



Kinnections News

MARCH 2018

Welcome to the Kinnections Newsletter.

We hope that this newsletter will be a useful resource to ensure that you can keep up-to-date with all that is happening in the Kinnections project.

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Working Together Workshops

Members of the Kinnections Project Team (Prof Belinda Dewar and Edel Roddy) spent an extremely enjoyable half day in each of the four East Ayrshire care homes in Cohort 1. A care home inquiry group has been established in each of the care homes with care home staff, community health staff, relatives and community organisations being represented across the four groups. During the visits Belinda and Edel engaged with those involved in the inquiry groups to explore what being part of the Kinnections project might look like. The discussions focused on thinking about: (i) how we would like to work together in the project (ii) the types of questions we might ask to help us learn more about what is important to ourselves and others (iii) what community means to us, and what small curiosity we might like to explore further.

In these early stages of the project the purpose is to use questions and inquiry to begin new conversations and possibly make discoveries about others and ourselves.

In the orange box below are some of the small (and not so small) curiosities that emerged in the discussions across the four care homes... and these questions will generate more questions.



Examples of Topics we have been Exploring

What helps to create a warm welcome for those who visit our care home?

What would our residents like the wider community to know about our care home?

How could we find out more about and celebrate the strengths of people who live, work and visit our care home?

What helps people to maintain their identity when living in a communal setting? What questions might we ask to explore the concept of identity?

How might we involve others, for example visiting family and friends, in generating evidence of positive outcomes for residents?

Reflections on the Care Home Inquiry Group Workshop:

"The workshop was great, albeit 3 hours on a Friday afternoon with 7 of the care home staff I though AHHH - my" to do book is full!!"

However if we were to gain nil further from the project, which I am sure will not be the case, it was lovely to sit with a group of staff with a coffee and share a conversation! on an unofficial basis and not a flash meeting or supervision etc. Nice to sit and take time to value people as they show such commitment and dedication and good to know what is important to them, as well as those we care for".

Eileen Welch, Care Home Manager,
Springhill Nursing Home.

Generating and Enhancing Momentum Meetings (GEM's)

In March we had the first of our monthly GEM meetings. Every month representatives from each of the active care home inquiry groups as well as people from the Care Inspectorate, Kilmarnock Dementia Resource Centre and other interested community groups will meet for 2 hours to bring wee gems's from care homes and the wider community and leave with new wee gem's.

wee gem

noun

A meaningful story, experience, thought or feeling which is shared with others. The value of the wee gem is enhanced because it has been shared, which then encourages new gems to be created.

Stories from Practice Let's Practice telling our Stories

Everyday in care homes there are wonderful examples of people connecting. In Kinctions we would like to enhance our practice of how often we tell these stories. By practicing telling our stories, we can influence practice.

To get us started, here is an example from Graceland Care Home of a relative using a thank you message to tell the story of how much they appreciated staffs efforts.

"Just another wee thank you for organising everything to allow my Mum to attend Seth and Lauries Wedding. It meant a lot to them for her to be there and also to me especially.

She looked beautiful on the day and I appreciate the effort that was made to get her ready and transport her down.

Once again the star of the day was Christine who as always was amazing with the care and attention given to my Mum on the day. She also like last time was dressed beautifully for the event. Can't thank her enough".

An Every Brilliant Thing from East Ayrshire is... taking a trip down Portland Street in Kilmarnock and looking at the lovely houses and gardens. Eileen Mackay, Grange Care Home

In the My Home Life team we are playing around with using the Senses Framework¹ as a way to reflect on our listening. You might like to think about a recent conversation you have had and use the questions below to think about your listening.

Sensing How I Listen

Belonging

How present did you feel during the conversation?

Continuity

What did you learn from this experience of listening that you would like to carry forward?

Security

Where were you with regard to your comfort zone in terms of what you were hearing? How might this have influenced how you listened?

Achievement

From your perspective were there high points with regard to your listening? What were you and/or others doing that may have contributed to these high points?

Purpose

What new information did you pick up during your listening- what helped this?

Significance

What do you feel that you communicated to the other person/people in the way in which you listened to them?

¹Senses Framework is a resource developed by Nolan et al. (2006) which suggests that when people (residents, staff, relatives) are experiencing the six 'Senses' of belonging, security, continuity, purpose, achievement and significance that enriched care environments are created.

Nolan, M., Brown, J., Davies, S., Nolan, J., and Keady, J. (2006). The senses framework: improving care for older people through a relationship centred approach. Getting Research into Practice (GRiP) Report No 2. Project Report. Sheffield: University of Sheffield.



SIGNPOSTS

Story-Telling Resources:

For those involved in Kinections there will be lots of sharing... listening to... and gathering of stories. Below are two story-telling resources which have been developed with funding support from Life Changes Trust.

Picture Supported Stories - Through a partnership between Talking Mats and Care Opinion a resource has been developed which can facilitate people in the later stages of dementia to give their feedback.

www.talkingmats.com/care-opinion-picture-supported-stories/

Beyond Memory- Storytelling and Singing by Allie Finlay and Marie Louise Cochrane. This book is a practical resource of sensory stories and songs which was developed through the involvement of people living with dementia and those who support them.

Staying Curious

Some questions to ask yourself, and chat about with others

If Kinnections had strong relationship foundations how would this look, how would people be relating with each other?

Going forward, what is important about how we go about building up Kinnections?

Asked and Answered

Going forward, what is important about how we go about building up Kinnections?

"It is only through everyone working together, and allowing the space for discovery, reflection and challenging of assumptions that we can build something tangible that will have lasting benefits in East Ayrshire and beyond. We must be realistic about what the project can deliver whilst also being open to big ambitions".

David Innes, UWS/My Home Life Scotland

Some of what's happening this month

KIN Network Event- Edel will attend the first meeting of the KIN (Kindness Innovation Network) which will explore ways in which to embed kindness across organisations, workplaces and communities in Scotland.

Filming- We will be filming a short piece by way of introducing the Kinnections project, keep an eye on the My Home Life website and make sure to share.

Ongoing Activities

Care home inquiry group and GEM meetings alongside care home visits
One-to-one conversations on the topic of community.

Date for Your Diary - May 30th, Edinburgh

Health and Social Care Academy, Health and Social Care Alliance Scotland

A RIGHTS BLETHER - a human rights in care homes event being delivered through collaboration of My Home Life/UWS, Health and Social Care Alliance Scotland and Life Changes Trust. For more info email: myhomelifescotland@uws.ac.uk

Stay in Touch

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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.

