

Care Home Collaborative Newsletter

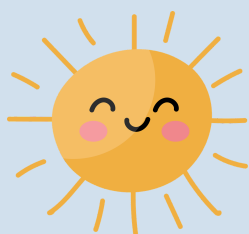


Inverclyde - Going for Gold 2026



Every year, care homes and day care services from Inverclyde community come together for a fun day at the local sports centre. Everyone brings food and drinks and they spend the day enjoying games, laughter and friendly competition.

This year, the sun was shining and everyone had a fantastic time.



Everyone took part in games such as Toss the Slipper, Corn Hole, Giant Darts and Granny Pants.

There was plenty of laughter, fresh air and cheering as teams joined in and supported each other.



Residents, Families, Friends and Care Home Staff all enjoying Go for Gold Day 2026.



Balclutha residents and staff celebrating winning Going for Gold 2026



Inverclyde continue to run this event each year because they know staying connected with friends, family and their local community is so important.

The Go for Gold day shows that fun, friendship and teamwork can be enjoyed by everyone, and they are already looking forward to next year! 🌞🏆🎉

Thank you to Karen Dillon, Balclutha Activities Coordinator for sharing this story and the lovely pictures

Meaningful Activity Network - Inverclyde

Care home activity staff from Inverclyde care homes recently came together for the first Meaningful Activity Network. The day was hosted by Little Sisters of the Poor and gave people a chance to meet, share ideas, and learn from each other about activities that can help residents stay active, connected, and happy.

The event was well attended, with lots of enthusiasm and discussion. Staff shared examples of good practice and explored new ways to support meaningful activity in their care homes.



Thank you to everyone who came along and helped make the event a success and to Jennifer from LSOP for supporting the event.

We look forward to building the network and welcoming more people to the next session in November.



Care Home Falls Pathway - Michael's Journey

Michael, aged 87, lives with his wife, Mary, at Nightingale Care Home in Paisley. Together, they cherish time with their family, while Michael continues to enjoy practising his faith, following football, and staying as active and independent as possible.

When Michael experienced a fall and developed a bump on his head, care home staff acted quickly. Nurse Rosemary, assessed him and accessed support through the NHSGGC Care Home Falls Pathway, ensuring expert advice was accessed without delay.

Michael stayed in the care home and was virtually reviewed by an Advanced Practice Paramedic. Following a thorough assessment, he was found to be well enough to remain safely at home with ongoing observation rather than be admitted to hospital.

By avoiding an unnecessary hospital visit, Michael stayed where he was happiest: close to Mary, surrounded by familiar faces, routines, comfort and care.



Michael and Mary

Learn more about the NHSGGC [Care Home Falls Pathway](#).

Access further Care Home Falls Reduction Resources via The [Care Home Collaborative website](#)

Flu Vaccinations

With winter on the way, now is the time to get your free flu vaccination. We encourage all health and social care staff to take up this offer and help reduce the spread of flu across our services. Please help promote vaccination within your teams and care homes.

Getting your flu vaccination couldn't be easier. All you need to do is choose a convenient drop-in clinic, and attend when it suits you. The vaccine is free and no appointment is required.

Remember, your flu vaccine is your shield against serious illness. It helps reduce your risk of becoming unwell or needing hospital treatment, while also protecting our residents, colleagues, family, and friends.

Visit the [website](http://www.nhsggc.scot/staff-flu-vaccination-programme) for more information, find your nearest drop-in clinic, and help spread the word.



NHS
Greater Glasgow and Clyde

Fighting Flu.

It starts with you!

The flu vaccine is available to **all** frontline health and social care workers and **all** NHS staff.

Get your vaccination **before flu season starts.**

Visit: www.nhsggc.scot/staff-flu-vaccination-programme

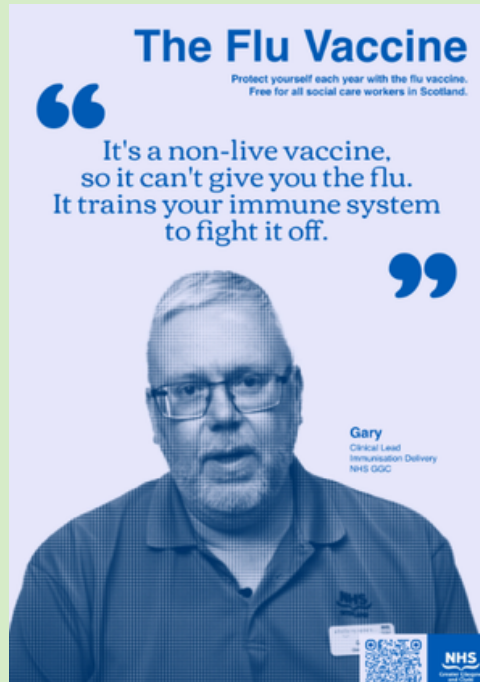


The Flu Vaccine

Protect yourself each year with the flu vaccine.
Free for all social care workers in Scotland.

“Flu doesn't select whether you're a month old or 90 years old. It can come to you.”

Ernest
Social Care Worker



The Flu Vaccine

Protect yourself each year with the flu vaccine.
Free for all social care workers in Scotland.

“It's a non-live vaccine, so it can't give you the flu. It trains your immune system to fight it off.”

Gary
Clinical Lead
Immunisation Delivery
NHS GOC



The Flu Vaccine

Protect yourself each year with the flu vaccine.
Free for all social care workers in Scotland.

“I felt a bit meh, but that only lasted 24 to 48 hours. A lot less than suffering from the flu.”

Sharon
Social Care Worker



As part of this, our Public Health team have looked into the top five myths about the flu vaccine and written a short article on the truth behind the rumours. You can [find a print-friendly copy of this article here](#) to share with your team.

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.



Diabetes Resource Highlight - Physical Activity

For older adults living in care homes, staying active can help them stay independent, feel more confident, and enjoy a better quality of life. Even small amounts of movement can make a big difference.

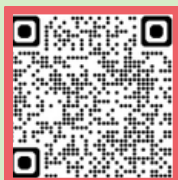
Being active is one of the best things you can do to help prevent and manage diabetes. Moving more helps your body use insulin better, keeps your blood sugar at a healthy level, and supports a healthy heart.

It can also give you more energy, help you stay strong and mobile, support a healthy weight, and improve your overall wellbeing. Even small changes, like taking a short walk or moving a little more each day, can make a big difference.

You don't need to do hard exercise to see benefits. Walking, gardening, housework, chair-based exercises, and activities that help build strength and balance all count. Find activities you enjoy and make them part of your day. Every little bit of movement helps!

Useful resources

[Diabetes UK: Physical Activity and Diabetes](#)



[NHS Inform: Physical Activity Guidelines](#)

[Diabetes My Way Scotland](#)



[UK Chief Medical Officers' Physical Activity Guidelines](#)



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.

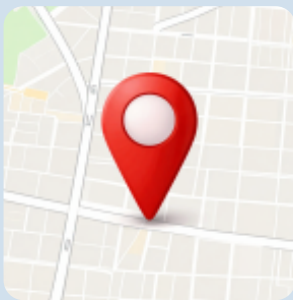


The program sessions:

- 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**](#)



Attendees enjoying previous MSU Sessions - Wound Care and Venepuncture

Awareness of the Red Bag Pathway: Project Update

To raise awareness, an education session was delivered and promotional materials shared to ward staff at Inverclyde Royal Hospital.

A pre- and post- survey was undertaken to assess hospital staff awareness and understanding of the Red Bag pathway.

Following this, an audit demonstrated an increase in the return of Red Bags, suggesting that staff were now more familiar with the process. The findings also reinforced the importance of consistently using the Red Bag Checklist to ensure that all essential information accompanies residents during transfers.

Checklist Audit findings showed:

- 🔴 Strong Red Bag return process (95%) 📄 Documentation transfer (89%)
- 👛 Excellent return of belongings (95%) 🤝 IDL received (93%); including 7% received later
- 💊 Medication transfer (91%); including 4% received later



To report lost or found Red Bags email - ggc.redbag.enquiries@nhs.scot

[Further Resources here](#) [Red Bag Video](#)

Case Study: Missing Dentures

🔴 What Happened?

A resident returned from hospital and staff believed their dentures had been left on the ward. After multiple phone calls and searches, it was discovered the dentures had never left the care home.

💡 What Could Have Helped?

✅ Completing the Red Bag Checklist would have confirmed whether the dentures travelled with the resident, avoiding unnecessary searches and delays.

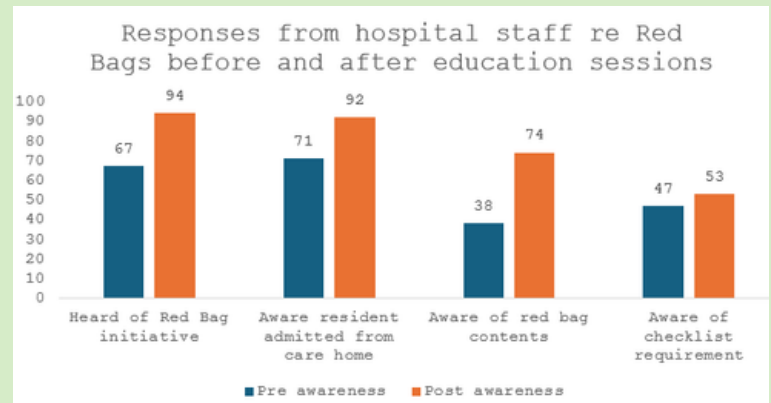
⚠️ Why Does It Matter?

Missing belongings can cause distress for residents and families, waste valuable staff time, and lead to incident investigations. NHS boards have reported incidents and compensation costs for lost patient belongings, highlighting the importance of robust transfer processes.

Key Message:

📄 Complete the Red Bag Checklist every time to ensure documentation and residents' belongings are accounted for during transfers.

"The Red Bag ensures staff have immediate access to essential information to support safe and effective care."
Charge Nurse, A&E



🕒 30 Seconds to check - hours saved

STOP • CHECK • RECORD • TRANSFER.

IDSSI Series Level 6 - Soft and Bite Sized

The IDSSI (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

The next texture-modified diet we will look at is Level 6. This is a soft and bite sized.

Important to remember

Level 6 food is soft and tender and moist and can be broken down easily with a fork or with your tongue. Bite sized pieces should be no bigger than 1.5cm x 1.5cm (adult).

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 IDSSI Level 6 Diet (for adults)



What is level 6 diet?

Soft and bite-sized foods that can be broken down by the pressure of your tongue



What is not level 6 diet?

- Pureed food
- Minced / moist food
- Pieces of food bigger than 15mmx15mm
- Hard crunchy foods
- Bread



How to check if food is level 6

- Can the food be squashed and not return to its original shape?
- Can the pieces be broken into smaller pieces with a fork?
- There is no loose fluid



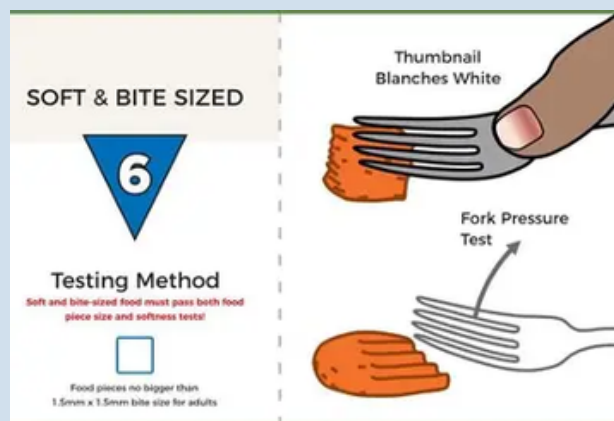
The right size



 (15mmx15mm)

Tools to help check if food is ok for level 6 diet

- The IDSSI Level 6 audit tool
- The IDSSI level 6 test card - you can check the size of the pieces of food



Poster QR code

You can find the new Level 6 poster here: [IDSSI Level 6 Diet Guide | Right Decisions](#)

Care Home Registered Nurse Syringe Pump Training



We are offering a one-off **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 general nurses from each care home
- Attendees should already be somewhat familiar with syringe pump use

Training Format

- Full day in-person session

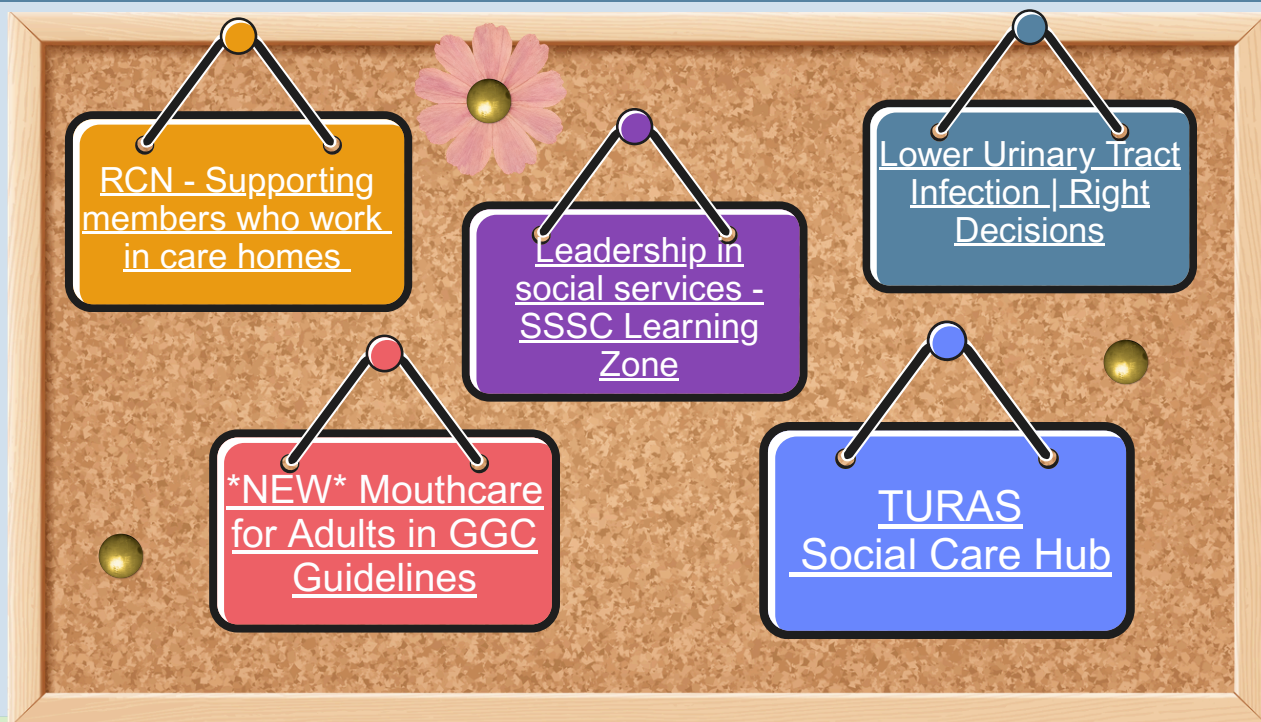
Please ensure you have your manager's approval before registering

Registration

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

Wed 28 Oct 2026	0900-1600	Venue: Quayside Care Home, 250 Halley St, Glasgow, G13 4DT
Fri 20 Nov 2026	0900-1600	Venue: "The Bunker", The Erskine Care Home, Erskine Veterans Village, Bishopton, PA7 5PU
Thurs 10 Dec 2026	0900-1600	Venue: St Joseph's Care Home, 14 Cumnock Road, Robroyston, Glasgow G33 1QS





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 - Constipation
- Confirmation of Death



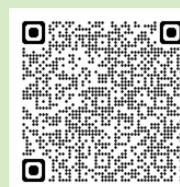
Scan QR code to access all training



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



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

