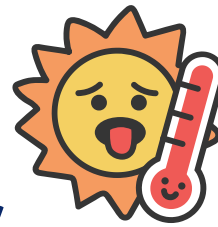




Care Home Collaborative Newsletter



Keeping Happy and Hydrated in Hot Weather



Resident and staff at Crosslet showing off their mocktails!

The Crosslet House team in West Dunbartonshire have been celebrating 'Thirsty Thursday' each week with a variety of themes including Hawaiian, Calypso and Sailors Swig - using music, costumes and meaningful interaction to make this a fun event for all!

[Click here to see the Hydration poster](#)

Beating the heat with a treat!



Bismy and Shane from Milngavie Manor

Who knew a children's ice cream play tent could become the Milngavie Manor Ice Cream Van for the day?

With classic ice cream van music playing, the trolley was transformed into a travelling treat station as staff visited every unit. Loaded with a selection of ice creams, fresh strawberries, cream, chocolate sauce, and gluten-free and dairy-free options, the team hoped to bring a little joy to residents.

They never expected it to be such a success!

What started as a fun idea quickly became something much more meaningful. Residents enjoyed everything from a traditional 99 to fresh strawberries and cream, while the experience sparked conversations, encouraged choice, and brought back many happy memories.

The smiles, hugs, applause, and kind words the team received reminds us all that person centred care is often found in the simplest moments. Safe to say, the Milngavie Manor Ice Cream Van was a huge success and will be returning very soon!



Help improve care for care home residents

NHSGGC Care Transitions Survey

Every care transition matters. Share your experience and help improve care for care home residents.

When care home residents move between services, different teams may be involved in their care.

Tell us about your experience when residents move between services, such as:

- Care home to hospital
- Hospital to care home



Who can take part

- Care home residents
- Families and carers
- Care home staff
- Health and social care staff

Your feedback will help us:

- ✓ Understand what works well
- ✓ Identify what could be improved
- ✓ Make care transitions safer and smoother



Scan the QR code to complete the survey and have your say.

If you have an immediate concern about a resident's care or safety, please follow your local procedures. Do not use this survey to report urgent issues.

IDDSI Series Level 4 - smooth puree

The IDDSI (International Dysphagia Diet Standardisation Initiative) framework consists of a scale of 9 levels. Drinks are measured in levels 0-4, while foods are measured in levels 3-7

The second texture-modified diet we will look at is Level 4.
This is a smooth puree.

Important to remember

Level 4 food is totally smooth, so there are no lumps or loose fluid when serving. You should always check the food to make sure skins and seeds are removed.

Please always tell the resident what the food is. This helps them enjoy their meal.



Let's Look at IDDSI

Level 4 Diet (Pureed) - for adults



What is Level 4 diet?

- Has a smooth texture with no 'bits'.
- Can be piped, layered or moulded.
- Single, uniform texture.
- Can be eaten with a spoon or fork.
- The same thickness as Level 4 Extremely Thick Fluids.



What is not Level 4 diet?

- Food that can be drunk through a straw or from a cup.
- Food that requires chewing.
- A texture that drips through the prongs of a fork.
- Liquid separating from the puree.



How to check if food is Level 4 diet?

- Will sit on top of the prongs of a fork.
- Falls off spoon in a single spoonful when tilted.
- The prongs of a fork will leave a mark when pressed on the surface.
- You can access the IDDSI testing methods using the QR code below.



Tools to help check if food is ok for Level 4 diet (Pureed)

The IDDSI Level 4 audit tool



The IDDSI Level 4 test card



For more information please go to www.iddsi.org

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You can watch the IDDSI video for level 4 here: [IDDSI Level 4 Diet Guide Right Decisions](#)



QR code for poster

Diabetes Resource Highlight: Preventing and Managing Wounds in Residents with Diabetes

Diabetes makes wound healing harder. High blood sugar damages blood vessels, nerves, and the immune system, meaning small cuts or sores can become serious quickly if not treated early.

Why wounds don't heal well in diabetes:

Poor Blood Flow – damaged vessels reduce oxygen and nutrients to the wound

Nerve Damage – numbness means injuries may go unnoticed

Weak Immune System – high sugar impairs white blood cells

Slow Skin Repair – the body struggles to make new skin and blood vessels

What care home staff can do:

Keep blood sugar controlled – if possible aim for blood glucose levels below 8.5mmols

Check wounds every day – look for redness, swelling, warmth, or discharge

Take pressure off the wound – reposition residents regularly and use appropriate dressings

Escalate early – if a wound is not improving within two weeks, seek support

The NHSGGC Podiatry Service provides excellent diabetes footcare information, including short videos and practical advice for staff, residents and families.

 [Diabetes Footcare Advice and Support - NHSGGC](#)



Early action prevents complications.
If in doubt, escalate.



Scoping Care Home Diabetes Resources



Around 1 in 4 care home residents are living with diabetes.

Care Home staff support these individuals every day - yet access to diabetes training is not consistent across the workforce.

We want to change this!

The Care Home Collaborative Team is working in partnership with care homes to make learning about diabetes clear and accessible for all care staff. We want to find any gaps, highlight what's already available and create learning opportunities for everyone.

We need YOU to share your views in [this short survey](#), which will help us better understand the support and education staff want.



Bereavement Survey



Have your say on bereavement care and support in NHSGGC

As part of the development of the NHSGGC Palliative Care and Care Around Dying Strategy, NHSGGC is undertaking a bereavement services scoping exercise to better understand current bereavement care and support provided within care homes.

The survey findings will help inform future service development, education, resources, and bereavement care pathways across NHSGGC. We would be grateful if care home leads could complete the survey on behalf of their service. The survey can be accessed via the link below.

Survey closing date: Friday 14 August 2026.

[Bereavement Survey Link](#)

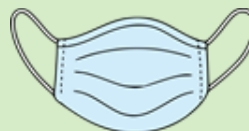


Transmission Based Precautions (TBPs) guidance is changing



Changes to the National Infection Prevention and Control Manual and the Care Home IPC Manual 'go live' on 3rd August 2026 when updates to transmission based precautions guidance will be published.

- New terminology
- New descriptors
- Respiratory categories
- Appropriate mask selection



QR code for
Talking Head Video

The Infection Prevention and Control Team have developed a ["Talking Head"](#) short video describing the important changes to Transmission Based Precautions

The Infection Prevention and Control Team, working alongside the Health Protection Team, will support care homes to understand and implement the changes.



**Transmission Based Precautions (TBPs)
guidance is changing**

You can find the updates to guidance from 3rd August QR code or the manual



Venepuncture Training



Great news!

Due to high demand, the Care Home Collaborative have added more venepuncture training sessions for **Registered Nurses** and **Senior Carers** running in **September and October**.



Pre-reading and a short online assessment **must** be completed before booking to ensure participants are prepared for the practical session.

Sessions will take place at **21 Dava Street, Govan** and offer a hands-on learning experience.



Spaces are limited and filling fast – please register your interest [here](#).

If you tell us you are interested, we will send you an email with some reading and simple instructions for an online assessment.

After you pass the online assessment, you can then choose and book the session you would like to attend.

Learning Links

The webinars are designed to support all care home staff with practical learning focused on early recognition, prevention of deterioration, and everyday care.



The webinars will start with a session on **Polypharmacy in care homes**.

It will provide an update on the following:

- What Polypharmacy is and how to recognise when medicines may be causing problems
- Which medicines are more likely to cause harm
- When and How to refer for a polypharmacy medication review and what the likely benefits are for residents



Wednesday 19th August 2026



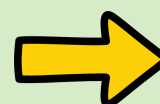
2pm – 3pm



Join via Microsoft Teams
(Recording available after the session)



Please note: The registration QR code on the original flyer was broken. Please register using the link below or contact the CHC mailbox.

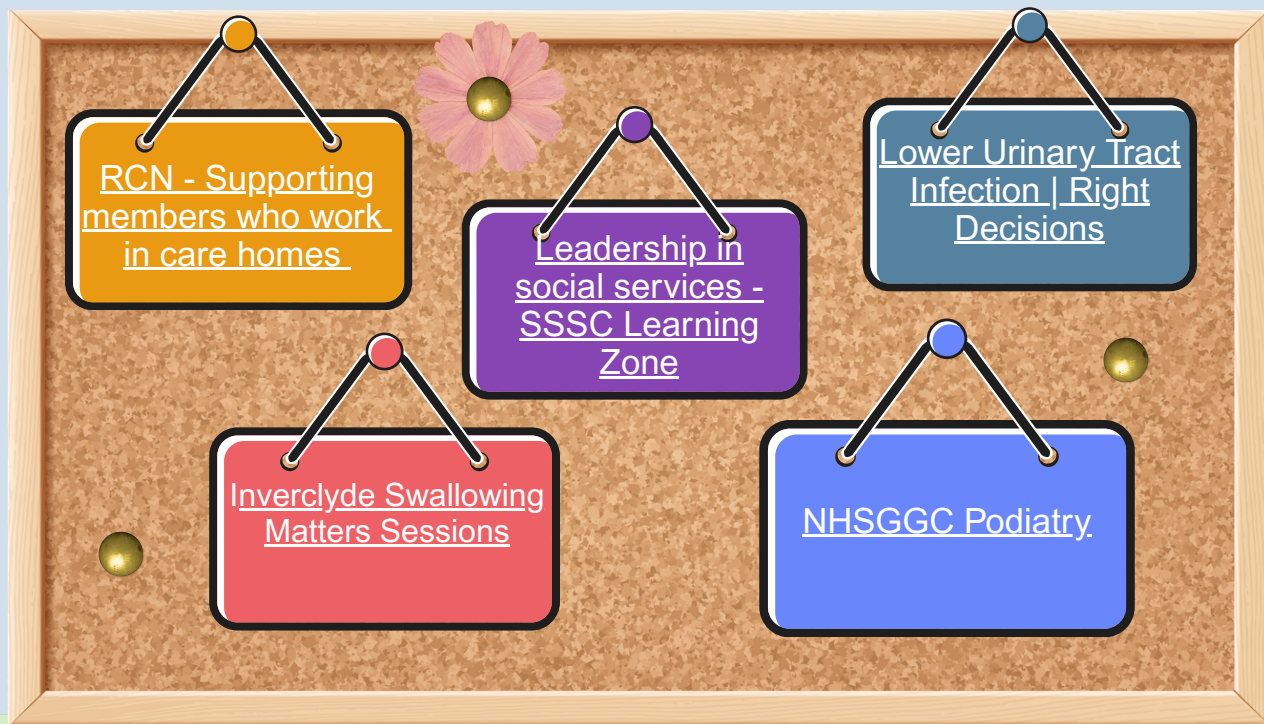


[Register here](#)



1

Email suggestions for future Learning Links webinars to the [CHC mailbox](#).
Look out for more sessions coming soon.



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.

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

Coming soon

IPC update event - Erskine Home, 7th October (details to follow)

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

