

SPRING 2026 ISSUE 13

# CHIT CHAT

Lothian Care Home and Integrated Teams Chat



## Welcome...

...to the Spring 2026 issue of CHIT CHAT! As we welcome in the new beginnings of Spring, we have some Care Home team updates to share with you alongside wonderful, good news from your Care Homes!

Please note **links** only work if viewing the newsletter on a mobile phone, tablet or computer device.

## We want to hear from you!

Would you like to share a story of good news in your Care Home? Perhaps, you have Spring events or Summer plans you would like to share in the next edition? 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)

## New online format

Welcome to our first online only edition of the CHIT CHAT Newsletter.

Please feel free to print the newsletter for your staff, share the poster with the newsletter QR code with your staff or share through other communications.

Additionally, this and all past editions of the newsletter can be found on the CHIT CHAT section of the Care Homes website, please scan or click the QR code to view.



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# Care Homes Teams News

## Infection prevention and control (IPCT): New team for Care Homes

The NHS Lothian Care Home IPCT started in November 2025 and is made up of one geographical lead IPCN and four IPC practitioners. We come from a range of care backgrounds including acute & the community. This helps us understand the different ways care is delivered and the specific challenges and needs different services have.

Our goal is to support health and social care staff deliver care that is person-centred and safe including how to care for residents with an infection and how to prevent infections from spreading.

**Remember, prevention is better than control. Don't delay, reach out today!**

How can we help you? It's important to us that you tell us what infection control concerns or queries you have. This might be anything from hand hygiene (did you know that alcohol hand rub is considered the gold standard?) to PPE use, including when to wear gloves (it's a lot less than you might think).

We can provide your care home with a dedicated IPC practitioner who will offer education sessions on the "must do's" for preventing infection and many organisms, including, scabies & norovirus.

We will soon be offering audit and monitoring for assurance and quality improvement. Please remember ERHPS are still responsible for managing outbreaks.

**Please scan or click the QR code to visit the Infection Prevention and Control Care Homes webpage**



## Pharmacy: Medicine Waste and Ordering

**Medicine waste:** approximately 1 in 10 medicines are wasted nationally - we need your help to manage medicine waste. Please apply the 4 'D's to medicine returns, only returning medicines for residents:

- Who are **D**eceased
- **D**iscontinued medicines
- Out of **D**ate medicines
- Medicines which have been **D**ropped

### Ordering:

- **Medicines** should be ordered via the resident's GP - only order what is required.
- **Dressings** for residents should be ordered using the **Care Home Dressing Prescription Request form**, this should be completed and returned to the patients GP. For more information please view the **East Region Formulary for Wound Management** webpage.
- **Catheters, Catheter maintenance solutions, Leg or Night bags and Leg Bag holders** are ordered via the **Care Home Urology Appliance Request Form** and returned to [loth.continencecare@nhs.scot](mailto:loth.continencecare@nhs.scot) - please note this is NOT for West Lothian. For more information or for arrangements for West Lothian please visit the **Bladder and Bowel** webpage.

**Care Home Dressing Prescription Request form**



**East Region Formulary for Wound Management**



**Care Home Urology Appliance Request Form**



**Bladder and Bowel**



# Care Homes Good News

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)

## Manor Grange, Edinburgh: Book Bugs



Traditionally delivered in libraries and community spaces Bookbug sessions are designed to promote intergenerational connection, joy, and wellbeing. They are part of Scotland's early years programme run by the Scottish Book Trust which offers free sessions of songs, rhymes, and stories for children aged 0-4 and their carers.

Manor Grange Care Home have been taking part in this initiative and kindly shared their Bookbug experience with us.

Every week residents living in Manor Grange meet with children from a local nursery and the local community for a story telling and song session, this is facilitated by Kerrienne the Care Home's Qualified Bookbug Session Leader. Parents can attend and enjoy a cup of tea while their children interact with the residents.

All participants benefit from sessions with residents experiencing increased social interaction, stimulation, joy, and emotional wellbeing. Children and families are able to share experiences across generations and gain confidence with older generations.

To find out more about Bookbug sessions please visit [The Scottish Book Trust](https://www.scottishbooktrust.com/) website.

## Queen's Manor, Edinburgh: Scottish Ballet



Residents and staff at Queens Manor Care Home in Barnton had a wonderful experience when Scottish Ballet hosted a movement session within the Home recently.

The "Move with Us" session was led by Scottish Ballet dance artist Danielle Tyrer accompanied by musician Frances Rive – who delighted with a selection of well-known ballet classics. The experience was further enhanced by the opportunity to enjoy fabric texture and colour, ballet pumps and other costume items from "The Nutcracker".

General Manager, Margaret-Ann Davidson said: *"We feel very privileged to have had this experience: many of our residents are ballet lovers and we promote movement each day, including regular exercise classes and musical events. This was a fantastic afternoon listening to beautiful music and practising our elegant ballet movement and stretching!"*

*"One resident stated that she was transported back to her childhood, and ballet classes in North Berwick. Danielle said that she was delighted with the level of interaction and impressive movement skills demonstrated by our ladies and gents!"*

**\*Please note\*** Whilst this page 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.

# More Good News

## Care Home Good News continued...

### Randolph Hill: Activities award



Julie Kennedy from Randolph Hill Nursing Homes Group shared their delight in winning the UK Activities of the Year 2025 award at the Caring UK Awards; the awards aim to recognise excellence and achievement within the UK care sector.

*“The award process enabled the Care Home group to showcase best practice in person-centred care, celebrating activity successes, addressing challenges, highlighting collaboration, and shaping future plans.*

*Through initiatives like distinctive Art Clubs, and regular minibus outings, the Activities Team champions promoted a shift from “can’t do” to “can do” fostering confidence, inclusion, mental stimulation, and social connection. Four residents in particular highlight this great work:*

*One resident living with dementia reconnected with her love of tapestry and art; another achieved her dream of travelling on a barge despite advanced Motor Neurone Disease; and another learned Polish, calling it her “superpower”. We also supported a resident’s personal wish by facilitating her wedding at one of our homes.*

*Randolph Hill operates seven Nursing Homes for older people: Ashley Court, Blenham House, Holmesview, Kirk Lane Fidra House and Muirfield in the Lothians and Randolph Hill in Dunblane.”*

## Collaborative Care Home Support Team (CCHST): Funding

After five years of annual funding from Scottish Government the funding for the NHS Lothian CCHST is now permanent, from 2025/26 onwards.

The team consists of a variety of teams from Care Home Support Teams (CHST) to Specialist Teams and teams under [the Care Home Programme Team](#).

For [Older Adult Care Homes](#) you can find a full list of the teams in the [CCHST letter](#) which was sent out at the end of November, there is also [a poster with each team's contact details](#) on it.

For [other Adult Care Homes](#) the support available is slightly different; you can find more information in the [Adult CCHST letter](#) alongside a [poster with each team's contact details](#).

The CCHST’s aim is to support Health and Social Care workers to deliver safe and effective person centred care through collaboration across services to prioritise and provide support across Lothian.

As well as working with Care Homes and Care at Home services the team work in collaboration with Scottish Care, Health and Social Care Partnerships (HSCP), Specialist Teams, Care Inspectorate, Scottish Government and teams for Care Home Teams.

The CCHST are guided by the [My Health, My Care, My Home: healthcare framework for adults living in care homes](#) and the [NHS Scotland Operational Improvement Plan](#).

**You can find more information on teams for Care Homes on the A-Z of the Care Homes website. Please scan or click the QR code to view.**



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# Care Home Programme Team: Team updates

## Lothian Care Academy (LCA)

As always, there's a lot happening within the Lothian Care Academy. You can find available learning and development opportunities on the [Education and Lothian Care Academy](#) section of the Care Homes website which has learning from stoma care to communication skills!

We're working with a number of Care Homes to develop support on recruitment and retention. We have a working group set up and a retention event in March - please [view the flyer](#) for this event. There are still spaces available to attend on the 16<sup>th</sup> of March so please get in touch ASAP if you're interested in coming along or if you wish to join the working group.

You can contact us at [Loth.CareAcademy@nhs.scot](mailto:Loth.CareAcademy@nhs.scot) to join this initiative or find out more about it and other work the LCA are involved with.

For more information on the LCA please scan or click the QR code to view.



## Ongoing Supportive and Reflective Sessions (OSCaRS)

OSCaRS are a way of providing support to Care Home teams around difficult palliative situations. This includes (but is not limited to) the death of a resident or a complex conversation with a resident or their loved ones.

The facilitated sessions often fall between sharing knowledge and experience or offering a degree of emotional support, whatever the group feels is more important.

We welcome new facilitators and offer support and training in OSCaRS facilitation, Palliative care, and psychological first aid. The benefits include team building, shared knowledge and experience, and consistent palliative care for residents and families.

For more information please view the webpage or email project Manager Ian Chisholm at:

[loth.oscars@nhslothian.scot.nhs.uk](mailto:loth.oscars@nhslothian.scot.nhs.uk)

For more information on OSCaRS please scan or click the QR code to view.



## Quality Improvement (QI) and Standards Team for Care Homes and Primary Care Settings

The team continue to work on several projects across Lothian to support Care Homes and NHS teams undertake tests of change and improvements.

We align our work closely to the Health & Social Care Standards, [My Health, My Care, My Home - healthcare framework for adults living in care homes](#) and our Impact Measures include:

- Right Care, Right Place, Right Time
- End of Life Care
- Workforce
- Transitions
- Wellbeing
- IPC & Outbreak management

If you have any improvement work you would like to have a chat to us about, please email us at:

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

You can find more information on QI on the [QI Information](#) page of the Care Homes website.

For more information on the QI team please scan or click the QR code to view.

