



Care Home

Collaborative Newsletter



NHS

Greater Glasgow
and Clyde

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Issue 5

Welcome to Autumn and our October newsletter. September was a busy month with the Autumn/Winter Vaccination programme getting under way, Falls Awareness week, the Meaningful Activity Network Event and the Care Home Training Day.

Don't let your protection fade!



The autumn and winter vaccination programme is now underway in care homes and community clinics. Encouraging residents and staff in care homes to get vaccinated against the flu and COVID-19 promotes well-being and the safety of everyone in the care home. Vaccinations provide the best possible protection against these viruses, especially considering the ever-evolving strains. They protect against severe illness and hospital admissions. By receiving your vaccinations you not only protect yourselves but your friends, family and those who are most vulnerable, and especially those we care for. Even if you have had your primary course of covid immunisation you still need your booster.

Care Homes are being contacted by local HSCP Teams to arrange visits to vaccinate residents and staff. If staff are not at work on that day they can visit a community clinic and/or the mobile bus service.

For a list of all clinics and mobile bus drop-ins: [NHSGGC - Autumn Winter Vaccination Programme 2023/24](#)

Derek Barron, Director of Care at Erskine Veterans Village leads the team by receiving his vaccination last week. 'The vaccinators were friendly and helpful and very efficient with residents and staff.'



Falls Awareness Week 18th - 23rd September 2023



This year's theme was '*From Awareness to Action*'. To support care home residents and staff to stay strong, steady and safe, a series of 5 posters were co-designed with care homes and colleagues across GGC.

Over the coming weeks hard copies of all 5 posters will be sent out to care homes by the NHSGGC Falls Team, so please look out for them. Electronic copies are available to download [here](#).



The Falls Team continue to develop educational resources with falls awareness videos being released very soon. If you have an interest in reducing falls and would like to help shape any further resources then please get in touch with Laura.Halcrow@ggc.scot.nhs.uk.

The CHC Team supported Inverclyde HSCP drop in sessions to launch the start of Falls Prevention Awareness and Self-Management Week. Great networking opportunity and discovery of local services.

Meet our team... In this issue we introduce Paula and Pooja



Paula O'Kane

Registered Nurse

Hi, my name is Paula, I am one of two registered nurses with the CHC. My background is District Nursing where I was passionate about delivering person centred care to people within their own home. For me, getting to know each person, their families, pet budgie and neighbours was a privilege, not many people can say that about a day at work. I see the same relationships between residents and staff in care homes and I am grateful to be a part of those journeys, albeit in a different way.

This role has given me the opportunity to collaborate with teams across GGC and continue to support the delivery of safe, effective person centred care. I am currently involved in several projects including the rollout of RESTORE2 and the development of the Care Home 'One Stop Website' where you will find lots of information on learning opportunities and resources for care home staff.

I look forward to continuing to work with care home teams to develop and deliver projects collaboratively, that will have a positive impact for care home residents and those providing their care.

Hello, I am Pooja, the Allied Health Professional, Caring About Physical Activity (CAPA) Lead for the CHC. I am a physiotherapist by background and currently doing a doctorate in Physical Activity for Health in Care Homes. I am interested in healthy ageing, frailty, rehabilitation and reablement and have worked across various acute and community settings for almost 20 years.

I love working with older people and I am passionate about helping them to live well and experience healthy ageing which supports functional abilities and enables wellbeing in older age.

This role has given me the opportunity to work in partnership with care home staff to embed and deliver the principles of CAPA. A key area of my work is to support quality improvement projects that promote wellbeing and quality of life outcomes for residents, through enhancing their physical activity.

I feel fortunate to work in a team of highly dedicated professionals with a shared vision to support care home colleagues to make a positive change to the life of care home residents.



Pooja Gupta

**Allied Health Professional
CAPA Lead**

Care Home Training Day

A warm welcome was given to all the health and social care staff who attended September's care home training day in Montrose Day Centre, Paisley, despite the fact storm Agnes was due to blow in! We had a wonderful group of 13 staff, from 4 care homes across 2 HSCP areas who participated in specialist training on Pharmacy, Dementia, Tissue Viability, Palliative Care and Caring for Smiles. Thank you to all who attended, and keep an eye out for our next training day!

Multi topic sessions are available in each HSCP area on request. Please contact us on ggc.chccontact@ggc.scot.nhs.uk



A good basis given on a wide number of topics, with options provided for further training. Plenty of opportunity for questions.



I had limited exposure to much of this but now I have a good understanding and will be better informed to look for red flags/ concerns



Meaningful Activity Network

The Care Home Meaningful Activity Network was established to create a collaborative space where care home colleagues come together to share best practice. This allows them to learn together, celebrate success and explore new ideas that help residents live their lives according to 'What Matters to Them'. This network has been a catalyst for many new innovative initiatives and has facilitated inter-care home interaction. All care home colleagues are invited!

In September, we had presentations from Age Scotland, Crosslet Care Home and Braehead Primary School in West Dunbartonshire. Age Scotland shared their well-being resources and Crosslet and Braehead jointly shared their inspirational journey on intergenerational work. Age Scotland Resources can be accessed via their website.

Come and join us on 7th November when Paths for All will be sharing updates and resources, book your place [here](#).

“Great day of learning and sharing ideas. Very impressed with all the resources from Age Scotland”



Scottish Ballet Duet Resources - Self Management Awards 2023

We are delighted that the Scottish Ballet Duet Resources were recognised nationally as being one of three Self Management Resources of the Year.

The CHC has been working with care homes to support the promotion and implementation of 'SB Duet' bedside ballet resources. These consist of a series of interactive digital dance films and audio resources for people with reduced mobility to enjoy at home and in care homes, or to share with their companions or carers. SB Duet includes captions, a sign language interpreted film and is available in a range of languages.

If you would like a supported skill up session in your care home contact us at ggc.chccontact@ggc.scot.nhs.uk.

You can download these resources [here](#). These are also available in DVD format and can be requested from dancehealth@scottishballet.co.uk.



Strength and Balance - Paths for All

We are working in partnership with Paths for All to support the sharing of their Strength and Balance exercise programme. We are currently working with Mosswood Care Home and Braemount Care Home in Renfrewshire HSCP to deliver and evaluate the programme. In addition to promoting benefits of walking and physical activity, care home staff were trained in the Strength and Balance Exercises Program.

If you are interested in getting involved in this initiative please email us on ggc.chccontact@ggc.scot.nhs.uk.



Sporting Senior Games 2023 - Let the Games Begin!



Care homes across Scotland took part in the Sporting Senior Games in August, hosted by Erskine at the Arc in Glasgow Caledonian University.

Organisers and hosts for the day, former Head Physio at Erskine Veterans Charity, Janet Leith and Professor Dawn Skelton from GCU welcomed the teams and declared "let the Games begin".

Erskine Team were joined by residents from care homes in East Ayrshire, West Lothian, Ayr, Coatbridge and Bishopton, to battle it out in events like basketball, ten-pin bowling, curling, javelin and more - with fierce competition.

It was truly wonderful to see the team spirit and more than a wee bit of competitiveness, as well as so many smiles on show

In September, more than 100 competitors attended the glitzy awards ceremony and afternoon tea to celebrate all the participants and announce the overall winner of the John Bowman Trophy.

Congratulations go to Erskine Park Home Team, who were presented with the Trophy by Mr Ian Bowman. Further details can be found [here](https://www.erskine.org.uk/news/erskine-crowns-sports-champions) <https://www.erskine.org.uk/news/erskine-crowns-sports-champions>



Learning opportunities



- Essentials in Psychological Care - Dementia Training 12th October, 15th and 29th November
- Meaningful Activity Network - 7th November
- SSKINS - 5th October and 16th November
- SPHERE Contenance Training Programme - 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 support available to you to embed Restore 2 aligned to the recommendations of the Healthcare Framework, Mealtime Champions, new resources and website developments.

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