

AUTUMN 2025 ISSUE 12

# CHIT CHAT

Lothian Care Home and Integrated Teams Chat

## Welcome...

...to the Autumn issue of CHIT CHAT of 2025! As Summer starts to fade away for another year we all begin to welcome cosy nights in and begin preparing for Winter.

At CHIT CHAT we're preparing early this year with this edition featuring an article to help get you ready for any potential Winter bugs.

### We want to hear from you!

Would you like to share a story of good news in your Care Home? Perhaps, you have a Care Home improvement project you would like to share with others? Or would you like some support with an improvement initiative in your Care Home?

If so, please contact the Quality Improvement Team on: [loth.carehomesqstandards@nhs.scot](mailto:loth.carehomesqstandards@nhs.scot)

## Dietetics and Nutrition: New Referral Pathway

Launched in May we want to ensure everyone is aware of the new referral form and process of completing the "food first" record.

For more information please use the QR code to access the webpage detailing the referral pathway



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# Good News: Fringe Care Fest 2025

At CHIT CHAT we want to celebrate and share the good work done by Care Homes in Lothian with our readers!

The stories on this page have come directly from Care Homes themselves. If you have good news you'd like to share please contact us at:

[loth.carehomesqstandards@nhs.scot](mailto:loth.carehomesqstandards@nhs.scot)

Fringe Care Fest started in 2022 as an initiative to allow Care Homes residents access to official Edinburgh Festival Fringe acts in their Care Home. This year 16 Care Homes and approximately 1000 residents participated. The festival is now organised by several partners who are busy working to collate and share this work on a wider scale.

## Queen's Manor, Edinburgh:

Queen's Manor, part of Barchester Healthcare (one of the founding partners) and one of the first Care Homes to take part in this initiative kindly shared the following with us:

*"The event was opened by the Lord Provost, The Right Honorable Robert Aldridge and was attended by special guests including founder Joe Goldblatt, from the Edinburgh Interfaith Association and his wife.*

*Classical pianist Matthew Shiel and Fringe artists Busker Dan Sandoval and singer Anna Vanosi performed a selection of classic hits including some old Italian Jazz favourites.*

*Our residents and guests had a wonderful day singing along with the wonderful performers.*

*We do our best to provide a wide range of activities and entertainment at Queens Manor as part of the lifestyle enrichment programme for residents, and this was one of our favourites!*

*Fringe Cares Fest started right here in Queens Manor four years ago and this exciting initiative is growing year on year.*

*One resident said: "I've had an amazing day – loved every minute!"*

## Fidra House, East Lothian:

Manager David Livingstone kindly shared his experience of Care Fest 2025 in Fidra House with us. Fidra house is part of the Randolphill Nursing Homes group who are a supporting partner of the initiative.

*"Our aim is to actively support our residents to continue to be able to participate in activities within the local community.*

*One way is celebrating arts and culture, recently, we have been able to achieve this by organising a lively fringe event to bring laughter and joy to our residents.*

*It was an afternoon filled with live entertainment, magic tricks, daredevil stunts, and live music. This provided everyone - residents, friends, family, and staff - the opportunity to really get into the festival spirit.*

*Residents were able to clap and sing along; these events also opened opportunities for them to interact and share their own stories with the performer's, friends, family, and staff.*

*Overall, this created a festive and warm, inclusive atmosphere for all to enjoy. We can't wait to do it again next year!"*

**\*Please note\*** Whilst this article reports on the good news in Care Homes these stories are not a recommendation of a Care Home from CHIT CHAT and other Care Homes also do good work.

# Outbreak Information

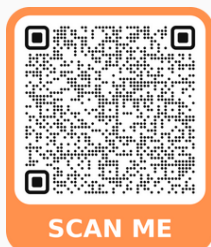
## Winter Preparedness: Coming Soon

During the next few months, leading up to Winter, the East Region Health protection Service, with support from the Care Home programme Team, will be developing a suite of resources to support Care Homes with outbreaks of infections during Winter 2025 – 2026. These resources will include:

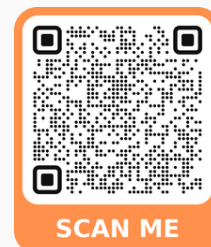
- A supply of 10 PCR swabs for the identification of respiratory outbreaks and a PCR Testing Flowchart.
- Updates National guidance and posters for the Outbreak Boxes
- A downloadable Webinar on Outbreak Management
- Updates to the Care Home Winter Preparedness pages on the intranet.
- Contact information for the East region Health Protection Service.

**FOR FURTHER INFORMATION PLEASE USE THE QR CODES TO RELEVANT PAGES ON THE CARE HOMES WEBSITE**

**Outbreaks: Prevention, testing and management of common illnesses and infections**



**East Region Health Protection Service – Formerly Health Protection Team (HPT)**



## Care Home Outbreak Boxes: Update

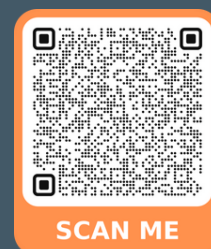
The aim of the Care Home Outbreak Box is to contain information required during a suspected or confirmed outbreak of either respiratory or gastrointestinal infection. Each box contains relevant National guidance and high-quality printed posters to support Care Homes during episodes of Outbreak.

Outbreak boxes were distributed, in December 2024, by the Care Home Support Teams in Lothian. The uptake was very encouraging with approximately 77 Care Homes initially accepting an outbreak box.

All the information contained within the boxes can be downloaded from the Care Home website within the Outbreak Boxes section of the Outbreak webpage. This information will be updated in September/October 2025, as new or updated guidance for Winter 2025 – 2026 is published.

Between January and June 2025, we asked Care Homes who had experienced an outbreak for feedback on their outbreak box. 80% of respondents reported they had used their box with 90% of respondents reporting they found the box useful.

If you have not received an Outbreak Box and would like one, please visit the website (using the QR code →) or contact us at [loth.carehomesqstandards@nhs.scot](mailto:loth.carehomesqstandards@nhs.scot).





# Quality Improvement Team for Care Homes and Primary Care Settings

## Quality Improvement Forum (QIF):

New forum for Care Homes

### What is Quality Improvement (QI)

*"The term 'Quality Improvement' refers to the systematic use of methods and tools with the aim to try to continuously improve quality of care and outcomes for patients."*

(Turas Learn, 2025)

### What is the QI Forum (QIF)

QIF is hosted by NHS Lothians Quality Improvement Team for Care Homes and Primary Care Settings. The quarterly one-hour online forum provides a safe informal space where experiences and information on QI projects, processes and tools can be shared and discussed through Care Homes detailing their own projects or by invited speakers who work in quality improvement. To join the mailing list, receive an invite to sessions or contribute to future sessions please do not hesitate to email:

[loth.carehomesqistandards@nhs.scot](mailto:loth.carehomesqistandards@nhs.scot)

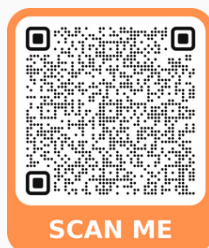
### Where and when?

All sessions are advertised at least 4 weeks in advance on the Latest News section of the Care Homes website →



### More information

For more information, please view the QI resources webpage using the QR code → or email the team:



[loth.carehomesqistandards@nhs.scot](mailto:loth.carehomesqistandards@nhs.scot)

## Effective Discharges From

**Hospitals to Care Homes:** National Multi-agency Care Home Collaborative - Sharing Learning Event

We are hosting a webinar on behalf of the National Multi-agency Care Home Collaborative to develop and strengthen a shared understanding on what makes a good discharge from a hospital to a Care Home.

The webinar is for anyone working in Health and Social Care with an interest in supporting people to experience effective discharges from an inpatient hospital settings to a Care Home setting.

**Date:** 27th of October, 2025

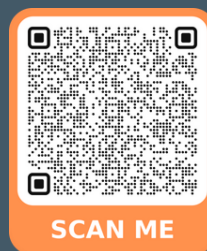
**Time:** 2pm to 3:45pm

**Delivery:** Microsoft Teams

As part of the webinar, we will be presenting the key challenges you have experienced and the Lothian discharge improvement work, which includes the feedback model that we have coproduced with you.

### Registration

To register for the event, please scan the QR Code



### More Information

For further relevant information, please scan the QR Code

