

AUTUMN 2026 ISSUE 16

CHIT CHAT

Lothian Care Home and Integrated Teams Chat

Welcome...

...to the Autumn 2026 issue of CHIT CHAT! We hope you all enjoyed the Summer and are looking forward to cosy nights in. This issue we would like to share some good news from Care Homes, some information on projects and initiatives for Care Homes as well as some Winter planning information.

We want to hear from you!

- Would you like to share a story of good news in your Care Home?
- Perhaps, you have done something over the Summer you'd like to celebrate with others?
- Is there a particular team or organisation you would like us to feature in the newsletter?
- Or would you like some support with a change/improvement initiative in your Care Home?

If you have said yes to any of the above, please contact the Quality Improvement Team on:

loth.carehomesqstandards@nhs.scot

Newsletter - Past Editions

This and all past editions of the newsletter can be found on the [CHIT CHAT section of the Care Homes website](#).

Continence Products - We Need Your views!

We have been made aware of issues with the continence products for Care Home residents and Care at Home Service Users. Before we can do anything we need to understand your experiences.

Please consider letting us know your perspective through our [continence questionnaire](#) or email us at loth.carehomeqstandards@nhs.scot



SCAN ME



SCAN ME

This Issue:

Welcome and Continence Product Survey

PAGE 01

[Inspiration and Innovation](#)

- The Fringe Care Fest 5th Anniversary: The First Charlie Awards
- Hearing Passport: A Care Home Perspective

PAGE 02

[Care Home Good News](#)

- Burngrange Care Home: A Day at the Beach
- Jewel House: A Day at the Beach

PAGE 03

[More Good News and Winter Preparedness](#)

- Almond Valley Care Home: Activities Give New Energy Spirit (Project AGNES)
- Winter Preparedness

PAGE 04

Inspiration and Innovation

The Fringe Care Fest 5th Anniversary: The First Charlie Awards

The award-winning Fringe Care Fest began when Professor Joe Goldblatt invited his friend, the world-renowned hairdresser Charlie Miller, to join him at the Fringe. Although Charlie was now unable to travel and residing in a Care Home, Joe asked his family if he could bring the Fringe to Charlie, and when they agreed, the world's first Fringe Care Fest was launched.

In August 2026, over 1500 residents in Care Homes from Edinburgh to North Berwick were able to enjoy Fringe performers from Australia, Canada, Jamaica, Italy, Scotland and many other places

This year, for the first time, on 4 November 21 local nursing homes will receive awards and other recognition for their participation in the Fringe Care Fest at the Scottish Parliament. The event also includes the world premiere of the documentary film about the Fringe Care Fest entitled "Life Goes On!"

Josh Miller, managing director of Charlie Miller Salons, said, *"Our family and team were delighted when the Fringe Care Fest decided to name these annual awards for our father and founder. He received compassionate support in his Care Home, and the Charlie award will now annually salute Care Homes who aspire to provide the best care by bringing the Fringe festival to their residents."*



Hearing Passport: A Care Home Perspective

Last issue we reported on a new resource for Care Homes, the Hearing Passport. This is a collection of documents and tools for use in Care Homes with Care Home residents to help ensure a person-led approach to caring for someone's hearing needs.

We have been gaining feedback from Care Homes on the Hearing Passport to ensure it fits the needs of residents and staff. Final year student Mollie Grieve has kindly shared her experience from her final placement at Chamberlain Nursing Home where they are rolling out the Hearing Passport..

"As part of an ongoing effort to promote holistic person led care, I, a student nurse on placement in a Chamberlain Nursing Home helped introduce hearing passports for residents to improve the quality of care being given to residents that have hearing loss.

I worked with residents in the home who have hearing loss and helped them to create their own individual hearing passports, exploring how their hearing loss affects them and how it is best for staff to support them while in the Care Home.

This project showed us the important of effective communication with residents and how listening to their personal experiences can give a valuable insight on how to best help them feel safe while in the home." Examples of Interactions:

Is it easy to tell people you have hearing loss? - "Yes, it's very easy because you have to love me as I am"

How do you refer to yourself or your hearing loss? - "I don't think I have hearing loss, I can still hear I just have hearing aids to help me hear"

Please contact Rene Rigby ([Scottish Care Partners for Integration](https://scottishcarepartnersforintegration.org)) if you wish to know more.
Email: rene.rigby@scottishcare.org

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

Burngrange Care Home: Day at the Beach



Residents from Burngrange enjoyed a wonderful day at Portobello Beach.

Although the weather was not on our side, it certainly didn't dampen our spirit, a fantastic time was had by all.

Our focus this year has been on building meaningful connections, encouraging community participation, promoting social inclusion, and creating memories that truly matter.

For one resident this was his first trip to the beach.

Another shared that they hadn't been to the beach in over 80 years, since they were a boy.

One of our amazing ladies, age 102, told us she had a "brilliant day" and that it was "so great to get out to the fresh air".

Moments like these are priceless and remind us that it's never too late to create new memories.

Staff in Burngrange have gone above and beyond to ensure people we support experience joy, choice, dignity, belonging, and opportunities to live a full meaningful life.

Seeing the smiles, hearing the laughter, and making memories together is exactly why we do what we do.

Jewel House: Day at the Beach



Residents at Jewel House Care Home also enjoyed a wonderful day at Portobello beach.

For several residents the day sparked memories of childhood and family visits to this beach.

They were able to go onto the sand with specialised wheelchairs, hearing the waves and feeling the warm fresh air on their faces was a benefit to them all.

Memories were reignited and conversations flowed with topics around the old pottery, the open-air pool and the diving boards, the funfair, amusement arcades, collecting shells and making necklaces and finally the 99 ice cream cones.

One former sea swimmer was able to reconnect with her past passion of swimming in the sea at Portobello and recalled how she won medals for her efforts.

Another resident spoke about living in Leith and how the swimming baths were closed on a Sunday and this led to a preference of sea swimming.

The Open-air pool was a favourite too, but one resident commented how it was too packed with swimmers and the open waters were the better option.

A comment about Smith the Bakers in Bath Street Portobello made others laugh as the person was fortunate to be friends with the bakery owner's daughter, so free cakes were always a welcome treat after a long swim.

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 and Winter Preparedness

Almond Valley: Activities Give New Energy Spirit

Almond Valley has celebrated the success of Project Agnes “Activities Give New Energy Spirit” a heartwarming initiative encouraging residents to build resilience, determination and courage following life-changing medical diagnoses.



Inspired by resident Agnes, the project highlights how adapting to new challenges can open the door to new opportunities.

Throughout the summer, Agnes and her friends embraced a wide range of activities, proving that life can continue to be full of purpose and enjoyment. From cycling, sailing, and dancing to trips to the beach and visits to local places of interest, participants discovered new hobbies, strengthened family connections, and created lasting memories.

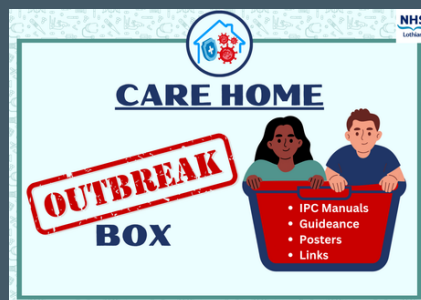
Project Agnes demonstrates that with determination, support and a positive outlook, residents can rebuild confidence, remain active, and reconnect with their communities in meaningful ways.

The group is now looking ahead with excitement as they prepare to represent Almond Valley at this autumn’s Care Activity Network Olympics, where they will celebrate not only their achievements, but also the inspiring spirit of resilience that Project Agnes has encouraged.

Winter Preparedness: Coming soon

During the next few weeks, we will be developing a suite of resources to support Care Homes with outbreaks of infection during Winter 2026 – 2027.

These resources will include information on prevention, testing and management of common winter illnesses and should be made available in your Outbreak Boxes. We are also in the process of developing a webinar, that you will be able to access via a QR code or via the Care homes website.



You can create your own Outbreak Box by downloading and printing the information we will send to you, or by accessing the resources on the [Outbreak pages of the Care Home website](#).



SCAN ME

A supply of 10 PCR swabs for the identification of respiratory outbreaks were mailed out to every Older Adult Care Home in Lothian at the beginning of September. If you have not received these swabs, please contact your local Care Home Support Team, who have an additional supply.