

## Thames Valley Person-centred Care News, October 2020 – Issue no 39

Back issues are archived here:

<https://www.oxfordcentrespiritualitywellbeing.co.uk/news-archive>

- and other wellbeing resources and TVWellNet webinar slides are here:

<https://www.oxfordcentrespiritualitywellbeing.co.uk/wellbeing-covid-19>

For any queries about this newsletter, please email [r.riachi@brookes.ac.uk](mailto:r.riachi@brookes.ac.uk)

1. **Courses and events**
2. **COVID recovery resources and opportunities**
3. **General care and wellbeing resources**
4. **Long term conditions and end of life care**
5. **Vacancies**

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### 1. **Courses and events**

Health Matters: Student experience and wellbeing in the pandemic webinar

15 October at 16:00-16:45, hosted by Oxford Health on MSoft Teams

<https://www.oxfordhealth.nhs.uk/event/health-matters-student-experience-and-wellbeing-in-the-pandemic/>

Hospice UK and Dementia UK Webinar on Advance Care Planning

26 October at 09:45-11:15.

<https://supporter.hospiceuk.org/public/event/eventBooking.aspx?id=EVT01162>

Sobell Study Centre courses

[www.sobelleducation.org.uk](http://www.sobelleducation.org.uk)

Enhanced Communication Skills 8-9 October – Online.

Breath-Body-Mind Integration with Kate Binnie 16 October – Webinar.

Principles of Palliative Care 5 November – Webinar.

Oncology Update 13 November – Webinar.

Enhanced Communications Skills 19-20 November – Online.

Oxford Advanced Pain & Symptom Management 2020,

Block 1: 9th, 16th, 23rd, and 30th November – Webinar.

Intermediate Communication Skills 4 December – Webinar.

Spiritual Care and the Artes Moriendi 12 November – Webinar

November is Healthy Ageing Month at Oxford Brookes

All welcome to a series of online events.

<https://www.brookes.ac.uk/research/healthy-ageing-and-care/healthy-ageing-month/>

Wednesday 11 November:

12:00 Dr Vanessa Raymont on Research in preventing dementia

12:30 Good practice in dementia care with Maureen Cundell, Jane Probets and Rhonda Riachi.

<https://register.gotowebinar.com/register/3954439059294220815>

Dementia Care and Prevention Lecture

30 November 2020 at 18:00-19:00

with Dame Prof Louise Robinson. All welcome.

<https://www.brookes.ac.uk/about-brookes/events/dementia--forget-about-a-cure--focus-on-care-and-future-prevention/>

15th Dementia Congress goes online

10 to 12 November 2020

<https://careinfo.org/event/uk-dementia-congress/>

Oxfordshire Mind offer a range of wellbeing courses:

e.g. 5 Ways to Wellbeing; Managing Strong Emotions; Assertiveness and Communication; and Boxing for Wellbeing.

Call the Info Line 01865 247788 to arrange an Options Session (available over the phone).

HEE Advance Practice Virtual conference: Mon 9th and Thurs 12th Nov 2020

Fully booked, but join the waiting list here:

<https://www.hee.nhs.uk/news-blogs-events/events/advanced-practice-virtual-conference-2020>

MSc in Person Centred Health and Social Care

Next cohort January 2021 at UWL

The innovative part-time postgraduate course is delivered through a series of weekend workshops alongside blended learning.

<https://www.uwl.ac.uk/course/postgraduate/person-centred-health-and-social-care>

Postgraduate Certificate in Acute Care of the Older Person with Frailty

For UK registered health or social care professionals with a minimum of 12 months' professional practice. Course Lead: Julia Buchanan: [jbuchanan@brookes.ac.uk](mailto:jbuchanan@brookes.ac.uk)

<https://www.brookes.ac.uk/courses/postgraduate/acute-care-of-the-older-person-with-frailty/>

Resilience Based Clinical Supervision - Individual Programme

The programme will be delivered virtually (Zoom or Microsoft Teams) by FoNS facilitators to a small group of participants (Champions), to learn with and from each other.

<https://www.fons.org/learning-zone/clinical-supervision-resources/book-your-workshop>

or email [RBCS@fons.org](mailto:RBCS@fons.org)

## **2. COVID recovery resources and opportunities**

Innovations in Dementia resources

<http://www.innovationsindementia.org.uk/the-coronavirus-situation/>

SCIE infection control e-learning course

<https://www.scie.org.uk/e-learning/infection-control>

Guide to Dementia wellbeing in the COVID pandemic (NHS England)

<https://www.england.nhs.uk/wp-content/uploads/2020/09/C0747-dementia-wellbeing-in-the-covid-pandemic.pdf>

Raising awareness of delirium: training for staff and carers (updated 09/20)

<https://portal.e-lfh.org.uk/Component/Details/664995>

The Art by Post project and community

...was developed by the South Bank Centre during the COVID-19 lockdown to engage those isolated by social distancing measures, especially older adults living with dementia and other chronic health conditions.

<https://www.southbankcentre.co.uk/creative-learning/arts-wellbeing/art-by-post>

Participants receive six creative booklets, delivered monthly via their group contact/leader.

For more info email [emma.nutland@southbankcentre.co.uk](mailto:emma.nutland@southbankcentre.co.uk)

Expression of Interests invited for the Green Social Prescribing programme

... to improve people's mental health.

<https://www.gov.uk/government/publications/green-social-prescribing-call-for-expressions-of-interest>

<https://www.gov.uk/government/news/green-social-prescribing-pilots-open-for-applications>

Applications will need to:

Be led by an Integrated Care System... including organisations from the environment sector. Provide a clear explanation of how the project will help to address health inequalities and support coronavirus affected populations.

Provide evidence of a whole system and partnership approach...

NB: If you are interested in bidding, do contact the Nature and Health Network, a joint venture led by Bournemouth University, New Forest National Park & PHE –

Contact: Tim Chapman [Tim.chapman@phe.gov.uk](mailto:Tim.chapman@phe.gov.uk); Jim Mitchell (New Forest NP)

[Jim.Mitchell@newforestnpa.gov.uk](mailto:Jim.Mitchell@newforestnpa.gov.uk) and Layne Hamerston (Bournemouth University)

[lhamerston@bournemouth.ac.uk](mailto:lhamerston@bournemouth.ac.uk)

King's Fund Report

The courage of compassion: Supporting nurses and midwives to deliver high-quality care.

<https://www.kingsfund.org.uk/publications/courage-compassion-supporting-nurses-midwives>

### 3. General care and wellbeing resources

#CARING4NHSPEOPLE WELLBEING VIRTUAL SESSIONS

Second Wednesday of the month between 4pm and 5pm.

Next session: Wednesday 14 October, 4pm

<http://horizonsnhs.com/caring4nhspeople/>

12 week e-mail series on employee wellbeing

From the What Works Centre for Wellbeing

<https://whatworkswellbeing.org/category/work/>

Plus evidence on the drivers of workplace wellbeing, a wellbeing at work questionnaire, and a measures bank, where you can build your own questionnaire:

<https://whatworkswellbeing.org/category/work/>

Create a 10-minute pause space

Compassion practices have been distilled to provide very short opportunities for individuals, pairs and groups to connect around a self-care enquiry based on Andy Bradley's Compassion Circles, and informed by Prof Paul Gilbert's work on mindful self-compassion.

<https://people.nhs.uk/guides/creating-a-10-minute-pause-space/>

Oxford Health launches new website for carers

...to make it easier for friends, family and carers to be involved, receive support and trusted information, and share their experiences.

<https://www.oxfordhealth.nhs.uk/carers/>

Home exercises from Age UK Oxon

Strength and Balance, Tai Chi and much more

<https://www.generationgames.org.uk>

FONS Improvement Insights – short project reports

Person-centred paediatric care: capturing the experience and collaborating for the future

<https://www.fons.org/resources/documents/Dissemination%20Series/Improvement-Insights/IIVol13No6Person-centred-paediatric-care.pdf>

An holistic approach to nutrition and diet in palliative care

<https://www.fons.org/resources/documents/Dissemination Series/Improvement-Insights/IIVol11No8-Holistic-nutrition-in-palliative-care.pdf>

'More than a sitter': a practice development project on special observation in acute general hospital care

[https://www.fons.org/resources/documents/Dissemination\\_Series/Improvement-Insights/IVol12No3-Special-observation-in-acute-general-care.pdf](https://www.fons.org/resources/documents/Dissemination_Series/Improvement-Insights/IVol12No3-Special-observation-in-acute-general-care.pdf)

Better Health publicity resources

Adult health campaign that provides an opportunity to reset and introduce healthy changes.

<https://campaignresources.phe.gov.uk/resources/campaigns/109-better-health>

#### **4. Long term conditions and end of life care**

IPDJ Focus

Reaching for the rainbow: person-centred practice in palliative care

by Erna Haraldsdottir, Kim Donaldson, Anna Lloyd, Irene Barclay and Brendan McCormack

<https://doi.org/10.19043/ipdj.101.005>

Animation from the Taskforce on Multiple Conditions

- aims to promote understanding of why ensuring better support for the 1 in 4 people in England living with multiple long-term conditions is so important.

You can watch the video on

<https://www.richmondgroupofcharities.org.uk/taskforce-multiple-conditions>

or via the Richmond Group of Charities YouTube channel:

<https://www.youtube.com/channel/UC74kvvXDJ7pEOyMc9ZE2syQ>

See also the Guidebook published 2019:

[https://richmondgroupofcharities.org.uk/sites/default/files/multiple\\_conditions\\_report\\_a4\\_digital\\_spreads\\_noembarqo\\_1.pdf](https://richmondgroupofcharities.org.uk/sites/default/files/multiple_conditions_report_a4_digital_spreads_noembarqo_1.pdf)

NHS Education for Scotland e-Newsletter - bereavement and loss

including bereavement through Covid 19, particularly for health and social care staff.

Summer 2020 e-Newsletter, Issue no.11

<https://mailchi.mp/3c0e739531e4/nes-bereavement-spring-e-newsletter-1771432?e=f2d9a4d5b1>

#### **5. Vacancies**

Oxford Brookes University

Occupational Therapy Researcher

£31,866 rising annually to £33,797 (pro rata)

Apply by 16 October 2020      Vacancy ID: 086592

Interviews will be held virtually on 27th October 2020.

[https://my.corehr.com/pls/oburecruit/erg\\_jobspec\\_details\\_form.jobspec?p\\_id=086592](https://my.corehr.com/pls/oburecruit/erg_jobspec_details_form.jobspec?p_id=086592)

For more information: [hrtteam-recruitment@brookes.ac.uk](mailto:hrtteam-recruitment@brookes.ac.uk)

Healthwatch Oxfordshire

Community Outreach worker – BAME communities (Oxford City)

£11,840 per annum for 15 hours per week

Home based. 12-month contract.

Apply by 9am on 12 October 2020.

Interviews on Thursday 15th October in the afternoon in Oxford.

To chat about this role call 01865 520520 and ask for Veronica Barry or Rosalind Pearce.

<https://healthwatchoxfordshire.co.uk/about-us/work-for-us/>

Oxfordshire Mind

Primary Care Wellbeing Worker;

Qualified Psychological Wellbeing Practitioner IAPT;

- and other vacancies:

<https://oxfordshiremind.bamboohr.com/jobs/>

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