

Adult Social Care



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Slough
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Provider bulletin

January 2023

Happy New Year! Welcome to our January newsletter from the Market management team. The Dignity Action Day is fast approaching on Wednesday 1st February – we've covered this in more detail in the bulletin. If you would like us to cover a particular item in a future newsletter, please let us know. Please share this with staff.

Training

Skills for Care webinar: ASC-WDS bulk upload and Workforce Development Funding (WDF)

On **Thursday 12th January 2023** (1.15pm – 2pm) there will be a Teams session covering the ASC-WDS. The session will cover:

- What is ASC-WDS?
- What are the benefits?
- How to set up an account and update information as required using the bulk upload facility
- Overview of Workforce Development Funding

Please note this session is for **large employers only** (who have approximately 50 or more staff). To book a place please send the following information to

rachel.reid@skillsforcare.org.uk:

- Full name
- Email address
- Service / company name
- Head office address
- Number of staff
- Do you already have an ASC-WDS account? (YES / NO)

Upon receipt you will be sent a joining link for the session.

Final call for free oral health training

Karen Gonzalez (Oral health lead) will be running a free virtual training session on oral health for providers. There is a choice of two dates on offer:

- Wednesday 18th January 10.30-12.00
- Thursday 19th January 14.00-15.30

Please contact ASC.Commissioning@slough.gov.uk with your preferred training date and we will send through a Teams invite.

Skills for Care, London and South East nominated individual network

Join the launch of this new network on Wednesday 25 January 10.00 – 12.00. The agenda includes speakers from CQC on their view of the role of the nominated individual. We will also hear from a 3 times outstanding rated provider who will talk about the nominated individual role in CQC inspections. Sign up to the [Skills for Care network](#).

Staff wellbeing

Stop smoking

Find out more about how to quit smoking. Did you know you can reduce your spending by quitting smoking? Get advice face to face and by phone as well as free nicotine replacement therapy. [More information on stop smoking - HWS Slough](#)

Weight management

Shapeup4life is a free 12-week weight management course for adults in Slough. It includes the following:

- Evidence based programme to make healthy choices a sustainable habit
- Face-to-face and virtual classes
- Try the ShapeUp4Life app
- Lose 5% of your weight.

For more information visit the [Shapeu4life website](#).

Capacity tracker

Providers are reminded to submit their monthly capacity tracker data. If you need any help, get in touch with the Contact Centre on 0191 6913729 or drop them an email via necsu.capacitytracker@nhs.net.

Safeguarding

Date for the diary – Dignity Action Day – Wednesday 1st February

Dignity Action Day is Wednesday 1st February. It gives everyone the opportunity to contribute to upholding people's rights to dignity and provide a truly memorable day for people receiving care.



If you want to get involved or find out more about Dignity Action Day visit their [website](#). They have a [resource pack](#) with ideas on how to get involved and promote the message. We'd love to hear if you're doing anything special to mark the day and let us know via our ASC Commissioning inbox.

Cuckooing

Cuckooing is a form of modern slavery, where the person is criminally exploited by others. It happens when a person's property is used by someone else for their own gain. The oldest people we have seen cuckooed and exploited were aged 82 and 86yrs.

What do we want you to do?

- Make staff aware of this term, and that they stay alert to the possibility both in the homes of their service users, and within their own communities
- Think about those people you work with who may be vulnerable to being cuckooed
- Don't judge
- Look out for the indicators that something has changed
- Listen!
- If you think someone is in immediate danger, call police on 999. Otherwise, you can report online with Thames Valley Police or via safeguarding procedures.

For general advice and queries, please contact our SBC lead on cuckooing and modern slavery Helen.Buckland@slough.gov.uk. More information can be found [here](#).

Public Health

Free Making Every Contact Count (MECC) session

Make Every Contact Count (MECC) enables the delivery of consistent and concise health and wellbeing information. The training supports learners to develop an understanding of the factors that impact on a person's health and wellbeing. It focuses on how asking questions and listening effectively to people is a vital role for us all. It is open to all members of staff. [Click on this link to book your free training.](#)

ASC Covid-19 updates

Please note the following government guidance has been updated:

- [Infection prevention and control in adult social care: COVID-19 supplement](#) updated 23 Dec 2022
- [Coronavirus \(COVID-19\) testing for adult social care services \(staff, residents and visitors\)](#). Updated 15 Dec 2022.
- [NHS National infection prevention and control manual for England](#) (updated 8 Dec 2022)
- [COVID-19: information and advice for health and care professionals](#) (Updated 6th Sep).
- [COVID-19 vaccination: information for healthcare practitioners](#) updated 10 Oct 2022

Local resources

Library at Home Service

Slough Libraries offer a service to select and deliver books for residents who are unable to visit the library due to age, illness or disability, so they can continue to benefit from the enjoyment of reading. Library staff or volunteers will discuss the customer's reading preferences so we can choose the titles that best meet their needs and will then make regular visits to refresh their books. To sign up to the service email library@slough.gov.uk.

Active Slough is back for a new season

Why not try something new this year – [Active Slough have just updated their winter programme](#) with the latest activities on offer. Check out the timetable with the classes and register online first.

Active Slough WINTER PROGRAMME

These activities tie in with Public Health's aim to tackle obesity and empower adults and children to live healthier lives.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Learning Disability Football 11am-12noon Singh Sabha Sports Centre, SL1 3LW	Disability Dance 10-11am 73a Stoke Poges Lane, SL1 3NY	Beginners' Running Class 7.30am Colnbrook Village Hall, SL3 0RF	Learning Disability Football 11am-12noon Eton Willowbrook, SL4 6HL	Seniors' Exercise and Yoga 10.30am-12noon Arbour Park, SL2 5AY
Junior Football 5.15-6.15pm Arbour Park, SL2 5AY	Senior Exercise 11am-12noon Ujals Foundation, SL2 1NP	Pan-disability Gym 1-2pm Singh Sabha Sports Centre, SL1 3LW	Walking Netball 1-2pm Britwell Parish Hall, SL2 2PH	Britwell Yoga 11.45am-12.45pm Britwell Hub, SL2 2DS
Adults Run Class 5.30-6pm Arbour Park, SL2 5AY	Seated Exercise 1-2pm The Curve, SL1 1XY		Adult Men's Football 5.30-6.30pm Dilton Park Academy, SL3 7UX	
	Female Teen Basketball 4.45-5.45pm Manor Park Community Centre, SL1 2NP			

£10 ONE OFF PAYMENT, NO COST WEEKLY

9 JANUARY TO 20 MARCH 2023

Participants need to sign-up in advance at www.slough.gov.uk/xfp/form/184 or scan the QR code. A one-off £10 sign-up fee is required to join the programme, then there is no weekly cost until the programme changes beyond March 2023. If you sign-up, your household can access any session and only pay the fee once.

Disclaimer: I am aware of my own health and physical condition, and having knowledge that my participation in this program may be injurious to my health, am voluntarily participating in physical activity. Having such knowledge, I hereby acknowledge this releases any representatives, agents and successors from liability for accidental injury or illness which I may incur in the Active Slough activity programme. I hereby assume all risk connected therewith and consent to participate in the Active Slough activity programme.

ARE WE MISSING SOMETHING, LET US KNOW

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Other updates

Provider forum

The next Provider forum (For care homes, supported living and domiciliary care services) is on Tuesday 14 February 14.00-16.00. It would be helpful if you could send apologies in advance to ASC.Commissioning@slough.gov.uk to give us an idea of how many people are attending.

There is also a joint care home and health provider forum on Thursday 2nd February 11.00-12.00. All care home providers should have received an invite.

Health and safety building compliance forms

The QA team reports on H&S building compliance every month to the council. Providers must email their certificates and reports as and when checks are completed to ASC.Commissioning@slough.gov.uk to ensure they are recorded as compliant.

Contact us

We welcome your feedback and suggestions for future items to this newsletter – please get in touch via ASC.Commissioning@slough.gov.uk

Information provided in this bulletin is correct at time of issuing.