

Quality Innovation Newsletter

Issue 16 October 2018

Welcome to our Innovation Newsletter with details of all the projects and events the Quality Innovation team are delivering to support Care providers throughout Essex.

Dates for your Diary



We have been busy planning events that offer valuable training opportunities which you are invited to attend so please read on and make sure you put the date in your diary.

As the Quality Innovation Team work across the care sector please ensure the event is appropriate for your particular sector i.e. Domiciliary Care, Residential Care and Learning Disability.

Domiciliary Care

During the summer the Domiciliary Team have been busy planning several training events and workshops for you and are pleased to announce several dates for your diary.

Virtual Dementia Tour

Experience-for Domiciliary Care

Back by popular demand we are facilitating 4 Virtual Dementia Tour dates across the county which are being held on the following dates and locations

03/10/18 - Colchester Community Football Stadium – **FULLY BOOKED**

16/10/18 - Hamptons Sport & Leisure Centre, Chelmsford - **SPACES**

18/10/18 –Holiday Inn Basildon – **FULLY BOOKED**

24/10/18 – Zinc Arts, Ongar – **FULLY BOOKED**

There are a very small number of spaces left for the Hamptons Sport & Leisure centre date so to avoid disappointment please book on as soon as possible. To do so please look on the Provider Hub and follow the relevant link <https://www.livingwellessex.org/events-provider-hub/forthcoming-events-and-training/>

Infection Control Workshops

The team were recently approached about infection control with a particular focus on E-Coli so in response to this we have arranged 4 dates across the county where different sessions will be held. Sessions will include topics such as Infection Prevention, Sepsis, Catheter Care Management, Hydration and Food Preparation. These dates will soon be sent out via Eventbrite for you to book on, there is no limit as to how many staff you can send.

North Essex - 07/11/18 – Holiday Inn Colchester

Mid Essex - 14/11/18 - Barrett-Lennard Room, Essex Records Office, Chelmsford

South Essex - 15/11/18 – Holiday Inn Basildon

West Essex – Date & venue to be confirmed

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Falls Conferences

Several Falls Conferences were held earlier in the year for Residential care staff and due to the success of these we are now in the stages of planning more for domiciliary staff. These will be held in the New Year and we'll announce the dates as soon as possible. There will be sessions throughout the day on Falls Prevention, Moving & Handling Awareness and Safeguarding.

West Essex Stoma Care Train the Trainer

It's been over a year since our last Stoma Care Train the Trainer was held in the West of Essex so we are collaborating with Coloplast to deliver another one on the **30th October 2018** at **Zinc Arts Centre**. Invitations have been sent out via Eventbrite but if you haven't received one please contact us by email quality.innovation@essex.gov.uk or look on the Provider Hub <https://www.livingwellessex.org/events-provider-hub/forthcoming-events-and-training/>

Parkinson's Accredited Training

We have now begun rolling out the Parkinson's Accredited Training course to domiciliary providers and are pleased to announce that our first cohort at ECL all passed the training with either merit or distinction. Congratulations ECL!

If you or your organisation are interested in taking part in this training, please let us know.

This training is open to all Domiciliary, Residential Care and Nursing home staff. Please email quality.innovation@essex.gov.uk if you would like to know more.

Forthcoming Dementia Programme

Dementia Care Leadership for Residential homes – new dates announced!

For managers and deputy managers

8th, 9th, 22nd and 23rd January 2019

All 4 dates must be attended

The venue will be in Chelmsford and the training is open to all Residential Care homes in the Essex County Council Local authority area.

3 Day Train the Trainer course

Aimed at care staff who would be confident to deliver 2 half day workshops in their home

Tending area
1st, 8th, 15th February 2019

West Essex
1st, 8th, 15th March 2019

Mid Essex
12th, 19th & 26th March 2019

All 3 dates must be attended

Email quality.innovation@essex.gov.uk to book places.

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Dementia Programme in Partnership:

Community of Practice

7th November Chelmsford Rugby Club

9.30am- 2pm and Lunch

This is open to all who have attended the Dementia leadership or Train the Trainer sessions.

A chance to discuss the progress of the Dementia Programme and meet others who are striving to improve the well-being of people living with Dementia in their care settings.

We have guest speakers from the East and Mid Essex CCG talking about the Residential and Nursing Home Dementia Diagnosis service, and the Admirals Nurses will deliver a short talk and answer any questions.

Virtual Dementia Tour Experience – For Residential Care & Nursing homes

Back due to popular demand!

15th November 2018 North Essex

11th January 2019 Mid Essex

16th January 2019 Tendring area

5th February 2019 West Essex

Venues to be confirmed

Dementia Observations

The Dementia team have been trained by Dementia Care Matters to undertake Observations based on their Butterfly model of care.

Managers and staff are encouraged to observe an area in their home, along with the Dementia team, for a 2hour period to look out for signs of well-being and positive care.

The observation is then discussed, looking at what is working well and areas where care could be improved to deliver even better positive experiences for someone living with Dementia.

If you would like to participate please email quality.innovation@essex.gov.uk

We would love to hear about any ideas or events you think have improved the quality of life for the people you look after.

Our full programme of events can be found on the Living Well Essex, Care Provider Hub, Events page along with details of how to book.

<https://www.livingwellessex.org/events-provider-hub/forthcoming-events-and-training/>

Registered Nurses CPD Conference

There are a limited number of spaces left on our CPD conference for registered nurses from Nursing Homes, taking place on;

31st October 2018 – Chelmsford

13th November 2018 - Colchester

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Activities Co-ordinator

Workshop Updates

Activities for Free

Cavendish Residential Care home loves a bit of recycling and were given some old wine racks which residents turned into planters for the garden.



Karen Chapman, Activities Co-Ordinator, made a prototype to see the best way to use the wood and then it was up to the residents to do the rest! We think they did extremely well.



Karen said, 'It was good having the prototype for them to see how what they were doing would come together, and as they stuck the

wood together they could see the boxes taking shape.' They bought some lovely plants which residents planted. This activity has been so popular that they are now making them for staff members.



Another great example of low cost activities!

Playlist for Life

At our Activities Co-ordinator Workshops, held earlier in the year, we featured **Playlist for Life**, using tailored, meaningful music for a person living with Dementia to stimulate, converse and even help relieve pain! **The BBC** have launched a music memories website for free downloadable music to help create a playlist

<https://www.playlistforlife.org.uk>

Music for Dementia

Do you have an old MP3 player kicking about in a drawer? Why not donate it to our Music for Dementia Campaign? We will distribute these to care homes to enable them to create a Playlist for Life for residents living with Dementia.

Contact quality.innovation@essex.gov.uk for more details.

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Tovertafel Pilot

Earlier in the year we put a call out to residential care homes to take part in a pilot study using the innovative Tovertafel which is Dutch for Magic Table. Two of the first sites to have the Tovertafel have shared their stories;

Tendring Meadows is a home that caters for those with advanced Dementia and have struggled to find an activity program which engages with residents in the later stages of dementia. The home found concentration and engagement for any length of time was very difficult however the introduction of the Tovertafel, a simple projector, has been revolutionary in the home.

The Tovertafel engages the mind and as the resident would be about to disengage they are prompted by a new movement or required to perform an action to keep the activity going. Each resident has seen the Tovertafel differently, it has been perceived as just beautiful and mesmerising, by another it is exciting and curious and to others it is an occupation that needs constant attention whilst others drift away in the gentle movement and colours.



'It is the only innovation that has been able to capture the mind of a person living with Dementia'

Diane Money, Manager, Tendring Meadows

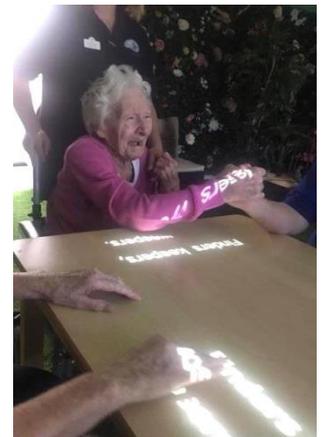
The Haven residential care home in Colchester, have found the Tovertafel to be engaging for residents with moderate to severe Dementia.

One resident has now gained enough confidence with using the Tovertafel she will play it without the support of staff and is able to use the remote control herself choosing what game to play. This has enabled her to take more control of her daily life and be independent, resulting in her being happier.



"I love the magic table, I don't think I've ever seen anything like this before, this is my favourite thing to do, I really enjoy it when my great grandchildren come on Sundays and play on it with me"

Another resident struggles with communication, however, when using the Tovertafel the home were amazed to see her thrive in the game where you have to guess the catch phrase. Ryan Mooring, Manager, said 'She was able to tell us the catchphrase on a number of occasions. This was fantastic for as normally her speech is very limited.'



It's great to see such benefits from the Tovertafel and we look forward to sharing with more stories from the other pilot sites.



Essex County Council

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PROSPER Community of Practice

PROSPER's Autumn Community of Practice took place in September. We were pleased to see another great turn out with 39 managers/deputies/Senior Staff attending from 17 homes. Thank you to everyone who attended.



It was a very insightful morning, with lots of idea sharing and networking taking place. If you couldn't make it here's what you missed...

We started the morning off with the ever popular **Prosper Dash** which gave homes an opportunity to get to know one another and share their successes and discuss areas where they need ideas and support.

This was followed by the "**You said, We did**" Prosper toolkit revamp, which introduced the homes to the new version of the toolkit which has been updated following feedback from the last Community of Practice.

The group then entered the world of **Root Cause Analysis** (RCA) discussing different methods and ways homes can use RCA within PROSPER.

Next up the Innovation team's Occupational Therapist, Zoe Barry held a session around **Moving and Handling** issues the homes may face, and discussed **Emergency evacuation plans**, finishing the session off with a talk around **Enablement** and what the homes would need to support this within their homes.

If you would like to be part of PROSPER email Prosper@essex.gov.uk

NHS England Seasonal Flu Vaccination

We have been asked by NHS England to share this year's Seasonal Flu vaccination plan for care staff. In 2017 NHS England provided additional funding to support the delivery of flu immunisation for social care workers who offer direct patient/client care and have confirmed this will continue in 2018/19 extending to include health and care staff in the voluntary managed hospice sector that offer direct patient/client care.

Staff need to be employed by a registered residential care/nursing home or registered domiciliary care provider, health and care staff employed by a voluntary managed hospice provider, who are directly involved in the care of vulnerable patients/clients who are at increased risk from exposure to influenza.

To read the full letter from NHS England please see:



Extension-of-NHS-seasonal-influenza-vacc

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Your Stories

Tendring Meadows Sensory Garden

Tendring Meadows has a vision of supporting and caring for their residents in a non-intrusive way offering an environment of calm and freedom to promote well-being and manage behaviours of advanced dementia.

In an attempt to reduce falls caused by agitation and constant walking, the home was awarded a grant by the NE CCG to create a sensory garden.



The garden is a beautiful light bright room that endorses calm and peace and allows the mind to relax. We have had amazing success in using the garden to

allow those residents who do not like leaving the boundaries of the home to enjoy the wonders of a garden. The staff use the room to take those with agitation to listen to the sounds of nature and the trickle of water and the smell of summer. In the past the alternative method of managing this behaviour would have been with PRN medication.



The home was aware that many falls were occurring in the afternoon when sun downing occurred, and residents constantly walked with purpose and there was little success in breaking the cycle. The garden opens the senses and makes residents smile, changing their outlook by lifting their hearts and soul and reducing the agitation.

The garden offers activity opportunities of reminiscence and physical activity on the cold rainy days ahead. It's a beautiful meeting area that sparks conversation and joy, this is Tendring Meadows goal to achieve a quality of life filled with happiness for people living with Dementia.

Manager: Diane Money

Essex Care Sector Awards

2018: The Prosperers

We have had a tremendous number of nominations for the Essex Care Sector Awards. The judging panel is meeting this month to make the difficult decisions regarding who will be shortlisted for each award category. Shortlisted entries will be invited to the awards gala ceremony taking place on the 4th December at the Chelmsford City Racecourse where the winners will be announced.

Want to feedback?

Do you have you a story you would like featured in the Innovation newsletter? Or any comments/feedback, if so please email:

Quality.innovation@essex.gov.uk