

# Spotlight on Good Practice

## Creativity, Connection and Community at Mosswood



Jackie

Mosswood Care Home in Linwood, is a home with a strong sense of creativity, connection and community. Chatting with Pauleen (Home Manager) and Lesley (Depute), gives a sense of their commitment to understanding residents' lifestyles, and tailoring care, activities and interventions to meet their needs. To achieve this, Pauleen and Lesley encourage the Mosswood team to "bring themselves to work" and recognise the valuable contribution that they can make to a resident's day.

The goal of 'making the resident's day' shines through in a host of projects running in Mosswood, where staff have brought their own experiences, creativity, and connections to meet residents' needs.

Jackie (left) a nurse for over 30 years, recounted a tale of reminiscence sparked by a visit to the Glasgow Museums Resource Centre. She recalled putting her hand into a box of confectionery. On removal, her hand was clutching an old fashioned bar of Cadbury's Dairy Milk chocolate which returned memories of childhood, Sunday mornings at the Kilmarnock Road baths and the wave machine. She thought of her 'old pal' she had not seen for many years, and of the chocolate bar they would share on the way home.

This moment of personal reflection inspired Jackie to create a memory room for her residents, filled with glamorous items of times gone by. The room, which is set for tea complete with vintage table cloth and antique china, welcomes small groups of residents to share time and memories.

Vintage style suitcases act as memory boxes, each showcasing a different theme. A box is selected each session and one item is removed at a time. This is used to support the conversation with the intention of promoting reflection and memories, encouraging connection to one another in the present and to the people and places of the past. Jackie spoke passionately about the kindness of others, who, on hearing what she was trying to achieve, have donated items and services to help bring her vision to life. This gives a real sense of community spirit, which is at the heart of Mosswood.

Sharon, a team leader and creative dynamo in the home, identified an underused space within the unit. She then consulted with her residents and transformed it into a sociable tearoom known as Nana's Cafe.

This is a small tearoom space which is now run by one of the Mosswood residents who takes the orders, rings up the till and ensures everyone is looked after. The cafe has given this resident the opportunity to work and to feel purposeful, helping her to settle well into the life of the home.

Whether it's a picnic trip to the park or an open invite to the whole community for Christmas lunch, there is a sense of care, creativity, connection and community at the centre of the Mosswood team.

