

# Adult Social Care Provider Webinar

Friday 22<sup>nd</sup> January 2021

# Welcome and Introductions

## Ian Crabtree

### Welcome and introductions

**Purpose of webinar:** key messages and updates, both national and local

### Reminders:

- Fortnightly webinar for providers on Fridays, 1-2/2.30 p.m. Potentially schedule in weekly, dependent on developments and the need to quickly share key messages.
- Provider portal: <https://www.lancashire.gov.uk/practitioners/health-and-social-care/care-service-provider-engagement/coronavirus-covid-19-information-for-care-providers/>

# Today's Agenda

## 1-2.30pm

- Lancashire Resilience Forum (LRF) Updates (Joanne Reed)
- Vaccination Update (Joanne Reed and Abdul Razaq)
- Guest Speakers
  - *Kristy Atkinson and Lorraine Elliot (CSR/GP/WL CCG)*
  - *Sarah Hargreaves, Blackburn with Darwen, Blackpool and Lancashire Children's Safeguarding Assurance Partnership; and Lancashire Safeguarding Adult Board*
- Testing Update and DHSC ASC Rapid Testing Fund (Ian Crabtree)

# Today's Agenda Con't

- IPC update (Ellen Smith)
- PPE update (Ellen Smith)
- Guest Speakers
  - *Helen Wilkinson, Health, Equity, Welfare and Partnerships, Public Health, LCC*
  - *Danielle Thorpe and Sarah Howarth, Lancashire Adult Learning*
- Care Capacity Tracker Update (Nichola Morris)
- Regular updates; national and local guidance, etc (Nichola Morris)

# LRF Updates:

- Visiting Policy
- Admissions Policy
- Discharge Pathway
- Visiting Professionals Letter

**Joanne Reed**

# Revised Visiting in Care Home Policy

- [Care Home Visiting Policy 11 January 2021](#) The LRF has signed off this updated care home visiting policy in light of the national lockdown effective from 5th January 2021 (including any further extensions to the lockdown or further restrictions).

# Revised Care Settings Admission Policy Statement

- The LRF has signed off a revised Care Settings Admissions Policy Statement
- Dated 18th January 2021 (revised from 16th December 2020 version)
- This will be uploaded to the provider portal

# Discharge Pathway

- [Covid 19 Discharge flow into care homes](#) This document regarding COVID-19 discharges into care homes has been signed off by the Lancashire Resilience Forum; this note and flowchart has been created for care homes in order to simplify and clarify existing national guidance on discharge into care homes (*Discharge into care homes: designated settings*, which was published in December and updated on 13<sup>th</sup> January), particularly in relation to people who have tested positive for COVID-19.



# Visiting Professionals Letter

- <https://www.lancashire.gov.uk/media/921480/20210115-letter-for-providers-re-visiting-professionals.pdf>
- Request for your continued support for visiting health and social care professionals to your premises

# Vaccination Update

Joanne Reed and Abdul Razaq

# Vaccination Update

- All older people care homes in Lancs and South Cumbria will have had their first visit by 25<sup>th</sup> January 2021. A rolling programme thereafter to vaccinate those missed earlier.
- Details of organisations employing frontline Health and Social Care Staff have now been shared with our NHS colleagues. You should be contacted over the next week, if not already, with information on how to book.
- This second priority group will include care home staff not covered in older people care home cohort and Personal Assistants.
- As at 20th Jan 2021 58%( 7207) residents and 41% (7681) of staff in care homes had been vaccinated.
- Information on priority groups to be vaccinated can be found [here](#)

# BIMA Covid Vaccine Statements

- The British Islamic Medical Association has produced two formal position statements regarding vaccine usage in various communities.
- The statements for the Pfizer and the Oxford vaccines will be uploaded to the provider portal.

# Vaccine Resources

- 'you can't catch covid from the vaccine' resources  
<https://coronavirusresources.phe.gov.uk/covid-19-vaccine/resources/additional-social/>
- PHE report about how the vaccine does not cause cases of covid.  
[https://assets.publishing.service.gov.uk/government/uploads/system/uploads/attachment\\_data/file/951155/COVID-19\\_vaccination\\_programme\\_guidance\\_for\\_healthcare\\_workers\\_11\\_January\\_2021\\_V3.1.pdf](https://assets.publishing.service.gov.uk/government/uploads/system/uploads/attachment_data/file/951155/COVID-19_vaccination_programme_guidance_for_healthcare_workers_11_January_2021_V3.1.pdf)
- Following COVID-19 vaccine administration, vaccinees should be advised that it may take a few weeks for protection from the vaccine to develop. Everyone given the vaccine should continue to follow advice current at the time regarding practicing social distancing, wearing a face mask and washing their hands thoroughly and frequently. Those who have been told to shield should continue to do so until advised otherwise. Vaccinees should also be advised to follow the current advice on testing and self-isolation if they develop any coronavirus symptoms. Vaccination will not affect testing. It is not yet known whether vaccination will stop people from catching and passing on the virus and as no vaccine is completely effective, some people may still become infected with COVID-19 despite having been vaccinated (although this should be less severe). The vaccine cannot cause COVID-19 infection.

# Reporting to the enhanced surveillance of COVID-19 cases in vaccinated individuals

- A national surveillance system has been developed for reporting of Covid-19 cases in vaccinated individuals.
- The details can be found on the following link:
- <https://www.gov.uk/government/publications/covid-19-enhanced-surveillance-of-cases-in-vaccinated-individuals/reporting-to-the-enhanced-surveillance-of-covid-19-cases-in-vaccinated-individuals>
- Please note:
- Vaccinated individuals who test positive using a lateral flow device should be confirmed using PCR.
- An individual who has received 1 dose of vaccine at least 10 days prior to symptom onset should report through the online form.
- An individual who has received their second dose of vaccine at least 7 days prior to symptom onset should report through the [online form](#).
- If you would like more information about this surveillance please contact [PHE.vaccines@nhs.net](mailto:PHE.vaccines@nhs.net)

# Abdul Razaq – Vaccination Resources

- National COVID vaccination resources – explainer videos - <https://coronavirusresources.phe.gov.uk/covid-19-vaccine/resources/explainer-videos/>
- JCVI explainer
- Oxford vaccine explainers
- Jonathan Van-Tam - questions
- Vaccine for Health and Social Care Workers (HSCW)
- Healthier Lancashire has the following resources:
  - Videos - <https://www.healthierlsc.co.uk/CovidVaccination/videos>
  - Case Studies - <https://www.healthierlsc.co.uk/CovidVaccination/case-studies>
  - FAQ's - <https://www.healthierlsc.co.uk/CovidVaccination/faqs>

# Kristy Atkinson

Deputy Designated professional for Safeguarding Adults and  
Mental Capacity Act

# Lorraine Elliott

Designated Lead Nurse for Safeguarding Adults and Mental  
Capacity Act

NHS Greater Preston CCG and NHS Chorley and South Ribble CCG  
and NHS West Lancashire CCG



# Vaccination delivery in Regulated Care

# Preparation and expectation

- Wait to be contacted by your GP practice
- Ensure all residents are registered with a GP
- Advise the GP of any outbreak status in the home so an ICP risk assessment can be completed
- Ensure all staff and residents have not had the flu vaccine in the last 7 days
- Consider areas in your home to be used as treatment room
- PPE use

# Preparation and expectation

- Start to prepare residents, families and staff with all the relevant information
- Please support us with the capacity and consent background work
- Contact the CCG for any support with discussions or to answer any questions you may have

# Capacity and Consent

- In order to allow vaccinators to come in to your home and deliver the vaccination as efficiently as possible it is essential we are aware of the number of people who have capacity to consent
- If you believe patients lack mental capacity, we ask that you contact the relevant parties such as families and where applicable, anyone with Lasting Power of Attorney over health welfare.
- In the event the LPA or family members are objecting to the vaccination, if this can be flagged to your CCG link, we can then consider next steps and further discussions we need to undertake.

# Capacity and Consent

- There is no need to carry out a formal assessment of capacity if there is no reason to doubt that the person lacks capacity to consent
- If there is no attorney or deputy whose powers cover the situation, the healthcare professional administering the vaccine will be the person who has to make the best interests decision whether or not to administer it.

# Thank you

We absolutely appreciate the challenges you are all under and that this is an additional ask, and it is not one we make lightly. We must ensure every vaccine we receive is able to be administered so it's essential when it is ready to be rolled out we can mobilise straight away and this preparatory work will allow us to do this

# Sarah Hargreaves

**Business Coordinator Learning and Development**  
Blackburn with Darwen, Blackpool and Lancashire  
Children's Safeguarding Assurance Partnership; and  
Lancashire Safeguarding Adult Board

Children's Safeguarding Assurance Partnership and  
Safeguarding Adults Board Training Needs Survey

# Testing Updates

## Ian Crabtree



# Enhanced Testing

Care Home providers will now have received correspondence from LCC outlining the government guidance on increasing testing using lateral flow.

Two lateral flow device tests to be added to weekly staff testing in care homes. This means that staff will do a PCR and a LFT test on day 1 and an additional LFT mid-week.

- LFT test to be taken before shifts for any staff who need to work in more than one location to deliver safe staffing levels. Please note staff should not be moving and this should only happen in essential circumstances.
- LFT test to be taken before shifts for staff who have been away from work and missed their weekly test.
- If any staff test positive, they will need to undertake a confirmatory PCR and then self-isolate at home immediately until they receive their result.
- All LFT test results must be registered online, whether they are positive, negative or void. This can be done via <https://www.gov.uk/report-covid19-result>
- Routine 28 day PCR testing regime remains in place for residents (unless re-testing required under incident /outbreak management)

## The regular testing cadence

Key: **P** PCR test **L** LFD test

Week	1	2	3	4	5+
Staff	<b>P</b> <b>L</b>	<b>L</b>	<b>P</b> <b>L</b>	<b>L</b>	<b>P</b> <b>L</b>
Resident	<b>P</b>				<b>P</b>

Repeat testing cycle for staff and residents

# Enhanced testing continued..

FaQ will be sent out with the webinar presentation – these were questions and responses taken from the DHSC webinar on this subject that was delivered on 29<sup>TH</sup> December 2021.

[Whole Home Testing Webinars still available](#). Now including updated guidance and the opportunity to ask questions. Please do attend even if you've been on one before. You always learn something new – I've just found out over next two months care homes will receive scanners to improve the process for registering PCR tests!

# 119

- Coronavirus Testing national help centre
- Report any issues with deliveries, delayed results to this helpline
- Make sure you select the right option to get through to the care home team – choose option 1 when asked “If you are calling because you have an upcoming hospital procedure, or from an organisation who receives test kits directly from the national testing programme, press 1”
- DHSC reported wk beginning 4<sup>th</sup> June 83.95% of results returned within 72 hour target.
- If you have results delayed past 72 hours, please call 119 and let us know also at . 119 may not be able to help if not over 5 days
- When speaking to 119 ask for operator name and when they will call you back.

# LFT Kit delivery delays

- DHSC have informed us there are delays with deliveries of Lateral Flow testing kits
- They are working on an improved process for February onwards which will be communicated in due course.
- If you are in outbreak and need access to LFT kits urgently contact 119 and ask to place an emergency order.
- Equally if your LFT stock is less than 25% and you've not received an email with a delivery date contact 119 to let them know.

# Warn and Inform

## Admission and Care of residents in a care home during covid-19

### Annex H: Communications:

Display signs to inform of the outbreak and infection control measures. Examples can be found in PHE's COVID-19 resource centre.

Provide 'warn and inform' letters to residents, visitors and staff if there's a possible case of COVID-19 in the home. Although the HPT will provide public health advice in response to an outbreak (including potential closure to new admissions), the care home management has the final responsibility to communicate information, including to staff and visitors and to implement infection control recommendations and any advice on closure to admissions from the HPT. The care home has the primary responsibility for the safety of its staff and residents.

**Personal identifiable information should not be included in the correspondence. Rather, information should be restricted to confirming there has been a positive case within the setting and what measures are being put in place to manage i.e. enhanced testing, deep cleaning schedules etc.**

Care homes should also let residents/family know if they will not be testing in line with guidance – whether this is PCR repeat testing or Enhanced LFT.

# Lancashire & South Cumbria ICS Close Contact, Self-isolation and Testing Guidance – COVID-19

- [https://www.lancashire.gov.uk/media/921470/staff\\_notice\\_guide\\_to\\_close-contacts\\_self-isolation-and-testing\\_version\\_12\\_130121.pdf](https://www.lancashire.gov.uk/media/921470/staff_notice_guide_to_close-contacts_self-isolation-and-testing_version_12_130121.pdf)
- Staff briefing notice for all NHS and Social Care staff in all settings on the definition of close contact and when staff need to self-isolate and get a test for COVID-19

# Wider Roll out in the Community

- It is planned that home testing using Lateral Flow Devices will begin for ASC front line staff, Passenger Assistants and Transport Drivers and staff from the Quality Improvement, Contracts and Safeguarding team and staff in the Burnley refuge early February.
- Discussions have been undertaken with regulated and non-regulated domiciliary care providers. It is planned for a pilot of this testing to begin early February with some providers. The purpose of the pilot is to help us and the providers taking part to understand what the challenges are to the implementation of lateral flow testing in their settings. This will then be shared with all providers with a view to rolling out lateral flow testing to all providers.

# Wider Roll out in the Community con't

- Lancashire Independent Living Services who support Personal Assistants have agreed to support us with rolling out lateral flow testing for Personal Assistants. With the support of Lils and direct payment recipients we aim to have lateral flow tests available for Personal Assistants early February.
- Similar plans are also being put in place with residential homes (both in-house and from the independent sector), Independent Day Service Providers, Supported Living settings and Extra Care settings. These setting currently have a testing programme in place however, the swift responsiveness of the lateral flow devices and the opportunity for staff to undertake testing at home would offer these settings an additional level of risk management



# DHSC Adult Social Care Rapid Testing Fund

Ian Crabtree

# DHSC Adult Social Care Rapid Testing Fund (1)

- DHSC published guidance on the **Adult Social Care Rapid Testing Fund** on 15<sup>th</sup> January 21.
- The guidance sets out the measures that the Rapid Testing Fund will support, including information on the distribution of funds and reporting requirements – [here](#)
- The main purpose of this funding is to support additional rapid testing of staff in care homes, and to support visiting professionals and enable indoors, close contact visiting where possible. This includes adult social care providers with whom the local authority does not have a contract.

# DHSC Adult Social Care Rapid Testing Fund (2)

- Nationally, £149M has been allocated to the fund and the LCC allocation is £4.1M
- It is expected that each care home (all client groups not just older adults) should receive an amount per CQC-registered bed and residential alcohol and drug services beds, representing 80% of the funding.
- The remaining 20% is to be allocated for local authorities' discretionary use to support the care sector to operationally deliver LFD testing.

# DHSC Adult Social Care Rapid Testing Fund (3)

- This is a new grant, with separate conditions to the original Infection Control Fund (which ran from May to September 2020) and the extension to the Infection Control Fund (which runs from October 2020 to March 2021).
- The grant will be paid in a single instalment in January 2021 and covers the period from 2 December 2020 to 31 March 2021.
- All funding must be spent by its conclusion on 31 March, and any funding that remains unspent at this point will need to be returned to DHSC; 'spent' means that expenditure has been incurred between 2 December 2020 and 31 March 2021.

# DHSC Adult Social Care Rapid Testing Fund (4)

- 80% distributed to care homes and drug / alcohol rehab services on a per bed basis.
- In Lancashire, there are 12,872 care home beds and 150 drug / alcohol beds
- 80% of £4.1M is £3.3m
- Per bed allocation is therefore £253
- Remaining 20% for LCC to determine the allocation = £ 800k

# DHSC Adult Social Care Rapid Testing Fund (5)

**Annex C : grant conditions** – [here](#)

**Measures to be supported** - This allocation must be spent by care homes on the following measures only:

- Paying for staff costs associated with training and carrying out lateral flow device (LFD) testing, including time taken to:
- attend webinars, read online guidance and complete an online competency assessment
- explain the full LFD testing process to those being tested, and ensuring that they understand all other infection prevention and control (IPC) measures;
- ensure that any LFD tests are completed properly, including overseeing the self-swabbing process, processing tests and logging results
- wait for results, if staff are coming in to undertake tests on site prior to their shift

# DHSC Adult Social Care Rapid Testing Fund (6)

## Measures to be supported (cont.) -

- for those care homes that can undertake indoor, close-contact visiting: welcoming visitors, gaining consent and overseeing that personal protective equipment (PPE) is correctly donned
- Costs associated with recruiting staff to facilitate increased testing
- Costs associated with the creation of a separate testing area where staff and visitors can be tested and wait for their result. This includes the cost of reduced occupancy where this is required to convert a bedroom into a testing area, but only if this is the only option available to the care home
- Costs associated with disposal of LFD tests and testing equipment

# DHSC Adult Social Care Rapid Testing Fund (7)

- A letter re: the fund will go out to providers in scope w/c 25<sup>th</sup> Jan via Public Health Admin
- Providers will be given a timeframe in which to respond
- Providers will be ask to return a grant acceptance form, which will then enable LCC to release the funding
- If providers do not wish to accept the funding, then LCC can add this to the 20% discretionary element pot
- The current ICF monthly return form will be adapted to enable spend against this fund to also be reported; details to follow



# DHSC Adult Social Care Rapid Testing Fund (8)

Providers must:

- Use the funding only for the measures outlined in the grant conditions
- return any amounts which are not spent on those measures outlined
- complete the Capacity Tracker regularly (at least weekly), and commit to doing so for the duration of the grant (LCC Care Capacity Tracker/NECS); there will be specific questions re: use of LFDs

# Final points

- LCC encourages providers in scope to access the funding to support the rollout of LFD testing, to both supplement and enhance existing testing regimes
- LFDs are an additional tool to support settings in outbreak; the measures will help detect COVID-19, hence reducing its incidence and spread
- Due to their potential to limit the transmission of COVID-19 and therefore prevent loss of life, these measures are of particular importance to the sector

# IPC updates

**Ellen Smith**

# ARI Resource Pack

- <https://www.lancashire.gov.uk/media/921449/phe-nw-acute-respiratory-illness-ari-template-resource-pack-for-care-homes-version-20.pdf>  
PHE NW Acute Respiratory Illness (ARI)  
Template Resource Pack for Care Homes  
Version 2.0 (11<sup>th</sup> January)

# COVID-19: Infection prevention and control for mental health and learning disability settings

- [https://assets.publishing.service.gov.uk/government/uploads/system/uploads/attachment\\_data/file/954680/Infection\\_Prevention\\_Control\\_Mental\\_Health\\_Learning\\_Disabilities\\_Appendix-1.pdf](https://assets.publishing.service.gov.uk/government/uploads/system/uploads/attachment_data/file/954680/Infection_Prevention_Control_Mental_Health_Learning_Disabilities_Appendix-1.pdf) Published 21st January

# IPC Update

## Visiting:

Visits to care homes can take place with arrangements such as substantial screens, visiting pods, or behind windows.

Close-contact indoor visits are not allowed.

No visits will be permitted in the event of an outbreak.

Visits in exceptional circumstances including end of life should always be enabled.

# Updated Guidance

Updated to reflect new national lockdown:

- [Supported living services during coronavirus \(COVID-19\)](#) – has been updated to reflect that if you have had close contact with someone who has COVID-19, you must self-isolate for 10 days. For people in supported living arrangements, this 10-day period should increase to 14 days based on a risk assessment if the setting is considered high risk. Updated on 18<sup>th</sup> January

# Reminders

- All precautions - hands, face, space and correct donning and doffing of PPE MUST continue following vaccination.
- Hand and environmental hygiene standards must be maintained.



# LFD Test

- If this is positive, then will be treated as suspected case until PCR is confirmed.

# Testing Update - Residents

- Routine 28 day PCR testing regime remains in place (unless re-testing required under incident /outbreak management)

# Support to providers

- **Coronavirus (COVID-19): getting tested** [Click here to read the full guidance](#)
- Providers can view the 29/12/20 testing webinar recording at :  
[https://event.webcasts.com/starthere.jsp?ei=1369434&tp\\_key=296e54cdc9](https://event.webcasts.com/starthere.jsp?ei=1369434&tp_key=296e54cdc9)
- Any queries on testing, such as delayed results, issues with couriers, or requirement for PCR/LFD additional test kits raise with national helpline – 119
- Any issues that impact on service delivery, please also notify [contractsmgmt.care@lancashire.gov.uk](mailto:contractsmgmt.care@lancashire.gov.uk)

# PPE update

**Ellen Smith**

# PPE Updates

- **THE DHSC has extended the distribution of free PPE through the PPE until the end of June 2021.**
- Eligible health and social care providers can continue to order PPE through the portal to meet the increased need arising from the COVID-19 pandemic. The latest guidance on the PPE Portal, including weekly order limits for different types and sizes of provider, can be found here: <https://www.gov.uk/guidance/ppe-portal-how-to-order-covid-19-personal-protective-equipment>
- Registered providers can call the customer service team on 0800 876 6802 if they have any questions about using the PPE Portal. The team is available from 7am to 7pm, 7 days a week, to help resolve queries.

# PPE Updates

- **The DHSC is making the progress regarding Transparent Masks.** Based on the feedback gathered from the first pilot involving ClearMasks, we will be running a second pilot which includes a broader scope of products from a range of manufacturers.
- This pilot will test different types of transparent masks currently at design stage, ready for testing as prototypes, to assess their appropriateness for the end-user and the setting. These masks have been sourced from Trust Research and Development teams, as well as manufacturers in the UK who have engaged with our innovation team. The pilot will test different masks to establish the best fit for each end-user and setting, for example, a different mask may be needed in an ICU than for Speech and Language Therapists, which may also be different than the mask that is most suitable for lip readers, or patients with dementia. The full scope of the pilot is yet to be fully established, however, we will be providing a further update on this in due course.
- If you have any feedback or suggestions for the new innovation pilot, or are able to help with regards to the aims stated above, please email: [England.pperis@nhs.net](mailto:England.pperis@nhs.net). Please note that this inbox is not for general enquiries; these should continue to be directed to [ppe-requests@dhsc.gov.uk](mailto:ppe-requests@dhsc.gov.uk).

# Helen Wilkinson

Public Health Practitioner  
Health Equity, Welfare and Partnerships  
Lancashire County Council

Supporting our Carers and Key Workers

# Supporting our Carers and Key Workers

**It's ok not to be ok – there is help available.**

- Dedicated support for our carers on the front line
- Support that's easy to access and there when you need it. Full list available via the provider portal
- Supporting your Mental Wellbeing
- Supporting your Emotional Wellbeing
- Supporting your Physical Wellbeing
- Self-Care – a tool and blog to print out and put in staff areas.
- Understanding when self care isn't enough and where to access help and support. Also available to print out.



Please get in touch

We are  
here  
for you  
It's ok to not be ok

## Support for all essential health and care workers

The psychological strain of Covid-19 has taken its toll on everyone; the people you know, the people you walk by on the street, the people you care for and their families, your colleagues, your family and friends.

### But what about you?

You have been working hard through what has been one of the most challenging times in living memory. It's often been hard to take that time for yourself when there's so many people who rely on you.

There is a dedicated area for essential health and care workers.

<https://lscresiliencehub.nhs.uk>

Please get in touch

We are  
here  
for you  
It's ok to not be ok

## Get in touch

- It's important to reach out when you're going through a difficult time.
- You can call the team at the Lancashire and South Cumbria Resilience Hub on:
- **01772 520228**
- or you can email the team on [lschub@lscft.nhs.uk](mailto:lschub@lscft.nhs.uk)
- **They will get back to you as soon as possible.**



# Danielle Thorpe and Sarah Haworth

Partnership & Recruitment Officer for Health &  
Wellbeing

Lancashire Adult Learning



# Lancashire Adult Learning





# Introductions

***Sarah Haworth***

*Head of Curriculum Health & Wellbeing with Horticulture*

**Danielle Thorpe**

Partnership & Recruitment Officer: Health & Wellbeing

# A little bit about LAL.....



The screenshot shows the Lancashire Adult Learning website. At the top left is the logo, a cluster of colorful dots. To its right is the text 'Lancashire Adult Learning'. Further right is a phone number '0333 003 1717' and social media icons for Twitter, Facebook, and YouTube. Below this is a navigation menu with links: Home, Our Courses, Venues, How to Enrol, About Us, Learner Services, News & Events, and Contact. The main content area has a purple background on the left with the text: 'Welcome to Lancashire Adult Learning', 'There has never been a better time to focus on you! Whether you are looking to upskill, boost your career, improve your wellbeing or simply learn a new skill – we have something for everyone.', 'With a wide range of flexible online courses and 1:1 support for adults across Lancashire. Our programmes are tailored to suit every need, from leisure courses to family learning, Maths and English, and programmes to help you find work. Best of all, most of our courses are FREE!', and 'So now is the time to learn something new today!'. On the right is a photograph of a woman with two young children, all looking at something together.

- Part of Nelson & Colne College Group
- High quality courses tailored to meet individuals needs
- Wide range of courses available to suit your needs
- Expert teachers who are passionate about making a difference to people's lives and helping you achieve your goals
- [www.lal.ac.uk](http://www.lal.ac.uk)



# Our Curriculum Areas

Health & Wellbeing

Family Learning

Employability

Health & Social Care

Arts, Humanities and Languages

Volunteering

ICT and Digital

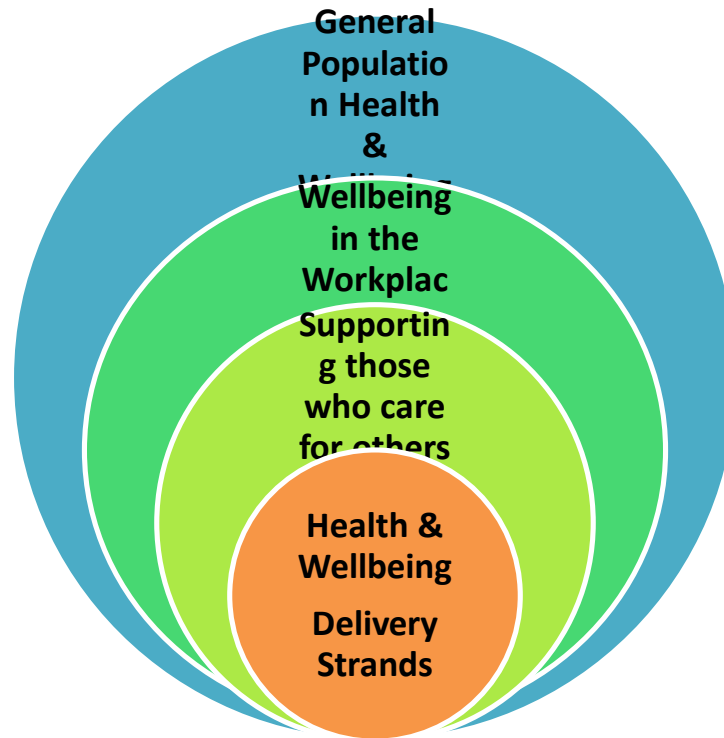
Maths, English and ESOL



Lancashire  
Adult Learning



# Health & Well-being Delivery Strands



# Health & Wellbeing at LAL



# How you can learn with us.....

There are two different ways of learning with us.....

## Option 1 (Live Online Classroom)

These courses are delivered over a set number of weeks or sessions and you attend via an online platform (Microsoft Teams / Zoom) on an allocated day and time. The sessions are delivered live by the teacher and you will be supported to work through the course content.

## Option 2 (Online Flexible Learning)

These courses are accessed via Moodle (VLE – Virtual Learning Environment) and you can work independently, at your own pace within the timeframe of the course to complete.



# Learning with us?



**Lancashire Adult Learning** 0333 003 1717

Home Our Courses Venues How to Enrol About Us Learner Services News & Events Contact

Welcome to  
**Lancashire Adult Learning**

There has never been a better time to focus on you! Whether you are looking to upskill, boost your career, improve your wellbeing or simply learn a new skill – we have something for everyone.

With a wide range of flexible online courses and 1:1 support for adults across Lancashire. Our programmes are tailored to suit every need, from leisure courses to family learning, Maths and English, and programmes to help you find work. Best of all, most of our courses are FREE!

So now is the time to learn something new today!

- Visit our website: [www.lal.ac.uk](http://www.lal.ac.uk)
- Click on ‘Our Courses’
- Click on ‘Health & Wellbeing’ or have a look at our other fantastic courses such as: Digital Skills, Employability or Family Learning
- View our wide range of courses and click ‘more info’ to enrol

# Upcoming Courses....

Course	Delivery Method	Weeks	Start Date	Start Time	End Time	Enrolment Link
Singing and Music For Wellbeing	Live online classroom		202/04/2021	14:00	16:00	<a href="https://portal.mis.nelsongroup.ac.uk/Page/U_PublicCourseDetails?uio_id=11710">https://portal.mis.nelsongroup.ac.uk/Page/U_PublicCourseDetails?uio_id=11710</a>
Yoga for Stress and Anxiety	Live online classroom		202/02/2021	09:30	11:30	<a href="https://portal.mis.nelsongroup.ac.uk/Page/U_PublicCourseDetails?uio_id=11531">https://portal.mis.nelsongroup.ac.uk/Page/U_PublicCourseDetails?uio_id=11531</a>
Finding Positives in Challenging Times	Live online classroom		202/01/2021	14:00	16:00	<a href="https://portal.mis.nelsongroup.ac.uk/Page/U_PublicCourseDetails?uio_id=11544">https://portal.mis.nelsongroup.ac.uk/Page/U_PublicCourseDetails?uio_id=11544</a>
Planning & Facilitating Exercise for Older Adults	Online Flexible Learning	12 N/A		N/A	N/A	<a href="https://portal.mis.nelsongroup.ac.uk/Page/U_PublicCourseDetails?uio_id=9014">https://portal.mis.nelsongroup.ac.uk/Page/U_PublicCourseDetails?uio_id=9014</a>



eventbrite



Lancashire  
Adult Learning



# Planning and facilitating exercise with older adults

# Course purpose and intent

## Wider community impact

- To improve the health and wellbeing of residents of care homes/community
- To enable older adults in care to have access to exercise sessions in their own home.
- Reduce reliance/remain independent

## Learner impact

- This course is to enable those who work with older adults in a care environment to deliver exercise
- To educate and upskill care workers to improve career prospects and/or advancement to further education.

# Accredited units

## ACCREDITED UNIT 1 RISKS AND HAZARDS IN ACTIVE SPORTS AND LEISURE A/615/8639 LEVEL 1

▶ NOW



Mouse over or touch bar for info.

Overview of students

## ACCREDITED UNIT 2 PLANNING A FITNESS PROGRAMME M/615/8637 LEVEL 1

▶ NOW



 Additional reading - optional but us  
Completed 

Overview of students

### Planning a fitness programme level 1 M/615/8637

- Be able to plan an individual's fitness programme
- Be able to plan a fitness programme
- Know how to overcome barriers that may affect achievement of goals
- Know how to review a fitness programme

### Risks and hazards in active sports and leisure level 1 A/615/8639

- Know the risks and hazards involved in sport and active leisure
- Know how to reduce the risks to people in sport and active leisure
- Be able to respond appropriately to given simulated emergency situations





Questions?



You can enrol on the **Planning & Facilitating Exercise with Older Adults** course by clicking here:

[https://portal.mis.nelsongroup.ac.uk/Page/U\\_PublicCourseDetails?uio\\_id=10202](https://portal.mis.nelsongroup.ac.uk/Page/U_PublicCourseDetails?uio_id=10202)

We have lots of other FREE health & wellbeing courses that you can access on our website:

<https://www.lal.ac.uk/what-we-do/health-wellbeing/>

If you have any questions, or for further information, contact:

[Danielle.Thorpe@nelsongroup.ac.uk](mailto:Danielle.Thorpe@nelsongroup.ac.uk)

# Care Capacity Tracker (Nichola Morris)

- 'Asking community services if Staff have had the COVID vaccine'
- As the vaccine rollout has progressed we have been asking Care Homes how many members of staff and services users have been vaccinated.
- Community Services providers will have their staff called forward to be vaccinated soon
- The intention is to start to asking if any staff have had their first dose from **next Friday**.
- The question will be split into 3 parts and will be asked for directly employed staff and agency/bank staff:
  - Number currently known to have received the first dose
  - Number currently not known to have received the first dose
  - Number where the first vaccine dose is not yet known or undisclosed

# Care Capacity Lateral Flow Test Questions

- From today the following will be asked of Care Homes to establish if additional lateral flow tests are being used and if not what are the barriers:
- Have you implemented the 2 additional lateral flow tests (Enhance Testing Regime) for staff per week?
- **If No**
- What are the main barriers
- No Lateral Flow Test kits available
- Unaware of Enhance Testing Regime requirement/guidance
- Lack of physical space in care home to complete testing
- Unsure of Lateral Flow Test clinical procedure
- Lack of staff availability
- Other

# National and Local Updates

**Nichola Morris**

All new and updated national  
adult social care guidance  
available on the Portal under:  
Government, NHS and NW  
ADASS advice and guidance

# COVID-19 Online Resources

- [Care Quality Commission info for providers](#)
- [Social Care Institute for Excellence](#)
- [Health Education England coronavirus programme](#)
- [ADASS Best Practice Tips on Mental Health](#)

# New National Guidance

- [Visiting arrangements in care homes](#) – has been updated in line with the national restrictions introduced on 6th January.  
Updated on 12th January



# Updated National Guidance

- [Types and uses of coronavirus \(COVID-19\) tests](#) - updated guidance on types and use of coronavirus tests including asymptomatic testing has been added. Updated on 16<sup>th</sup> January
- [Coronavirus \(COVID-19\): getting tested](#) – the following updates have been made:
  - Information has been added about Lateral Flow Antigen Tests;
  - A how-to videos section has been added, including 'how to take a coronavirus self-test swab', 'how to test a child for coronavirus', 'how to test care home residents for coronavirus' and 'how to test people in a mental health or learning disabilities care setting';
  - Information on asymptomatic testing and other recently introduced testing has been updated. Updated on 15<sup>th</sup> January

# Updated National Guidance

- [Reporting outbreaks of coronavirus \(COVID-19\)](#) – the section 'When to call your local health protection team' has been updated. Updated on 14<sup>th</sup> January
- [Designated settings for people discharged to a care home](#) – this update simplifies and clarifies aspects of the existing national guidance on designated settings published in December. Updated on 13<sup>th</sup> January

# Updated National Guidance

- [Vitamin D for vulnerable groups](#) - a 'Vitamin D and care homes guidance' document has been added. Updated on 15<sup>th</sup> January
- [Coronavirus \(COVID-19\): health and wellbeing of the adult social care workforce](#) – has been updated to reflect national lockdown guidance. Updated on 14<sup>th</sup> January

# Updated National Guidance

- The following documents were updated between 12<sup>th</sup> and 15<sup>th</sup> January, to reflect the national lockdown stay at home guidance:
- [Making a childcare bubble with another household](#)
- [Making a support bubble with another household](#)
- [Coronavirus \(COVID-19\): providing unpaid care](#)
- [COVID-19: supporting adults with learning disabilities and autistic adults](#)
- [Arrangements for visiting out of the care home](#)
- [COVID-19: providing unpaid care to adults with learning disabilities and autistic adults](#)
- [Coronavirus \(COVID-19\): looking after people who lack mental capacity](#)

# Local Updates

- **CQC Draft Strategy:** On 7 January CQC published a [formal consultation](#) on their future strategy. They would like to hear what you think to their proposals so they can make sure it works for everyone. You can do this by either [submitting a consultation response](#) or adding a response to the digital participation platform [CitizenLab](#).
- The consultation will run for eight weeks, closing on **4 March 2021**. [Share your views on our draft strategy here](#).
- There is an updated version of the Regulated Care and RESTORE 2 training pack, (this includes PPE training dates) which will be added to the provider portal

# Local Updates

- The NW ADASS Programme Office is re-running the insurance survey. The aim of which is to provide evidence of the concerns and to seek support to resolve the issues.
- There are two ways to complete the survey:
  1. **SurveyMonkey** - individual responses can be submitted using the following link: <https://www.surveymonkey.co.uk/r/KVDLMSY>
  2. Or alternatively complete the **Excel Spreadsheet**, sent to you by Sumaiya, and return to [Deborah.Gent@lancashire.gov.uk](mailto:Deborah.Gent@lancashire.gov.uk)
- This is a reminder to submit or return your responses by **COP on Friday 29th January**.

# EMERGENCY UPDATE: Level 3 (AMBER) Cold Weather Alert - Lancashire

- LCC received a Level 3 (AMBER) Cold Weather Alert for Lancashire from the Met Office and Public Health England.
- There is a 90 % probability of severe cold weather/icy conditions/heavy snow between 09:00 on Friday 22 Jan and 00:00 on Tuesday 26 Jan in parts of England. This weather could increase the health risks to vulnerable patients and disrupt the delivery of services.
- Communication from PH Admin is being sent out.

# Next steps

- The next webinar will take place on Friday 5<sup>th</sup> February at 1pm
- We now have a permanent joining link for our webinars
- The recording from today will be shared on the portal – [link](#)
- Review and respond to any queries/questions, as appropriate

**Thank you!**