

ENRICH SCOTLAND

enabling research in care homes



August 2025

**"In August days sae soft an' shy,
Wi' heather blume 'neath simmer sky,
The breeze grows cool, the licht turns low—
A hint o' could begins tae grow."**

A wee hint there from Burns about what's after August, however that was pre global warming so who knows what the rest of year has in store.

What we've been up to...



Edinburgh, Lothian and Borders care homes have kindly welcomed our CSO, **Bernie**, to attend their Family, residents and relatives meeting. So a big thank you to all the residents and staff of **Queens Manor, Braeburn, Crookston, and Queens House in Kelso**, for giving ENRICH Scotland and RICH Voices a stage and another thank you to the **relatives** who signed up to be part of RICH Voices, which anyone can do by contacting us here.

Bernie always forgets to take pictures unlike **Maureen** and **Diane** who seem to appear every time they hear the sound of a lens cap being removed. Here they both are sampling a rickshaw ride from **Cycling Without Age, Scotland** while visiting **Burnlea Care home** down in **Largs**. The good news is Bert, who was pedalling, is on his way to a full recovery.

"That reminded me of a dog I used to have who would chase anyone on a bike. I had to take the bike off him in the end....."



Rich Voices podcasts



Dr Rosie Ashworth and Denise Munro Present... **LIVE**

ENRICH Scotland Podcast


Enabling Research in Care Homes

Episode 01: Setting the scene - Care Home Research

PROF. SUSAN SHENKIN
Professor of Healthcare for Older People, University of Edinburgh and ENRICH Co-Chair

DR EMMA LAW
Co-chair of ENRICH Scotland and Strategic Manager of Neuroprogressive and Dementia Research Network

DR JENNI BURTON
Clinical academic registrar in Geriatric Medicine and care home researcher, University of Glasgow

 Have you listened to the very first episode of our brand-new podcast from RICH Voices, the ENRICH Scotland Patient and Public Involvement group yet? This is the first in a series of podcasts, which has been created with and for people who live and work in Scotland's care homes.



ENRICH Scotland
Enabling Research in Care Homes

In Conversation With....

Date/Time: Wed 13th August 2-3pm




Involving people living and working in care homes, and family members of residents, in the research process.

Patient and Public Involvement-
Rosie Ashworth and Denise Munro
Care Home Manager-
Karen Mackie
Family Member-
Claire Stevens

Send questions in advance
tay.enrichscotland@nhs.scot

Other events

ENRICH Scotland staff will be talking, presenting posters and manning stands at several conferences over the coming months and these will be listed on all newsletters in hope you come and introduce yourself.



Social Care Nursing Conference⁶: 'Unique Voice, Shared Purpose'- 3 September 2025 at the Renfield Centre in Glasgow.

Alzheimer Europe conference "Connecting science and communities⁷: **The future of dementia care**", 6 to 8 October 2025 in Bologna, Italy.

Scottish Care Home conference, Hilton Glasgow, November 14th 2025. (as yet sign up not open)

⁶<https://scottishcare.org/social-care-nursing-conference-2025-3-september/#:~:text=Scottish Care is delighted to announce the 2025,working in or supporting social care across Scotland.>

⁷https://www.alzheimer-europe.org/conferences/2025-Bologna?language_content_entity=en

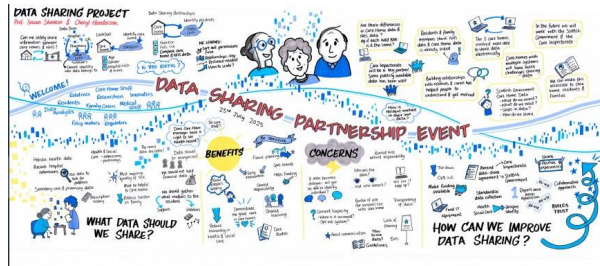
Study updates



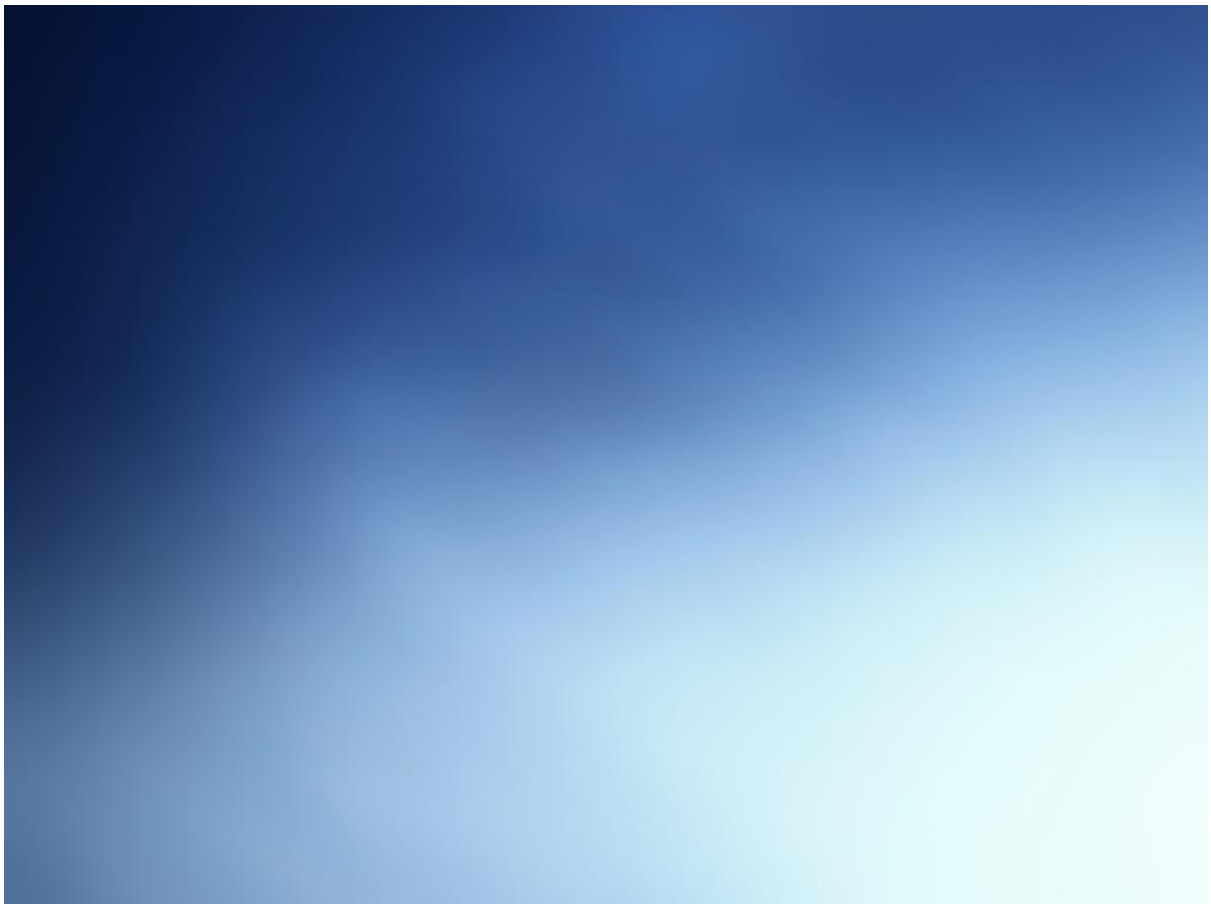
Anyone who reads the ENRICH Scotland newsletter (and surely that's someone!) will know that on Wednesday the 23rd, **Professor Susan Shenkin** hosted a meeting at the Mansion House in Edinburgh Zoo to gather input on the **Data Sharing project** she's been leading for the Scottish Government.

The event saw an impressive turnout from a diverse group, including residents, relatives, care home staff, IT specialists, AHPs, and researchers. The wealth of information and perspectives shared on the day is still being reviewed and will be featured in future newsletters as the project progresses.

Once again, thank you to everyone who attended.



....RECRUITING NOW....



Dementia Inequalities Game.

ENRICH Scotland is working with researchers from the **University of Liverpool** to support a study evaluating the impact of playing the "**Dementia Inequalities Game**" on knowledge about dementia and related inequalities. Specifically, these workshops aim to assess whether the game can enhance understanding of dementia and associated inequalities among care home staff.

Participation will involve 2–4 members of your staff for approximately one hour. They will play the game with your local CSO and share their feedback by completing a short evaluation form.

Sandwiches and cakes will be provided if clashes with lunch or break times.

Contact your local CSO if you know them or here tay.enrichscotland@nhs.scot⁸ if interested.



Help us explore access to Controlled Drugs (CDs) for Palliative and End-of-Life Care in UK Care Homes

Marie Curie are conducting a short survey study investigating how care home staff access controlled drugs (CDs) such as morphine and midazolam, for palliative and end-of-life care.

⁸<mailto:tay.enrichscotland@nhs.scot>

We would like to invite UK-based care home staff, including nurses, care assistants, and managers, to take part.

Taking part in the study involves completing a 20-minute anonymous survey. Your responses will contribute to shaping policy discussions and guiding future research aimed at improving timely access to CDs in care homes, thereby enhancing care for those in need.

Please forward this information to any colleagues who might be interested

- Contribute to the study by following this link: <https://bit.ly/cinch25>
- Find out more by watching a short video outlining the study: <https://youtu.be/ckCT8CzM7BA>

For more information, please contact Emyr Jones, Consultant Pharmacist, Emyr.Jones3@wales.nhs.uk⁹



A co-designed bereavement toolkit for care home staff

The team from the University of Glasgow have completed focus groups, meetings with sector stakeholders and now have a draft of the toolkit written. They would like to visit care homes in Greater Glasgow and Clyde in September to get feedback from staff and residents.

If you are interested in finding out more, contact Maria Drummond at maria.drummond@glasgow.ac.uk¹⁰ or your local CSO, who will put you in contact with the team.

Maria and the team at Glasgow would like to thank the care home staff who participated in last years focus groups, the insights and learning from each have been amazing.

⁹<mailto:Emyr.Jones3@wales.nhs.uk>

¹⁰<mailto:maria.drummond@glasgow.ac.uk>

Recent published papers and blogs.

ARTICLES

How Do Spouses Experience Living Alone After Their Partner With Dementia Moves Into a Care Home?¹¹ This is one of those topics everyone who works in social care is aware, but here is an interesting review of what little research has been carried out in this area.

BLOGS

There are still **several exciting blogs** on the "Dementia Researcher"¹² site **from ENRICH staff** (not all dementia focused) so have a read, or listen, here.¹³



RICH Voices



We continue our work to meaningfully engage with residents and their families and to amplify their perspectives in care home research.

As mentioned above, join us on Wednesday the 13th August for our next *"In Conversations With"* webinar which will spotlight the work we have been doing with RICH Voices to

¹¹<https://onlinelibrary.wiley.com/doi/full/10.1111/jocn.17831>

¹²<https://www.dementiaresearcher.nihr.ac.uk/tag/neuroprogressive-and-dementia-network/>

¹³<https://www.dementiaresearcher.nihr.ac.uk/tag/neuroprogressive-and-dementia-network/>

support care home research. We are in the throes of organising this online event, so please keep an eye on our mailing list, website, and social media channels for more details.

Each month we will be inviting researchers to share their work to make sure care home staff and family members have the opportunity to get involved. If you are unable to attend, the recordings will be available after the meeting. You can also provide feedback in writing. We will keep working on new ways to get people involved in a meaningful way and are open to all ideas about how we can do that. Please don't hesitate to get in touch with one of the team.

THANK YOU FOR READING

...and research fact...

".....an ice cream headache, or "brain freeze", is the result of nerve endings in the roof of your mouth sending messages to your brain of the loss of heat....." (.....I lost my job in an ice cream shop as I couldn't do sundaes!.....)



Our Blogs



Blog¹⁴: We regularly update our blog with posts and photos documenting what we get up to. Please get in touch if you'd like to write a guest blog for us about why you're interested in research.

Click here to check out our blog!¹⁵

ENRICH Stay Connected to Clinical Research in Scotland



1 - The Team...

- Sign up to the NRS newsletter, Research Bulletin¹⁶
- Follow the NRS on Twitter¹⁷, LinkedIn¹⁸ and www.nrs.org.uk¹⁹.

¹⁴<https://enrichscotland.wordpress.com/>

¹⁵<https://enrichscotland.wordpress.com/>

¹⁶<https://nrs.us10.list-manage.com/subscribe?u=c8fe2cc5b484476d8b29be110&id=a399787cc8>

This newsletter was designed to help care home staff, residents and their relatives keep up to date with all aspects of care home research in Scotland, as well as share ENRICH Scotland news and developments. Whenever possible, we will include a website (usually linked in the title of the study description) or research team email address along with the description of the study. However, if you'd prefer you can also contact your local clinical studies officer to discuss the studies.

Thank you for reading, and if you would like to get in touch with feedback or stories you believe to be appropriate, please contact tay.enrichscotland@nhs.scot²⁰

ENRICH Scotland is part of NHS Research Scotland (NRS) which is a partnership of Scottish NHS Boards and the Chief Scientist Office (CSO) of Scottish Government. NHS Research Scotland Central Management Team is hosted by Scottish Health Innovations Ltd (Ltd). Want to change how you receive these emails? You can update your preferences or unsubscribe from this list.

¹⁷<https://twitter.com/NHSResearchScot>

¹⁸<https://www.linkedin.com/company/nhsresearchscotland/>

¹⁹<http://www.nhsresearchscotland.org.uk/>

²⁰<mailto:tay.enrichscotland@nhs.scot>