

Welcome to the first Kinections Newsletter.

We hope that this newsletter will be a useful resource to ensure that you can keep up-to-date on all that will be happening.



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Kinections Launch Event



On Tuesday 6th February more than 70 people attended a special event at UWS Ayr campus to mark the official launch of the Kinections – strengthening community in care homes project.

A wide range of organisations were represented at the event including local care homes and community groups, Alzheimers Scotland, My Home Life England, East Ayrshire Health and Social Care Partnership, the Care Inspectorate, Scottish Care and Police Scotland. The programme for the day included storytelling, crafts, music and lots of lively discussions about what community means to people living with Dementia in care homes and those who support them.

At the end of day everyone was given a ribbon and asked to write a few words on it about their hopes for the project. The ribbons were then tied together and presented to the managers of Graceland Nursing Home who are one of the first care homes who will be involved in the project.

“ I thought it was brilliant- very creative and a great turnout with a wide range of people and it was fun. ”
Colm Mc Briarty, Life Changes Trust

Origins and Overview

Kinections is a 3 year project which has been funded by Life Changes Trust and will be led by My Home Life/UWS in collaboration with East Ayrshire Health and Social Care Partnership. This project aims to adapt and expand the delivery model of an initiative pioneered by My Home Life Essex known as Friends and Neighbours [FaNs] (See www.fansnetwork.org). It will also build on the existing strong relationships between My home life Scotland and the care homes in East Ayrshire.

Describing **K**inections, and particularly what we will be doing in **K**inections feels a bit like trying to describe a visit to somewhere you haven't yet been. We know some of what to expect but the feel, the experience and the practicalities of being involved will only be fully known once we start the voyage.

WHAT'S OUR DESTINATION?

Imagine if in the 3 years of **K**inections that we arrive in a place where we have stories of what being a dementia-friendly community means for us, in our care homes and we work together in ways which allow everyone to flourish. Could our destination be that East Ayrshire is a leading example of what it looks like when people who live, work and visit care homes are cherished and supported by their local community.

WHO IS ON THIS VOYAGE?

Care homes in East Ayrshire are at the center of **K**inections. Residents, visiting family and friends, care home staff and volunteers, community and social groups, dementia-focused organisations, healthcare professionals, Care Inspectorate staff and volunteers, health and social care organisations, University staff and

students, My home life UK community will all be invited to be involved. There's plenty of space for more people, would you or someone you know like to get on-board?

WHAT WILL WE BE DOING ON THE VOYAGE AND HOW WILL WE GET TO OUR DESTINATION?

People from all the groups mentioned above will meet, discuss, question, debate on some of the following topics:

dementia-friendly communities, for all who live, work and visit care homes

specific ways which may help us to discover what matters to people with dementia and those who support them in care homes

People from all the groups mentioned above will be offered encouragement and support to:

- use appreciative and relationship-centred approaches to practice curiosity, and explore what people who live with dementia and those who support them value
- explore approaches and methods to communication which can be useful when engaging with people who have advanced dementia
- try out ideas (however small) which may help those living with dementia in care homes to realise the best outcomes possible, based on what has been discovered to be important to individual residents
- connect with wider community members and groups who may support positive outcomes to be achieved.

Look out for stories from those involved in future editions of Kinections News

online)



Care Home Open Day

Care home open day this year takes place on April 21st, and coincides with International Care Home Open Day. The theme this year is 'Linking Communities'. My Home Life would like to suggest a focus on language on this day- 'the words of our worlds'. The suggestion is that on April 21st there are conversations happening in each care home about the words and phrases which are unique to the local area. These could then be recorded on a poster displayed in the care home, see the example below.



Words and phrases from other regions or countries that those who live, work or visit the care homes are familiar with may also be added to the poster. Care homes may decide to organise other activities based on the theme of 'Words from our Worlds':

- Wordsearch generated from local words and phrases (free generation of wordsearch available

- Return to the classroom- residents teaching staff, family and friends words from the local area that are no longer used

If you have an idea for your care home that you think others would be interested in hearing about email: myhomelifescotland@uws.ac.uk.

For more information on Care Home Open day: www.carehomeopenday.org.uk/



Upcoming Events with other Organisations:

[Playlist for Life Training](#)
<https://www.alliancescotland.org.uk/blog/events/playlist-life-training-training-individual-practitioners/>

[Building kinder communities in Scotland](#)

INVITATION

Tuesday 27 March 2018, 10am - 3pm
 The Lighthouse, 11 Mitchell Lane, Glasgow G1 3NU



If you would like to be part of KIN, please confirm your interest with Rebekah Menzie (rebekah@carnegieuk.org)

Staying Curious

Some questions to ask yourself, and chat about with others

What do others do that helps you to feel safe?

How can we find out what helps people to feel they belong?

What helps you to stay curious when you think you already know the answer?

Asked and Answered

What do others do that helps me to feel safe?

Be brave to share with me when things are going well and when things can be a bit better.

Prof Belinda Dewar, UWS/My Home Life Scotland

Some of what's happening this month

Caring Conversations workshops in each of the care homes in Cohort 1

Stay in Touch

email: KinnectionsEA@uws.ac.uk

mobile:

twitter: @KinnectionsEA

You might like to get in touch to:

find out more about or become involved with **Kinnections** / share some ideas / offer feedback or suggestions for this newsletter / share news for the next edition of **Kinnections** news