

August 2024



CareinLincs
Workforce Development

The Workforce Directory



Welcome



Dear provider,

One of the great developments of recent years has been the way in which so many people have rallied around a shared vision of what the care sector is all about, the #socialcarefutures statement, 'We all want to live in the place we call home, with the people and things we love, in communities where we look out for each other'. The people who work in social care are a vital element of those communities. It is therefore a huge honour for me to be able to join colleagues from LinCA in introducing this edition of the Workforce Directory, as a significant contribution to support you in developing the people who work in your organisations, enabling them to make an enormous difference in people's lives. Having recently come to Lincolnshire, I have been greatly impressed by the close partnership between the County Council and providers, which can only be a positive for the many thousands of dedicated staff, and the many thousands of people who draw on care and support. Long may this continue.

Martin Samuels
Executive Director of Adult Care and Community
Wellbeing
Lincolnshire County Council



Dear provider,

Lincolnshire Care Association (LinCA) is delighted to announce the launch of this edition of the Workforce Directory - celebrating the best in care in Lincolnshire and supporting those on the front line of social care in the county.

The directory is aimed to support front line workers and managers with the opportunity to develop old and new skills through a variety of differing avenues

The team at CareinLincs Workforce Development are here to support you with every aspect of this critical area of your organisation.

If there is anything else that you feel would be helpful please get in touch or join our Registered Managers Meetings which meets weekly overseen by Mark and his team.

Melanie Weatherley MBE
Chair of Lincolnshire Care Association

What is New

New Courses

Mental Capacity Act & DOLS

Handling Difficult Situations,

Outcome Based Care Planning,

Introduction to Management Programme.

St Barnabas 2024 Education Prospectus

Falls Ambassador

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Introduction and Contact Details

This workforce directory has been put together to assist you with your workforce development and budget planning for this financial year.

The team at CareinLincs Helpdesk are here to support you with every aspect of this critical area of your organisation.

We have put together this directory so that you know what we offer and how to access the workshops, training programmes and other resources.

If there is anything else that you feel would be helpful, please contact us:-

Email: helpdesk@linca.org.uk

Tel: 01522 581073

Contact details

Melanie Weatherley MBE, Chair of LinCA

melanie@walnutcare.co.uk 07816 845522

Mark Turton, Head of Workforce Development and Non-Executive Director of LinCA

markturton@linca.org.uk 07484 011372

Sue Lovelock, Membership Manager

susannalovelock@linca.org.uk 07484 011374

Damon Habbin, Digital Projects Manager

damonhabbin@linca.org.uk 07398 017497

Ruth Rossiter, CareinLincs Careers Manager

ruthrossiter@linca.org.uk

Debbie Hardy – Workforce Development Trainer

debbiehardy@linca.org.uk

Andrea Barker – Workforce Development Trainer

andreabarker@linca.org.uk

Frank Hanson – Falls Training Project Manager

frankhanson@linca.org.uk

Felicity Stiff – Pastoral Support Officer

felicitystiff@linca.org.uk

Vikki Parkes, CareinLincs Senior Administrator

vikkiparkes@linca.org.uk

Carly Bailey, CareinLincs and LinCA Accountant

carlybailey@linca.org.uk

07593 135450

Contact details Cont/...

Conor Giles, CareinLincs LinCA Membership Admin
conorgiles@linca.org.uk

Alistair Soons, CareinLincs Digital Projects Admin
alistairsoons@linca.org.uk

**Alyssa Faulkes , CareinLincs Events & Admin
Apprentice**
alyssafaulkes@linca.org.uk

The Team

Melanie Weatherley MBE, Chair of LinCA

Melanie has special responsibility for Workforce Development and Training and plays a strategic role in terms of setting direction and overseeing effective delivery.

Mark Turton, Head of Workforce Development and Non-Executive Director of LinCA

Mark's role is to plan, promote and commission workforce development priorities for the Care Sector working with Training Providers.

Sue Lovelock, LincA Membership Manager

Sue provides Member Support services and supports LinCA Workforce Development.

Damon Habbin, Digital Manager

Damon supports in our digital projects, Digital Security Protection Toolkit, NHSMail, Whzan and Spirit.

Ruth Rossiter, CareinLincs Careers Manager

Ruth is available to support you with all aspects of recruitment and retention, including any help you may need advertising on our dedicated jobs board – www.careinlincs.co.uk.

Debbie Hardy – Workforce Development Trainer

Debbie delivers a range of training to Adult Health & Social Care to support Workforce Development

Andrea Barker – Workforce Development Trainer

Andrea delivers a range of training to Adult Health & Social Care to support Workforce Development

Frank Hanson – Falls Project Manager – Frank will be working and supporting care home managers with the roll out of a falls pathway training programme.

The Team Cont/..

Felicity Stiff – Pastoral Support Officer

Fecility supports the career team in a new project focusing on International recruitment.

Vikki Parkes, CareinLincs Senior Administrator

Vikki is responsible for the administration of Workforce Development as well as the WDF. She also oversees the day to day running of the office.

Carly Bailey, CareinLincs and LinCA Accountant

Carly supports and manages the invoicing and payments.

Conor Giles – CareinLincs LinCA Membership Admin

Conor supports the Membership Manager with administration and covers the helpdesk.

Alistair Soons, CareinLincs Digital Support Admin

Alistair assists in digital support, digital helpdesk and administration.

Jade Wynne – Careers Administrator

Jade is admin support for recruitment and retention for Adults in Social Care

Alyssa Faulkes – CareinLincs Events & Admin Apprentice

Alyssa is a valuable member of the team and support various senior management with event planning and administration



TRUSTED ASSESSOR SUPPORT FOR PROVIDERS

Care Home Trusted Assessors

Provide a full HONEST, independent and factual assessment to Care Homes and Home Care Agencies and act as representative for the provider.

- The CTA is not assessing the suitability of homes, simply acting on behalf of the home.
- Decisions on placements are made as normal by the Social Worker and clinical discharge practitioners in conjunction with the patient and their families ensuring choice.
- When a patient is returning to a placement the Adult Social Care team (ASC) within the hospital are required to carry out a placement review to ensure continuing suitability of the placement. The CTA liaises with ASC to ensure this has been done.
- The provider can then determine from the information supplied in the assessment if they are able to meet the person's needs and if they will accept the return or placement.

Contact details

Michele Briggs, Lead Care Trusted Assessor

07593 135461

michelechte@linca.org.uk

Lincoln County Hospital

07484 011371

trustedassessors.lincoln@nhs.net

Boston Pilgrim Hospital

07484 504532

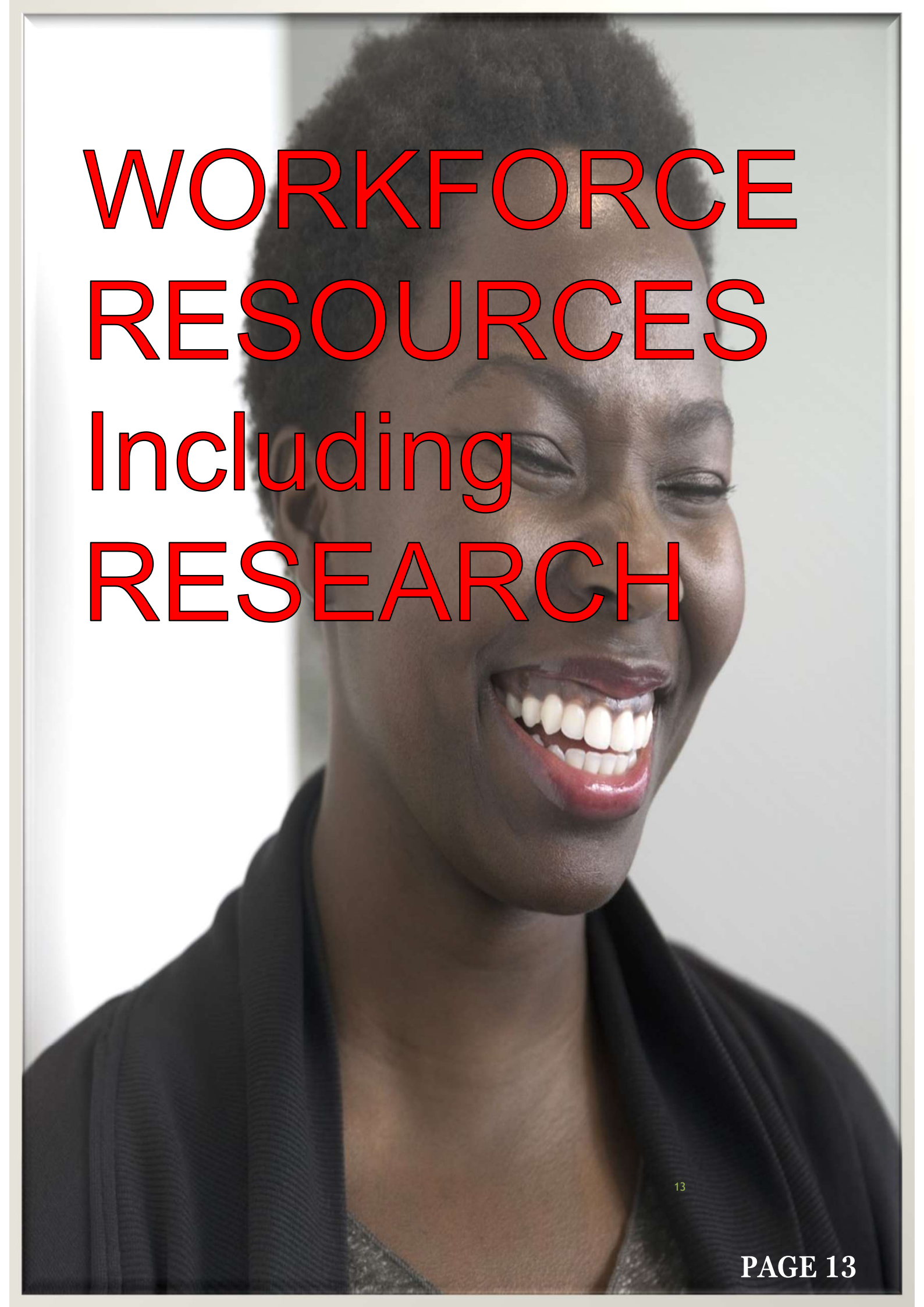
Trustedassessors.boston@nhs.net

Peterborough Hospital

07484 504531

trustedassessors.peterborough@nhs.net





WORKFORCE RESOURCES Including RESEARCH



Care Quality Commission make sure health and social care services provide people with safe, effective, compassionate, high-quality care and they encourage care services to improve.

They publish regular reports on care in England as well as their corporate activities.

They also produce the annual State of Care, an assessment of health care and social care in England.

The report looks at the trends, shares examples of good and outstanding care, and highlights where care needs to improve.

CQC are constantly producing information for care providers, including guidance about regulations, how to register with them, what incidents you must notify them of and what they look at when they carry out inspections.

They are currently in the process of rolling out a new assessment approach.

For more information <https://cqc.org.uk/>



Skills for Care are a not-for-profit organisation committed to the development of an improved and sustainable social care workforce across the UK.

Skills for Care supports adult social care employers to deliver what the people they support need, and what commissioners, and regulators expect.

Their products and service offering is based on a core mission of developing a more skilled, productive and flexible workforce.

Their aim is to:

- Help maximise the potential of your workforce
- Deliver workforce transformation
- Improve quality, productivity and health outcomes
- Raise standard in skills and training delivery

COVID-19: Support and guidance for the adult social care sector



COVID-19: essential training

Find guidance on essential training and how to access it.



Support for regulated professionals

Further support specifically for social workers or registered nurses.



Support for registered managers

Our Facebook group, podcasts, virtual networks, webinars and advice line can support you during this time.



Support for individual employers

Guidance for people employing PAs (including PHB holders and direct payment recipients).

For more information, contact Lincolnshire's locality Manager, Nat Riley.

Nat.Riley@skillsforcare.org.uk



LSAB

Making safeguarding personal

For more information, contact:

safeguardingtraining@lincolnshire.gov.uk

For more information, contact:

safeguardingtraining@lincolnshire.gov.uk

Free eLearning courses available to all Adult Service staff and volunteers, all LSAB courses are CPD certified:

Safeguarding

This training course is for anyone who encounters adults at risk of abuse in the community, in a person's own home, in a hospital, in a day care or residential setting. This includes formal and informal carers, volunteers, health and social care professionals.



Mental Capacity Act

The Mental Capacity Act is intended to assist and support people who may lack capacity and to discourage anyone who is involved in caring for someone who lacks capacity from being overly restrictive or controlling. This course aims to help care workers look at how the Act will affect them and to help them to develop best practice to include the new legislation.

Dignity Awareness

Dignity can be a difficult term to define. This is because dignity means different things to different people and can cover a wide range of topics. We believe that dignity is about ensuring that people in care are treated with dignity and respect in adult social care whatever the setting. On completion of this course learners will understand: how the people we support might feel when not treated with dignity and respect; know what constitutes best practice; understand why inappropriate staff attitudes must be challenged; and ensure all staff working in adult social care employ best practice.

To register for any of these courses go to:

www.lincolnshire.gov.uk/lisab and follow the training link

About the Social Care Institute for Excellence



social care
institute for excellence

The Social Care Institute for Excellence (SCIE) is a leading values-driven improvement agency. In recent years they have evolved from a largely government-funded body to a fast-moving, high-profile and more commercial organisation and thought leader.

They offer a wide range of tailored and flexible improvement support, working collaboratively with associates and partner organisations.

SCIE's future success depends on ability to support and continue developing their range of large and small commercial projects covering consultancy, training, evaluation and research to complement our government funded commissions.

There is a mission to research, evidence, share and support the implementation of best practice. They use this evidence and experience to shape policy and outcomes, and to raise awareness of the importance of social care and social work for creating a fair and equal society.

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



NICE work with the adult and children's care sectors to develop independent recommendations for social care. They also develop health and public health advice and guidance, which allows an integrated approach to supporting people and meeting their needs.

Their social care quality standards are practical tools to help deliver good health and wellbeing for users of adult and children's social services.

They help people understand the quality of services and care they should expect. Providers and commissioners use them to assess performance and make improvements.

Their social care guidelines make evidence-based recommendations on the effectiveness and cost-effectiveness of interventions and services. They're co-produced with social care experts

You can find out more about what they do and how you can help to shape their guidance by visiting:-

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

Learn how Care Homes can engage with high quality research

Improving the lives and health of older people living in care homes is a major UK government priority. The Enabling Research in Care Homes (ENRICH) initiative and Research Ready Care Home Network aim to help make this happen, and to improve the consistency of support for organisations engaging in research outside the NHS.

There is a place in the Network for all care homes interested in becoming involved in the support and delivery of research.

The Research Ready Care Home Network provides opportunities for care homes and residents to become involved in local and national research studies. Why not become part of the Research Ready Care Home Network? For more information about the many benefits research brings to your organisation, workforce and users of your service please contact:

Rachael Fothergill: (Lincolnshire Partnership NHS Foundation Trust)
rachael.fothergill@nhs.net

Calling all Home Care Providers

Would you like help and support navigating the brave new world of social care research and discover the important benefits of becoming research aware and active?

Are you interested in finding out how your Home Care organization could access existing Research evidence to improve practice, teamworking & learning, raise standards and change positively, the experience of your team, service users and their families?

Would you like to explore ways of establishing your own Research Evidence folder to demonstrate to service users and their families, potential care staff, CQC, funders and commissioners, your care team's learning, and application of evidence based research to their practice?

Would you and your care team like to have your say in what social researchers should be looking at in community based social care provision?

If you think Yes, to all or any of the above questions, then you would be welcome to join the new RELEC Research, Learning & Excellence Community group. For more information about how we can support you and your team please contact:

Louise Marsh: lmash@lincoln.ac.uk Tel;07913008125



St Barnabas
Hospice • Care • Support



Education Prospectus 2024

Find out more at
education@stbarnabashospice.co.uk
StBarnabasHospice.co.uk



Falls Ambassador Workshops

Falls and fall-related injuries are a common and serious problem for older people and are a leading cause of injury. It is essential to develop best practice to reduce falls risks to prevent falls and serious injuries.

The Falls Ambassador workshop aims to set up a community of practice, giving direct access to training resources and the very latest in best practice and leadership in supporting the management of falls risks for care providers.

A Falls Ambassador is somebody who has learnt about falls and how to prevent them. They use the knowledge and skills they've learnt to educate and inspire others in their organisation

We have two upcoming workshops as a part of the Falls Ambassador Programme

9th April - Grantham
17th April - Boston



**Register here
or contact frankhanson@linca.org.uk for more
information**

FUNDING

Adult Social Care – Workforce Data Set [ASC-WDS]

The Adult Social Care Workforce Data Set (ASC-WDS) is an online data collection service that covers the adult social care workforce in England. The data collected is vital to the Government, the Department for Health and Social Care, local authorities and the Care Quality Commission as it allows them to plan, fund and monitor the sector.

Please go to the dedicated website for information, films and resources on ASC-WDS

<https://www.skillsforcare.org.uk/adult-social-care-workforce-data/ASC-WDS/Discover-the-Adult-Social-Care-Workforce-Data-Set.aspx>

Completing the Data Set allows you access to funding and learning resources to help to develop and improve the standards of you own workforce

For Support and Further Information

Contact: helpdesk@linca.org.uk

WORKFORCE DEVELOPMENT FUND 2024-2025



1

WHAT IS THE WORKFORCE DEVELOPMENT FUND (WDF)?

The Workforce Development Fund (WDF) for 2024-25 is a retrospective funding stream from the Department of Health and Social Care disseminated by Skills for Care

The fund is only available to employers who provide an adult social care service and directly employ paid care staff in England.

2

COMPLETE

You'll need your Adult Social Care Workforce Data Set (ASC-WDS) account number to complete your declaration form. If you haven't got an ASC-WDS account you'll need to set one up. [Find out how to create an account](#).

To claim WDF for your organisation you must complete or update both the workplace record and 90% of your staff records in your ASC-WDS account(s) on or after 1 April 2024 and by 31 March 2025.

3

ENGAGEMENT

To make a claim from the WDF, you need to sign up by completing and returning your [declaration form](#) by 28 February 2025,

updating your Adult Social Care Workforce Data Set account and submitting your claim by 31 March 2025

4

CONTACT

For more information please contact;
Nat Riley, Locality Manager (Midlands)
Skills for Care: Tel: 07817387848 or
Nat.Riley@skillsforcare.org.uk

or the CareinLincs Helpdesk
helpdesk@linca.org.uk

RECRUITMENT

A photograph of a hand placing a smooth, dark stone onto a stack of four other smooth stones of various colors (brown, tan, grey) balanced vertically on a pebbly beach. The background is a soft-focus view of the ocean under a bright, hazy sky. The word 'RECRUITMENT' is overlaid in large, purple, sans-serif capital letters across the top half of the image.

With the ever increasing need for staff in **adult social care** across **Lincolnshire**, the **CareinLincs** website is the go-to place for you to advertise your current vacancies – whether paid employment, voluntary positions or apprenticeships.

Jobseekers can register for job alerts, apply for your advertised vacancies, and submit their interest in particular areas of care – becoming part of the ‘Candidate Pool’

Who can access the CareinLincs website?

If you are an adult social care provider in Lincolnshire you can advertise your current vacancies on the site.

If you are a **LinCA Member** you will also benefit from:

- Your adverts being promoted on CareinLincs, as well as on our social media profiles
- Potential candidates being recommended to you from the Candidate Pool
- Access to the ‘Client Portal’ where you can see when you receive an application, and monitor applicant progress during the recruitment process

Our aim is not only to be a jobs board, but to provide information and support to **Providers** and **Jobseekers**:

- Promoting Adult Social Care and educating that being a carer is not “just a job”
- Information on the possible roles and career paths available, such as Managerial, Nursing, Team Leaders, Carers, Administrative, and Ancillary Roles such as Gardeners, Drivers, and Chefs
- Assistance with attracting, and retaining, people to adult social care
- Signposting to available training and funding

How can I start advertising?

Contact us to see if you have an existing profile on the CareinLincs site – ruthrossiter@linca.org.uk / careinlincs@linca.org.uk

Alternatively, complete the online registration form on the site
>> [HERE](#) <<

(Please allow 24 hours for your account to be created, it is not an automated enrolment process)

For more information, contact:
helpdesk@linca.org.uk

Don't forget to like, share and follow us on:



MADE WITH CARE CAMPAGIN

- ▶ This year, we have found that the made with care campaign has been exceptionally helpful in boosting employment levels within the care sector.
- ▶ The campaign highlights the emotional rewards that a career in care can bring and celebrates the way staff across the adult social care sector empower the people they support to live fulfilling lives. It also emphasises the importance of needing to have the right personal qualities to begin a career in care, while showing the training and progression opportunities that are often available, along with the option to work varied hours that fit around them. All of these helping to tackle the concerns many potential applicants have about taking up care work, and importantly motivate them to apply for jobs in their local area today.
- ▶ The campaign has also been offering support to providers with their recruitment. Their resources cover a wide range of social care settings so that you can find the right images for your organisation.
- ▶ The campaign toolkit is your recruitment guide, with tips on how to use the resources and how to build a successful recruitment campaign. To find out more visit Recruiting social care staff (adultsocialcare.co.uk) and download the campaign toolkit.
- ▶ Should you also require any support with posting vacancies, then check out the CareinLincs website at www.careinlincs.co.uk . Watch this space as our new CareinLincs / LinCA website will be coming in 2024!

RETENTION

A full-page photograph of a female nurse with curly brown hair, wearing blue scrubs and a stethoscope. She is smiling warmly at a patient whose back is to the camera. The nurse is holding a white clipboard. The background is a blurred hospital corridor with other staff members in blue scrubs.

I Care... Ambassadors

Do you have a member of staff who could be an I Care Ambassador?

I Care...Ambassadors are a national team of care workers who talk about what it's like to work in social care.

Ambassadors visit schools, colleges and Jobcentres and run a range of careers activities within their workplace.

The benefits:

- **create a professional image and quality profile** – once your ambassador has completed their Welcome Modules you will be able start using the *I Care...Ambassador* brand.
- **motivate and keep your workforce** – we know that over 70% of ambassadors feel more confident and motivated in their work as a result of being an ambassador.

Finding the right person:

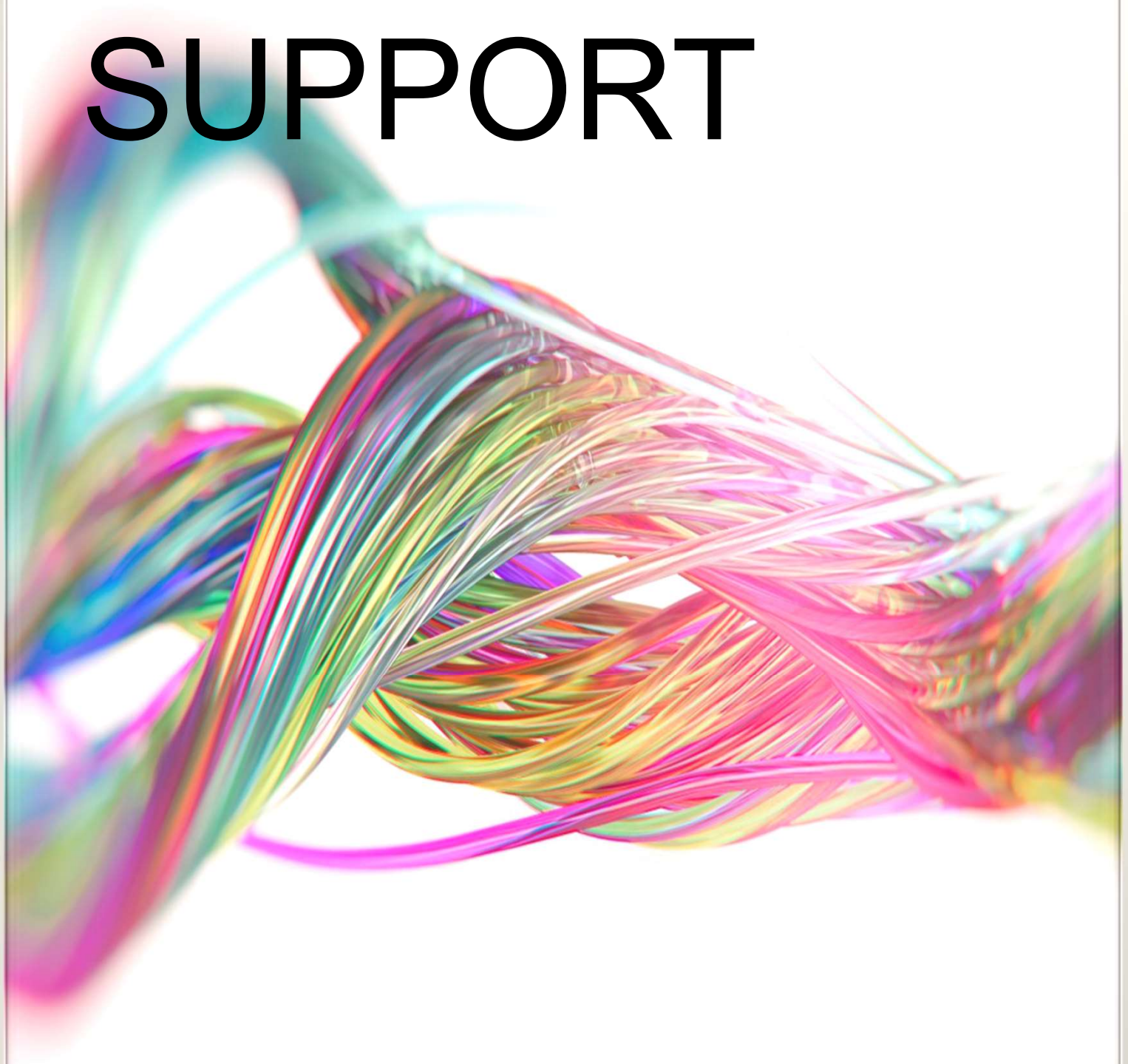
I Care...Ambassadors is a great learning and development opportunity for staff but is not right for everyone and you need to make sure you choose the right person to represent your service.

They should be:

- willing to talk positively about social care and answer questions about their experiences
- comfortable delivering your chosen activities, which may include presentations or group activities
- able to combine this role with their day to day job.

To find out more about ambassadors or to join the I Care Ambassador Partnership please contact helpdesk@linca.org.uk

DIGITAL SUPPORT



NHSmal

The secure email system

NHSmal is used across Health and Social Care in order to send sensitive information via email. NHSmal is recognised by Hospitals, GPs and other Health colleagues in the aim to axe the fax!

This is a great tool to use to send and receive test results, care plans, prescriptions and data about your clients.

I have an NHSmal account

If you have a NHSmal already, please make sure that you and your staff members are using your accounts to send and receive information on the clients you are caring for.

COVID is the best opportunity to ensure you have an active account as NHSmal eliminates staff members having to leave your establishment to visit other health care professionals, like the GP or Pharmacist.

NHSmal gives you the added protection of digitally speaking to your health colleagues through Microsoft Teams!

I don't have an NHSmal account

Please contact the Helpdesk to get your NHSmal account set up and for more information

helpdesk@linca.org.uk

Data Security & Protection Toolkit (DSPT)

With better security, comes better care

Ensuring information is protected fully is extremely important. Ensuring you have all the policies, procedures and protective software in place is more important than ever to protect yourself from a cyber attack.

The DSPT

The DSPT helps to keep people's information safe and protects care providers from data breaches. all CQC registered care providers, should complete the DSPT annually.

The benefits of DSPT

Free service with free support

Enable you to be more cyber aware

Supports KIoE's Meet legal and CQC requirements

Access to NHSMail

Be able to order proxy medication

How do I complete it?

You will need to visit this website [Log In](#) (dsptoolkit.nhs.uk) if you do not have login details or for more information or support contact helpdesk@linca.org.uk Once logged in you only need to complete mandatory questions, check and submit, if you are resubmitting for the current DSPT year, you only need to update your previous answers where required and submit.

Do you use NHS Mail?

You need to complete the DSPT!

FREE Workshops to help you with data protection and security

If you use NHS Mail you need to complete the Data Security Protection Toolkit (DSPT) Completing the DSPT shows that you take data protection and cyber security very seriously and shows to your service users and stakeholders that you are meeting your legal requirements. This requirement was temporarily waived during the pandemic but to keep using your NHS Mail account you must take action!

You need to have published your DSPT before 30th June 2024 to ensure you retain access to or be able to register for NHS Mail.

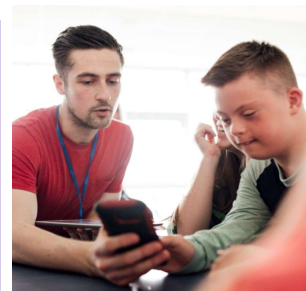
It satisfies CQC KLOE W.2.8 Key Line of Enquiry questions about how you manage data securely

Demonstrate that you meet legal requirements including Data Protection Legislation and the Data Security Standards

The DSPT is a **Contractual requirement with CCGs and Local Authorities**

You will benefit by potentially having access to:

- **NHS Mail** - allows you to exchange information with other parts of the health service such as GPs and Pharmacies securely and quickly
- **Proxy Access** - with proxy access you can order medication on behalf of your service users
- **Shared Care Record** - This allows Care Providers and the NHS to see each others patient records transforming how you deliver care
- **Digital Red Bag** - Improves information sharing between care homes, ambulance services, hospital staff, residents and their family members.



The DSPT is not difficult to complete but it does require preparation in advance to successfully complete it and that's where we can help

Better Security Better Care is a national program of support for the DSPT to help Care providers through the process in a simple and straightforward manner The West Midlands Care Association is providing local support for this program in the West Midlands, Herefordshire, Worcestershire and Warwickshire

What's Available:

Helpline - If you have a question give, us a call on 01522581073 during normal office hours

Webinars - Whether you are new to the DSPT or have completed it before, we have webinars detailing what you need to do and what your next steps should be

What do I do next?

Email helpdesk@linca.org.uk and request dates available to book onto for 'Introductory DSPT Webinars' or '2 Hour Completing the Toolkit' webinars

This support programme is part of the Better Security, Better Care programme, funded by NHSX to support data and cyber security across the adult social care provider sector

DSPT
Better security.
Better care.



Lincolnshire Care Association represent:

- Care Homes providing Personal and Nursing Care
- Domiciliary Care Providers
- Community, Day and Supporting Living Services
- Independent Social Work

Digital Projects - Whzan



Whzan measures vital signs and helps to identify early signs of deterioration or illness



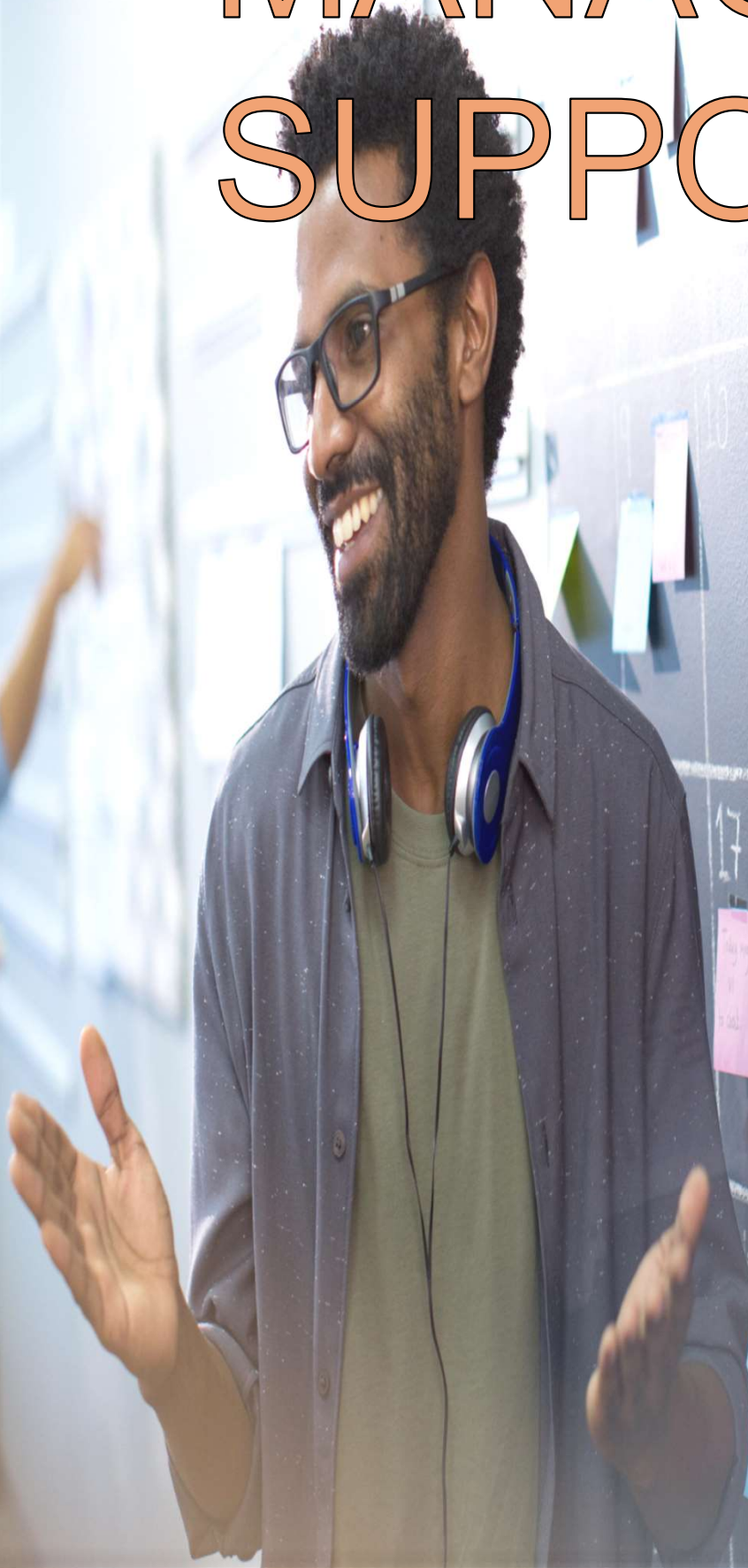
The standard operating procedure has been fully launched, supporting EHCH & PCN's, a video calling pilot has now started with CAS and GP surgeries.

At LinCA, we can provide you with training on whzan, either face-to-face or virtually. We can also support you with faulty or missing equipment.



Please contact helpdesk@linca.org.uk for more help and support

REGISTERED MANAGER SUPPORT



Registered Manager's Network meetings

The Registered Manager's Network meetings, supported by CareinLincs WFD and Skills for Care are open to all Registered Manager's working within Adult Social Care in Lincolnshire.

The network approach is about:

- Providing information
- Increasing confidence
- Sharing skills
- Having access to peer support

Networks are led by registered managers, so the topics are always relevant to those attending.

Where?

Via Microsoft Teams

All Invites and any further information contact:
helpdesk@linca.org.uk

When?

Please see the next page for dates
in 2024

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Registered Manager's Network meetings

List of Registered Managers Networks that support you the Manager

Full Sector Thursday

1:30pm till 2:30 pm

15-08-24
19-09-24
17-10-24
21-11-24
19-12-24
16-01-25
20-02-25
20-03-25

Homecare and Community Support Services

Thursday

1:30pm till 2:30 pm

25-07-24
26-09-24
28-11-24
23-01-25
27-03-25

Learning Disabilities and Mental Health Services

Thursday

1:30pm till 2:30 pm

22-08-24
24-10-24
23-12-24 (Monday)
27-02-25

Please keep looking out for the email invite for you to join these meeting via TEAMS.

Any further information please contact;

helpdesk@linca.org.uk here at CareinLincs Workforce Development

Introduction to Management In Social Care

A brand-new Developing Programme aimed at today's Managers or those who will develop into a Manager in the future. Topics which will be examined are:- Leading and Managing in Adult Social Care – Supporting & Developing Teams – Regulation and Governance – Effective Communication – Working with Partners – Leading a personal Centre Service – Safeguarding Making and Mental Capacity – Making Decisions – Managing Resources – Learning and Innovation – Personal Development and Wellbeing.

The programme is run using a blended learning process of a mixture of face-to-face and self-learning session over a 12-month period

Workshop Dates :- September 24th, October 22nd, December 10th – 2024 & January 21st, March 25th & April 22nd 2025.

Location – Lincoln

Cost £600 per delegates

IOSH Managing Safely Health and Safety in the Workplace



For managers and deputies
[Online version only]

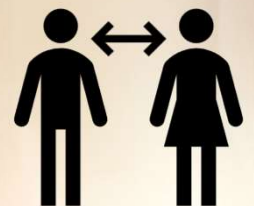


The IOSH Managing Safely Online course from IOSH and First4Safety will give all supervisors, managers and leaders the understanding of risks and hazards in the workplace.

During this course, learners will develop more advanced health and safety knowledge covering the requirements for health, safety and welfare in the workplace and legal requirements, the benefits of using a health and safety system, understanding the principles of risk assessment, understanding the risks and control methods for common workplace hazards and how to manage the effects of accidents and ill health.

No need to take 4 days off work

Immediate Start – Fast Certification



The cost of this workshop is **£179 + Vat for Digital Certificate**

Go to the barcode to register or copy the link

https://www.first4safety.co.uk/iosh-managing-safely-online/?gclid=Cj0KCCQjw0emHBhC1ARIsAL1QGNdF6e82jG2PocEtVg4buu1HtCwtGxqH1USE_GVE_WJYzxs68oJymc0aAtvmEALw_wcB

A close-up photograph of a healthcare worker wearing blue scrubs and gloves, administering a vaccine into the shoulder of an elderly woman. The worker's face is partially visible, wearing a blue surgical mask. The woman has short, grey hair and is wearing a dark red top. The background is a plain, light-colored wall. The text "DEVELOPING OUR PROFESSIONAL WORKFORCE" is overlaid in large, bold, black capital letters across the center of the image.

DEVELOPING OUR PROFESSIONAL WORKFORCE

Supporting the recruitment of Nursing Associates

A nursing associate is a new member of the nursing family who provides care for people in health and social care settings. It has been created to bridge the skills gap between care assistants and registered nurses. This role is only being used and regulated in England.

A nursing associate is not a substitute for a registered nurse. The intention is that by employing a nursing associate, who is registered with the Nursing and Midwifery Council (NMC) having completed an approved training course, it can free up the time of a registered nurse to work at the upper limits of their registration, focusing on more complex care needs and leadership.

Key points:

The role is registered by the Nursing and Midwifery Council.

A nursing associate:

- is educated to foundation degree level,
- is registered and has a PIN number
- is accountable for their own practice once registered
- can undertake continuous professional development to extend their role to suit their working environment.

Interested? contact me today to make a difference:

helpdesk@linca.org.uk



Health Education England



Do you want to become a Practice Supervisor?

Practice Supervisors are registered Health or Social Care Professionals, who have additional training to support learners in their practice placements.

Nursing and Midwifery Council (NMC) learners include:

- Trainee Nursing Associates
- Apprentice Nurses
- Student Nurses or Midwives
- Return to Practice Nurses
- Prescribing Students

To arrange how to access training please email:

uolpractice.support@lincoln.ac.uk



UNIVERSITY OF
LINCOLN

Nurses post registration

Semester B programs are now open for applications, these will close on Friday 9th December 2022, so that we are able to process the applications for enrolment, if you have any questions about the programs, please contact: CRiley@lincoln.ac.uk

Postgraduate Certificate in Independent/Supplementary Prescriber Preparation -

<https://uol.t1cloud.com/T1Default/CiAnywhere/Web/UOL/StudentCore/StudentApplicationRegistrationMyMaintenance?f=%24SC.STUAPPREG.MNT&suite=SM&CourseCode=PREPREPC>

MSc Advanced Clinical Practice -

<https://uol.t1cloud.com/T1Default/CiAnywhere/Web/UOL/StudentCore/StudentApplicationRegistrationMyMaintenance?f=%24SC.STUAPPREG.MNT&suite=SM&CourseCode=ADCLPRMS>

MSc Integrated Professional Practice -

<https://uol.t1cloud.com/T1Default/CiAnywhere/Web/UOL/StudentCore/StudentApplicationRegistrationMyMaintenance?f=%24SC.STUAPPREG.MNT&suite=SM&CourseCode=ADPRPRMS>

MSc Safeguarding: Leading Safer Organisations -

<https://uol.t1cloud.com/T1Default/CiAnywhere/Web/UOL/StudentCore/StudentApplicationRegistrationMyMaintenance?f=%24SC.STUAPPREG.MNT&suite=SM&CourseCode=SAFLSOMS>

BSc Professional Practice -

<https://uol.t1cloud.com/T1Default/CiAnywhere/Web/UOL/StudentCore/StudentApplicationRegistrationMyMaintenance?f=%24SC.STUAPPREG.MNT&suite=SM&CourseCode=NURPPCUB>

NEW PG Cert Pre Hospital Critical Care -

<https://uol.t1cloud.com/T1Default/CiAnywhere/Web/UOL/StudentCore/StudentApplicationRegistrationMyMaintenance?f=%24SC.STUAPPREG.MNT&suite=SM&CourseCode=PHCRCAPC>

Negotiated Work-Based Learning 15 credits -

<https://uol.t1cloud.com/T1Default/CiAnywhere/Web/UOL/StudentCore/StudentApplicationRegistrationMyMaintenance?f=%24SC.STUAPPREG.MNT&suite=SM&CourseCode=NEWBLNPI>

Nurses post registration

Semester B programs are now open for applications, these will close on Friday 9th December 2022, so that we are able to process the applications for enrolment, if you have any questions about the programs, please contact: CRiley@lincoln.ac.uk

Negotiated Work-Based Learning 30 credits -

<https://uol.t1cloud.com/T1Default/CiAnywhere/Web/UOL/StudentCore/StudentApplicationRegistrationMyMaintenance?f=%24SC.STUAPPREG.MNT&suite=SM&CourseCode=NEWBLEPI>

New Directions in Integrated Health and Social Care -

<https://uol.t1cloud.com/T1Default/CiAnywhere/Web/UOL/StudentCore/StudentApplicationRegistrationMyMaintenance?f=%24SC.STUAPPREG.MNT&suite=SM&CourseCode=NDIHSCPI>

Integrated Professional Practice Research Methods -

<https://uol.t1cloud.com/T1Default/CiAnywhere/Web/UOL/StudentCore/StudentApplicationRegistrationMyMaintenance?f=%24SC.STUAPPREG.MNT&suite=SM&CourseCode=INPPRMPI>

Person-Centred Cancer Care -

<https://uol.t1cloud.com/T1Default/CiAnywhere/Web/UOL/StudentCore/StudentApplicationRegistrationMyMaintenance?f=%24SC.STUAPPREG.MNT&suite=SM&CourseCode=PECECCPI>

Musculoskeletal Injection Therapies -

<https://uol.t1cloud.com/T1Default/CiAnywhere/Web/UOL/StudentCore/StudentApplicationRegistrationMyMaintenance?f=%24SC.STUAPPREG.MNT&suite=SM&CourseCode=INTMUPPI>

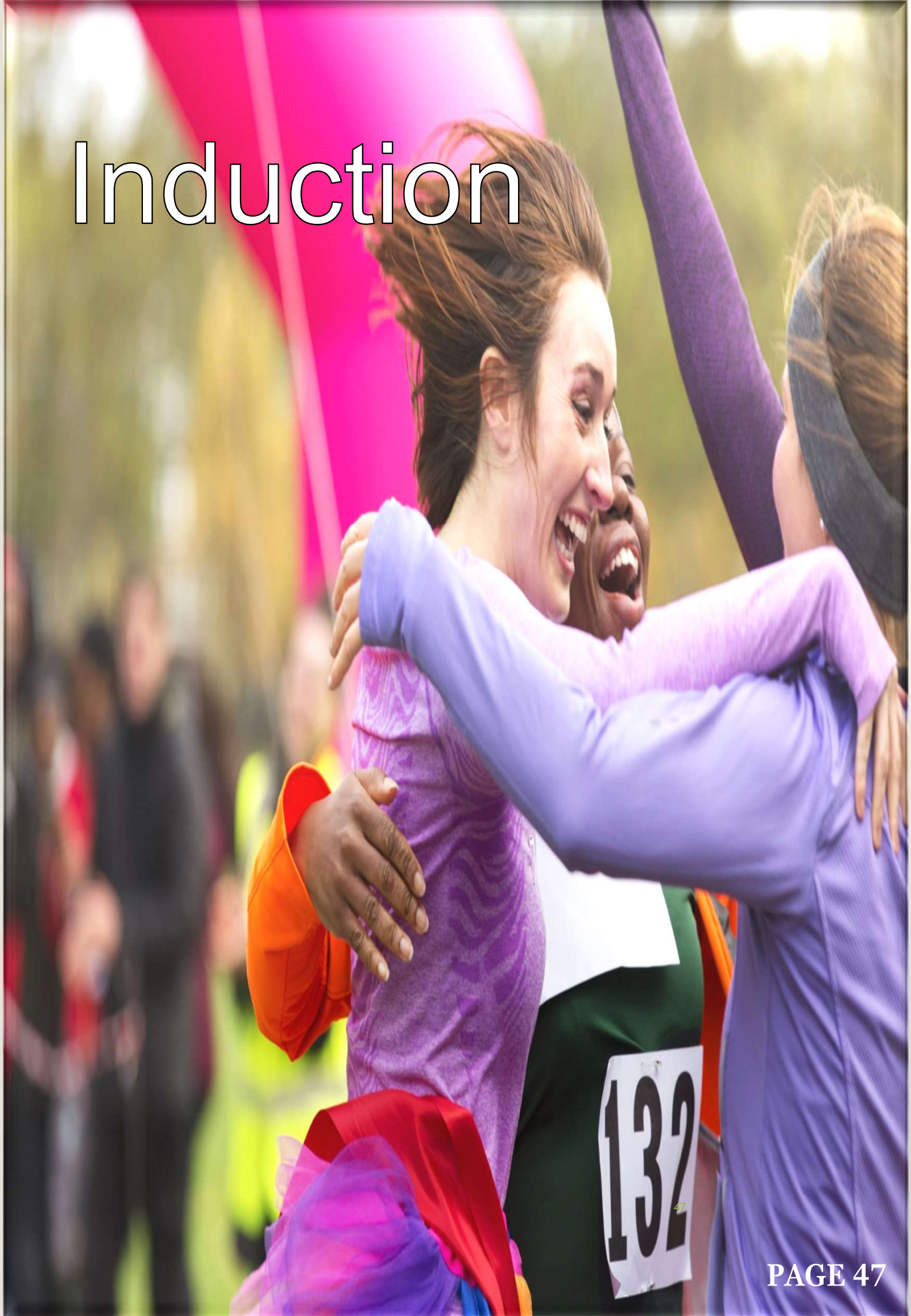
Musculoskeletal assessment, diagnosis and management for First Contact Practice -

<https://uol.t1cloud.com/T1Default/CiAnywhere/Web/UOL/StudentCore/StudentApplicationRegistrationMyMaintenance?f=%24SC.STUAPPREG.MNT&suite=SM&CourseCode=ADMADMPI>

The background of the slide features several paper boats on a light gray surface. One boat is orange and is positioned in the upper left quadrant. Several other boats are white, scattered across the lower and right portions of the slide. The boats are simple, folded-paper models.

SUPPORTING THE WORKFORCE DEVELOPMENT

Induction





The Care Certificate

One of the key features of good and outstanding services is that they ensure new starters complete an in-depth induction programme which goes beyond the minimum standards. Extra resources to support Assessment of the Care Certificate.

Workforce Development Materials to support Care Certificate assessment

The Care Certificate workbook is a free downloadable resource to support the training process and help you and your new workers cover parts of the Care Certificate. Go to <https://www.skillsforcare.org.uk/Learning-development/inducting-staff/care-certificate/Care-Certificate-workbook.aspx>

The [assessor document](#) introduces the Care Certificate and provides an overview of how to deliver and assess it. It provides detailed information on how the Care Certificate Standards should be assessed.

<https://www.skillsforcare.org.uk/Documents/Learning-and-development/Care-Certificate/Assessing-the-Care-Certificate/Care-Certificate-Assessor-Guidance-Jan-2020.pdf>



The Care Certificate

You can use the **[self-assessment](#)** tool and reflective log with new workers before they start their induction so you can tailor it to their training needs.

<https://www.skillsforcare.org.uk/Documents/Learning-and-development/Care-Certificate/The-Care-Certificate-Self-Assessment-Tool-online.pdf>

Further documents to **[support quality assessment](#)** of the Care Certificate can be found on Skills for Care's website here is the link. **<https://www.skillsforcare.org.uk/Learning-development/inducting-staff/care-certificate/Assessing-and-the-Care-Certificate.aspx>**

Care Certificate Badges & Care Certificate Board Game



Care Certificate Badges

We now have the Care Certificate pin badges available for everyone who has attended the Lincolnshire Care Certificate Training Courses. There are two types of badges available:

Blue: For anyone who has attended Lincolnshire Care Certificate Training

Orange: For anyone who has attended Lincolnshire Care Certificate Assessors Training

Care Certificate Board Game

We now have the Care Certificate Board Game available for hire, helping to make in-house development fun and interactive. This game can be hired out for up to one month at a time, free of charge, although a cheque deposit for £180 is required and will be returned on the safe and intact return of the board game.

If you would like to book on any of our training courses or workshops, please contact helpdesk@linca.org.uk

Assessing the Care Certificate



3 days Face to Face and Virtual Course for competent and motivated carers who are willing to help others. This course entails fresh ideas to improve the level of assessment when undertaking the care certificate.

Day 1 and 2

- Develop a strategy to deliver the Care Certificate for your organisation
- Examine how to support competency-based assessment

Day 3 (conducted on Teams)

- Utilise paperwork that supports assessment
- Meet quality assurance to ensure competent assessment of the care certificate

Venue & Dates to Follow

The cost of this workshop is **£35.00 per person.**

Email helpdesk@linca.org.uk to reserve your place

Care Certificate Sampling and Quality Assurance Group



Helps organisation with their inductions process and ensures quality controls are maintained.

If you have completed the Assessing The Care Certificate Training, then please come and attend our next QA group meeting. Just bring along any completed portfolios or current assessed work. You can talk to others who are delivering the Care Certificate, share ideas and improve.

The next group is meeting, Dates to be confirmed.

There is **NO COST** to attend but you will need to book a place. Email helpdesk@linca.org.uk to reserve your place.

Don't miss out – book today!

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Refresher Training for Current Assessors of the Care Certificate



A New Care Certificate assessors eLearning course is now available from Skills for Care who in partnership with Health Education England have produced this funded interactive course has been designed to support existing Care Certificate assessors in refreshing their skills. Copy the link for further information on the course and how to sign up to it.

<https://www.skillsforcare.org.uk/Learning-development/inducting-staff/care-certificate/Assessing-and-the-Care-Certificate.aspx>

Employers already partners in their local Workforce Development Fund Partnerships could claim £100 from the Workforce Development Fund (WDF) for every employee who successfully completes both sessions. For those providers not in a partnership, please see section Workforce Development Fund in this directory.

Personalisation training

It's all about People

(Lincolnshire ICS)



It's All About The People



Imagine a world where the people you support are able to have more choice and control over their health and wellbeing, where they weren't seen as a condition or on a pathway but as people with different experiences. Where they are able to make a shared and informed decision about the next steps with a professional who sees them as an equal and active partner in their life and care.

Imagine if people who you support had the knowledge, confidence and skills to be able to look after their own health and wellbeing, which was tailored to them and their level of literacy and understanding.

Imagine that they only have to tell their story once and the focus of that conversation is about what matters to them and what's important and not what's the matter and what's wrong.



It's All About The People



Want to understand more about how the way you use shared decision making can impact on your relationships with people and therefore your overall job satisfaction?

Want to learn more about the tools you can use to ensure the people you support have high activation measures and therefore know how to better self manage their conditions/situations?

Or are you just interested in learning more about taking the time to listen to people and ask 'what matters' to them, and the impact this can have on their health and wellbeing?

We have a variety of different free and fully accessible courses and sessions available, from 30 minute e learning to half day interactive sessions, from lunch time conversations with peers to full day inspirational training sessions which might even include puppets. Whatever your interest there should be something here for you.

Please click on the link below to find out more and use the descriptors to find out more about your options or use the calendar to see what is coming up next and how to register.


[Learning & Development :: Lincolnshire STP \(itsallaboutpeople.info\)](https://itsallaboutpeople.info)

If you want something more specific or bespoke then that can be arranged too, please just email lhnt.itsallaboutpeople@nhs.net to start the conversation.'



It's All About The People





Learning Disabilities and Mental Help Workforce support



The Oliver McGowan Mandatory Training on Learning Disability and Autism

Following a long campaign led by Oliver McGowan's mother Paula McGowan OBE, HEE and partners at DHSC, NHS England and Skills for Care are pleased to launch <https://www.e-lfh.org.uk/programmes/the-oliver-mcgowan-mandatory-training-on-learning-disability-and-autism/> I am sure like us here at CareinLincs Workforce Development, we welcome this new piece of learning to go alongside your current Mandatory Training programmes.

Oliver tragically died on 11 November 2016 in an NHS hospital and his death shone a light on the need for health and care staff to have better training in understanding, communicating with and treating people with a learning disability and autistic people. The Oliver McGowan Mandatory Training aims to provide the health and care workforce with the right skills and knowledge to provide safe, compassionate, and informed care to autistic people and people with a learning disability. The Health and Care Act 2022 introduced a requirement that regulated CQC registered service providers must ensure their staff receive training on learning disability and autism that is appropriate to their role.

The Oliver McGowan Mandatory Training is ready to access today and has been co-produced, trialled with over 8300 health and care staff and independently evaluated by NDTi. It comes in two tiers so all staff working across all CQC registered services can receive the right level of mandatory training. The e-learning is the first part of The Oliver McGowan Mandatory Training and everyone in health and care needs to do this no matter where they work and what tier of training they require.

Staff, will need to complete their training by attending either a one hour online interactive session (for Tier 1) or a one-day face to face training (for Tier 2).

You can hear from Paula McGowan, <https://www.youtube.com/watch?v=vV1CWU1demc> and read the <https://www.hee.nhs.uk/news-blogs-events/news/oliver-mcgowan-mandatory-training-learning-disability-autism-launched>

Research has shown that on average, people with a learning disability and autistic people die earlier than the public, and do not receive the same quality of care as people without a learning disability or who are not autistic. We want and need to change this. To ensure The Oliver McGowan Mandatory Training on Learning Disability and Autism e-learning is shared widely, please disseminate this information across your networks.

Please join with us and do everything in your power to prevent a story like Oliver's from ever having to be told again. Launching this training is a vital step to help us all achieve this.

For further information, please visit

<https://www.skillsforcare.org.uk/Developing-your-workforce/Care-topics/Oliver-McGowan-Mandatory-Training/Oliver-McGowan-Mandatory-Training.aspx>

<https://www.hee.nhs.uk/our-work/learning-disability/current-projects/oliver-mcgowan-mandatory-training-learning-disability-autism>

To access the free mandatory e-learning, please visit <https://www.e-lfh.org.uk/programmes/the-oliver-mcgowan-mandatory-training-on-learning-disability-and-autism/>



The Oliver McGowan Mandatory Training on Learning Disability and Autism

Update

Training is currently being produced for Tier 1 Part 2 training and Tier 2 training across Lincolnshire.

Training packs are being produced to highlight situations that have occurred in Lincolnshire and recap on the online Tier 1 Part 1 .

Trainers and people with lived experience are currently being recruited.

Watch this space for further updates



Learning Disabilities Courses

We are pleased to announce we are running 4 different courses primarily for staff supporting people with learning disabilities but open to all

Delivered by Industry experts

Can be used for CPD and/or support NVQ type qualifications

In line with new legislation with Learning Disabilities training

Each course is £35.00 per delegate

- Understanding Learning Disabilities – Grantham – tbc
- Promoting Independence – Grantham - tbc
- Sexual Health & Relationships – Grantham – 24th September 2024
- Dual Diagnosis and Oral Health – Grantham – 25th September 2024

Contact helpdesk@linca.org.uk to express interest on this programme

Positive Behavioral Support

Positive behavioral support (PBS) is a person-centred approach to people with a learning disability who display or at risk of displaying behaviors which challenge. It involves understanding the reasons for behaviour and considering the person as a whole - including their life history, physical health and emotional needs - to implement ways of supporting the person. It focuses on teaching new skills to replace the behavior which challenges.

Go to the Skills for Care website where they have resources to help, including a guide to arranging and paying for training in PBS.

<https://www.skillsforcare.org.uk/Documents/Topics/PBS/Guide-to-arranging-and-paying-for-PBS-training.pdf>



Next Generation Leadership Programme

A new Leadership programme specifically for people who work in learning disability and autism services. Are you courageous, values-based and looking for ways to tackle the challenges ahead?

For more information

<https://www.ndti.org.uk/projects/next-generation>



Green Light Toolkit

Mental Health Services and Support for People with Autism and People with Learning Disabilities

A guide to auditing and improving your mental health service so that it is effective in supporting people with autism and people with learning disabilities.

www.ndti.org.uk/

The Green Light Toolkit is a set of free to access resources including, a recently updated audit framework and toolkit, and easy read version

The Audit tool is available online at <https://bit.ly/3aXQucQ>

To find out more information about the learning set workshops, please contact Madeline Cooper-Ueki at Madeline.cooper-ueki@ndti.org.uk

Autism awareness learning resources

Here are learning resources from across the social care and health sector.

They aim to increase awareness and understanding of autism, to enable frontline care workers to better recognise and respond to the needs of autistic people.

Adult social care managers can use resources in this list during induction, supervision and ongoing learning and development, to develop the skills of their workers. They can also use them to develop their own leadership and management skills and knowledge.



www.minded.org.uk/



www.autism.org.uk/what-we-do/professional-development/training-and-conferences



social care
institute for excellence

www.scie.org.uk/autism/



Learn Makaton

Are you ready to take the first step and start learning Makaton? Getting started with Makaton is fun and easy. And once you've started, you'll soon want to learn more, starting with the Core Vocabulary.

The Makaton Society look forward to welcoming you to the Makaton family soon!

These courses will be done virtually.

The Cost of the courses is £100 per person.

For all Expressions of Interest and Bookings please email helpdesk@linca.org.uk

Skills



Safeguarding – Making it Personal

Best Practice Guides

Lincolnshire Safeguarding Adults Board own policies and procedures are for all agencies and individuals involved in safeguarding adults. This includes professionals, volunteers and staff working in public, voluntary and private sector organisations.

<https://www.lincolnshire.gov.uk/downloads/file/3658/lsab-policy-and-procedures-v7-1>

For more information about the LSAB email lsab@lincolnshire.gov.uk

The Safeguarding Adults Framework Evaluation tool (SAFE) is a simple online tool to help staff and others to evaluate, reflect and learn from practice when working to safeguard adults at risk of harm.

<https://safe.bournemouth.ac.uk/Home/Introduction>

Safeguarding – Making it Personal

Best Practice Guides

Safeguarding adults means protecting a person's right to live in safety, free from abuse and neglect. If you're a leader or manager Skills for Care have produced a '[Guide to adult safeguarding](#)' explains some of the key aspects of safeguarding in your workplace.

<https://www.skillsforcare.org.uk/Documents/Topics/Safeguarding/A-guide-to-adult-safeguarding-for-social-care-providers.pdf>

[LSAB resources](#). Tools available to support professionals in safeguarding adults within Lincolnshire: Go to the LSAB websites dedicated page for access to all the resources.

<https://www.lincolnshire.gov.uk/safeguarding/lsab/4>

Safeguarding – Making it Personal

Workforce Development Resources

LSAB training The LSAB offers a series of Safeguarding `Making it Personal` and other related safeguarding topics free to practitioners who work with adults and their families. The training is delivered via e-learning courses. The training identifies which groups of staff the training is appropriate for using the National Competency Framework for Safeguarding Adults.

Go to

<https://www.lincolnshire.gov.uk/safeguarding/lsab/3>

You will need to registered or if already done so, login to access.

SCIE Safeguarding adults: e-learning course

Safeguarding adults is everybody's business. All staff have a responsibility to help prevent abuse and to act quickly. This CPD-accredited course includes dramatised video scenarios which show how safeguarding issues can develop, and suggests ways of dealing with them that protect people at the same time as preserving their right to make choices about their lives. <https://www.scie.org.uk/e-learning/safeguarding-adults>

SAFEGUARDING AMBASSADORS

<p style="text-align: center;">Aim</p> <ul style="list-style-type: none"> • To ensure that the principles of Safeguarding are integral within every day practice • To support and advice team and service area colleagues on Safeguarding matters 	<p style="text-align: center;">Rollout of the programme</p> <ul style="list-style-type: none"> • Awaiting new dates. • Attend a further day training ,again the date is still to be confirmed, where the ambassador will receive recognition at becoming a Safeguarding Ambassador • Safeguarding Needs Analysis will be collected following the ambassador programme • Attend Safeguarding Ambassador meetings
<p style="text-align: center;">Who can be the Safeguarding Ambassador</p> <ul style="list-style-type: none"> • The provider or registered Manager to consult with a member of their staff that they believe will embrace this role of being the Safeguarding Ambassador, this may include the Manager themselves • All nominations to be sent to Lincolnshire Care Association Workforce Development; email: helpdesk@linca.org.uk • with; <ul style="list-style-type: none"> ○ Name of nominated person ○ Their email or work email ○ Organisation representing ○ Nominating Person and contact number 	<p style="text-align: center;">Safeguarding Ambassadors Will</p> <ul style="list-style-type: none"> • Act as a resource and a point of contact for colleagues that require support and guidance with safeguarding issues • Cascade/disseminate safeguarding information and develop and maintain a notice board • Maintain safeguarding as a standing agenda item at team meetings. • Support staff in identifying those in need of protection and assist in their understanding of the action that they need to take • Encourage colleagues to recognise trends and themes. • Promote the safeguarding adult policy. • Be aware of own limitations and seek further clarification / support from the organisations designated Safeguarding Lead. • Attend a minimum of three Safeguarding Ambassador meetings annually • Attend a minimum of three Safeguarding Ambassadors Network meetings annually

SAFEGUARDING AMBASSADORS [CONT]

Note - A SAFEGUARDING AMBASSADOR IS NOT a replacement for a Safeguarding lead, or a replacement for the role regarding Safeguarding issues of the Registered Manager or to be relied on to manage Safeguarding referrals

Expected Outcomes of the Role

The development of the role across your organisation will:

- Enhance and streamline Safeguarding practice
- Provide consistency in Safeguarding practice
- Promote staff competencies in Safeguarding
- Give staff confidence to provide up to date advice and support to colleagues

Purpose of Safeguarding Meetings

- Provide a forum for all Safeguarding Ambassadors to meet, network, share best practice and lessons learnt across the sector
- Gather up to date information from partner agencies.
- Promote discussion on safeguarding policies and procedures.
- Maintain and enhance their skills and competencies in safeguarding

Safeguarding Ambassadors Virtual Network meeting

If you have completed both Safeguarding Ambassadors Induction days, please join us on ONE of our network meetings

During these meetings we are planning to roll out the agreement forms between you the providers and the role of the safeguarding ambassadors to ensure the role is being carried out and a continual commitment to support each other under the umbrella of Safeguarding and MCA.

Future Dates to be announced in due course

These meetings will take place via Microsoft teams. You must email helpdesk@linca.org.uk with your chosen date and confirm the best email address for Conor to then send you an invite, which will allow you to join the meeting.





SAFEGUARDING NETWORK MEETINGS

We are pleased to advise we will be holding Safeguarding Network Ambassador meetings on the following dates between 2pm & 3pm:-

30th July 2024

31st July 2024

8th August 2024

The aim is to provide up to date information related to all things Safeguarding from leaders across the Health and Care systems



Swallowing, Oral Health and Nutritional Ambassadors

AIM

- To ensure that the principles Swallowing, Oral health and Nutrition (including personal care) and the support of good nutritional values are integral within every day practice.
- To support and train the team and service area colleagues on Swallowing, Oral health and Nutrition matters.

Who can be the Swallowing, Oral Health and Nutrition (SONA) Ambassador

- The provider or registered Manager to consult with a member of their staff that they believe will embrace this role of being the SONA Ambassador, this may include the Manager themselves.
- All nominations to be sent to Lincolnshire Care Association Workforce Development. **email** helpdesk@linca.org.uk with
 - Name of nominated person
 - Their email or work email
 - Organisation representing
 - Nominating person and contact number

Note – A SWALLOWING, ORAL HEALTH AND NUTRITIONAL AMBASSADOR IS NOT a replacement for a Swallowing, Oral Health and Nutritional trainer, but someone who would be able to support those who train on these subjects

Swallowing Oral Health and Nutritional Ambassadors Network meeting

We are planning the next round of network meetings for all Swallowing Oral Health and Nutritional Ambassadors to attend. During these meetings we are planning to roll out the agreement forms between you the providers and the role of the SONA to ensure the role is being carried out and a continual commitment to support each.

The whole process that supports the Ambassadors role is that the networks are **free** to attend. You will take back discussion and communication to provide providers with greater understanding and guidance on all things Swallowing Oral Health and Nutritional

Day 1 – 2025 tbc

Day 2 – 2025 tbc

Day 3 – 2025 tbc

Day 4 – 2025 tbc

Day 5 – 2025 tbc

Venue - tbc

ALL WORKSHOPS NEED TO BE COMPLETED TO RECEIVE THE SONA CERTIFICATE

ALL expressions of Interest to be sent to

helpdesk@linca.org.uk

Dementia

Basic Dementia

Workforce Development Resources

SCIE Dementia awareness e-learning course.

This e-learning course aims to raise the awareness and skills of care staff who work with people with dementia. It aligns with Tier 1 of the National Dementia Training Standards Framework, which is a requirement for all staff working in social care. It will also allow you to collect evidence towards the relevant section of the Care Certificate. The course seeks to improve the wellbeing and experience of people with dementia and of the care staff working with them. It should improve your confidence in managing situations you find challenging.

<https://www.scie.org.uk/e-learning/dementia>

LSAB training The LSAB offers a series of fully funded, What is Dementia? eLearning courses. The training is delivered via e-learning courses.

Go to

<https://www.lincolnshire.gov.uk/safeguarding/lsab/3> You will need to registered or if already done so, login to access

Understanding Dementia

If you have done your Basic Dementia Training and you need more, then this course is for you

We have designed a **Face to Face two full day Course**

We look at:

- ▶ Behaviors which are challenging to others
- ▶ Person Centred Care in Dementia
- ▶ The role of occupation and easy activities in Dementia

Grantham

Session One

12th November '24 - 09:30 to 16:00

Session Two

26th November '24 - 09:30 to 16:00

Delegates must attend both days

The cost of this workshop is £35.00 per delegate
Email helpdesk@linca.org.uk to reserve your place.



Developing Seniors Programme In Adult Social Care

This is a seven-module programme to support the development of seniors within Adult Social Care. The course looks at improving the skills and knowledge of staff whose role is to supervisor others in the team and enable them to learn about their own personal qualities and the importance of reflection to improve the quality of Person-Centred Care.

Cohort 25 – Face to Face – Louth

19th September 2024 – Introduction – 9.30am – 4.30pm

3rd October 2024 – Safe – 9.30am – 4.30pm

16th October 2024 – Effective – 9.30am – 4.30pm

30th October 2024 – Caring – 9.30am – 4.30pm

13th November 2024 – Responsive – 9.30am – 4.30pm

27th November 2024 – Well Led – 9.30am – 4.30pm

18th December 2024 – Action Plan/Final Evaluation – 10am – 12midday(TBC) - Online

The cost of this programme is **£325 per person**. Attendance on all 9 days is required to complete. Email helpdesk@linca.org.uk to book your place.

Emergency First Aid at Work

A Level 3 Quasafe accredited, HSE recognised course. You will receive full certification upon completion.

During this full day course [**9am till 4:30pm**], learners will develop the skills and knowledge needed to deal with a range of emergency first aid situations, including:

- Managing an unresponsive casualty
- CPR
- Choking
- Shock
- Wounds and bleeding
- Minor injuries

Course available:

TBC

The cost of this workshop is

£60.00 per person.

Email helpdesk@linca.org.uk to express your interest

 FIRST AID TRAINING

Trainer made the course fun as well as interesting

Overall a very informative and enjoyable course. Definitely recommend.



A Level 2 Quasafe accredited course. You will receive full certification upon completion

Over a half day period, successful Learners will attain the knowledge and practical competencies needed to deal with a range of first aid situations, including: managing a casualty with anaphylaxis, CPR, common anaphylaxis triggers, signs and symptoms of anaphylaxis, treatment and more.

Also support Standard 12 of the Care Certificate and act as a refresher for previous BLS training.

Course available:

TBC

The cost of this workshop is **£35.00 per person.**

Email helpdesk@linca.org.uk to express your interest

*Overall fab course.
Excellent trainer,
presented the course
in a manner that was
engaging and
understandable*



Training Skills Training

For all in-house trainers.

A Two Full Days Face to Face Course –

- Identifying and developing new skills to improve your training through new approaches
- Examining the training cycle
- How to be a trainer rather than a presenter

10th October 2024 9:30 – 16:00

31st October 2024 9:30 – 16:00

GRANTHAM

The cost of this workshop is **£50.00 per person**

To book your places Email: helpdesk@linca.org.uk



Gained far
more than I
expected

Enjoyed the
course, a lot
of info but all
useful



Delivering Effective Supervision

A one day Face to Face Course –

- Identifying and developing new skills to improve your delivery of supervision
- Understanding the value of supervision
- Best practice approach and reflecting on your own practice

LINCOLN

9th October 2024 - 09:30am to 4.00pm

The cost of this workshop is **£35.00 per person**

To book your places Email: helpdesk@linca.org.uk



Useful training to help
me feel more
confident when
carrying out
supervisions

Understanding Behaviours of Concern

A one day Face to Face Course –

- Understanding why behaviours of concern occur
- How to respond to behaviours of concern

Lincoln - 10th December 2024 – 09.30am – 4.00pm

The cost of this workshop is **£35.00 per person**

To book your places Email: helpdesk@linca.org.uk

An enjoyable day, time to
reflect on my knowledge and
take on board how to deal
with behaviour in a different
way





OUTCOME BASED CARE PLANNING COURSE

6TH November 2024 – Louth
16th January 2025 – Boston

This course is for all staff that access, develop and update care plans, for all individuals in receipt of care services.

Our Aim is to empower you to produce safe, effective care plans that embody the *key principles* of outcome based care planning and the care that needs to be delivered as a result. This is also in line with the CQC single assessment framework.

We will draw on the knowledge and expertise you already have; helping you and your team feel motivated to positively refresh your care planning approach, providing great outcomes for the individuals in your care.

We plan to incorporate:

- How best to support and empower the individual in receipt of care services, putting them at the center of their care, with the focus on positive outcomes.
- Develop with the service users, as the expert on what their needs are, usable care plans, with actionable steps, that enable the individual to fulfil goals and have a quality of life that matters to them.
- Promoting strengths and independence.
- Dignity, individuality and choice, now and for the future.
- Focusing on positive outcomes in all aspects of Health and well-being in a collaborative way, communicating with all involved in the individuals care, that allows for consistency in care across all providers.

More information to follow soon.



PERFORMANCE MANAGEMENT

NEW COURSE COMING FOR SPRING 2024

19th & 20th November '24 – Louth

The benefits of effective People Performance Management include a valued, supported and engaged workforce which can lead to job satisfaction and a higher quality of care.

This 2 day course can support you in a better understanding of this and how to implement it.

Day 1 will focus on the importance of getting it right from the start. How you lead and manage your employees from the moment they join your team can make a big difference to them and to the people they are providing with care and support.

Day 2 will look at effective managing underperformance, taking steps if there is no improvement and disciplinary processes



Falls Prevention

A five-part programme developed specially for Social Care.
The React to Falls programme enables providers to develop their workforce understanding of a complex risk for the most vulnerable in our Care.

To Access the FREE resources, simple go to
<https://www.reactto.co.uk/resources/react-to-falls/>

Alongside the training resource you will also find a Falls Booklet in PDF format to hand out to the workforce

<https://www.reactto.co.uk/content/uploads/2019/02/Falls-Booklet.pdf>

Further resources are currently being developed to allow providers more scope to identify and manage a risk of falls with individuals in their care. These are due to be released in 2022.

Please contact here for more information:
helpdesk@linca.org.uk





Falls Prevention

I'd like to introduce myself as the new Falls Training Project Manager and give you all a heads up on our exciting plans for 2024.

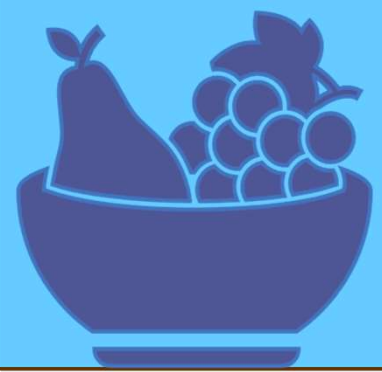
Falls are a leading cause of injury in care homes. So, over the coming year, I'll be working and supporting care home managers with the roll out of a falls pathway training programme. This will include:

- *Falls prevention induction and refresher training for all care home staff.*
- *Falls training resources pack.*
- *Workshops to identify and discuss key falls risks and share experience & skills to implement proactive prevention strategies.*
- *Falls summit - bringing together care home providers to hear from key guest speakers, share best practice and view the latest technology to reduce falls risks to prevent falls and serious injuries for care home residents.*

To kick off, I will be sending out a 5-min survey in the New Year. The aim is to capture key information from yourselves, so we can tailor the falls training programme to meet the needs of care home providers across Lincolnshire.

So, look out for the survey which also includes a prize draw with a chance of winning a £30 Linca training voucher. Also, please do get in touch if you'd like me to visit your care home for a chat to find out more about the programme.





Health & Wellbeing

We are pleased to bring you a one-day course on Health and Well-Being.

14th November 2024 – Grantham 0930 - 1600

The course is for all leaders that are responsible for the Health and Well-Being of their staff. For those staff needing a boost of their own Well-Being and the confidence to support others.

Your knowledge will be enhanced on the importance of good physical and mental Well-Being of your staff and the people you care for. To ensure you are covering the legislative requirements of looking after your workforce, which includes CQC and HSE guidelines.

The impact of supporting your staff in this area has proven positive benefits, like; less absenteeism, a happier more productive work environment for all, and aiding the retention of staff, which hugely benefits those in receipt of care.

We focus on actively promoting good Health and Well-being for staff and those in their care in a compassionate way. What good health looks like and how to get, improve and maintain health and well-being, including how to look for signs of Stress and Anxiety, and what support can be given.

This course is interactive, and packed with useful information and tools

Continence Management

TENA Product training



Covers:

- Technology of TENA Products
- TENA Product assessment
- TENA Product range
- Correct fitting of TENA Products
- How to get the best of the TENA Products

All session timings are 2:00 pm– 3:00 pm - via TEAMS

Available Dates
2 nd August 2024
6 th September 2024
4 th October 2024
26 th November 2024
5 th December 2024

Supporting Tissue Viability and Best Practice Tools

In conjunction with Medicare Plus and their Barrier Products, come a series of FREE resources for all Care Providers. Copy the Link to Access them


<https://www.medicareplus.co.uk/e-learning/all>

E-learning Modules

More e-learning modules coming soon

CONTINENCE E-Learning MODULE

Learn all you need to know about CONTINENCE PROBLEMS IN ADULTS



TOTAL BARRIER PROTECTION
Medicareplus


AN OVERVIEW OF CONTINENCE PROBLEMS IN ADULTS

The module covers the prevalence of urinary and faecal incontinence, the impact it can have on...

Module details

E-Learning MOISTURE-ASSOCIATED SKIN DAMAGE (MASD)

Learn all you need to know about MOISTURE-ASSOCIATED SKIN DAMAGE (MASD) in one place



TOTAL BARRIER PROTECTION
Medicareplus


MOISTURE-ASSOCIATED SKIN DAMAGE (MASD)

This module looks at how moisture-associated skin (MASD) damage can occur. It highlights the importance of assessment and classification and...

Module details

STOMA E-Learning MODULE

Learn all you need to know about PERISTOMAL SKIN CHALLENGES AND MANAGEMENT



TOTAL BARRIER PROTECTION
Medicareplus

PERISTOMAL SKIN: CHALLENGES AND MANAGEMENT

On completion of this module, you will...


Module details

Product Focus Modules

More e-learning modules coming soon

PERIWOOUND MACERATION E-Learning MODULE

Learn all you need to know about PERIWOOUND SKIN MACERATION: PREVENTION AND MANAGEMENT



TOTAL BARRIER PROTECTION
Medicareplus

Periwoound skin maceration: prevention and management


On completion of this module, you will understand:

- > What periwoound maceration...

Module details

E-Learning PRODUCT IN PRACTICE MODULE

Learn all you need to know about MEDI DERMA-PRO in one place



TOTAL BARRIER PROTECTION
Medicareplus


MEDI DERMA-PRO PRODUCT IN PRACTICE

The delivery of wound care in the current climate is challenging so effective solutions are more important than ever

Module details

E-Learning PRODUCT IN PRACTICE MODULE

Learn all you need to know about MEDI DERMA-S in one place



TOTAL BARRIER PROTECTION
Medicareplus

MEDI DERMA-S

The delivery of wound care in the current climate is challenging so effective solutions are more important than ever

Module details

Supporting Tissue Viability and Best Practice Tools

<https://www.medicareplus.co.uk>

InstaLearn Series

More e-learning modules coming soon



An Introduction to moisture-associated skin damage (MASD)

Watch the video and then check your understanding via the InstaQuiz.

[Module details](#)



Introducing the S.M.A.R.T.

Watch the video and then check your understanding via the InstaQuiz.

[Module details](#)



Pressure ulcers vs IAD

Watch the video and then check your understanding via the InstaQuiz.

[Module details](#)



The layers of the skin

Watch the video and then check your understanding via the InstaQuiz.

[Module details](#)



Total Barrier Protection

Watch the video and then check your understanding via the InstaQuiz.

[Module details](#)

Webcasts and Live Events

More e-learning modules coming soon



Facebook Live: Challenges in Managing IAD in the Nursing Home Setting

Presented by **Julie Mullings** (Lead Nurse for Tissue Viability/Infection Prevention and Control, Community Services at Manchester University NHS Foundation Trust)

[Module details](#)



Facebook Live: End-Of-Life Skin Care - Challenges, Prevention and Management

Presented by **Stefanie Mahan RGN** (Palliative Care Clinical Lead and Independent Tissue Viability Specialist Nurse)

[Module details](#)



Facebook Live: Pressure ulcers vs IAD: avoiding the confusion

Presented by **Siobhan McCoulough**, Lead Tissue Viability Clinical Nurse Specialist, University Hospitals Plymouth NHS Trust

[Module details](#)



Facebook Live: Understanding Moisture-Associated Skin Damage

Watch **Alison Parnham** present live.

[Module details](#)



Moisture-Associated Skin Damage (MASD): A clinical update

Presented by **Alison Parnham RGN**, Clinical Nurse Specialist, Nottingham CityCare and Teaching Associate, University of Nottingham

Stroke Programme

Health Education England

There is a fantastic **eLearning programme** which will support your teams to have greater understanding of Stroke Residents or Clients. The training is found on the NHS elearning website. If you haven't already, you will need to ask your staff to **register** and its **FREE**.

Click the link to access the training. <https://www.e-lfh.org.uk/programmes/stroke/> to register, scroll down the page until they find **REGISTER**. If you already have staff who have accounts, then ask them to scroll to the section which says **VIEW** and then they need to login.

About the Stroke programme

Although stroke is the leading cause of adult disability and the fourth largest cause of death in the UK, it is estimated that 70% of strokes could be prevented and better managed.

The [Stroke elearning programme](#) has been designed to provide an overview of stroke care across the entire pathway and promote better patient care, by providing all health and social care professionals and multidisciplinary teams with the appropriate level of knowledge, skills and experience they need to deliver effective stroke prevention and care to people with stroke, and at risk of stroke.

Moving and Handling Train the Trainer

Looking to develop someone in your workforce? Why not train them to deliver all your Moving and Handling Training needs. We have secured an external trainer, who will train them to the national standards in Moving and Handling. We seek to find what is the best way forward for your organisation.

Using our specialist trainers, Edge Training, the training will take place over 4 days.

**3rd September – 6th September 2024
- Lincoln**

**The cost of this course is £675.00
per person**

**If Interested, please email
helpdesk@linca.org.uk**

Moving and Handling Train the Trainer Refresher

Have you got an in-house trained Moving and Handling Trainer who needs an update? Access two days of training to update legislation, best practice and new resources. We seek to find what is the best way forward for your organisation.

Using our specialist trainers, Edge Training, this two day update course will run from:

Dates & Venue TBC

**The cost of this course is £375.00
per person**

Interested?

If you would like further information or to book
email: helpdesk@linca.org.uk

Mental Capacity Act & DOLS

We are pleased to bring you a 1-day training course, that is essential for all senior and lead staff involved in care, treatment and support of adults who may lack capacity to make decisions for themselves, to consent or refuse, that can have an impact on the way care and treatment is delivered for them, now and in the future.

After training you and your staff will have refreshed your knowledge and develop a good understanding of the key principles of MCA & DOLS and the legal framework, helping you feel confident in your responsibilities and duties under the MCA 2005. The training will include how to follow processes correctly, and fill out documentation, whilst also fulfilling CQC criteria and LCC requirements.

The goal is to ensure that the people in your care who may lack Mental Capacity, and are considered vulnerable, are not only protected, but empowered and represented as individuals with unique needs, who can and should be supported to make their own decisions wherever possible. and that any decisions made on their behalf, are truly in their best interest and welfare, in line with your Duty of Care to them.

MCA Awareness Training.

This 1-day training is to help staff involved in care, treatment and support of adults who may lack capacity to make decisions, develop an understanding, or refresh their knowledge, of the responsibilities and duties under the Mental Capacity Act 2005 (MCA).

Ensuring the person in receipt of care who lacks Mental Capacity is protected and empowered in line with CQC, local authority requirements and legislation.

£35 per person

25th September 2024 – Boston



CELEBRATE SUCCESS



Lincolnshire Care Awards 2023

- Since 2016, our annual awards ceremony has celebrated the care workers and organisations across Lincolnshire whose work makes a difference to the lives of others, every single day. We're honoured to give these deserving teams and individuals their time in the spotlight, and to celebrate all they do for Lincolnshire's most precious and vulnerable people.
- Winners of the 2023 Lincolnshire Care Awards were announced at the Gala Awards Evening on 21st March 2024 at The DoubleTree by Hilton, Lincoln.
- For more information visit [Care Awards 2023](#) or email linca_events@linca.org.uk

Awards and Accolades – There are a number of local, regional and national awards celebrating good quality care including

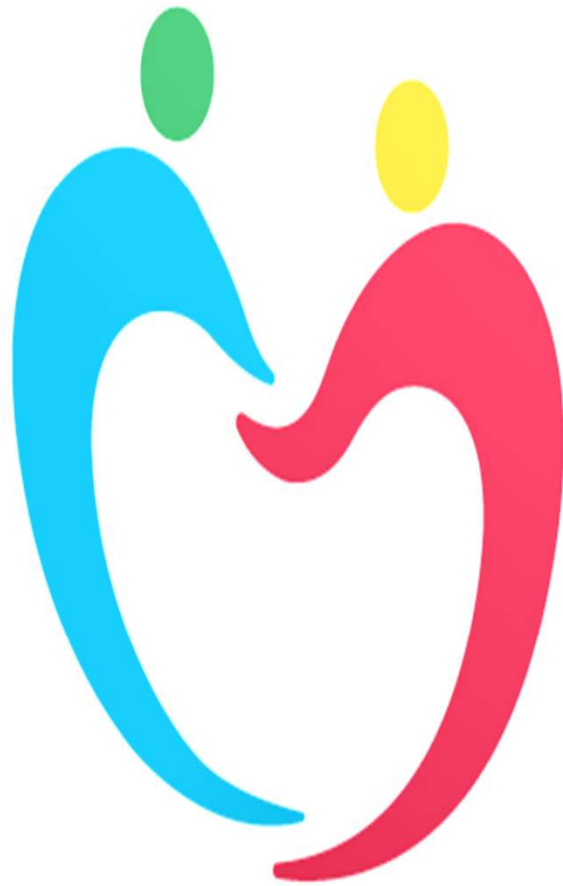
Great British Care Awards - <http://www.care-awards.co.uk>

Skills for Care Accolades

<https://www.skillsforcare.org.uk/Getting-involved/accolades/Accolades.aspx>

It can be very encouraging for staff to know that they have been nominated for an award.

We hope that you will feel able to share suggestions and good practice about retention at the networking events.



Lincolnshire

Care Association

How to become a LinCA Member

LinCA are keen to promote and increase LinCA Membership, as we are stronger together than we are apart. Increased Membership improves and expands the services that we can offer to the Care Sector.

LinCA Member benefits:

- Regular communications and monthly e-newsletter
- Key business information and news items in the Member Area of the website
- Quarterly networking meetings and Annual General Meeting
- Access to member only sector specific workshops
- Access to Support Services - LinCA can access business support services such as Finance, HR and Legal Services through our commercial members at discounted rates. We have been able to obtain the services of Royds Withy King solicitors to provide advice on service user contracts.
- Business listing in the website “Looking for Care” portal
- Opportunity to advertise job vacancies on the website
- Two free tickets to the LinCA Annual Conference
- Access to LinCA Board members with expertise in Nursing Homes, CQC, Domiciliary and Residential Care

LinCA Membership fees:

We will charge a flat rate membership fee of £100 per year per provider group.

Stand-alone member homes with less than 10 beds or 20 beds will pay £25 or £50 respectively

100

For more information, contact:
helpdesk@linca.org.uk

A red pushpin is pinned to a map, which is the background of the entire page. The map shows various roads, landmarks, and geographical features. The pushpin is in sharp focus, while the map and other pins in the background are blurred.

USEFUL LINKS including HEALTH AND WELLBEING

Supporting Lincolnshire's health and care staff through COVID-19

You are not alone.

1 in 4

people experience
problems with
mental wellbeing



Boost your wellbeing with Champion Health

WELLBEING AT YOUR FINGERTIPS

1



SCAN ME

OR VISIT
app.championhealth.co.uk

2

TO GET STARTED

USE CODE

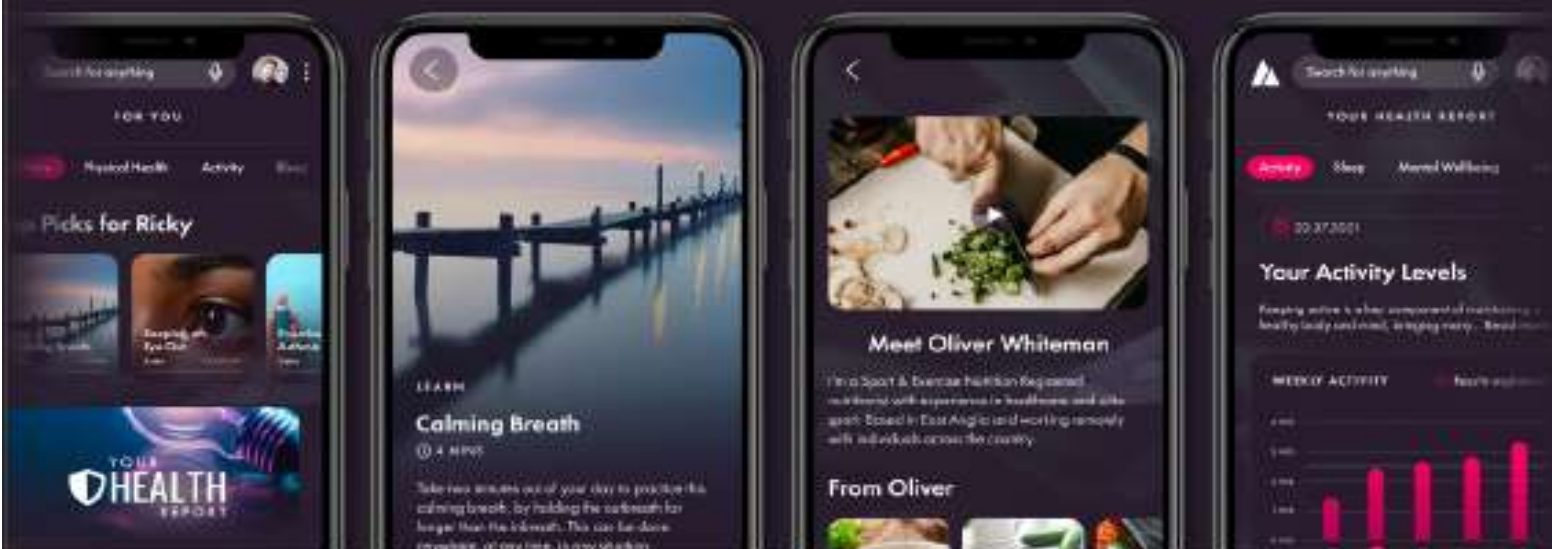
LSHWB

3

CREATE YOUR
ACCOUNT

Discover
your world of
wellbeing

on any device

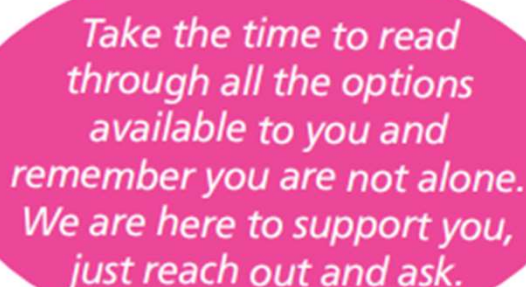


The Coronavirus pandemic has had a profound impact on our entire communities, especially our health and care key workers.

Staff have faced a great deal of uncertainty, anxiety and pressure to respond in often difficult circumstances, as well as carry the emotional load for themselves, their families and those they care for.

Your emotional and mental wellbeing is extremely important to us and we have been working as a health and care system to ensure that you have dedicated support available during these challenging times.

We have been able to bring together a number of resources that can support you with your emotional wellbeing, as well as a dedicated wellbeing helpline for when you need to talk.



Take the time to read through all the options available to you and remember you are not alone. We are here to support you, just reach out and ask.

If you feel like you still need more help, we will also be providing priority access to our talking therapy services.

Self-help

The **Every Mind Matters NHS website** is a good place to start and provides self-help information and mental wellbeing guides that anyone can access.

Visit: www.nhs.uk/oneyou/every-mind-matters

The NHS has developed their **Our NHS People** site, which has wellbeing guides and free support apps, NHS staff can access.

Visit www.people.nhs.uk

Finally, our **Lincolnshire Staying Well website** brings together some of the local and national wellbeing resources available, free of charge: www.lpft.nhs.uk/LincsStayingWell

Emotional wellbeing and support

During our local COVID-19 response, our staff wellbeing team have been operating an emotional support telephone line for all staff across the health and care system. It is our intention to continue to offer this service for the foreseeable future. Staff can call and speak with a practitioner confidentially about issues concerning them.

The team will be able to triage your needs and provide further signposting or referral to services which might be helpful, or can just be there to offload, wobble, or even just chat in a judgement free, safe space.



*Call the team
01522 569512 or
01522 518609
email
lpft.staffwell-being@nhs.net
9am to 5pm
Monday to Friday*

Talking therapies with steps2change

For staff who might be better supported with specialist talking therapies, we are able to offer priority access to steps2change.

Steps2change provide evidence-based talking therapy for people with common mental health problems, and is available to anyone over the age of 16 who is experiencing issues relating to anxiety and/or depression.

The team of experienced and qualified professionals will work with you to understand your difficulties and provide the appropriate treatment intervention. You will get a chance to talk about your issues in a confidential and non-judgemental environment. You will receive an individually tailored treatment package to help you recover.

There are teams based all over the county and we offer appointments throughout the day on the telephone, online or at bases in the following locations, Boston, Gainsborough, Grantham, Lincoln, Louth, Skegness, Sleaford, Spalding and Stamford.

How to get help from steps2change

- Speak to the staff wellbeing support line, who will signpost/ refer you to appropriate support to meet your needs.
- Self-refer to steps2change directly on their website www.steps2change.nhs.uk
- Contact our single point of access contact centre by calling **0303 123 400** (available 24/7).
- Discuss your problems with your manager, GP, HR/ Occupational Health Team or other health professional who can refer you to the service using the organisational referral form to lpft.steps2changereferrals@nhs.net

•

None of the services mentioned are an emergency service. If you need immediate help, please contact your GP or their out of hours service. Alternative support services are detailed below:

- NHS 111 number
- Lincolnshire mental health and emotional wellbeing helpline - 0800 001 4331 (open 24/7)
- Samaritans - 116 123
- Sane Line – 0300 304 7000 (4.30pm-10.30pm daily)
- The Silver Line (helpline for older adults) 0800 470 8090
- LPFT Single Point of Access – 0303 123 4000 (24 hours a day)
- You can also present at your local A&E if you are unable to keep yourself safe, or you have self-harmed and require medical attention.

Helplines



Lincolnshire Staff Wellbeing Hub
Call 01522 518609
Monday-Friday, 9am-5pm
lpft.staffwell-being@nhs.net



Bereavement support line (National)
Call 0300 303 4434
8am–pm, Seven days a week



Bereavement support line (Lincolnshire)
Please call 0300 303 1897
Available every day, 11am–3pm

Mental health and wellbeing



Bereavement counselling service
Please contact 01522 518216



Emotional wellbeing toolkit
www.nhsemployers.org/howareyoufeelingnhs



Every Mind Matters
Visit www.nhs.uk/oneyou/every-mind-matters



Recovery College
01522 518500 (M-F, 9am-2:30pm)
www.lpft.nhs.uk/our-services/adults/recovery-college



Mental Health First Aid (MHFA)
Please check your local area for information on contacting your MHFA



steps2change
0303 123 400 (available 24/7) or
Speak with your GP or
www.steps2change.nhs.uk



Stay Alive app
You can download the Stay Alive app from your app store or view their website here: www.stayaliveapp



Working Minds – Campaign to address work-related stress
<https://workright.campaign.gov.uk/workingminds/>

Physical health and wellbeing



One You Lincolnshire
Call 01522 70 51 62
hello@oneyoulincolnshire.org.uk
www.oneyoulincolnshire.org.uk



Pilates with April Moon
www.movewithmoon.co.uk
 Code: NHS01



Physio 4 You
To book an appointment email
LHNT.physioforyou@nhs.net
Tuesday and Thursday, 10am-12pm

General wellbeing support



Book club
Email Joanne.Borrill@nhs.net



Caring for yourself while caring for others

Available [here](#) or the full link can be found in the HWB Brochure



#caringforNHSpeople webinars
For access to sessions visit
<http://horizonsnhs.com/caring4nhspeople/>



Connect to Support Lincolnshire
<https://lincolnshire.connecttosupport.org/>



EPEC Being a Parent Playlist
<https://youtube.com/playlist?list=PLtgcqZxTf21YQ5J3mdNXIhFY23kGoFseb>



Groups and workshops
Burnout, Sleep, Confidence & self-esteem
lpft.staffwell-being@nhs.net



Guided meditation
<https://us06web.zoom.us/j/6970359334?pwd=eHlGeUdWc>
 Passcode: 624574



The Anti-burnout club
Discounted price available via
<https://theantiburnoutclub.com/>
kw



Vocal tapas
To register visit:
<https://vocaltapas.com/nhs-staff/>

Financial wellbeing



Cooking on a budget

Full links accessed via the brochure or click here: [Avoid waste](#) / [Batch cook](#) / [Vegetables](#) / [Fruit](#)



Discounts

Search for 'NHS and care worker staff freebies & discounts' at www.moneysavingexpert.com



Food bank

Referral via the Staff Wellbeing Hub - call 01522 518609 or email lpft.staffwell-being@nhs.net



GamCare

Call 0808 8020 133, available 24/7 <https://www.gamcare.org.uk> to access online chats and support



Union Support - UNISON

Call 0800 0 857 857 or visit www.unison.org.uk/get-help/services-support/there-for-you



Union support - Other

Check with your union what support and benefits they offer around your financial wellbeing

Menopause



Balance

The world's biggest menopause library can be found here: www.balance-menopause.com



Lincolnshire NHS Menopause Support Group

Search the name of the group in Facebook



Menopause webinars

www.ardengemcsu.nhs.uk/showcase/news-events/news-events/menopause-in-the-workplace-bitesize-webinars/



Additional menopause support

Visit www.themenopausecharity.org



Additional menopause support

Visit www.womens-health-concern.org/help-and-advice/factsheets/menopause

Domestic abuse

Freephone 24-hour national domestic abuse helpline: 0808 2000 247



EDAN Lincs

01522 510041, M-F, 9am-5pm
Visit: <https://edanlincs.org.uk/>
General: info@edanlincs.org.uk



Galop - LGBT+ Domestic Abuse help

Call 0800 999 5428
M-F, 10am-5pm, W-Th, 10am-8pm
Visit: <https://galop.org.uk/>



Respect - Men's advice line

0808 8010327, M-F, 10am-8pm
Webchat: Weds 10-11:30am, 2:30-4pm
Visit: <https://mensadvice.org.uk/>

Covid-19 wellbeing resources



How to stay calm in a global pandemic - Free e-book

Link to the book [here](#) or visit the HWB Brochure for the written link



Lincolnshire Staying Well website

Find out more at
www.lpft.nhs.uk/LincsStayingWell



Stress management with Long Covid

Visit <https://youtu.be/tgEuVN1iYOc>



The Coronacoaster

Visit: <https://youtu.be/BcyZ-qerZPs>

Development



Coaching

For more information please email
lpft.leadershipsteam@nhs.net



Skills for Care

Visit www.skillsforcare.org.uk for more information and to access these resources

NHS support



These resources are available to anyone in the system with access to with an NHS email address - please speak with your manager to see whether this is available to you in your organisation



National staff support line

Call 0800 069 6222 from 7:00am – 11:00pm, seven days a week
Or text 'FRONTLINE' to 85258



NHS People website

<https://www.england.nhs.uk/supporting-our-nhs-people/support-now/>



NHS staff working in ICU

Visit: www.ics.ac.uk/wellbeing



Lateef project - #NHSMuslimsWellbeing

Visit: lateefproject.org/get-support



fit4thefight

Sign up to the platform at
www.fit4thefight.org/nhs-members-area



Support for Indian NHS Nurses

<https://binauk.org/> for info.
Call +44 (0)1234 363272
Email admin@binauk.org



Uplifting resources for the NHS

Visit <https://library.nhs.uk/nhs-staff-and-learners/uplifting-resources/>



NHS Working Carers free resource

Speak to your manager for the free access code and then visit
www.carersdigital.org/login/index



Nurse lifeline

Call 0808 801 0455, available
Monday-Friday, 7pm-11pm



ShinyMind wellbeing app

Please complete the form:
<https://forms.gle/8ut8x3rdKmHJ73vD8>

Frailty Website in Lincolnshire

Working collaboratively across the local health and social care economy, we have developed a more integrated approach, underpinned by compassionate care. This interactive frailty pathway toolkit allows for frail, older people to be assessed well and for their underlying causes of deterioration to be managed more appropriately and in accordance to their needs.

Health and Care recognise that care is just as important as treatment. Everyone should be properly valued and listened to, and treated with compassion, dignity and respect at all times. Populating ageing is a 'game-changer' for health and social care services. Whilst many people remain well, engaged and active well into later life, for some their advancing age increases the chances of long-term conditions, thus making them frailer and more vulnerable.

Carers can do a lot to help older people to live well, retain their independence and out of hospital. By treating each person as an individual and providing them with person-centred care, rather than focusing on single conditions. In doing so, we are better placed to help older people live well with a better quality of life. Embedded across all local health and care settings, this toolkit has the power to transform the way older people or their carers and communities experience health and social care.

More details on all things Frailty:
<https://www.frailtypath.co.uk/home>

Alzheimer's Society:

<http://www.alzheimers.org.uk>

Skills for Care:

<http://www.skillsforcare.org.uk/home/home.aspx>

Lincolnshire County Council:

<http://www.lincolnshire.gov.uk>

Social Care Institute for Excellence:

(SCIE): <http://www.scie.org.uk>

Social Care Information & Learning Service (Scils)

<http://www.scils.co.uk>

More Effective Recruitment

A number of resources have been developed by Skills for Care to help with Finding and Keeping Workers. Take a look at the user friendly portal at

<http://www.skillsforcare.org.uk/Finding-and-keeping-workers/Finding-and-keeping-workers.aspx>

A new local resource has also been developed for young people looking at social care as a career, but you may also find this useful during your recruitment activities

<http://www.healthandcarelincs.org.uk>



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Workforce Directory please
contact us