

# Adult Social Care



[www.slough.gov.uk](http://www.slough.gov.uk)  
**Slough**  
Borough Council

Provider bulletin

July 2023

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

## Training

### Hydration training by East Berks Care home support team

This is your opportunity to learn more about hydration, enhancing your resident's quality of life and potentially reducing hospital admissions. There are three training dates available in July:

- On Thursday 6th July 2-3.30pm:  
[Join the Hydration training on 6 July using this link](#)  
Meeting ID: 368 518 276 262  
Passcode: SJNtVa
- Wednesday 12<sup>th</sup> July 2-3.30pm  
[Join the the Hydration training on 12 July using this link](#)  
Meeting ID: 398 320 564 292  
Passcode: sEjBA
- Thursday 13<sup>th</sup> July 10-11.30am  
[Join the the Hydration training on 13 July using this link](#)  
Meeting ID: 320 134 252 154  
Passcode: duRZeW

### Skills for Care London and South-East Nominated Individual network

If you are a nominated individual and would like to join the London and South East NI network and WhatsApp group please email your full contact details to

[Rachel.reid@skillsforcare.org.uk](mailto:Rachel.reid@skillsforcare.org.uk)

## Turning Point launches new free online training course

[Turning Point's online course](#) has been designed by experienced specialists and will be available for anyone to access for free, regardless of level of knowledge.



# Enhance your knowledge

**Access our new, free substance use and mental health training for professionals.**

The training aims to provide a basic understanding of both mental illness and problematic substance use. It explores the interactions between both conditions, some initial thoughts around how to work with someone, and how services should work together to promote best practice.

### The training is

- Free & accessible to all
- Suitable for all knowledge levels
- Designed by experienced specialists
- Offers invaluable insight and guidance to enhance your skills and expertise

Sign up at  
<https://mytp.me/e-learning>



## Accessing funds to support international recruitment

As of next week, all registered providers can apply for a [£1,500 grant towards their international recruitment needs](#). There are four distribution hubs covering the Southeast region.

### 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](mailto:necsu.capacitytracker@nhs.net).

### Safeguarding

#### Missing persons

Fiona Didcock from Thames Valley Police joined our provider forum in May to discuss missing persons. Research shows that between 60-80% of people diagnosed with Alzheimer's will be reported missing at some point. Providers are encouraged to complete a [Herbert protocol form](#) which highlights an individual's daily routine and history which can ultimately help identify where they may have gone should they go missing. If the person goes missing, the form can be emailed across to the Police which can save time at the start of the search. If providers have any questions, they can contact Fiona directly on [fiona.didcock@thamesvalley.police.uk](mailto:fiona.didcock@thamesvalley.police.uk)

#### Supporting adults who self-neglect: A friends and family leaflet

Slough Safeguarding Partnership has worked with SBC Co-Production network to produce a [simplified leaflet for friends and family members](#) to help people who may be self-neglecting. This leaflet aims to help friends and family members identify if someone they care about may be self-neglecting. It also guides them to know what to do to help the person they care about and contains details of helpful organisations, and a contact for Slough Adult Care Services.

### Public Health

#### Covid 19 guidance updates

- [How to reduce the spread of Covid-19 in Adult Social care settings](#) (Updated 8<sup>th</sup> June 2023)
- [Accessing PPE](#) (Updated 24 May 2023)

## Other updates

### Support somebody living with dementia in hot weather

The [Alzheimer's Society](#) has released useful tips on how to ensure someone living with dementia stays hydrated in hot weather as well as how to keep them cool.

### Water safety

Following the recent tragic events in Bournemouth, it is more important than ever to know what to do when you find yourself in difficulty in the water. Tom Dean, double Olympic gold medallist swimmer, has shared an [important water safety message](#). The key take outs are:

- Never swim alone in an open body of water (river, lake, canal)
- Float to live: If you find yourself in trouble, lie on your back to control your breathing so you can call for help
- If you see someone struggling, dial 999 and throw them something which floats but don't enter the water

## Local resources

### Food services in Slough

Colleagues within the council have compiled a list of services offering free or low-cost food including meals and refreshments as well as warm spaces on each day of the week. You can find the [list of food services and support on SBC website](#), alongside the Cost-of-living resource pack. If you want further information on groups and organisations in Slough supporting residents with food, health and wellbeing please visit the [Slough Community Directory](#).

## Active Slough summer programme

The new Active Slough summer programme is available on our website.

# Active Slough **SUMMER 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	SUNDAY
<b>Neurodiverse Adults Football</b> 11am-12noon <small>Singh Sabha Sports Centre, SL1 3LW</small>	<b>Neurodiverse Adults Dance</b> 9.30-10.30am <small>Creative Academy, SL1 3NY</small>	<b>Neurodiverse Adults Gym</b> 10am-11am <small>The Ice Arena, SL1 2QG</small>	<b>Walking Group</b> 10-11am <small>Arbour Park, SL2 5AY</small>	<b>Seniors Exercise</b> 10.30-11.15am <small>Arbour Park, SL2 5AY</small>	<b>Adults Badminton</b> 1-2pm <small>Singh Sabha Sports Centre, SL1 3LW</small>
<b>Senior Relax</b> 11am-12noon <small>Online: link made available upon registration</small>	<b>Seated Exercise</b> 11am-12noon <small>Cippenham Library, SL1 5RB</small>	<b>Sit and Stretch</b> 12noon-1pm <small>Langley leisure centre, SL3 8BD</small>	<b>Senior Keep Fit</b> 11am-12noon <small>Online: link made available upon registration</small>	<b>EL Seniors Exercise Session</b> 11am-12noon <small>Online: link made available upon registration</small>	<b>Adult Flexi-league Football</b> 7-9pm <small>Arbour Park, SL2 5AY</small>
<b>Adults Yoga</b> 1-2pm <small>Slough Mencap, SL3 8JU</small>	<b>Easy play: Badminton</b> 1-2pm <small>The Centre, SL1 4UT</small>	<b>Home Strength Workout</b> 3-3.30pm <small>Online: link made available upon registration</small>	<b>Futsal</b> 1-2pm <small>The Centre, SL1 4UT</small>	<b>Yoga</b> 11.15am-12noon <small>Arbour Park, SL2 5AY</small>	<div style="border: 2px solid white; border-radius: 50%; padding: 10px; width: fit-content; margin: auto;"> <b>£10</b>                      ONE OFF PAYMENT,                      NO COST WEEKLY                 </div>
<b>Sit and Stretch</b> 3-4pm <small>The Centre, SL1 4UT</small>	<b>Sport in the Park</b> 4-5pm <small>Harvey Park, SL3 8TA</small>	<b>Junior Gym</b> 4-5pm <small>Ice Arena, SL1 2QG</small>	<b>Sport in the Park</b> 4-5pm <small>Chalvey Recreation Ground, SL1 2SS</small>	<b>Friday Night Fire Basketball (10-18 yrs)</b> 8-10pm <small>The Centre, SL1 4UT</small>	
<b>Junior Football (5-11 yrs)</b> 5.15-6.15pm <small>Arbour Park, SL2 5AY</small>	<b>Family Basketball (4+ yrs)</b> 5-6pm <small>The Grove, SL1 1QP</small>		<b>Adult Mens Football</b> 5.30-6.30pm <small>Ditton Park Academy, SL3 7UX</small>		

Participants need to sign-up in advance at [www.slough.gov.uk/xfp/form/184](http://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. 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.

## 21 JUNE TO 22 SEPTEMBER 2023

ARE WE  
MISSING  
SOMETHING,  
LET US KNOW

www.slough.gov.uk

## Slough

Borough Council

CC-8882\_Summer 23/20-06-23

## Contact us

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

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