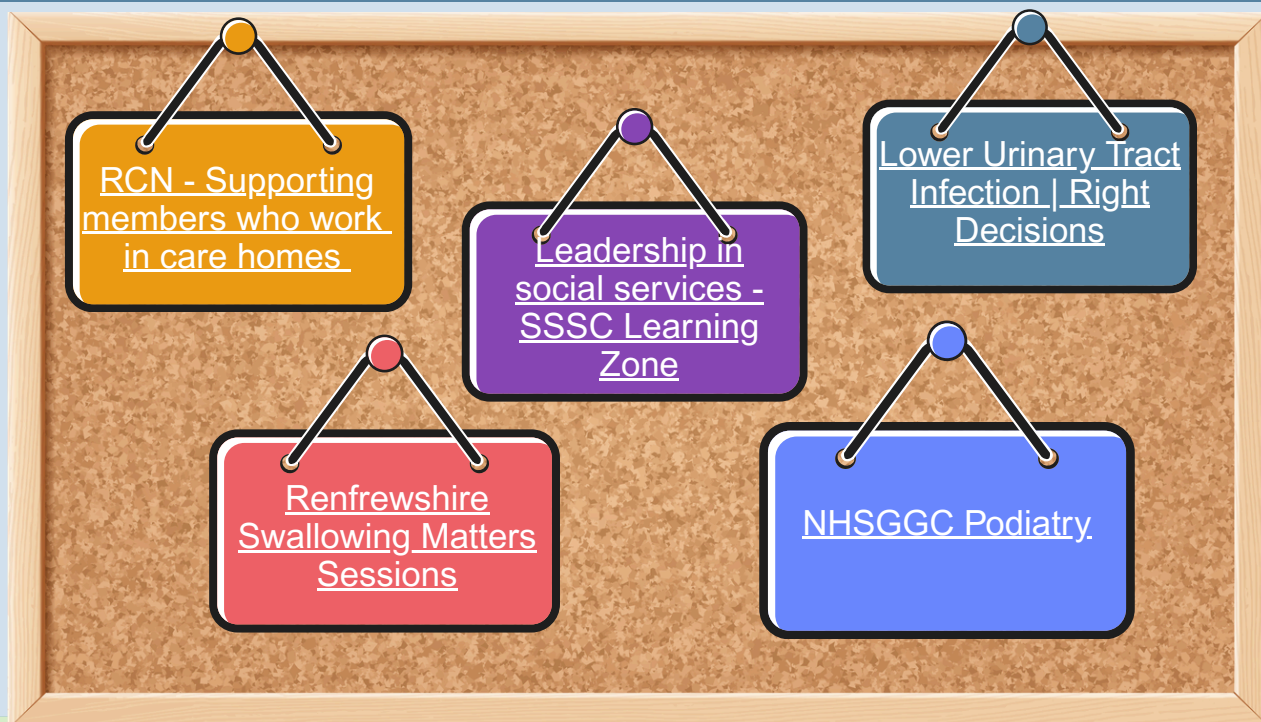
events@nes.scot.nhs.uk

All health and social care staff are likely to come into contact with someone who is bereaved, or a situation around the time of a person's death. This includes those working in non-clinical, administrative and other support roles, as well as staff in teams which are directly patient or client-facing.

Knowing how to manage these situations is important – so we can support and help other people, whilst also looking after our own wellbeing. But thinking of what to say to someone who is bereaved, whether that be a family member, patient, person who we are supporting, or perhaps a colleague may feel daunting.

This session will provide an introduction to grief and bereavement. It may help attendees feel more confident in answering questions e.g.:

- What should I say to someone who tells me they have recently been bereaved?
- Are there particular words I should or shouldn't use?
- What if I say the 'wrong' thing?
- Is it normal to be upset if someone we know from work dies?



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
- IPC Kit Bags
- Wound Care Study Day
- Caring for Smiles
- New Sage & Thyme communication training dates
- Venepuncture



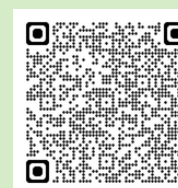
Scan QR code to access all training



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

