

My home life

Issue 23

Promoting quality in care homes for older people



QUALITY OF LIFE: Reaching out for support

Getting started with
community engagement



**MY HOME LIFE WORLD:
SHARING EXCITING MOMENTS
FROM THE MOVEMENT**

Find out more about
Care Home Friends
and Neighbours

**Care
Home
FaNs**
Friends & Neighbours

My home life WORLD



Dear Friends



Welcome to this new issue which shares some of the benefits that engaging with the community can bring to your care home!

My Home Life has been squirreling away with local organisations across the UK to design, create and deliver an exciting and unique initiative called “Care Home Friends and Neighbours (Care Home FaNs)”. Care Home FaNs helps you build stronger relationships with local people, places and passions, to deliver quality of life for older people living in care homes.

To find out more about Care Home FaNs, please visit www.carehomefans.org and download our FREE resources and materials that can help get you started!

My Home Life is a social movement and we'd love to hear about all the great things you're doing to enhance quality of life for older people living in care homes. Keep in touch by sending in your selfies, pictures and stories to mhl@city.ac.uk. Please visit our newly refurbished website www.myhomelife.org.uk to read more about the My Home Life social movement.

Best wishes

Jen (On behalf of My Home Life)

www.myhomelife.org.uk

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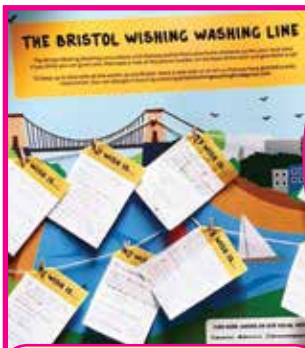
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Rivington and Blackrod High School are bringing colour to Hazelbrook nursing home in Horwich.



ALIVE! launches the Bristol Wishing Washing Line. Visit @bristolwwl on Facebook for more information.



Danuta Lipinska winning an award for developing training for dementia-friendly funeral services. Congratulations Danuta!!!



cARTrefu is a project creating opportunities for care homes to access the arts. The project has now reached 25% of all care homes in Wales. Congratulations to the cARTrefu team!



Foxborough Grange Care Home in Essex, has been hosting and enjoying the Bambinos Nursery children.



104 year old Mrs Brokenbrow has never been on the wrong side of the law and wished to experience what it would be like. Her wish was granted by ALIVE! through the Wishing Washing Line.



The Withins Residential home hosted a performance of Jack and The Beanstalk for residents and guests from the local community.



Pupils at Christian Fellow School in Liverpool, spend time at Kingswood Manor care home to gain new experiences they need to 'serve others' enabling students to fulfil their school's distinctive mission.



A community of care home Managers in Suffolk who completed the MHL Leadership Programme, reunited after 6 years, at a special event.



'Donkey-ing around'! at Ashmore Nursing Home in Suffolk.



In East Ayrshire, the Kinctions project has been working hard to collect positive stories from care homes in their work 'Extra Yards together make the Extra Mile'. For more information visit <http://myhomelife.uws.ac.uk/scotland/>



Managers completing the MHL Leadership Programme came together to launch Care Home FaNs Northwest London.



The 'Bake a Smile' project recruits local bakers to gift scrummy cakes to care home residents. To learn more visit [@thebakeasmileproject](https://www.facebook.com/thebakeasmileproject) on Facebook.



Kepplegate House Care Home Lancashire, enjoying the company of the local Beaver scouts.

GETTING YOUR COMMUNITY INVOLVED CAN BE EASIER THAN YOU THINK...

Care homes are busy places. With so much to do in a typical 'care home' day, giving real time to residents can sometimes feel challenging.

But what if we could harness the goodwill of the community? What would happen? Who from the community would you like to see more often and what would you like them to do?

Care homes around the country are giving these questions real thought and are coming up with amazing results!

SPORT FOR ALL



Buckinghamshire Care Homes FaNs have been working with their local leisure centre to help residents take part in sport. How about connecting with your local leisure centre? Many have equipment that can be adapted to help residents participate.

GROWING LOCAL CONNECTIONS



Gardening is a great way to get people from the community connected to your residents. Care homes in the Southwest have been helped to get together with places of worship, schools, allotment societies, Women's Institutes, and wildlife groups as part of simple gardening projects.

A RECIPE FOR SUCCESS



Could your care home join others to organise a local 'Bake Off'? That's what Essex care homes have been doing, with staff, residents and members of the community working together to compete against other care homes in creating the winning cake!



Chances are you're already connecting with a school who visit you at Christmas time. What other year-round opportunities are there?

For instance, could you involve pre-school children in your service, as they did in the Channel 4 programme "Old People's Home for 4 Year Olds"?

www.channel4.com/programmes/old-peoples-home-for-4-year-olds



The Wishing Washing Line is a great way to connect care homes to their local community and vice versa. Hung in public places such as supermarkets, cafes, schools and churches, residents can place their wish onto the line so that the general public can fulfill them. For more information visit the My Home Life Essex Community Association Facebook page @FaNsNetwork.



Could you explore if there are any local creative events or artists, that might be of interest to residents? Is there a way to get residents involved? In Wales, Age Cymru's artists in care homes project, 'cARTrefu', has been harnessing local artistic talents and involving them in the everyday lives of residents.



Are their local people in your community that might enjoy reading and talking about books, poems and other literature with residents? Over in Londonderry, a local charity, The Verbal, has been training members of the community to do just that - creating special moments for residents.

LIFE'S BETTER WITH GOOD FRIENDS AND NEIGHBOURS

BECOME PART OF A NATIONAL INITIATIVE THAT MAKES IT EASIER FOR YOU TO CONNECT WITH YOUR COMMUNITY.

WHAT IS IT?

Care Home Friends and Neighbours (or Care Home FaNs) is an exciting new initiative that helps care homes connect with their local community- growing a spirit of neighbourliness and helping residents connect with the local people, places and passions that have relevance to them. Care Home FaNs helps care homes and the community to feel part of a bigger national effort to support one another.

IT'S EASY TO GET INVOLVED

Follow our three easy steps to get started!



To still be able to achieve a pastime that I used to love and still do, is amazing! I never believed that I could be independent again'.

CONNIE 87

Connie was supported by Care Home FaNs Buckinghamshire to visit her local swimming pool.

STEP 1

Thank those that currently connect positively with your home

Celebrating those who come into our care homes and make a difference is really important.

So why not say thank you by sending a card or presenting a certificate to someone special? Care teams can help residents, relatives and others identify those who need to be thanked. Sometimes a little acknowledgement goes a long way in helping the community to do even more for us.

TOP TIP:

Download your FREE Care Home FaNs certificate. Pop it in a frame to make it look extra special!



STEP 2

Pin down your possibilities – identify other potential contacts

How about writing down a list of who else in the community you could easily connect with? Ask your residents, families and staff about the people, groups and organisations that they know who might be able to help support your care home and vice versa. It's about turning the "If only we could..." into "I think we can!". Care Home FaNs resources are **FREE** to download at www.carehomefans.org. These resources help spread the word that you are involved in Care Home Friends and Neighbours and want to connect with others.



"We have been involved with FaNs and through them, many residents lives have been so enhanced with joy and fulfilment".

LIZ, CARE HOME MANAGER

STEP 3

Getting the message out – Lets get started

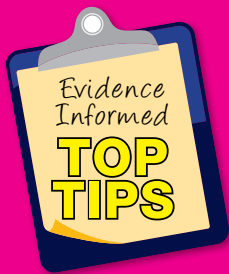
- Start a conversation with 1 or 2 new people who you wish to connect with. Perhaps spend a morning going out to visit them
- Get them up to speed on who you are and what you're doing
- Let them know you're a part of a national initiative called Care Home FaNs. Leave the Care Home FaNs business card (FREE to download on the website)
- Let them know you want to connect your residents with local people, places and passions. This could mean getting residents out of the care home, or, bringing new people in. How could they help?



"New community connections increase footfall in our home resulting in a welcoming, busy, environment, where life is for living".

SARAH, COMMUNITY CONNECTOR FROM BATH

Visit www.carehomefans.org for more information and FREE resources to help you get started.



COMMUNITY ENGAGEMENT

Community engagement is all about linking care home residents to the people, places and passions that exist in local communities.

PEOPLE

Which individuals or groups support our wellbeing?

Who can help us feel connected to life?

Who can put a smile on our faces?

PASSIONS

What are the things that bring light to life?

What were the meaningful things that we used to do?

What would we wish for in the future?

PLACES

What are the spaces that have a special meaning to us?

What's out there and what does it mean to us?

Where would we want to go and explore?

1 BE REALISTIC: Perhaps focus on exploring with one or two residents the questions above. Think about how the local community can meaningfully connect with these individuals? What are resident's interests and hobbies? Use the Care Home FaNs initiative to help you.

2 CARE HOME COMMUNITY CHAMPIONS: Community engagement works at its best when you have at least two nominated individuals (Champions) in the care home who lead the initiative. That way, if one person is off, there is still someone in the know to help.

3 WHAT CAN YOUR CARE HOME OFFER THE LOCAL COMMUNITY? Consider the physical spaces you have in your care home, might these spaces be offered out to nurseries, schools, local clubs and businesses for their meetings? Perhaps these groups can offer you something in return?

4 SOCIAL MEDIA: Let your community know through social media that you are looking for local Friends and Neighbours. For instance, use social media to highlight the specific passions and interests of your

residents (always seek permissions from residents first). That way people can see exactly how they can best connect with you.

5 LOOKING AFTER YOUR COMMUNITY: It's really important that we equip our Friends and Neighbours with information to prepare them for their visit. This may help challenge any preconceived ideas that they might have about care homes.

6 GETTING AROUND: Transport can be a tricky nut to crack. Find out who has transport available locally. Consider if there is another care home service, local charity or school with a mini bus or adapted vehicle? Could this be loaned to your care home?

7 ENSURING OUR COMMUNITY, RESIDENTS, RELATIVES AND STAFF ARE ALL SAFE: Let's be sensible and personal in our approach to safeguarding. Seek support and advice from local safeguarding teams on how best to introduce new people entering your service.

8 CELEBRATE: Create a buzz about everything you are doing, the excitement will be contagious and bring even more people into your home.



My Home Life is a collaborative initiative that promotes quality of life and delivers positive change in care homes for older people. We work with care homes, statutory bodies, community organisations and others to co-create new ways of working to better meet the needs of older people, their relatives and staff. Our vision is a world where care homes are great places to live, die, visit and work; where care homes are:

- Supported to deliver to their potential
- Valued and trusted by those who work with them
- Cherished by their local communities