

Adult Social Care



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Slough
Borough Council

Provider bulletin

March 2023

Welcome to our March newsletter from the Market management team. Please share this newsletter with all staff.

Training

Free Restore2 training

Follow the link [here](#) to Eventbrite to book your staff onto Restore2 training. The link covers all information about the training and there is a variety of dates on offer.

Skills for Care Registered Manager webinar - New CQC inspection

On Tuesday 28 March 14:00-15:00 there will be a webinar aimed at frontline managers, quality and compliance leads, and others preparing the service for future CQC inspections. The webinar will provide insight into the new CQC Single Assessment Framework and how to meet their new Quality Statements. With live panel discussions and debate, the webinar will provide the opportunity to ask questions and learn time saving tips to be ready for the new inspection focus. Book your place [here](#).

Skills for Care New Digital leadership programme

The Digital leadership programme is a national development between Skills for Care and the National Care Forum for both new and experienced managers of adult social care services. The learning programme will support managers to gain the underpinning skills and knowledge of digital leadership that can be practically applied when implementing technology in a care service.

⇒ [Find out more about the programme](#)

Healthy Smiles training

We have a few spaces left on the Healthy Smiles training on Tuesday 19 April 10.30-12.00 over MS Teams with Lauren Davidson from Slough Healthy Smiles. It will cover the following:

- Oral health – why it is important
- How oral health links to general health
- Oral conditions
- Denture care
- Risk factors and who is most at risk
- Barriers
- Key messages and how to communicate these
- How to access/refer to Dental Services
- Support and resources available

Contact ASC.Commissioning@slough.gov.uk if you are interested in joining – places offered on a first come, first served basis.

Post falls toolkit webinar (Care homes)

On Wednesday 15th March at 3pm, Suffolk and North East Essex ICB will talk through their story of successful implementation of the Raizer Chairs and HelpFall Post Falls Decision Support Tool. This webinar will give you a clear picture of how an ICB is successfully changing culture to upskill care home staff to safely assess and respond to falls, and the impact and results it is having. Book your place [here](#).

Staff wellbeing

Support for staff - Turkey and Syria earthquake

We've been saddened by reports of the massive earthquake in Turkey and Syria. Wellbeing Matters is here to support any Berkshire based health and care staff who have family in the earthquake zone, or who find they're affected by the news. Please share our story with your colleagues:

[Turkey and Syria earthquake – support for staff | Wellbeing Matters \(berkshirehealthcare.nhs.uk\)](https://www.berkshirehealthcare.nhs.uk)

No smoking day – Wednesday 8th March

For more information view the [Quit smoking - Better Health](https://www.nhs.uk/quit-smoking-better-health) website.

The infographic is set against a light blue background. At the top left is the HM Government logo, and at the top right is the NHS logo. The title 'What happens when you quit smoking?' is in large, bold, black font. Below the title is a sub-headline: 'It's never too late to quit smoking and many health benefits will happen faster than you think. Here's what can happen after your last cigarette...'. The main content is a circular flow diagram with nine stages, each with an icon and a text box. The stages are: 1. After 20 minutes... (heart icon), 2. After 8 hours... (hand holding a cigarette with smoke lines), 3. After 48 hours... (lungs icon), 4. After 72 hours... (person running with a battery icon), 5. After 2-12 weeks... (heart with circular arrows), 6. After 3-9 months... (person icon with '10% Less'), 7. After 15 years... (two hearts, one black one red), 8. After 10 years... (person icon with '50% Less'), 9. After 1 year... (heart with two smaller hearts). Arrows connect the stages in a clockwise cycle. At the bottom left, there is a text box: 'It's never too late to stop smoking. With the right support you're up to three times as likely to quit for good.' Below that is a dark blue button with white text: 'Search smoke free for free support and advice'. At the bottom right is the 'Better Health Let's do this' logo.

HM Government **NHS**

What happens when you quit smoking?

It's never too late to quit smoking and many health benefits will happen faster than you think. Here's what can happen after your last cigarette...

After 20 minutes...
Check your pulse! It's already returning to normal.

After 8 hours...
Your oxygen levels are recovering too and the harmful carbon monoxide in your body has halved.

After 48 hours...
All carbon monoxide is flushed out. Your lungs are clearing out mucus and your senses of taste and smell are improving.

After 72 hours...
Breathing feels easier and best of all you're feeling more energetic.

After 2-12 weeks...
Your blood is pumping to your heart and muscles better thanks to improved circulation.

After 3-9 months...
Your lungs are working 10% better so less coughing and wheezing.

After 15 years...
Your risk of heart attack is now the same as someone who has never smoked.

After 10 years...
Your risk of death from lung cancer has halved as well.

After 1 year...
Your risk of a heart attack has halved compared to a smoker.

It's never too late to stop smoking. With the right support you're up to three times as likely to quit for good.

Search smoke free for free support and advice

Better Health Let's do this

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

New Safeguarding lead

We would like to introduce you to John Binding, our new interim Safeguarding lead, who joined Slough Borough Council in February.

Emollient safety

Unfortunately, within the last financial year there have been several fire fatalities and serious incidences across the county which have involved the use of emollient products. Due to this, the Royal Berkshire Fire and Rescue Service have worked with multi-agency professionals to create an awareness leaflet regarding fire risks of emollient products and how these risks can be reduced. View the leaflet [here](#) and share with your staff.

Domestic abuse service in Slough

[Hestia](#) is the Domestic Abuse service in Slough providing community-based support. For anyone affected, Hestia can be reached on 01753 477352 or 01753 875 620 or by email Slough.IDVA@hestia.org.

Public Health

Covid 19 guidance updates

- [Free personal protective equipment scheme](#): Updated 23 February 2023
- [National infection prevention and control](#): Updated 6 February 2023

Local resources

Norovirus rates increasing

Norovirus outbreaks in care homes have been increasing recently. The UK Health Security Agency are reminding social care settings of the [guidance available to help stop the spread of infection](#).

Healthwatch 'What matters to you' survey – Have your say!

Healthwatch Slough is your local independent consumer champion for health and social care. They listen to what you are saying about the health and care services and report their findings to the people who provide and commission them to influence change. They have prepared a short survey about topics which are important to you – we'd be grateful if you could fill out the survey. It is anonymous and only takes a few minutes to complete. It is open until 30th April 2023. [Complete the Healthwatch survey online](#)

Other updates

What to do during a power cut in a care home and assisted living services

[The Energy Networks Association website](#) has a useful guide on things to consider during a power cut for providers, such as, following your energy network provider on social media for updates, or looking into backup plan options. Whilst we hope a power cut doesn't happen, it is good to be prepared and have this covered as part of your business continuity plan.

Recruitment

We've had a few queries from providers requesting information on overseas and agency recruitment so the below links may be of help:

- The Local Government Association have created a [bite size guide to overseas recruitment](#) within the social care sector
- The government website also includes [information for agency workers and their rights](#)

Sexual and Reproductive Health Needs Assessment

The Berkshire East Public Health Hub is undertaking a Sexual and Reproductive Health Needs Assessment (SRH HNA). This snapshot survey has been developed to gain insights from local professionals regarding the services and population needs regarding sexual health, reproductive health and HIV. The survey will take up to ten minutes to complete. [Complete the Sexual and Reproductive Health Needs Assessment Survey](#)

Provider forum

The next Provider forum is Tuesday 30 May 14.00-16.00. If you have not received an invite please drop a message to ASC.Commissioning@slough.gov.uk

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.