



Care Home Collaborative Newsletter



A Special Celebration at Buchanan Lodge

59

On the 11th August, the Strength and Balance Group at Buchanan Lodge celebrated a very special couple, Catherine McPherson and her husband Alistair, who recently marked an incredible 59 years of marriage together.

Catherine and Allister join the group three times a week. To celebrate the occasion, members enjoyed the Strength and Balance session, tea, cake and music, including the song they first danced to together at age 16.



Catherine McPherson with
Esohe (carer) and Emmanuelle (carer)



Residents enjoying the
Strength & Balance session



Allistair and his wife Catherine.

Alistair shared how he first spotted Catherine at school and liked her straight away. He went to a local dance hoping to see her, only to find she had already been walked home by another boy. Not giving up, Alistair returned the next week and shared his first dance with Catherine.

Congratulations to
Catherine and
Alistair on 59
wonderful years of
marriage!



Championing Quality Care and Improving Residents' Wellbeing



Debbie Martin,
Eastwood Court
Manager

In this issue, we meet Debbie, Care Home Manager at Eastwood Care Home. Debbie has worked as a mental health nurse since 1998 and has over 18 years of experience as a Care Home Manager. Her role is to ensure the home runs smoothly and that residents receive high-quality, person-centred care every day.

Debbie's interest in care homes began during a school work experience placement. She enjoyed the experience so much that she knew she wanted a career supporting older people, particularly those living with dementia. After working in mental health services and later as a care home nurse, Debbie was inspired to become a manager so that she could create more opportunities for care home residents and staff to thrive.

One of Debbie's key priorities is helping staff develop the skills and confidence they need to provide excellent care. She is also passionate about raising the profile of care home staff and recognising the valuable contribution they make every day.

Since May 2025, Debbie has been an active member of the Care Home Framework Residents' Health and Wellbeing Subgroup.

"The subgroup meetings are short and easy to fit into my schedule. They have introduced me to innovative initiatives, positive news stories, and examples of good practice from across different services. Through my involvement, our care home has accessed valuable training and resources that we may not otherwise have known about. I feel listened to and enjoy contributing to discussions that are helping to shape exciting new projects. We need more care home voices to help influence and develop future support for care homes."

Thank you to Debbie for your input and support!

How to Get Involved

Are you a care home leader who would like to help shape and improve support for care homes across Greater Glasgow and Clyde?

Do you have an interest in

- Access to urgent care for care home residents
- Residents' health and wellbeing
- Palliative Care and Care Around Dying
- Medicines Provisions to Care Homes
- Improving Transitions for Care Home Residents

If so, we'd love to hear from you!

To find out more or arrange an informal chat,
please contact

ggc.chccontact@nhs.scot



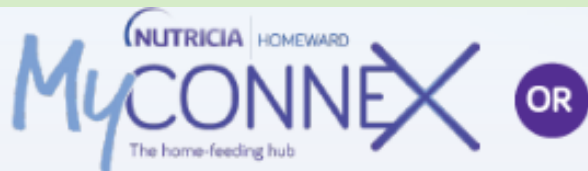
Nutricia Homeward supplies

Remember the monthly ordering system has changed.

To stock check and reorder feed supplies, use the My ConneX app or phone Nutricia Homeward on 0800 093 3672



HOMeward



PHONING NUTRICIA HOMeward
ON 0800 093 3672

If you don't tell us what you need, we may still send you the usual amount. Please let us know by using Nutricia Homeward MyConneX - or by telephone - if you want something different - or if you don't need your order

Every day, more than **500** people are placing orders using Nutricia Homeward MyConneX

With the new app, it has been so much easier to be able to do the order on your phone wherever you are...sat in the car... or on holiday...I can click on and go through everything



Further details can be found here [Nutricia Homeward Winter Update](#)

Clinical Skills Opportunities for Care Home Staff

We are on the road again!

Don't miss the return of the Mobile Skills Unit, with a range of valuable clinical skills development opportunities available for care home staff.

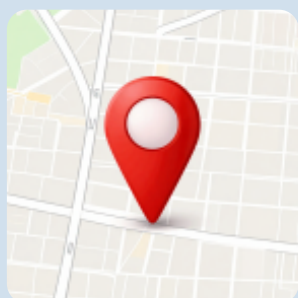
The program sessions:

- A-E Assessment
- Syringe Pumps
- Wound Assessment
- Male Catheterisation Refreshers



Have a look at the [Programme Handbook](#) for more information

Book your space now!



19th - 20th October 2026

Eastwood Health and Care Centre,
G76 7HN

22nd - 23rd October 2026

Clydebank Health and Care Centre,
G81 1BS



[Register here](#)

IDDSI Series Level 5 - minced and moist texture

The IDDSI (International Dysphagia Diet Standardisation Initiative) framework consists of a scale of 8 levels. Drinks are measured in levels 0-4, while foods are measured in levels 3-7

Important to remember

Level 5 food is finely minced and moist but not smooth puree. There should be no loose or additional 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 5 Diet (Minced & Moist) - for adults

NHS
Greater Glasgow and Clyde

What is Level 5 diet?

- Minced and moist with no separate thin liquid.
- Small lumps visible within the food - 4mm width.
- Lumps are easy to squash with tongue.
- Can be eaten with a spoon or fork.

How to check if food is Level 5 diet?

- Small lumps are 4mm - about the size of the spaces between the prongs of a fork.
- Holds its shape on a spoon and falls off easily when tilted.
- You can access the IDDSI testing methods using the QR code below.

What is not Level 5 diet?

- Smooth, pureed food.
- Food that has pieces larger than 4mm.
- Food that requires a lot of chewing.
- Food that is dry, without a thick sauce or gravy.
- Bread or toast.

Tools to help check if food is ok for Level 5 diet (Minced & Moist)

The IDDSI Level 5 audit tool

The IDDSI Level 5 test card

For more information please go to www.iddsi.org

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Poster QR code

You can find the new Level 5 poster [here](#).

You can watch the IDDSI video for level 5 [here](#).

What would you like to learn about?



Help Shape Future Learning Links Webinars



Learning Links webinars are short online sessions for care home staff. We want future topics to be useful and relevant to your work.

Please complete our survey and tell us what topics would be most useful in your role.

- ✓ Takes less than **2 minutes**
- ✓ Open to all care home staff
- ✓ Help shape future Learning Links webinars

Takes
 **2 mins**



👉 Have your say take the [survey](#) today



Venepuncture Training



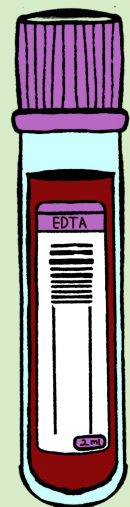
New venepuncture training sessions have been added.

Open to Registered Nurses and Senior Carers, these practical sessions will take place at:

- 📍 21 Dava Street, Govan
- 📅  September & October dates available
- 🩸 Practical venepuncture training

To get started, register your interest and we'll send you the pre-reading and details of a short online assessment. Once completed, you'll be able to book a session.

Spaces are limited –  [Register your interest](#)



Falls Resources and Falls Awareness week

To help care homes manage falls safely and effectively, the Care Homes Falls Team continues to develop new resources and tools. These can be found on the Care Home Collaborative website under Falls Resources.

The **Check Your Knowledge tool** helps staff learn more about falls and how to keep residents safe. It includes simple questions and answers that can be used after falls training to test knowledge, refresh learning, and support good falls prevention practice.

Our **Spot the Hazards posters** offer a simple and engaging way to help staff identify falls risks in a care home setting through a series of illustrated scenes. Staff can spot potential hazards, discuss ways to improve safety, and use the answer sheets to support learning and team discussions.



The **Care Home Safe Environment tool** and the **Care Home Environmental Hazard Advice Sheet** have been developed as a resource to support care home staff to carry out their own environmental safety checks.

The Advice Sheet offers suggestions and practical solutions to help create a safer environment for residents at risk of falls.

Please visit the [Care Home Collaborative website](#) or click the links above to view the resources available.

Save the date – Falls Awareness Week starts on 21st September with a theme of 'Right Care, Right Place, Right Time'. This is a great opportunity to raise awareness of falls within care homes. Watch out for further information on the care home collaborative Facebook page.



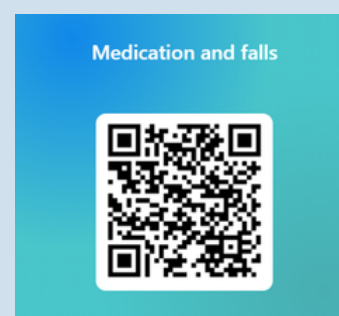
Medicines and Falls in Care Homes

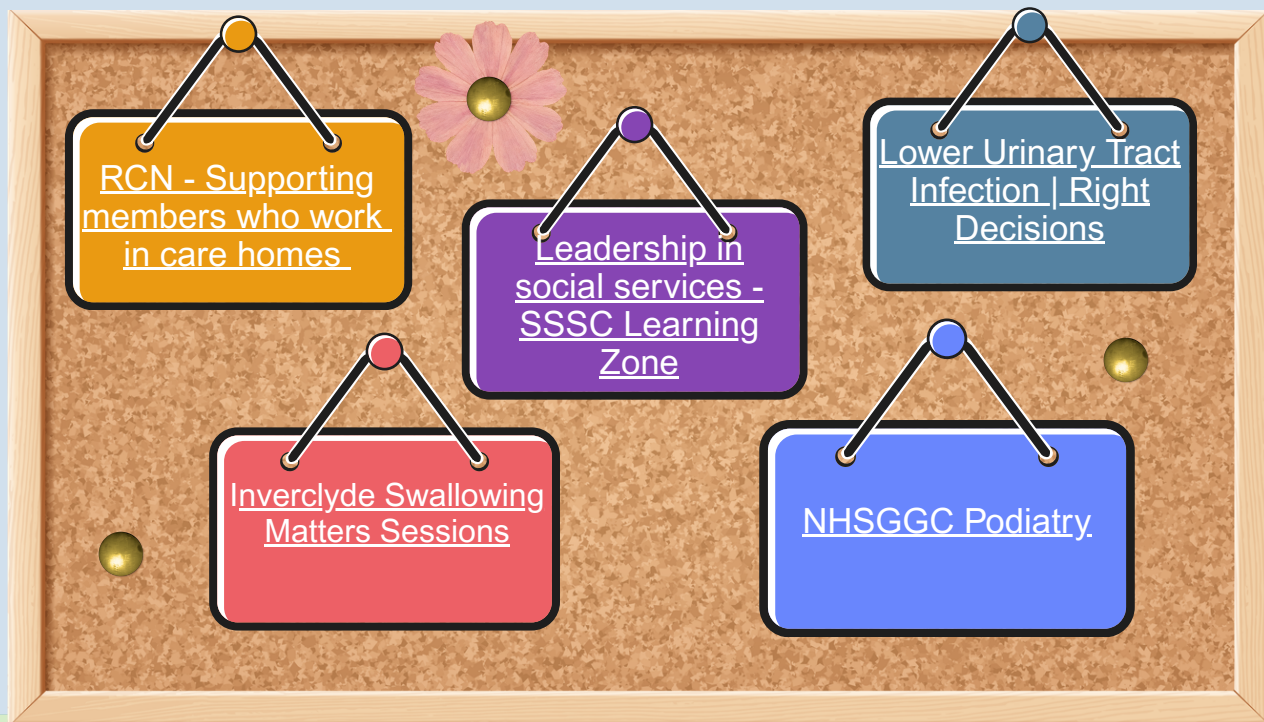


Please complete our [short survey](#).

- ✓ Share your experience of administering medicines to residents at risk of falls
- ✓ Tell us what you do if you have concerns about a resident's medicines
- ✓ Help us understand what information or support would be useful

Your feedback will help to improve medicines safety and falls prevention in care homes





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
- Confirmation of Death



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

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

