

**Education and Supporting Resources for Community Support Provision (Including Domiciliary Care and Day Care)**

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**Introduction**

Dear Community Support Partners

We want to support you in whatever way we can during this COVID-19 period and one of the ways was to develop this document to highlight key areas where there are free education and supporting resources available for you and your staff not only on a national level but what’s available locally here in Sefton.

The resources contained within this document are also available online and can be accessed via Sefton Council’s Learner Management System. Further information explaining how to access the online version can be found on page 15of this document.

This document and the electronic version will be regularly reviewed to include updates as we receive them however if you have any suggestions as to what else needs to be included please let us know by emailing Louise Kearney, Learning and Development Officer at [louise.kearney@sefton.gov.uk](mailto:louise.kearney@sefton.gov.uk)

Deborah Butcher

Executive Director of Adult Social Care

Sefton Council

**Latest updates**

**NHS England** – upcoming online events

https://www.england.nhs.uk/events/



COVID-19: Support and guidance for the adult social care sector

<https://www.skillsforcare.org.uk/Home.aspx>

**COVID 19 Vaccinations**

**Every Vaccination Gives us HOPE**

<https://prod.cms.coronavirusresources.phe.gov.uk/covid-19-vaccine/resources/hope-pr-film/>

**How to do a COVID-19 Self Test (rapid antigen test)**

<https://www.youtube.com/watch?v=S9XR8RZxKNo&list=PLvaBZskxS7tzQYlVg7lwH5uxAD9UrSzGJ>

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On 18 December 2020 the Autonomy Project and the National Mental Capacity Forum held a webinar to discuss Capacity, Consent and Covid Vaccinations and this link will take you to a recording of the webinar

<http://autonomy.essex.ac.uk/covid-19/>

The attached document is an Essex Autonomy Project document only and it does not represent the views of the National Mental Capacity Forum, the Department of Health and Social Care, or the Ministry of Justice.

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**Vaccine Fact Cards**

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**Infection Prevention and Control**

**Skills for Care - new infection prevention and control resources**

The Department of Health and Social Care (DHSC) has adapted the 'Every Action Counts' suite of resources to support adult social care providers achieve excellence in infection prevention and control. The resources include posters, digital key cards and hints and tips, supporting compliance and awareness, leadership, morale and wellbeing, training and operational interventions.  
[⇨ Download the resources](https://elinkeu.clickdimensions.com/c/6/?T=MjQ3NDI1NDY%3AcDEtYjIxMTYyLTg0MTgyZjFhNWZmMzRhMjFhYjE1MzM1OTMzMmI4NzRl%3AbG91aXNlLmtlYXJuZXlAc2VmdG9uLmdvdi51aw%3AY29udGFjdC1jNGQ2MGI3YTNlYWVlNjExOTQxMjAwNTA1Njg3NzlhZC01NmZmNmU0OGEzMWU0ZDVlODU4Zjc3YWMyY2Y0MTFjNA%3AZmFsc2U%3AMTQ%3A%3AaHR0cHM6Ly93d3cuc2tpbGxzZm9yY2FyZS5vcmcudWsvTGVhcm5pbmctZGV2ZWxvcG1lbnQvb25nb2luZy1sZWFybmluZy1hbmQtZGV2ZWxvcG1lbnQvaW5mZWN0aW9uLXByZXZlbnRpb24tY29udHJvbC9JbmZlY3Rpb24tcHJldmVudGlvbi1hbmQtY29udHJvbC5hc3B4P19jbGRlZT1iRzkxYVhObExtdGxZWEp1WlhsQWMyVm1kRzl1TG1kdmRpNTFhdyUzZCUzZCZyZWNpcGllbnRpZD1jb250YWN0LWM0ZDYwYjdhM2VhZWU2MTE5NDEyMDA1MDU2ODc3OWFkLTU2ZmY2ZTQ4YTMxZTRkNWU4NThmNzdhYzJjZjQxMWM0JmVzaWQ9NDhjNDY3ZjUtOGVjYS1lYjExLWJhY2MtMDAwZDNhMGNiOTBj&K=Ij4yhEzg8RPuF5mi8YgLEA).

**Top tips getting a COVID swab from a person living with dementia.**

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**Guidance COVID-19: how to work safely in domiciliary care in England.**

<https://www.gov.uk/government/publications/covid-19-how-to-work-safely-in-domiciliary-care?_cldee=bG91aXNlLmtlYXJuZXlAc2VmdG9uLmdvdi51aw%3d%3d&recipientid=contact-c4d60b7a3eaee61194120050568779ad-09ae69d94fcf4ebcb9d5d639303625cc&esid=0c4c5603-41b1-ea11-80e0-005056877cb9>

**Guidance Coronavirus (COVID-19): provision of home care.**

<https://www.gov.uk/government/publications/coronavirus-covid-19-providing-home-care/coronavirus-covid-19-provision-of-home-care>

**PPE guide for community health and social care settings**

Public Health England has produced an illustrative PPE guide for community health and social care settings.

https://assets.publishing.service.gov.uk/government/uploads/system/uploads/attachment\_data/file/911188/PHE\_PPE\_guide\_for\_community\_and\_social\_care\_settings\_AUG\_2020.pdf

**Putting on and taking off Personal Protective Equipment,** although the video focusses on care homes the information is still applicable to all settings. <https://www.youtube.com/watch?v=ozY50PPmsvE&feature=youtu.be>

**Skills for Health** free Coronavirus (COVID-19) Awareness Course, 2 hours, covering infection prevention, PPE, sampling and testing.

<https://www.skillsforhealth.org.uk/covid-19-course>

**Videos:**

Hand washing video and resources.

<https://www.nhs.uk/video/pages/how-to-wash-hands.aspx>

**End of Life Care**

**One Step free programme – online, self-led training on End of Life Care**

This programme is aimed at care homes and domiciliary care organisations and their staff. Individuals can complete at their own pace and all resources are fully accessible without any cost. The programme comprises of four units: Identification, Assessment, Discussion and Engagement. For further information about the programme, please [email lynne.partington@eolp.org.uk](mailto:email%20lynne.partington@eolp.org.uk) or visit the [Six Steps website](http://www.sixsteps.net).

**Palliative Care Institute Liverpool** have training available on Advanced Communication Skills. There is possibly a cost involved but for all enquiries please contact Karen Ross, Learning and Teaching Administrator and her contact details are on within the attached flyers.

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**End of Life Care Partnership,** Advance Care Planning Resources.

<http://www.cheshire-epaige.nhs.uk/document-library/?top-category=advance-care-planning-dnacpr>

<http://www.cheshire-epaige.nhs.uk/wp-content/uploads/2020/06/FINAL-Guidance-Notes-for-remote-Advance-Care-Plans-V1.4.pdf>

**Skills for Care, End of Life Care Webinar (30 minutes) covering Advance Care Planning, Care in the Final Days, Care After Death and Further Sources of Support**

<https://www.skillsforcare.org.uk/Leadership-management/support-for-registered-managers/COVID-19-webinars.aspx?utm_source=email&utm_medium=enews&utm_term=21may&utm_content=webinars&utm_campaign=rmrapid2020#Endoflifecare14May2020>

**Macmillan Cancer Support**

https://www.macmillan.org.uk/coronavirus/end-of-life-care-and-coronavirus

**Bereavement**

**Managers and Staff Support:**

NHS England and NHS Improvement have put together a suite of compassionate resources that aim to help you access support during what will be a difficult time for you and your staff, given the restrictions and changes to normal grieving patterns and processes. In recognition of this, the suite of resources includes practical support and will signpost you appropriately to additional resources.

<https://people.nhs.uk/guides/bereavement-support-during-covid-19/>

**Cruse Bereavement Care**

<https://www.cruse.org.uk/get-help/coronavirus-dealing-bereavement-and-grief>

**Hospice UK** have launched an **Bereavement and Trauma line**. You can speak to a **specialist counsellor at 0300 303 4434**. They are available between **8am and 8pm, 7 days a week** to support you if you have experienced a bereavement, have witnessed traumatic deaths as part of your work or need to discuss any other anxiety or emotional issues you are experiencing as a result of the COVID-19 pandemic.

**At a Loss** provides signposting to other services across the UK that can provide resources and support to those that are bereaved.

<https://www.ataloss.org/Pages/FAQs/Category/coronavirus-pandemic>

**Moving and Handling**

**Videos:**

At this challenging time it is critical that all carers are given as much support as is possible to enable them to safely carry out their role. In recognition of this Sefton Council has purchased a six-month subscription to A1 Risk solutions website which will allow access for significant number of users.

A1 have an evidence based online Moving and Handling system, containing over 341 videos and accompanying safe systems of work, specifically designed for Health and Social Care organisations.

This is a unique opportunity to access the videos that are available for the next six months and **there will be no cost to your organisation**.

The videos demonstrate clearly how to use the equipment that is issued by Sefton Local Authority and the Hospital Occupational Therapy staff for the moving and handling of people.

For access to the videos you will need to register with the following information:

* **The name of your organisation**
* **The type of organisation for example Care Agency, Care Home, Hospital**
* **Details of a contact person, including an Email address and a phone number**
* **The number of staff who will have access to the videos (we have registered for a lot of usage)**

Please send this information to [Admin.sc@sefton.gov.uk](mailto:Admin.sc@sefton.gov.uk) and we will send a log in and password to the contact person.

**Look After You**

**Coronavirus (COVID-19): health and wellbeing of the adult social care workforce**

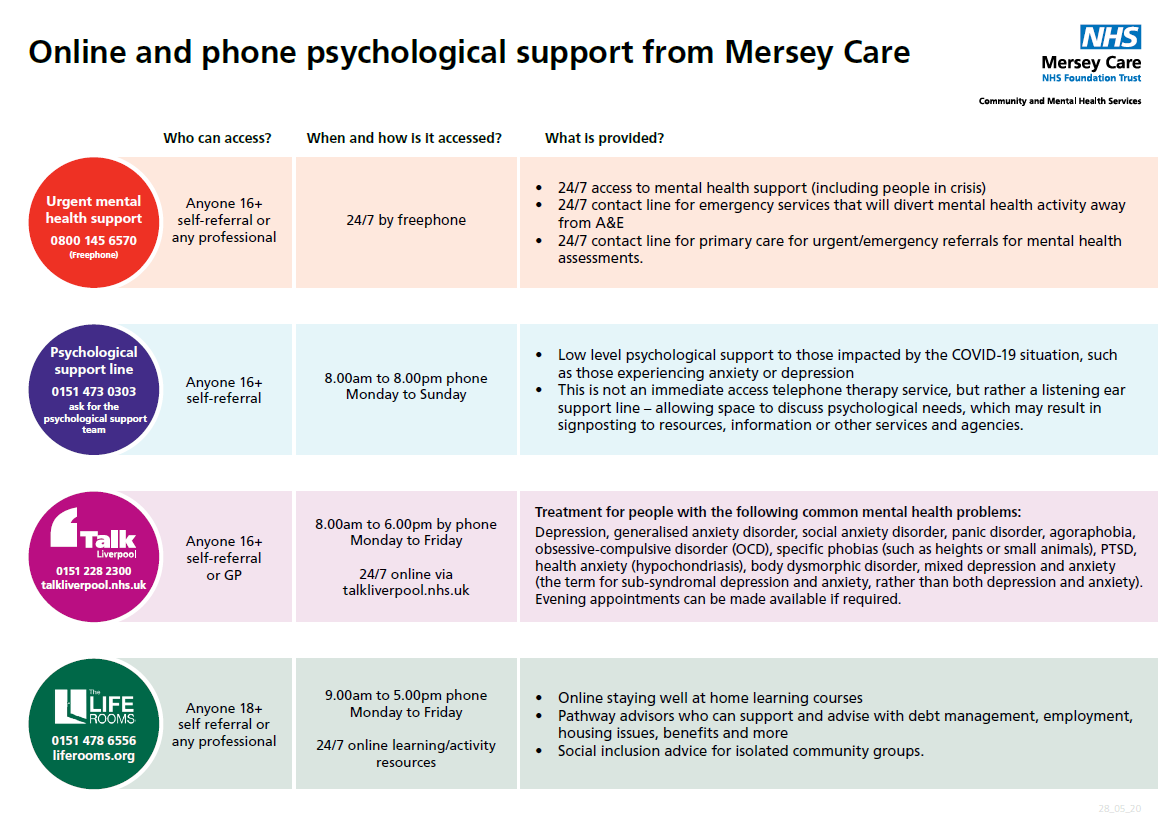
<https://www.gov.uk/government/publications/coronavirus-covid-19-health-and-wellbeing-of-the-adult-social-care-workforce?utm_medium=email&utm_campaign=govuk-notifications&utm_source=83369eba-1acc-44ce-8cc5-6adeb6c325d0&utm_content=daily>

**QWELL – Online Counselling and Well-being for Adults.**

The QWELL online platform provides free access to counsellors, forums and articles to help people with their recovery. There is a link below to a video explaining the service and how to access it. It shows the sign-up screen which is where your staff can choose their profession and set up their username. The video then walks staff through the different areas of the site: <https://vimeo.com/394910786/e6b8684fd2>

To access QWELL, please visit [www.qwell.io](http://www.qwell.io) You may also wish to also add the link to access the services on your intranet/internet site.

Care Homes can book QWELL awareness sessions for their Homes by contacting Emily on [ehawley@kooth.com](mailto:ehawley@kooth.com)



**Access Sefton** is a free, confidential service, commissioned by the NHS. **The service is available to anyone aged 16+ and registered with a Sefton\* GP**.

To self-refer to Access Sefton phone 0300 303 2708

There is also a 24/7 support phoneline to support anyone who needs help <https://kindtoyourmind.org/support-near-me/>

The helpline for Sefton Adults is: 0151 330 7332

**Frontline19 is a UK nationwide service delivering supervision, debriefing and emotional support to frontline workers during times of crisis. It is free and confidential.**

<https://www.frontline19.com/>

**Further Sources of Support**

**Frailty e-learning programme launched**

A new [e-learning programme](https://healthcareleadersupdate.cmail20.com/t/d-l-qiklie-trjliktjij-yh/) about frailty is available through Health Education England’s (HEE) e-Learning for Healthcare, and aligns with the national and regional Ageing Well strategies for improvement.

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[](https://www.digitalsocialcare.co.uk/)

<https://www.digitalsocialcare.co.uk/about/>

Case Study - Benridge Care Group: building a bespoke online system

<https://www.digitalsocialcare.co.uk/success-story/benridge-care-group-building-a-bespoke-online-system/>

**Delivering Safe, Face-to-Face Adult Day Care**

https://www.scie.org.uk/care-providers/coronavirus-covid-19/day-care/safe-delivery

**COVID-19 and Dual Sensory Impairment (DSI)**

Please read and share the free resources about COVID-19 and people with DSI: <http://hi-vis.org/covid-19/>

**Sefton’s Medicines Management Team** can be contacted on [Seftonmm.hub@nhs.net](mailto:Seftonmm.hub@nhs.net) to discuss any training requirements regarding medication.

**Guidance: Supported living services during coronavirus (COVID-19)**

Guidance for providers of supported living settings.

<https://www.gov.uk/government/publications/supported-living-services-during-coronavirus-covid-19/covid-19-guidance-for-supported-living>

**Health Education England**

The e-learning for healthcare website is freely accessible and has a multitude of COVID-19 related training resources readily available for staff to access, this is the link;

<https://www.e-lfh.org.uk/>

**Sefton Corporate Learning Centre**

The following are all available in our Learner Management System (MeLearning) and are free to access:

* Bereavement Electronic Resources

<https://seftonclc.melearning.university/course_centre/course_details/102>

* Coronavirus Awareness eLearning (10 Minutes) <https://seftonclc.melearning.university/course_centre/course_details/97>
* End of Life Electronic Resources

<https://seftonclc.melearning.university/course_centre/course_details/101>

* Further Sources of Support <https://seftonclc.melearning.university/user/course_library/course_details/106>
* Infection Prevention and Control Electronic Resources

<https://seftonclc.melearning.university/user/multi_level/view/100>

* Looking after You Electronic Resources

<https://seftonclc.melearning.university/course_centre/course_details/103>

* Moving and Handling Electronic Resources

<https://seftonclc.melearning.university/course_centre/course_details/104>

* Safeguarding Adults Awareness free virtual briefing <https://seftonclc.melearning.university/course_centre/course_details/108>
* Safeguarding Children/Young People Awareness free virtual briefing <https://seftonclc.melearning.university/course_centre/course_details/111>
* Skype Electronic Resources https://seftonclc.melearning.university/user/course\_library/course\_details/99
* Working at Home Mental Health Video

<https://seftonclc.melearning.university/course_centre/course_details/114>

If you haven’t registered with us before, please go to:

<https://seftonclc.melearning.university/course_centre> and click the “Self Register” button.

For existing users, you will be asked to log in using your username and password.  If you have forgotten your password please click the “forgot your password” button and you will receive an email prompting you to change your password.

If you can’t remember your username and/or password, please contact Sefton Corporate Learning Centre on 0151 934 2872 or email [training.services@sefton.gov.uk](mailto:training.services@sefton.gov.uk)

**Skills for Care**

<https://www.skillsforcare.org.uk/Home.aspx>

**Social Care Institute for Excellence**

<https://www.scie.org.uk/care-providers/coronavirus-covid-19>

**United Kingdom Homecare Association**

<https://www.ukhca.co.uk/news.aspx?newsID=235474>



**Care Provider Alliance**

<https://careprovideralliance.org.uk/coronavirus-and-workforce>

**Care Quality Commission**

<https://www.cqc.org.uk/guidance-providers/all-services/coronavirus-covid-19-pandemic-information-providers>

**Information Commissioners Office**

Data protection and coronavirus information hub to help individuals and organisations navigate data protection during this unprecedented time.

<https://ico.org.uk/global/data-protection-and-coronavirus-information-hub/>