



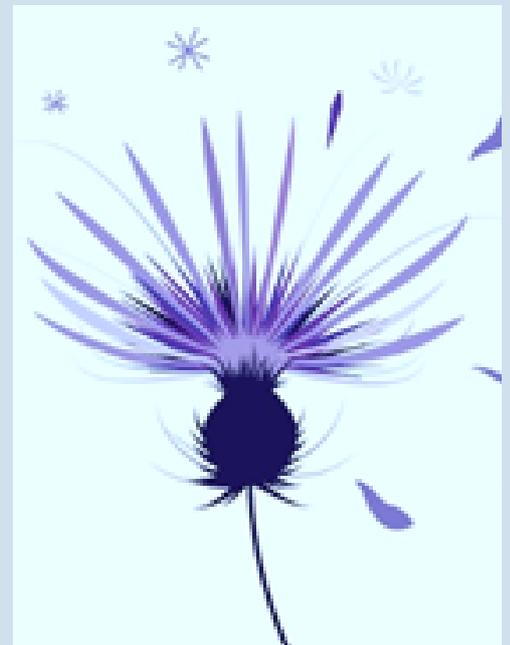
# Care Home Collaborative Newsletter

Welcome to September's newsletter. The summer holiday period is well and truly over and seasons are changing. Here at the CHC, we have been getting out and about having collaborative conversations, supporting FFN champions and developing a bespoke training day for care home staff.

## Introducing 'Collaborative Conversations'

One of the key elements of the CHC's approach is to listen to and learn from people who live in, work in and visit care homes. This develops our understanding, builds partnership working and highlights good practice. People's voices and stories come in different forms, and we are keen to engage with everyone.

In this issue we highlight two very different Collaborative Conversations. Our first was in partnership with Isobel, Victoria and the Balquhiddar Care Home Team, who kindly shared the experience of grief and saying goodbye to residents during the Covid-19 pandemic. Out of a difficult time, the team at Balquhiddar developed a new tradition to pay tribute to their residents and support one another with the grieving process. You can read more on the team at Balquhiddar in "A New Tradition" on the CHC website or by clicking [here](#). Hard copies are also available on request.



Many thanks to Isobel, Victoria and the team for sharing their experience and supporting our learning.

## A Collaborative Conversation with... Marion



A Collaborative Conversation took place between Marion, a resident in Renfrew Care Home and Irina, CHC Care Home Support Worker. Marion chatted with Irina and was delighted to share her collection of art work and what matters to her in her daily life.

Marion enjoys spending her days painting pictures and writing rhymes. She loves to spread her sparkle and love around the care home. So if you meet her in the front hall in the care home, she will make your day with her positivity and lovely smile.



To share your stories please get in touch via the website or email [ggc.chccontact@ggc.scot.nhs.uk](mailto:ggc.chccontact@ggc.scot.nhs.uk)

# Sage & Thyme - Free communication skills workshop



The Care Home Collaborative have funded Sage and Thyme workshop places for care home staff for a limited period! Book early to avoid disappointment.

SAGE & THYME workshops support all care home staff in using the evidence based skills required to provide person-centred support to residents and relatives with emotional concerns or worries.

Using a memorable structure, the 2 hours 45 minutes online workshop reminds staff how to listen, and how to respond to distress in a way which empowers the resident or relative.

Care home staff [visit our website](#) for dates and details on how to register - for NHS staff please book using the eESS system.

## Meet our team... In this issue we introduce Heather and Sharon



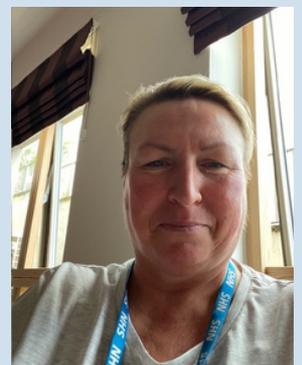
Hello, my name is Heather and I am the MacMillan Palliative Care Nurse Specialist for the Care Home Collaborative. Palliative care is my passion and I am an advocate for palliative care access for all, as well as early identification and management of deteriorating conditions. As the vast majority of residents in care homes have a palliative, or life limiting condition, it is so important to understand where and when their care can be enhanced. We are in a privileged position in care homes where teams know their residents inside and out! This is one of the many strengths that I see in care homes, which can mean the best possible palliative and end of life care being delivered.

### Heather Tonner

#### Palliative Care Nurse Specialist

In my role within the CHC, I work with care home teams to enhance what's being done well and discuss what could be better. It has been my privilege to meet many wonderful residents and team members in our care home community over the last year and I look forward to meeting and working with many more.

Hi I'm Sharon and I am very new to my role as Care Home Support Worker within the Care Home Collaborative. I am also new to the NHS, having worked in independent sector care homes for the past 7 years. I really enjoyed my previous role and when I saw this post at the Care Home Collaborative I felt it was a great fit for me and I am keen to be embarking on a new challenge. My previous role enables me to understand different perspectives and work together with shared goals. I'm looking forward to working with colleagues in care homes, HSCP's and being part of the Collaborative.



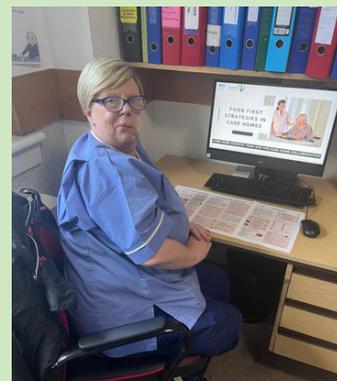
### Sharon McLeod

#### Care Home Support Worker

I am passionate about delivering person centred care and hope my experience and knowledge of care homes is helpful in my role. I am looking forward to developing in my role and the journey ahead.

# Food, Fluid and Nutrition Champion - Oakview Manor Care Home, Glasgow

Shyvon, Care Manager and Nutrition Champion in Oakview Manor Care Home in Glasgow, expressed an interest in promoting key messages on nutrition and hydration with her team and colleagues. She requested some support with resources to run small training sessions within the home. The FFN team and Care Home Dietitians created bite size resources and provided training to help Shyvon develop the peer to peer sessions. These include food fortification, hydration, making a good mealtime experience and Dysphagia/IDDSI management.



Shyvon has a passion for good FFN interventions for her residents and is excited to pilot the Nutritional Trainer model with weekly bite sized training sessions scheduled in the home during October 2023. The team hope to be able to roll this model out to other care homes in the future.

These resources are available to you on our website and can be downloaded [here](#).

## Care Home Training Day - 27th September 2023

Following on from requests for multi topic training sessions we developed the first care home training day back in April. The topics and format were well received by staff who gave positive feedback and we are pleased to say our next training session will take place in September.

**When: Wednesday 27th September 2023, 9am-2.30pm**

**Where: Montrose Day Centre, Paisley**

### Pharmacy

Medicines Management, Polypharmacy, Managing Medicines App, Resources and HSCP Contact

### Dementia

Understanding what dementia is, managing distress for residents living with dementia, effective communication in dementia

### Tissue Viability

Skin Inspection, Surface, Keep Moving, Incontinence and Moisture Management, Nutrition and Hydration and Self-Management

### Palliative Care

Recognising your role and responsibility, how to deliver person-centred palliative care, recognise the importance of reflection and self-care.

### Caring for Smiles

Introduction to oral health, Importance of good oral health, Awareness of oral health conditions in older people, products and pathways.

A face to face workshop open to all care home staff to come together for an interactive and informative session sharing the most up to date evidence-based practice in these areas of care. [Click the link to book your place.](#)

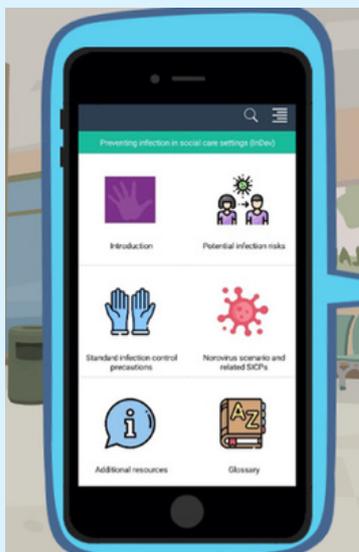
“Highly recommend the training to my manager as all staff would benefit from these informative sessions”

Certificate  
5hours  
CPD

Book your place now by scanning the QR code or clicking on the link below  
Care Home Collaborative - NHSGGC



# Preventing Infection App



The app was designed specifically for the social care workforce, building on existing knowledge and good practice, enabling them to have national guidance at their fingertips when they need it.

It was developed in partnership between the Scottish Social Services Council (SSSC), NHS Education for Scotland (NES) and the Digital Health & Care Innovation Centre (DHI).

Further information on how to download the app can be found [here](#)

# Website Feedback



The team has been developing the Care Home webpages on the NHSGGC website.

Our website is packed with training specifically for care homes.

We need your feedback to make it even better - email us and tell us what you'd like to see [ggc.chccontact@ggc.scot.nhs.uk](mailto:ggc.chccontact@ggc.scot.nhs.uk)

## Learning opportunities



- Essentials in Psychological Care - Dementia Training 19th September, 12th October, 8th and 29th November
- Meaningful Activity Network - 13th September 2023
- Care Home Training Day - 27th September 2023
- SSKINS- 5th October and 16th November
- SPHERE Continence Training Programme - 12th September, 24th October and 21st November



[Click here or scan the QR code for further details of all our learning opportunities and to book one of our sessions](#)

## How to 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.
- Join our groups and inform our work

Contact us for support, information and enquiries.



## Coming up in the next issue...

Find out more about the Care Home Vaccination Programme and the spotlight is on some of the meaningful and purposeful activities we are involved in.

Keep up to date with our activity by following us on X at [@nhsggcchc](https://twitter.com/nhsggcchc)