

## Nutrition and Hydration Week 16 - 22 March 2025

Nutrition and Hydration week has taken place every March since 2012 and aims to bring people together to understand the value of food and fluid in maintaining health and wellbeing in health and social care.

West Quadrant Community Dietetics teamed up with Victoria Gardens Care Home to throw a global tea party to celebrate Nutrition and Hydration week. The care home put on an amazing spread for residents, visitors and staff. Whilst enjoying some refreshments, residents took part in a quiz related to Nutrition and Hydration which they found fun and informative. Dietetic staff had a stall set up for further information and resources which staff, visitors and residents could discuss and take away with them.



Victoria Gardens global tea party and the West Quadrant Community Dietetics team

On 'Thirsty Thursday' we gave a special thank you to both chefs who supported the development and testing of project milkshake.



Chef John from Lillyburn Care Home



Chef Robert and Deputy manager Heather from Crosslet Care Home

Lillyburn Care Home in East Dunbartonshire (see below) hosted a Global tea party featuring cakes from around the world for residents to enjoy.



Nutrition and hydration resources are available to download [here](#) and on the [Care Home Collaborative website](#).

## Alzheimer's Scotland - Fond Memories cookbook



Marc and his mum Therese

Marc Mazoyer, a Glasgow-based Applied Psychologist who promotes cooking as a therapy, is creating a uniquely beautiful cookbook, containing treasured family recipes. To help raise funds for Alzheimer Scotland, Marc is looking to collect recipes that a person with Dementia has enjoyed cooking or family have fond memories of their loved one making for them, to feature in this book.

For more information or to contact Marc to donate a recipe to feature in this book please click [here](#).

# Mobile Skills Unit



The Mobile Skills Unit (MSU) came to two care homes in the NHSGGC area from the 24 - 28 of March 2025. Across the week the CHC team offered a total of 12 clinical sessions, providing clinical skill development opportunities to 98 care home staff.

The clinical programme included:

- Syringe pumps (CSCI)
- Venepuncture
- Male catheterisation (Refresher)
- Recognising deterioration in care home residents



Got to know more about deterioration and SBARD communication. I now feel more comfortable and confident!



I felt very nervous beforehand, once I started the practical I felt very confident and comfortable



I have (access to) the proper guidelines and know how to correctly set up and use a syringe pump. With this training I can share my knowledge and skills with my colleagues



Supported by the NHSGGC Home First and Implementation Manager, the team delivered 2 evening information sessions aimed at family carers and the Care Home team. Topics covered included Power of Attorney, Future Care Planning and DNACPR. Sessions aimed at supporting all to understand the benefits of starting important conversations early.

Visit the CHC website or scan the QR code to register interest for our October 2025 sessions





# Sharing Feedback - Holy Rosary - Little Sisters of the Poor

We were delighted to get feedback from Mother Josephine, Care Home Manager and her deputy Cristina who expressed their thanks for all the support they have received during their improvement journey. Following their recent Care Inspectorate visit they were happy to share that their grades have gone from 2's in January 2024 to 4's.



'Looking back at last January, when we had so little, this progress is truly remarkable. A special thank you to all of the teams that supported the care home including; Inverclyde CHLN team for always being there, just a phone call away. Ardgowan Hospice nurses for their unwavering support of the residents, families, and staff during the most difficult moments.

Thanks also to the Care Home Collaborative staff for their incredible support, from training to Quality Improvement projects and Scottish Care for their visits and continuous support.'



Care Support Workers Lavinia and Sharon visited the home during their celebration party

## World Hand Hygiene Day 2025 - 5<sup>th</sup> May 2024

Hand hygiene is one of the most important things we can all do to help prevent the spread of infection. This year's World Hand Hygiene Day is on 5 May.



Last year the Infection Prevention and Control nurse along with Hub 5 visited Bonnyton Care Home to celebrate World Hand Hygiene. This year we will be visiting two care homes with this year's theme being "It might be gloves. It's always hand hygiene"

For campaign materials and to hear more about World Hand Hygiene Day 2025 click [here](#):

You can view our short video clips demonstrating Hand Hygiene technique via the QR codes below.



# What Matters To You?

'What matters to you?' Day is an annual celebration of putting people at the heart of their care or support. This year celebrations will be held on Tuesday 3 June 2025.

'What matters to you' conversations help teams understand what is really important to each individual person. 'What matters to you?' is an opportunity to stop and think a little more about how we are listening, who we are listening to and what we are doing as a result. When people are involved in decisions about their health and care, it can greatly improve outcomes.

Examples of WMTY conversations, between staff, residents, families and carers throughout NHSGGC, and the positive outcome they have had are available on our [website](#).

Get in touch to tell us what you're planning for this year's WMTY celebrations, or share an example of the impact having a conversation that matters has had at [ggc.chccontact@nhs.scot](mailto:ggc.chccontact@nhs.scot)



For more information about  
"What matters to you" day visit  
[www.whatmatterstoyou.scot](http://www.whatmatterstoyou.scot)

## Strathleven's Decaf Project and Emma's Reflections

In collaboration with NHSGGC Care Home Collaborative, Strathleven care home aims to switch residents to caffeine-free drinks.

Switching to drinks without caffeine have many benefits for care home residents. It can help residents feel more relaxed, less anxious and sleep better at night, which often leads to feeling happier during the day. Decaffeinated drinks can also help reduce the need to rush to the toilet which can lower the risk of falls.

Emma, an Occupational Therapy Student who was on placement at Strathleven Care Home, noticed the positive impact of the decaf project.

"I have personally spent a lot of time with Norman over the last 6 weeks and I feel that his quality of life has improved due to this project. Towards the end of my placement Norman agreed to go out, in his wheelchair, with me, which before he wouldn't do".

As a result of the project, Norman is now much happier and more confident to go on social outings. Norman is no longer worried about finding a toilet in time. Staff have also noted that Norman is sleeping better at night.



Norman with student Occupational Therapist Emma



Enjoying a caffeine free drink in the sunshine



# Resources



## Learning Opportunities

Delirium Risk Reduction - 12 May, 19 June, 10 July and 14 August

Essentials in Dementia - 6 May and 10 June

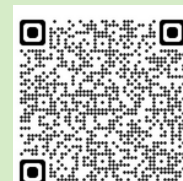
MUST and MUST Step 5 Webinar - 7 May 2025

Strength and Balance workshop - 5 June

Scottish Improvement Foundation Skills (SIFS) - 29 May 2025

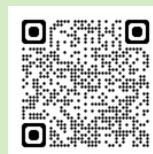


Scan QR code to access all training



## 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](http://www.nhsggc.scot/carehomecollaborative) for up to date resources and training

