

30 DAY challenges

April 2019

Arrange a meeting with your MP

SHOWING YOUR PRIDE
IN THE PROFESSIONS



Collect a resource pack to make your conversation easier here:

<https://www.slideshare.net/HorizonsCIC/transforming-perceptions-of-nursing-and-midwifery-april-30-day-challenge-resource-pack-140567632>



NHS Parliamentary Awards

We asked our MP to support our nomination for
Mrs Betty Smithson
North Region Care Sector Board
Patient Representative
We nominated her for a
Lifetime Achievement Award
in the 2019 Parliamentary Awards

Wish her luck and watch this space!

Are you GDPR ready?

You can demonstrate you are by completing the data security and protection toolkit (DSPT)

If you want to know more about it contact Liz Howarth:

DSPT Project Manager for the North region: Liz.Howarth3@nhs.net

How to contact us

Our team of NHS England (North) Care Sector Leads support the Independent Care Sector and encourage quality improvement initiatives, preventing delayed transfers of care and improving the flow of care sector clients through hospital systems. **Contact any of us to share your news highlights:**

Lancashire & South Cumbria:

Annlouise Stephens

annlouisestephens@nhs.net

Cheshire, Merseyside, Warrington &

Wirral: Suzanne Noon

suzanne.noon@nhs.net

Humber, Coast & Vale, West Yorkshire and South Yorkshire & Bassetlaw:

Stephen Stericker

Stephen.stericker@nhs.net

North region: Gil Ramsden

gil.ramsden@nhs.net

Greater Manchester Health and Social Care Partnership:

Janine Dyson, janine.dyson@nhs.net

Durham, Darlington, Easington, Sedgefield & Tees,

Hambleton, Richmondshire & Whitby, Northumberland,

Tyne and Wear and North Cumbria:

Ken Haggerty and Kathryn Dimmick

k.haggerty@nhs.net &

k.dimmick@nhs.net

Welcome to our new team member!

Steve Stericker replaces Emma Hidayat across Yorkshire and the Humber

Please join with us and share our grateful thanks to Emma for all her work and support and welcome Steve. We are all looking forward to working with you

We made the news!



Look what they said...

Capacity Tracker is now on Facebook follow us and share your experience and tell us what you would like to see



orTwitter @CapacityTracker

Watch our Capacity Tracker animation [here](#)



A digital portal which helps NHS hospitals find care home places for patients is to be rolled out across England in a bid to cut unnecessary delays

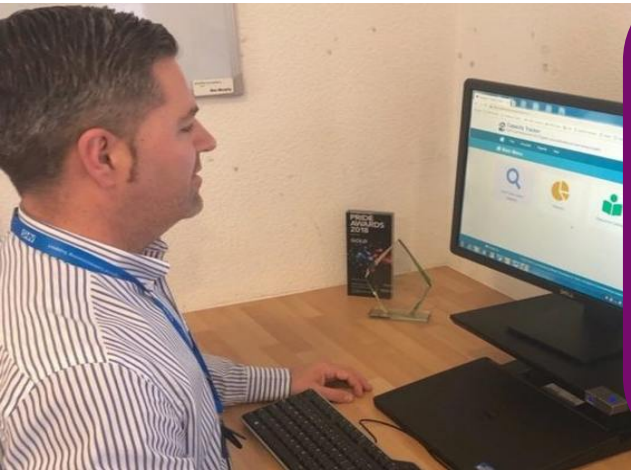
The “shop window” to your care home business

Join over 6,000 care homes now using the Tracker

Update your information in 20 seconds

Less phone calls - save staff time – more time to care for your residents

The tracking portal was developed by the NHS North of England Commissioning Support Unit to address delays in finding care for patients who are ready to be discharged from hospital, but not well enough to go home. It also provides information about care homes, to help staff and patients decide on the most appropriate option. The project has been funded by NHS England.



Health Secretary Matt Hancock said it was

“encouraging” to see a “local success story” rolled out across the country.

He said: “I’m a huge believer in the power of technology to improve the way we deliver public services. The best digital innovations are often **brilliantly simple** and this new Capacity Tracker tool is a perfect example of the kind of services that we want to cultivate through the NHS Long Term Plan. I want to see more technology like this unlocked for the benefit of people across both health and social care and I urge more hospitals and care homes to sign up.”

Glen Garrod, President of the Association of Directors of Adult Social Services, said

“We must think ‘home first’. If after a thorough discussion with the person and their family, it is decided that going home is not an option and a residential care home is required then it is important we work together, with individuals and their families, to support them to make an informed choice based upon the information and advice provided.”

Ruth May, Chief Nursing Officer for England,

said: “One of the central ambitions of the NHS Long Term Plan is to better support people to age well, and that means joining up different services locally to better meet people’s needs. By using this technology to work together more closely, hospitals, local authorities and care homes can ensure that people get the right care in the right place at the right time, and aren’t left waiting in hospital unnecessarily.”



FINALIST

TECHNOLOGY INITIATIVE OF THE YEAR

leading healthcare awards winner

Improving Outcomes
#leadinghealthcareawards

Raising the bar on strength and balance: The importance of community-based Provision



A new report by the **Centre for Ageing Better** and the **University of Manchester's Healthy Ageing Research Group** shows a need for sustained, targeted funding for community-based programmes, with affordable, accessible and proven options available for everyone.

The report presents the models of delivery, issues, barriers and innovative solutions. It focuses on community-based strength and balance programmes targeting all older adults and includes evidence-based programmes to reduce falls.

This report presents the models of delivery, issues, barriers and innovative solutions of community-based strength and balance programmes

Despite common misconceptions, falls are not an inevitable part of ageing and can be prevented. Although there are some NHS rehabilitation services that provide strength and balance programmes, these are often of limited length, making it essential that there are effective community-based strength and balance programmes in their local areas to move on to.



The findings have been organised into five themes:

- Raising awareness
- Encouraging take-up
- Exercise referral pathways that work
- Sticking to the evidence
- Monitoring for outcomes and improvement

Raising the bar on strength and balance:
The importance of community-based provision

Centre for Ageing Better
February 2019

Worried about secure communication? Get NHS Mail!

Our DSPT Webex and Roadshows have been a huge hit so we're doing more right across the North region!

What happens on a Webex?

Watch a presentation showing how to complete your Data Security Protection Toolkit and learn about the benefits of NHS Mail

What happens at a Roadshow?

Bring your laptop and work with colleagues to get started on the Data Security and Protection Toolkit



Have you signed up for our DSPT Webex and Roadshows yet?

Sign Up Here



Webex

Thursday 2 nd May	10 – 11.30am	2 - 3.30pm
Friday 3 rd May	9.30 – 11am	1 – 2.30pm
Thursday 9 th May	9.30 - 11am	1 – 2.30pm
Friday 10 th May	9.30 – 11am	2 – 3.30pm

Roadshows

Friday 3 rd May from 10:00am	Wesham
Friday 10 th May from 09:30am	North Tyneside
Thursday 16 th May from 09:00am	Sunderland
Thursday 30 th May from 09:00am	East Yorkshire

Want to host events in your home, CCG or LA? We like visiting! Please contact Liz.Howarth3@nhs.net to discuss arrangements.

Meet our team!



Liz



Angela



Peter

Care Together – Share Together



HOLD THE DATE

Care Home Research

Enhancing Experiences and Outcomes

King's Hall, Armstrong Building, Newcastle University

Tuesday 18th June 2019

The Academic Health Science Network for the North East and North Cumbria, North of England Commissioning Support Unit and Newcastle University are sponsoring a series of events focused on sharing and developing good practice, research and evidence within the care home sector to consider:

- Learning outcomes from current research projects;
- Academic research across the UK and opportunities for developing future research; and
- Evaluation of best practice implementation for those working in and across the sector

Key Speaker: Professor Karen Spilsbury, Professor of Nursing Research, University of Leeds

Please register your interest by mail at NECSU.RETeam@nhs.net to ensure direct mailing once the event details are confirmed



Tell us how you are enhancing experiences and outcomes for the people you care for...

and we'll tell everyone about the difference you've made!

It doesn't matter how big or small

Email gil.ramsden@nhs.net then think about entering



Our Health Heroes Awards 2019 (see over the page)



Our Health Heroes Awards 2019 IS HERE!

Over the last four years, the **Our Health Heroes Awards** have gone from strength to strength, and this year we want to recognise and celebrate even more unsung heroes working in healthcare. Our Health Heroes is all about saying **thank you** to the thousands of employees working in healthcare across the UK, who work tirelessly day-after-day.

The Our Health Heroes awards are supported by headline sponsor [Health Education England](#).

Do you know someone who is deserving of one of the below eight awards?

- [Operational Services Support Worker of the Year](#) - sponsored by UNISON
- [Clinical Support Worker of the Year](#)
- [Apprentice of the Year](#) - sponsored by UNISON
- [Workforce Planning Team of the Year](#)
- [Integrated Team of the Year](#)
- [Staff Wellbeing Team of the Year](#)
- [Learning and Development Project of the Year](#)
- [Outstanding Contribution Award](#)

[NOMINATE NOW](#)

The deadline to make your nomination is 29th June 2019.

Finalists and winners will be decided by an expert panel of judges, with individual award categories being open to a public vote later in the year.

The awards ceremony will take place on Wednesday 20th November at London's Science Museum where finalists and winners will be presented with their award.

#enterprising: Calderdale's Quest for Quality in Care

In the run up to Calderdale Council's 50th anniversary in 2024, we are joining the local authority in celebrating five themes that illustrate the virtues Calderdale want to display. This week is #enterprising week, and they are marking the occasion by looking back at their celebrated **Quest for Quality in Care Homes programme**, which reduced emergency admissions by 33% with the help of technology-enabled care provided by [Tunstall Healthcare](#).



In the first two years this clinically-led approach, undertaken in partnership with Calderdale Council and Calderdale and Huddersfield NHS Foundation Trust, made savings equating to approximately 7,000 hospital bed days and technology continues to be used for monitoring and risk reduction.

The Quest for Quality in Care Homes initiative has involved 1300 care home residents over the past five years, with a multidisciplinary team and care home staff working to improve care and prevent avoidable emergency attendances and hospital admissions – typically for urinary tract and respiratory infections, falls and fractures. In the launch phase (2014-2016) the programme:

- Cut emergency admissions from care home residents by 33%
- Made savings equating to approximately 7000 bed days
- Reduced GP care home visits by 45% following the introduction of the Quest multidisciplinary team
- Telecare continues to help the support care home residents and prevent falls.

From April 2016 to March 2018 emergency admissions relating to falls from *Quest* care homes fell by 7.7%. This represents an annual saving of more than £200,000.

Katie Berry, a Quest Nurse from Calderdale said: "This type of technology is massively important. It has, without a doubt, enhanced safety for our vulnerable care home residents."

Dr Belinda Coker, Clinical Director of Tunstall and a sessional NHS GP at the Hurley Clinic in South East London said: "We believe NHS Calderdale has led the way in showing that proactive management by highly-skilled multidisciplinary teams using technology in care homes could deliver significant efficiencies and release major capacity while at the same time providing a high-quality service."

Source: <https://www.calderdaleccg.nhs.uk/enterprising-calderdales-quest-for-quality-in-care/>

Dr Steven Cleasby, Chair of NHS Calderdale said: "The Telecare service has been a really important part of what we have achieved through the Quest for Quality in Care Homes project. Our care homes have engaged with telecare and welcome the support Tunstall provide through equipment provision for residents and carers, with regular on-the-ground support. These have led to efficiencies in staff workload, reductions in falls and general improvement in the quality of care provided."



Digital Nurse Network



Join the new **Digital Nurse Network**

Email: england.digitalnursenetwork@nhs.net

Become part of a community of nurses, HCAs, midwives and more, all learning about digital services and how they can improve the lives of people we care for

Join today for peer to peer support and start your online journey



Join the conversation on twitter:

[@nursehelenc](#) | [@AnnGregoryRN](#) | [@JennieSmith](#)



#ActNowHomeFirst Free Regional Workshops

QNI on Tour, in partnership with NHS England and NHS Improvement

The Queen's Nursing Institute, NHS Improvement and NHS England are working together to host a unique series of workshops to support **health and social care colleagues** to become local leaders and to take prompt practical actions. This includes support on using every opportunity to ensure vulnerable individuals, who are faced with increased complexity and frailty, receive the right care, in the right place, at the right time. A mobilised response across the professions from urgent and emergency care through to the care sector is directly aligned to the [NHS Long Term Plan](#); recognising the need for properly joined-up care at the right time in the optimal care setting. The aim is to:

Share knowledge, experience, challenges and successes in leading and delivering joined-up care

Support delegates to further develop their understanding of how to enhance transfers between hospital and home and to apply this in their area

Enhance communication and partnership working across localities – networking opportunities as well as shared learning

Host an interactive event which includes practical workshops and real-world case study exemplars: demystifying key topics of transfers between hospital and home

Please feel free to book a place for yourself and encourage a colleague from the wider integrated care sector, Allied Health Professionals, Social Care to also book a place.

The events are **FREE** to attend. However places are limited so please register as soon as possible to confirm your attendance.

Lunch and refreshments will be provided.

Places are offered on a first-come-first-served basis.

Friday 10 May 2019, Act Now Home First Event, Manchester

[Find out more](#)

Wednesday 26 June 2019, Act Now Home First Event, Bristol

[Find out more](#)

Friday 5 July 2019, Act Now Home First Event, Birmingham

[Find out more](#)

Moving with Dignity

www.lancashire.gov.uk



Over the past two years, Lancashire County Council have introduced new ways of working within adult social care, to support more people be as independent as possible and to achieve the outcomes that are important to them. There is a great opportunity to build on the success of this work by combining occupational therapy, personalised support planning and the latest moving and handling equipment and techniques. Evidence shows this approach can enable more people to receive care and support from one care worker (often known as 'single-handed care'), instead of multiple care workers (often known as 'double-handed care'), which means they can live with greater independence and dignity. In Lancashire this type of approach has been tested through a trial; the council has seen first-hand the positive difference it can make to people.

'Moving with Dignity' is being led by the county council to promote the independence of adults who receive care and support at home

A new 'Moving with Dignity' team of occupational therapists and social care support officers will become specialists in single-handed care. They will review people who already receive double-handed care and help improve practice across social care teams, so people new to care and support only receive assistance from two or more carers at each visit when it is necessary. They will be working closely with social care teams, home care providers and their care workers, community equipment services, NHS colleagues and, most importantly, the people who need care and support. The council will arrange specialist training and awareness events for their staff and staff working for their partners.

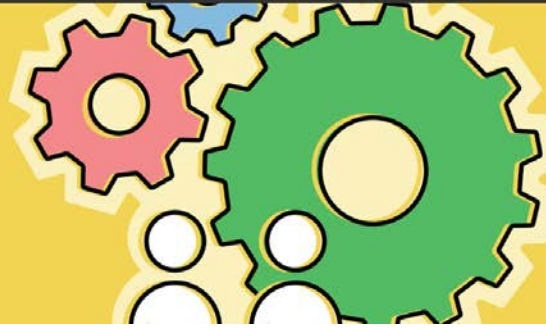
'Moving with Dignity' will be at the heart of their assessment, support planning and review processes. Colleagues will always carry out activities in a person-centred way that focusses on people's needs, outcomes and wellbeing, ensuring that care is delivered in a safe and appropriate way, which means some people will still receive double-handed care.

Why Lancashire County Council is doing it

- People will receive more personalised care, have better relationships with their home care provider and care workers, be more independent and have a greater sense of dignity, privacy and comfort.
- Informal carers will feel better supported in their caring role and be able to support their loved ones more safely.
- The council will invest in and use the latest and most appropriate equipment to improve people's outcomes and experience of care, and enhance the skills of home care providers, care workers and informal carers.
- Every care package that can be safely provided by one care worker means the other care worker is ready to support someone else. Putting this vital capacity back into a market where recruitment can be difficult, means home care providers can support more people quickly.
- The council wants to foster a culture amongst home care providers to be leaders in promoting single-handed care because they recognise the importance of maximising people's independence.
- Double-handed care is expensive, and can be difficult to arrange and for home care providers to rota, often leaving fewer choices for people who need this level of care and support.
- Improved availability of reablement, crisis support and home care will enable more people to receive these services in a timely way to avoid unnecessary admissions to hospital or a care home.
- The improved capacity will also support people to be discharged from hospital as soon as they are ready to go home, reducing the risks associated with remaining in hospital longer than necessary.

UNLOCKING CAPACITY: SMARTER TOGETHER

Helping health and adult social care
work better together



Make a difference, structure services around people and places Step outside your own organisation and see the potential that lies outside

This resource is aimed at system leaders with the power to work differently. It shows how collaborative working between health and adult social care can improve outcomes for people and make better use of limited resources. Collaborative working isn't anything new, you'll have taken your own steps along this particular journey locally. We know that people want to access services that feel seamless.

Wherever you are in your journey, this resource aims to inspire you to:

Make a start

Move things on a level

try again

Your next step needn't be huge, but it's vital in terms of improving quality, and ultimately improving the lives of the people you serve. We're aware that not everyone knows their way around adult social care and so we've produced this short animation to help.



Case studies

Highlights from 7 local areas, each showing different aspects of collaboration between health and the adult social care sector.

Collaboration in practice

High level steps that support collaborative working on a big or small scale.

Our offer to you

Our collective offer to support collaborative working between health and adult social care.



Keeping the people we care for safe and well through winter

Health and social care staff delivering hands on care to residents and clients were eligible for a free flu vaccine

Have you sent your staff vaccination figures in and claimed your certificate yet?

Almost 60% of those who did claimed **GOLD!** Will you?

All frontline health and social care workers should have the flu vaccine to protect people they care for, who may not make a good immune response to their own flu vaccine

Remember – 8,000 people die from flu every year

We will give bronze, silver or gold certificates to care homes and home care organisations who tell us their staff have been vaccinated

Display your certificate in your reception area so everyone knows you are protecting those in your care

When you have had your free flu jab tell your employer!

They will contact us and we will send a bronze, silver or gold certificate. It illustrates your commitment to getting vaccinated and highlights the steps you have taken to protect yourself, your family, colleagues, and very importantly the vulnerable people you care for



Now that's an achievement worth shouting about!

Care Home, Home Care & Hospice managers, tell us your:

- Organisation name, address and contact details
- Number of eligible staff
- Number of staff vaccinated
- Percentage of staff vaccinated

Then email the contact in your geographical area from the list below:

Cumbria and North East

england.nursingandqualitycne@nhs.net

Greater Manchester england.gmsit@nhs.net

Humber, Coast & Vale, West Yorkshire and South Yorkshire & Bassetlaw

england.yandh-nursingreturns@nhs.net

Lancashire & South Cumbria

england.lancsnursingandquality@nhs.net

Cheshire, Merseyside, Warrington & Wirral

england.pmonursing@nhs.net

Tweets of the Month



Share your thoughts on Twitter and we'll share them here!
[#careandshare](#)



Matt Hancock @MattHancock **Capacity Tracker** We made the news!

Technology has huge potential to improve the way we deliver public services. Great to have local success stories like this being rolled out across the country.



NHS rolls out digital portal for care home vacancie...

A digital portal which helps NHS hospitals find care home places for patients is to be rolled out across England in a bid to cut unnecessary delays. The Capacity Tracker p...

[itv.com](#)



Discounts for Carers @discounts4carer · 11 May 2018

Are you a carer? Paid & unpaid care workers are eligible for 100's of exclusive discounts at UK shops. Free to join.



Are you a carer or care worker?

[discountsforcarers.com](#)



VoluntaryActionLeeds @VolActionLeeds · 2h

Many of us are already looking out for #OurNeighbours but there is still many more simple things we can all do. Find out more: [OurNeighbours.org.uk](#)



Nursing Now England @NN_England · 21h

The latest #NursingNowEngland Ambassadors' newsletter is published!

This bumper edition includes:

- ✓ Resource Pack to arrange a meeting with your MP
- ✓ Opportunity to join other nurses & go through @Sch4Change together

And more!

Not got a copy? sign up: [horizonsNHS.com/NursingNowEngl...](#)



The NMC @nmcnews · 6m

We would like to hear from you!

We are putting together our new five year plan for 2020 and beyond, outlining an ambitious vision for the NMC, and we want you to tell us what you think we should focus on.

Find out more – [nmc.org.uk/shapingthefutu...](#) | #futureNMC



Social media guidance is just as applicable to other health and social care organisations

We look forward to sharing next time...



Sharing best practice so we care better together

We are currently recruiting ambassadors for Nursing Now England

Our ambassadors are helping us to celebrate the fantastic work nurses deliver throughout the country and **encourage young people who are considering entering the profession.**

We have many exciting challenges coming up and we look forward to working with you and sharing your nursing progress.

If you would like to sign up to be an ambassador sign up here <https://horizonsnhs.us18.list-manage.com/subscribe?u=b48003ef85ed66462c015a486&id=829d76a63a>

For more information on the Nursing Now England campaign please visit our website horizonsnhs.com/NursingNowEngland or [#NursingNowEngland](https://twitter.com/NursingNowEngland)

On 10 September, Secretary of State for Health and Care, Matt Hancock launched **'Talk health and care'**.

He has invited anyone working across health and care settings to share their blogs and tell him about what you do... Help him to understand what a vital role we play and how he can help too.

Use this link to join in the conversation...

https://dhscworkforce.crowdcity.com/?utm_campaign=761943_End%20of%20week%20%20-%20workforce%20engagement&utm_medium=email&utm_source=Department%20of%20Health&dm_i=3ZQO,GBX3,26DZXH,1QQSU,1

We want to celebrate International #Hellomynameis... day on 23 July 2019



Email your ideas to help raise awareness of the campaign or suggest fund raising activities to gil.ramsden@nhs.net

What's happening in April?

Beat our **next 30 day challenge**

30 DAY
challenges

MAY

Share the story of nursing & midwifery for your organisation to celebrate the professions

CONNECTING YOUR WITH VALUES

[#careandshare](https://twitter.com/careandshare)

