

ENRICH SCOTLAND

enabling research in care homes



December 2023



We all know how busy it is for care homes at this time of year so for December we'll keep this brief and just hope you have all your Christmas shopping done by now.

Speaking of gifts, I asked my beautiful wife what she'd like for Christmas and she said nothing would make her happier than a nice new ring....so I did as asked and bought her nothing....

...although last year she spent £50 on a belt for me which was too small....huge waist!



TIME TO SIGN UP

*'Twas the night before Christmas with not even a hitch,
Maria's helpers were busy, the staff of ENRICH.
When residents were cosy with tea in their cup,
ENRICH workers were thinking, "how do we get them to sign up?".
There's Maureen and Lesley and Bernie, but truth,
these three are a little long in the tooth!
But Andrew and Kirsty and Fleur in Fife,
their youth and their vigour will breathe in new life.
With Diane soon returning, we'll have a full team,
so, by 2024, it'll be a full head of steam.
Now a **SHOUT** to the homes who have not yet signed up,
Take 5 minutes with our form when your coffee you sup.
You will then join ENRICH in the research fight,
And
HAPPY CHRISTMAS TO ALL and TO ALL A GOOD NIGHT....*

<https://www.nhsresearchscotland.org.uk/research-in-scotland/facilities/enrich/sign-up-form>

Dear Santa,

This year, I have been

- good all of the time
- good some of the time
- naughty (but nice!)

Here are a few things I am wishing for:

What's new?



Little to say here, it's Christmas and that usually sucks up most of the energy we all have, but plans persist with our 2024 conference in March and it is still the case we want care homes to bring their achievements to the party. Not expecting big presentations (unless you insist?) but a well presented poster, a few words, some graphs or statistics can really get the conversation going. We visit a lot of homes and we can all say, there's not a single home who haven't impressed us in one way or another. So have a think and get in touch if need some advice.

Speaking of places that have impressed, I had the honour to be invited at end of November to **Gilmerton Neurological Care Centre** (see photo) to the celebration of an "Excellent" feedback from their Care Inspectorate report. Many out there will know it's no mean feat to achieve the big 6's during an Inspection but to achieve 2 in a row takes a bit of doing.

I talked to several staff at this small specialist unit and the dedication to their residents and motivation to helping them reach their most independent was obvious.

Thanks again for allowing ENRICH to be part of the day and hopefully we'll see some staff at our Conference in March 24.



You'll see from the picture (most) of the ENRICH staff got out for a Christmas bite to eat in Edinburgh. Place was very good but when I arrived early and manager said "do you mind waiting". I said "no", so he said "great, that table over there needs their starters delivered"

Nice time was had by all.....



Research Round Up



Care Home Managers' Research Forum.



The third Care Home Managers' Research Forum took place on 29th November with 3 researchers giving a talk to all on their particular studies. Big thank you to Asena, Reena and Kirsty. Click here³ to view the recording of the meeting

One of the presenters, Dr Jenni Connelly from Stirling University, is asking if people could complete her survey: Digital Nutritional Assessment Tool | Jisc Online Surveys⁴. You will be entered into a draw to win £50 amazon vouchers.

Provisional date for next meeting will be 17th Jan @ 2pm.

³<https://www.youtube.com/watch?v=SddlGhCqDdw>

⁴<https://eur01.safelinks.protection.outlook.com/?url=https%3A%2F%2Fapp.onlinesurveys.jisc.ac.uk%2F%2Fstirling%2Fdigital-nutritional-assessment-tool&data=05|01|helen.davidson4%40nhs.scot|64b05e28da284cca565708dbf7ddf9cb|10efe0bda0304bca809cb5e6745e499a|0|0|638376305150920117|Unknown|TWfPbGZsb3d8eyJWljoimC4wLjAwMDAiLCJQljoiv2luMzliLCJBTil6lk1haWwiLCJXVCI6Mn0%3D|3000||&sdata=nh292CNoO6wmiM5nJMB0Lk6W21KfxUup5%2F72QT42AXo%3D&reserved=0>



This newsletter was designed to help care home staff, residents and their relatives keep up to date with all aspects of care home research in Scotland, as well as share ENRICH Scotland news and developments. Whenever possible, we will include a website (usually linked in the title of the study description) or research team email address along with the description of the study. However, if you'd prefer you can also contact your local clinical studies officer to discuss the studies.

Thank you for reading, and if you would like to get in touch with feedback or stories you believe to be appropriate, please contact

RICH Voices



What is RICH Voices?

Research In Care Homes (RICH) Voices is the 'patient and public involvement' group for ENRICH Scotland. We focus on the inclusion of people living or working in care homes in research-related activities.

What are research-related activities?

Activities could include, reviewing research requests that come into us to see whether they are appropriate and accessible for care homes to participate in; taking part in training and education related to research e.g. learn about the different types of research and how to participate; awareness-focused activities such as podcasts, films, presentations etc. that aim to challenging peoples understanding of care homes and stigma.

How can I get involved?

We currently have two main ways to get involved:

1. Join our RICH Voices core team

- We hold meetings either once a fortnight or once a month (depending on what activities have come through to us)

- Meetings are online via MS Teams

- Meetings are up to 1 hour long

- The aim of this meeting is to discuss activities that have come through to RICH Voices and see whether we feel they are appropriate to share with the wider RICH Voice community to participate in. We then share these activities with people who have signed up to RICH Voices but are not part of the core team.

2. Join our RICH Voices community

- You would link in with your local ENRICH Scotland Clinical Studies Officer.

- The Clinical Studies Officers will be provided with activities that the core team have reviewed and agreed should be shared

- If you would like to take part in any of these activities you can then let either the Clinical Studies Officer or our central team know.

3. Join our mailing list only.

- The mailing list only option would mean that you are not necessarily invited to individual opportunities that come up but you will be kept up to date with the work of RICH Voices through the newsletter.

Please note, if you live or work in a care home that is not currently signed up to ENRICH Scotland you can still join RICH Voices.

Please let us know if you would like to join us,

Rosie and Anna

Happy holiday from all the RICH Voices staff and looking forward to working with you all in 2024.

OUR BLOG



Blog⁵: We regularly update our blog with posts and photos documenting what we get up to. Please get in touch if you'd like to write a guest blog for us about why you're interested in research.

Click here to check out our blog!⁶

⁵<https://enrichscotland.wordpress.com/>

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Stay Connected to Clinical Research in Scotland

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- Sign up to the NRS newsletter, Research Bulletin⁷
- Follow the NRS on Twitter⁸, LinkedIn⁹ and www.nrs.org.uk¹⁰.

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⁷<https://nrs.us10.list-manage.com/subscribe?u=c8fe2cc5b484476d8b29be110&id=a399787cc8>

⁸<https://twitter.com/NHSResearchScot>

⁹<https://www.linkedin.com/company/nhsresearchscotland/>

¹⁰<http://www.nhsresearchscotland.org.uk/>