



Caring for Care Homes Newsletter No.2



May 2017

Creating a more compassionate and supportive working environment for care home workers, and those they care for.

Welcome to our latest Caring for Care Homes newsletter!

Our next Share and Learn Educational event is the morning of Wednesday 28 June 2017 at Nazareth House, 169-175 Hammersmith Rd, W6 8DB... and we have a really exciting agenda for you including:

- Meet the discharge team and the Community Independence Service
- Find out more about 'My Home Life' and
- Meet Professor David Oliver, Geriatrician and visiting fellow at the King's Fund



Put the date in your diary; let your friends and colleagues know and encourage them to come along as well.

Email your booking to Anita - anastasia.makropoulou@nhs.net

Training and upcoming dates

We are delighted to announce that the Caring for Care Homes Team went to Nazareth House and Ellesmere and covered the topic "Recognising Infection". These were interactive problem-based workshops and were well received by attendees at both homes. Let us know if you would like us to come visit your care home to cover a clinical topic or provide emotional support to your team. In June, the focus is mental health.



Q. What training and topics for discussion would like to include in future months?

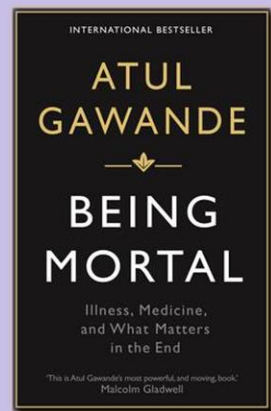
Email your ideas to Anita - anastasia.makropoulou@nhs.net

Book Review - Being Mortal: Illness, Medicine and What Matters in the End by Atul Gawande

Atul Gawande is an American surgeon who has spent a lot of time reflecting on and considering what modern medicine seeks to reverse: our own mortality. His book, 'Being Mortal: illness, medicine and what matters in the end, is a deeply moving and insightful read for anyone who works in health or social care. He tells stories, some of them deeply personal, about people who faced the end of their own lives and what they taught him as he learnt to ask the right questions about what really matters in the end.

I found the book deeply moving and was encouraged to take a fresh perspective on what meaningful life might look like for those I care for, but also for my own family and for myself. I learnt that treatment is not always the same as care, and that safety and long life are not the priorities of those who are facing their last days and moments of life.

Dr Ellie Worthington



Breaking news

Caring for Care homes is attracting national recognition... We have been shortlisted for the Healthcare Transformation Awards, 2017, supported by NHS England and the National Association of Primary Care (NAPC). We have also been asked to submit an academic poster at the Royal College of GPs (RCGP) annual conference 2017.

Ladder to the Moon - Leading Creativity in Care

Ladder to the Moon supports social care organisations to deliver outstanding care and improve their business performance. They do this by developing creative climates throughout care service. Ladder to the Moon use approaches that incorporate creativity and the arts, and involve staff, older people living with dementia and other long-term conditions, and the wider community. Find out more at laddertotheMoon.co.uk/



Essential reading

- [Pimp my zimmer](#) The Health Foundation
- [Keeping care home residents out of hospital](#) David Oliver
- [From acute ward to care home. A journey fewer people should take?](#) David Oliver
- [Admission to a nursing home can never become a never event](#) David Oliver
- [Care Home Vanguard](#) NHS England

Make sure you read them... questions may be asked...!

Self Care Top Tips for Healthcare Workers

We know how challenging working with sick or elderly people can be, both physically, mentally and emotionally. When you are committed to caring for others, it is easy to forget about your own need for care. Looking after ourselves is essential to enable us to continue our work with passion and compassion.

Here are 3 of our top tips for staying well and preventing burnout.

1) Be Aware - recognise any feelings of stress or distress that may come up, and make space to acknowledge your own humanity and need for care.

2) Connect - find a trusted colleague or friend to share your feelings and thoughts with so you don't have to carry things alone.

3) Appreciate - find something in your workplace you can be thankful for, or someone you can enjoy moments with, and appreciate these each day.



Keep calm
and look after
yourself

Good news

Hammersmith & Fulham hosted its first Clinical Senate this week. This is a new clinical forum which brings together the 4 care homes in the borough with the services that they may access on a day to day basis. The aim is improve communication across the services and develop local solutions to local issues.

Watch this space on what is being developed - for more information contact - carolinedurack@nhs.net

More good news

• The St Vincent's secret garden is taking shape as a sensory garden, with chickens...! More details to follow.



• The St Vincent's Open Day is on Saturday 17th June from 14:00, celebrating foods from a variety of cultures and live music. All are welcome.

• Ellesmere staff completed 100 miles on (exercise) bikes and raised £200 to raise awareness and funds for Dementia UK.

• The Ellesmere House coffee morning takes place on the last Tuesday of the month and gives relatives an opportunity to talk with staff and learn a new hobby.

Both St Vincents and Ellesmere have signed up to the Dementia Action Alliance (DAA) declaration – type goo.gl/8BVG2b into your web browser for more details.

Have a look through their eyes...

The latest video from My Home Life captures stories from care homes across the country, the characters and their carers; you can see it here myhomelife.org.uk/news/eyes/

Stay in touch >>> neighbouring care homes and GPs

Type goo.gl/T5YTI1 in your web browser to find a map of all the local care homes and GP surgeries in the TriBorough area of Hammersmith & Fulham, Kensington and Chelsea and Westminster.



Stay in touch >>> Caring for Care Homes team

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