

Stitching with purpose: Barbara's quilts of kindness



Before moving into the Espadair unit at Braemount care home, Barbara always enjoyed making quilts for children leaving the foster care system. These beautiful, handmade quilts are given as leaving gifts to the children to provide them with something warm, personal and full of love as they begin their new chapter.



Understanding how important this work was to her, the manager at Braemount made sure Barbara could continue her craft at the care home. Her sewing machine was brought in, and Barbara quickly got to work preparing fabric pieces with care and passion.



Staff are so supportive and regularly encourage Barbara to keep sewing. They enjoy checking in on her progress, chatting with her about the designs and ensuring she has everything she needs to stay creative and comfortable.

Each week, her daughter collects the pre-stitched squares to complete the quilts at home. It's a beautiful partnership and a meaningful way for Barbara to stay actively involved in charity work that brings her a great deal of joy.

Barbara said "It gives me something to look forward to every week" Her dedication is a shining example of how hobbies and purpose can continue to thrive in care and how even the smallest stitches can make a big difference.

Heather, our palliative care nurse specialist had the privilege of chatting about 'what matters' with some of the residents in Cochrane Care Home in Johnstone. Here is a snapshot of the conversations.



Drew had a huge smile on his face as he talked about his love for his annual summer holiday with family. He had recently returned from a 3 day trip to Aberfeldy with two of his sisters. He loves spending time with his family, exploring and eating good food.

Whilst on the trip, Drew got to enjoy one of his favourite things - football! He watched the Champions League Cup Final between Paris Saint-Germain (PSG) and Inter Milan and was pleased at the 5-0 win to PSG. Drew loves Rangers football team and wishes Barry Ferguson was still the manager.

Matty was busy knitting whilst we chatted. She explained that this was her favourite pastime. Beautiful pink wool, neatly on her lap, she told me that despite having off days where she drops a stitch, knitting is what matters to her.

Matty also loves her son, Ian. He helps her with everything! If she needs anything, he buys it from Amazon, because of this another thing that matters to Matty is the Amazon delivery driver. She thinks she may be his best customer!!



Margaret has 5 daughters whom she loves dearly. Her youngest daughter Eleanor, explained that her faith is so very important. She looks forward to receiving communion and hopes it can be something she can get regularly. Just like her housemate Drew, Margaret is also a fan of football. This time however, the boys in green are the order of the day. A lifelong Celtic football club fan, Margaret enjoys watching the games.

Katie took some time to think and agreed with her friends that family is important but wanted to add that music is what matters in her life. All music gives her joy and she loves to listen to it whenever she can. She also explained that moving apartments downstairs in Cochrane Care Home would be important to her.



What Matters to You Day 3 June 2025



Lavinia, the residents, staff and families had a great afternoon at Campbell Snowden House celebrating "What Matters To You" day.



Rae with Jim Care Home Manager



Lavinia having tea with George, Rae and Netta

Rae, who has only been in Campbell Snowdon a few months also said family was important to her, where she lives, feeling safe, being liked and feeling settled. She also remembers the war, and when it broke out, and her mum and dad hugging each other. She remembers hearing her dad get the Anderson shelter ready.

Campbell Snowdon manager Jim tells us that, as long as his girls are happy and he gets some peace and quiet he is happy and this is what matters to him.

Anne, who is 94 years young, values her family, her health, where she lives and what she eats. She loves reading a good book which the local library deliver to her. She also likes the nice weather so she can do this outside. Working for Shell in her younger years, she was a translator and could translate French, Spanish, Portuguese and Italian giving her a love for languages.



Anne with activities co-ordinator Victoria



Elizabeth with Lavinia

Elizabeth told me what matters to her is her family, friends, and being able to get outside. She loves a walk on a Sunday (weather permitting). This is important to Elizabeth as she has walked and climbed the Monroes all over Scotland.

Netta age 96, says her family is what matters to her along with being in a safe place and no war. She recalls when she was a wee girl, when the war started, her mum putting her to bed, and saying "just be glad we are not in London tonight as they had started bombing over London".

We had a lovely afternoon chatting and reminiscing with friends and family.

Graham's Story



Graham with Sharon, CHC Care Support Worker

Graham is 71 and was diagnosed with a brain tumour in 2017. After getting over the initial shock of the diagnosis Graham thought by changing some things in his life, he could maybe keep the tumour at bay.

After reading into the Ketogenic diet, he decided to try it. Graham was on the diet for about a year but unfortunately it didn't have the effect he had hoped for. After a few years things hadn't improved and Graham was admitted to hospital in January 2022 for surgery to remove the tumour.

The surgery removed 60% of the tumour but it also damaged some blood vessels which left Graham with a left sided weakness. This affected Graham's whole life as he was very fit and sporty. After spending five months in hospital, he moved into Oakbridge care home. Graham made it very clear his goal was to walk and get back to living on his own again.

On his arrival at Oakbridge, he used a hoist for all transfers, couldn't weight bear or walk at all. Over the last three years he has worked tirelessly with his physio to get back on his feet. He went from using the hoist for transfers to the stand-aid, then the steady and now he transfers using a quad stick. He is now able to stand himself up using the stick and walk with the aid of a crutch. He wears a special shoe to help stabilise him when he is walking.

He can now shave himself and brush his teeth and use the bathroom on his own. All of these things he couldn't do and they were very important to him and his dignity.

The Occupational Therapist has also been involved and they observe Graham in the kitchen to see if he can cook for himself. He also went along to the golf range with staff he told me the first few hits were soft but got better the more he hit them. His main aim now is to improve his upper body strength

Graham is also involved in a trial drug at the Beatson which they hope will stop the growth of the tumour. He has been on the drug for five months now. He said although he is happy at Oakbridge and he appreciates all the help he gets, his goal is to live independently in his own place. "I would like to be independent again and get my social life back"



What Matters to You Day 3 June 2025



When thinking about what matters, our leaders are often the last people to be asked this question. With this in mind, we met with Cristina Minda, Clinical Lead at Little Sisters of the Poor Care Home in Greenock.



“Family, my husband and kids are at the centre of my life, and they are my soul. Nursing is also part of my soul. I don’t know why, but it’s always just been there. Even as a child I was always caring for others, always acting as their advocate, teaching and sharing.

In school, I’d had no thoughts of studying nursing, or a particular interest in science. I guess that I met the right people and felt something guide me to this path.

I feel a sense of pride in nursing, especially in care homes and working with older people. I love the expressions of care and compassion in care homes, and the understanding that we develop from the lives that resident’s have led. I have worked in other settings, but I know that where I am, is exactly where I am supposed to be!”



CHC - What matters to us!

Elaine Hamilton, Care Home Collaborative Lead Nurse explains:

‘Asking What Matters To You’ is a fantastic way to start conversations. It is so important that everyone is asked ‘what matters’ and that this information is then used to guide what we do.

Over the last few months we have been working hard to find out what matters to us as the Care Home Collaborative team.

In our conversations we have heard that we all value a sense of belonging and community whether that’s at work, in resident’s homes or in our own homes.

Although we have only highlighted a few, it’s been great to hear all the stories that have been shared on ‘What Matters To You’ day. The team really loved spending the day meeting residents and staff in the care homes and hearing their conversations. We know these happen on more than just one day of the year. Let’s encourage these important conversations to continue to be part of our day.



RCN Awards

Congratulations to all of the finalists in the RCN Scotland, Nurse of the Year Awards, which were held at the National Museum of Scotland, in Edinburgh, on 12 June.



A special mention to Kirsty Cartin, Rashielee Care Home Manager, who won the Clinical Leadership Award, before being announced as the RCN Scotland, Nurse of the Year.

Professor Nicola Ranger (RCN General Secretary and Chief Executive) said “Kirsty’s clinical leadership and dedication for showing the value of nursing in care homes make her the perfect choice for our 2025 RCN Scotland Nurse of the Year”.

Kirsty said ‘I am truly honoured to be recognised at a national level, among so many inspiring healthcare professionals, is a deeply meaningful and proud milestone in my 23-year journey in care home nursing.

As I look ahead, I’m excited for the opportunities this year may bring—to celebrate and champion the best of nursing, advocate for positive change, and continue sharing my passion for the profession I love”

It was not only Kirsty who was flying the flag for Rashielee Care Home on the night. Jennifer Carruthers, Deputy Manager, was presented with the Care Home Nursing Award.

This award recognises the impact and importance of nursing in social care and those who have made an outstanding contribution to care and quality of life for residents in care homes.



Colin Poolman, RCN Scotland Executive Director said “Jennifer is deserving of this accolade as an inspiring care home nurse”.

Jennifer said “it is an absolute honour and to be honest, a little bit mind-blowing! I spent many years working in the NHS, and over time, I noticed the transition from hospital to care home or palliative care setting wasn’t always as smooth or person-centred as it could be.



That realisation sparked something in me, a belief that I could help bridge that gap. I wanted to bring the best of what I’d learned in acute care into the care home environment, and to support residents and families through some of life’s most vulnerable moments with compassion, dignity, and continuity.

This award feels like more than just recognition, it’s validation that this approach is making a real difference. While I may have my name on the award, it truly reflects the incredible teamwork, support, and passion I’ve experienced from everyone around me”

Jennifer, Carol, Bill, Gina and Kirsty celebrating the awards

Mobile Skills Unit Venepuncture Programme

Kathryn Shevlin, Support Nurse, from Renfrewshire Care Home Nursing Team, attended the venepuncture training on the NES Mobile Skills Unit (MSU) in March 2025. Since attending the session Kathryn has completed her competencies and is now using her skills to support residents within residential care homes in the Renfrewshire area.

Having Kathryn trained in venepuncture, is a great asset to in how we support our residential care homes. Our ANP's can now refer to Kathryn and request bloods. This will support continuity of care for the resident and helps to deliver the right care at the right time.

Angela Flynn - Acting Lead ANP- Care Home Nursing Support Team, Renfrewshire HSCP



JOB WELL DONE!

Kathryn Shevlin

Supporting Clinical Skills in the Care Home Setting

Practical Clinical Skills Opportunities for Care Home Staff

Program offers:

- Venepuncture
- Male catheterisation
- Care of the deteriorating resident



October 2025

Visit the CHC website or use the QR code to register your interest



Back in March, we hosted the NES Mobile Skills Unit (MSU) at homes in Renfrewshire and Glasgow. You can read more about that [here!](#)

From the 20th - 24th October, the MSU is returning to the NHSGGC area visiting Care Homes in Inverclyde, Glasgow City and East Dunbartonshire.

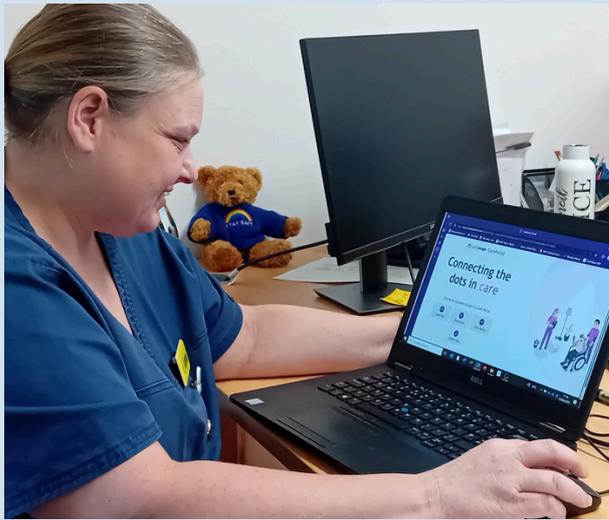
We are currently working on the programme, but if you or someone in your care home would like more information on please visit the [CHC website](#) or scan the QR code to register your interest.

We are excited to see you there!

Introducing eMARS to Cochrane & Ranfurly

Our April newsletter, shared news of work to reduce medicine waste. At the same time, the Anavo Group introduced an electronic prescribing system (eMARS), into Cochrane and Ranfurly Care Homes in Johnstone, Renfrewshire.

Working closely with their NHSGGC pharmacy support team and their local chemist, Reach (Spateston), the homes received initial training from CamaScope, the owners of the e-Mars system.



Lorna (Cochrane Deputy Manager) explained, the ongoing training and support of the whole team has been invaluable in helping to ease teething problems, seen with any new system.

After decades of paper based systems, moving to an electronic system meant change for everyone. It has taken time to fully embed eMARS but the staff have embraced this change.

This has been beneficial for staff. Its easy to use, neat and tidy and we can't imagine going back to the old system

Corrine
Ranfurly Care Home Manager

Some early positives that these homes have noticed since the introduction of eMARS are;

- Increased speed of medication rounds
- Less medication waste
- Increased oversight of drug stock
- Errors in medication stock and administration identified quickly
- Smoother investigation process when errors are identified.
- In line with Anavo Group values of sustainability

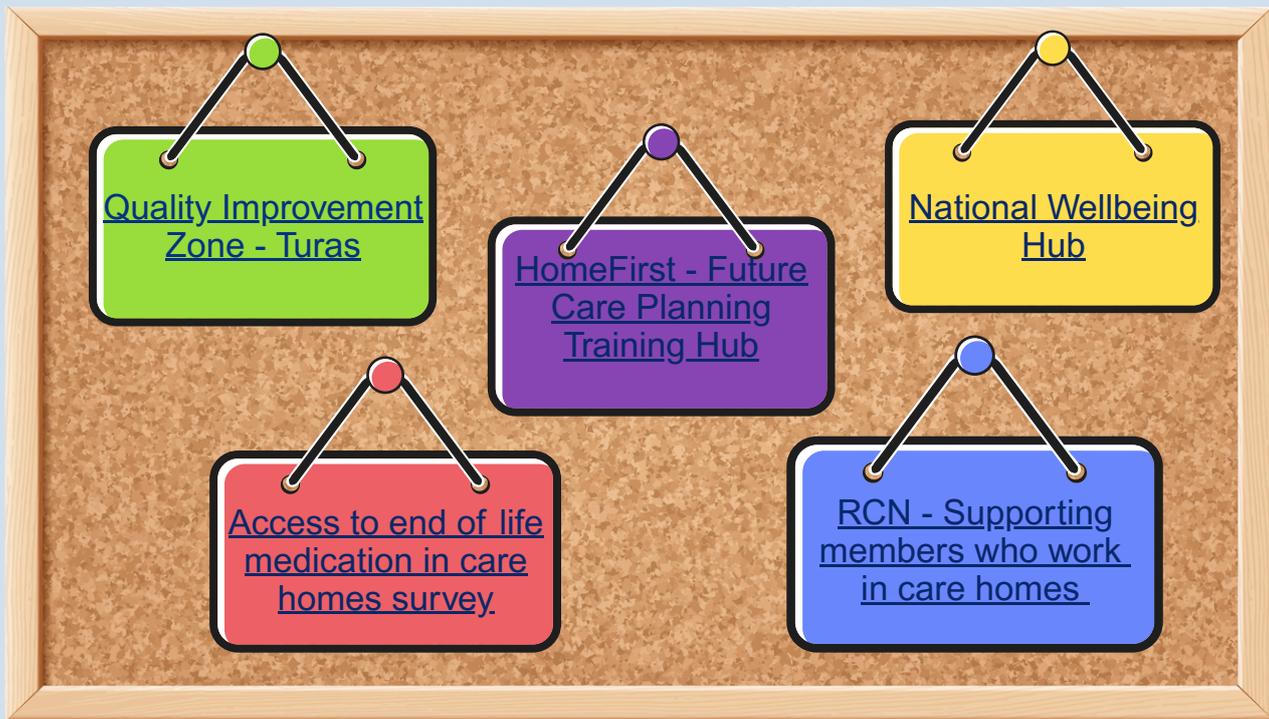
"I like the oversight the eMARS system gives, it aids us in prioritising resident safety when it comes to medications"

Kelly,
Cochrane Care Home Manager

Good Luck Cochrane and Ranfurly Care Homes with the continued use of eMARS!

If you require assistance with eMARS or indeed any pharmacy/medication systems please contact your local NHSGGC pharmacy support team who will work with your team to help smooth the transition.

Resources



Learning Opportunities

Delirium Risk Reduction - 10 July and 14 August

Essentials in Dementia - 16 July, 17 September and 22 October

Food Fortification and Project Milkshake webinar - 14 June

Wound Care Study Day - 24 July and 10 September

[Scottish Improvement Foundation Skills \(SIFS\) - 21 August 2025](#)



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

