



ISSUE 1 MARCH 2019

# NEWSLETTER

The ENRICH Cymru network is co-hosted by the Wales School for Social Care Research and the Centre for Ageing and Dementia Research, at Swansea University.

The aim of ENRICH Cymru is to improve the lives of residents and staff in Care Homes across Wales by developing and facilitating a network of 'research ready' Care Homes. The network promotes the exchange of research ideas and knowledge, and fosters the co-creation of research relevant to the current issues in the Care Home sector.

Please get in touch for more details about anything you have read in this newsletter: [stephanie.watts@swansea.ac.uk](mailto:stephanie.watts@swansea.ac.uk)

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Galluogi Ymchwil Mewn Cartrefi Gofal

# ENRICH CYMRU

Enabling Research In Care Homes

Welcome to the first edition of the ENRICH Cymru newsletter. Thank you for being a part of the network, which officially launched in Wales in 2018. There are currently 19 homes registered in the network across North and South Wales. This bulletin will provide you with all the latest developments in the network, as well as the latest research findings which matter to issues in the Welsh care home sector, and updates from the studies that your homes have taken part in.

## ITEMS IN THIS EDITION

### Enrich Cymru Research Work in Homes:

- Effective Healthcare Support to Care Homes Study
- Intergenerational Activities
- Paramedics in care homes

### Training/Opportunities

- Laughter in Care Homes Project
- Improving Palliative Care
- Alzheimer's Society guide for carers
- Welsh Songs CD

### Watch this space!



## HOMES CURRENTLY IN THE NETWORK

### SOUTH WALES:

Swn Y Mor Care Centre  
 Greenhill Manor Care Home  
 Hengoed Court Care Home  
 Hengoed Park Care Home  
 Ty Hafod Care Home  
 Foxtroy House  
 Trem Y Glyn  
 April Court Care Home

### NORTH WALES:

Haulfryn Care Centre  
 Westhaven Nursing Home  
 Colwyn Bay Old Convent NH  
 Plasgwyn Nursing Home  
 The Cottage Nursing Home  
 Bodawen Care Home  
 Fairways Care Ltd (4 homes)  
 Aingarth Rest Home



## ENRICH CYMRU RESEARCH WORK IN HOMES

### EFFECTIVE HEALTHCARE SUPPORT TO CARE HOMES STUDY

The researchers at the University of Manchester have been exploring how best to provide healthcare support in care homes across the UK. The researchers wish to thank all the care home managers in ENRICH who participated in this research by completing a questionnaire. A fantastic 89 care homes were recruited across the UK, including a very valuable 10 from Wales. The study results will be shared with you when they are available.

### EVALUATING THE IMPACT OF INTERGENERATIONAL ACTIVITIES ON RELATIONSHIP CENTRED CARE AND CARE OUTCOMES IN CARE HOMES

The Centre for Innovative Ageing at Swansea University are recruiting care homes across South Wales that are **not** currently engaged in any intergenerational activities for their residents. They are conducting research that aims to compare outcomes of intergenerational and non-intergenerational activity via questionnaires, surveys and interviews, in order to explore the impact activities have on those working, residing in and visiting care homes. The benefits of taking part are:

- Assessing whether current activities are stimulating for everyone;
- Identify ways to best use resources to maximize positive experiences and outcomes;
- Active involvement in research and development for residents, staff, friends and family;
- Providing feedback on best practice for implementation of meaningful activities;
- Establishing links with the wider community.

For further information contact Kate Howson: email - [k.e.howson@swansea.ac.uk](mailto:k.e.howson@swansea.ac.uk); phone – 07930240425.

### ADVANCED PARAMEDIC PRACTITIONERS WORKING PROACTIVELY IN CARE HOMES

Are you interested in the changing role of paramedics/Advanced Paramedic Practitioners working proactively in care homes? In the next few weeks we will be inviting care homes to get involved in this new research to see if this changing role can be of benefit to homes in Wales. For more information in the meantime please contact Mark Kingston: [M.R.Kingston@Swansea.ac.uk](mailto:M.R.Kingston@Swansea.ac.uk).

## TRAINING/OPPORTUNITIES

### LAUGHTER IN CARE HOMES PROJECT

This new project is to create resources for care home staff, residents and visitors using laughter to improve wellbeing. We will focus on the health benefits of laughter and how laughter can help raise happiness, lower stress, and improve wellbeing for people associated with care homes. We plan for the resources to be available online to download and also as a printed booklet. It is being run by Feelgood Communities (Community Interest Company).

We will then take some time to create the resource kit, and come back to review it with the care homes. This is a project where we work together to create something which we can share across care homes everywhere. We welcome ideas and feedback from everyone. Once we have a good first draft we would like to visit more care homes in Wales and share the ideas. Please email us at [robin@feelgoodcommunities.org](mailto:robin@feelgoodcommunities.org) for updates and to be involved.

## **IMPROVING PALLIATIVE CARE IN CARE HOMES FOR OLDER PEOPLE – FREE ONLINE COURSE OFFERED BY LANCASTER UNIVERSITY – FROM APRIL 2019**

- Examine how palliative care in care homes can be improved for older people.
- The course is for staff and volunteers working in care homes in a management or caregiving role. It is also ideal for older people and their families wanting to learn more about care homes.
- The course has been developed by Lancaster University, which has a global reputation as a centre for research, scholarship and teaching

Full course details are available here: <https://www.futurelearn.com/courses/palliative-care-in-care-homes>

## **ALZHEIMER'S SOCIETY'S GUIDE FOR CARERS OF PEOPLE WITH DEMENTIA**

Alzheimer's Society has published a guide for people caring for someone with dementia. This complements the dementia guide for those with the condition and, like that, is available free of charge. Caring for a person with dementia: A practical guide is for anyone who provides the main support for a person with dementia. It will help carers to understand dementia and how to support someone living with the condition, as well as their own rights and how to look after themselves.

It covers all stages of the condition and suggests where carers can go for further help and support as dementia progresses. To order copies call 0300 303 5933 (quoting code 600), or email [orders@alzheimers.org.uk](mailto:orders@alzheimers.org.uk).

## **WELSH SONGS CD**

A project led by Bangor University is collating a playlist of the most loved Welsh songs, which will help them to create a CD for the enjoyment of residents in care homes across Wales. To inform the content of the CD, the University is asking care home residents to nominate the top three Welsh songs from their youth. See this link for further details: <https://www.surveymonkey.co.uk/r/M8FJ88V>. The CD will be distributed to all care homes in Wales when it is released.

## **WATCH THIS SPACE:**

The Support and Delivery Centre at Health and Care Research Wales <https://www.healthandcareresearch.gov.wales/> are developing a 'Research Aware' training package, specifically for care homes. Please get in touch for more details/watch this space for further details and to sign up to a course in your area.

**Thanks for reading this first edition. Please share with any other homes that might be interested. We are posting you a hard copy that you can display in your home for staff, residents and visitors to read.**