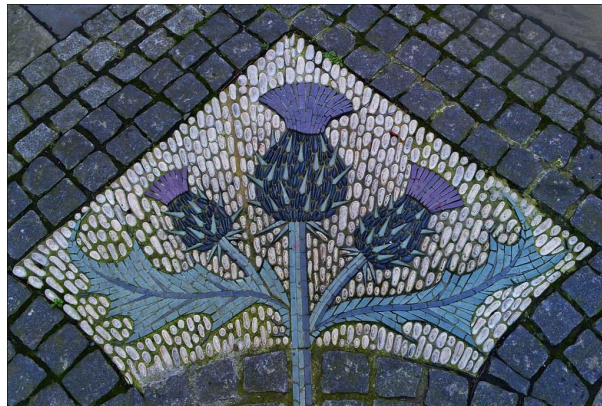


ENRICH SCOTLAND

enabling research in care homes



SEPTEMBER 2025

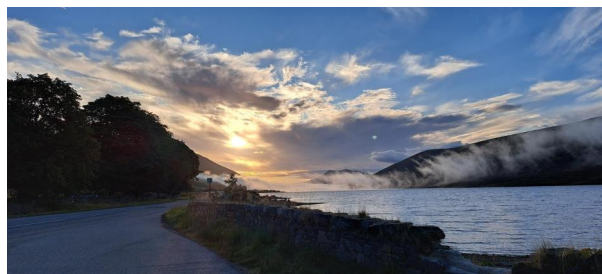


Here we are in September already (how did that happen?). “Sept” comes from the Latin for “seven,” even though it somehow ended up as the ninth month—you got to love the Romans!

"Having said that archeologists have recently found an oil stain, on what they thought was a Roman mosaic, which is over 2000 years old.....although they now believe it's ancient grease...."

For us, September is when Universities swing back into action and the research season really gets going. The good news is, more and more researchers are realising the value of involving “Joe Public”—in our world that means care home staff, residents, relatives, and friends—right from the start. So as you’ll see below, there are plenty of chances not just to take part in research, but to help shape it too.

What we've been up to...



For one thing this was taken by our NHS Highlands CSO, Andy on his way to work, at Loch a' Chroisg near Achnasheenso that's what he's been up to!



Well for past couple of month, attending **residents and relatives meetings** (Rawlands photo) have been the order of the day as well as trialing the "**Dementia Inequalities Game**" with care home staff. At time of going to press (sounds good!) we thank staff from **Rawyards** in Airdrie, **Burnlee** in Largs (photo), **Abbotsford** in Ardrossan, **Oakbank** in Tayside and **The Elms** in Edinburgh for giving their time, and to the many more lined up over the coming months. Feedback so far from staff about participating in the game has been all positive and, again, key point here is that researchers are recognising the importance of input from care home staff even with resources that have already been evaluated, such as this game. Your input and opinions really matter so if you haven't already, get in touch and book a slot with your local CSO here tay.enrichscotland@nhs.scot¹.



WEBINAR

On our recent webinar we had the very great privilege of hearing from **Claire Stevens**, who shared her experiences of supporting her husband, **Kenny**, through his transition into a care home and their involvement in research. Linking strongly with Claire's story we were also joined by **Karen Mackie**, a care home manager, who introduced her research idea focused on the **expectations that care home staff and family members have of each other**. RICH

¹<mailto:tay.enrichscotland@nhs.scot>

⁶<https://www.linkedin.com/in/jenni-burton-née-harrison-029220358/>

What's coming up.



ENRICH Scotland are pleased to announce we will be having our very own **conference in March 2026**. Not that far if you think about it and venue and dates will be announced once fixed. Those who attended our 2024 one will agree it was definitely worth it and we will be building on that. We are at the stage of putting a **planning committee** in place and would welcome any care home staff who wished to give us the benefit of their expertise to join us. It would mean a few "TEAMS" meetings over the coming months. Let us know at

We would also appreciate some feedback from you all about venue, timings and theme to help us plan. We would be grateful if you could take 2 mins to let us know your thoughts:

<https://forms.office.com/e/R7mCF5M0C4>

ENRICH Scotland Conference March 2026

Other events

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



Alzheimer's Scotland Conference Every step: improving brain health, informing policy, influencing care.⁷ Edinburgh International Conference Centre (EICC) on Monday 22 September 2025

Alzheimer Europe conference "Connecting science and communities⁸: **The future of dementia care**", 6 to 8 October 2025 in Bologna, Italy.

Care Home Conference and Exhibition; "Raising the Roof – Redefining Residential Care and Support"⁹ Hilton Glasgow, November 14th 2025.

⁷<https://www.alzscot.org/events/conference/>

⁸https://www.alzheimer-europe.org/conferences/2025-Bologna?language_content_entity=en

⁹<https://scottishcare.org/care-home-conference-2025/>

Study updates

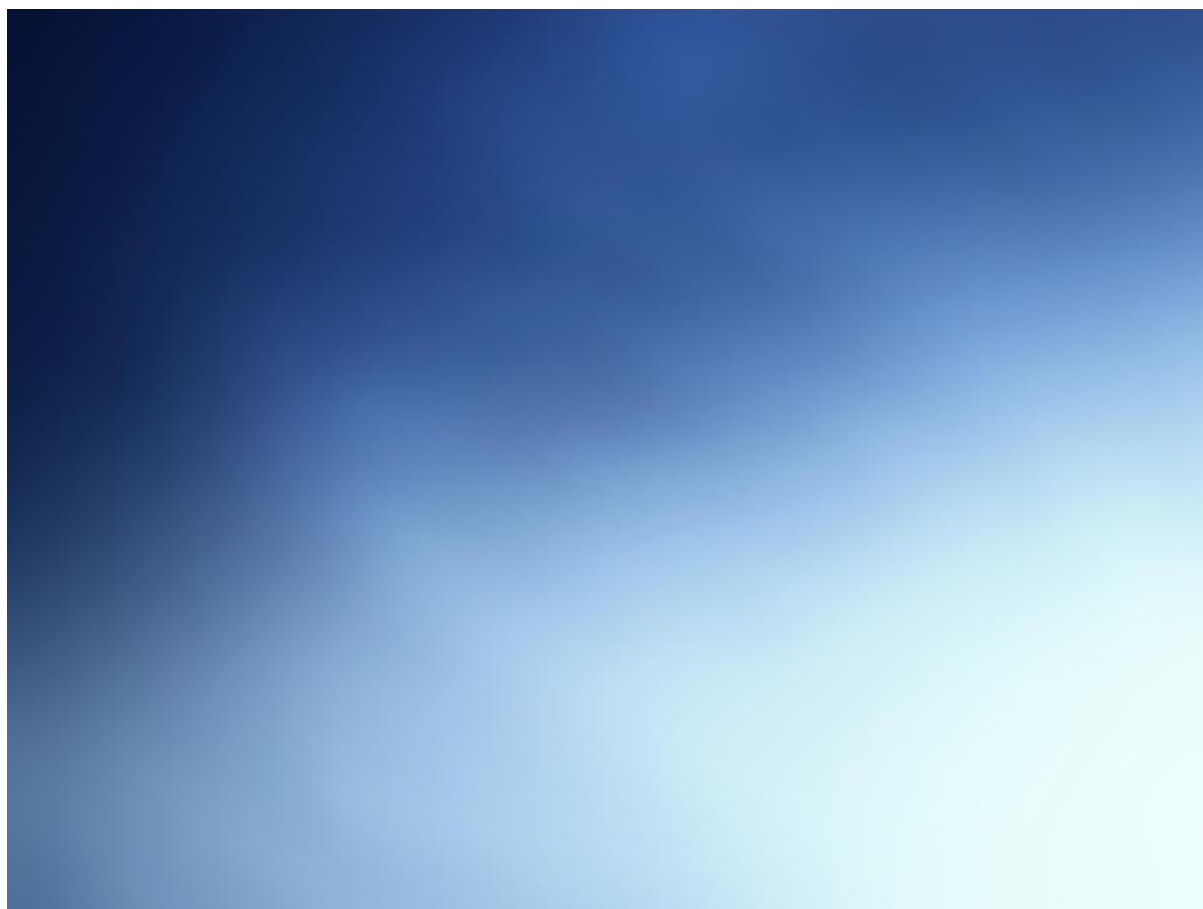


Co-designing a bereavement support toolkit for care home staff

Researchers from the University of Glasgow, who previously invited care home staff to focus groups and stakeholder events to help them design a toolkit for care home staff to improve bereavement care, will be visiting care homes in September and October to get feedback on the first draft of the toolkit. This is a significant milestone in the project and it's all thanks to the care home staff who have given up their time to get involved.

The team would like to take this opportunity to thank all care home staff who have taken part so far.

....RECRUITING NOW....



Dementia Inequalities Game.

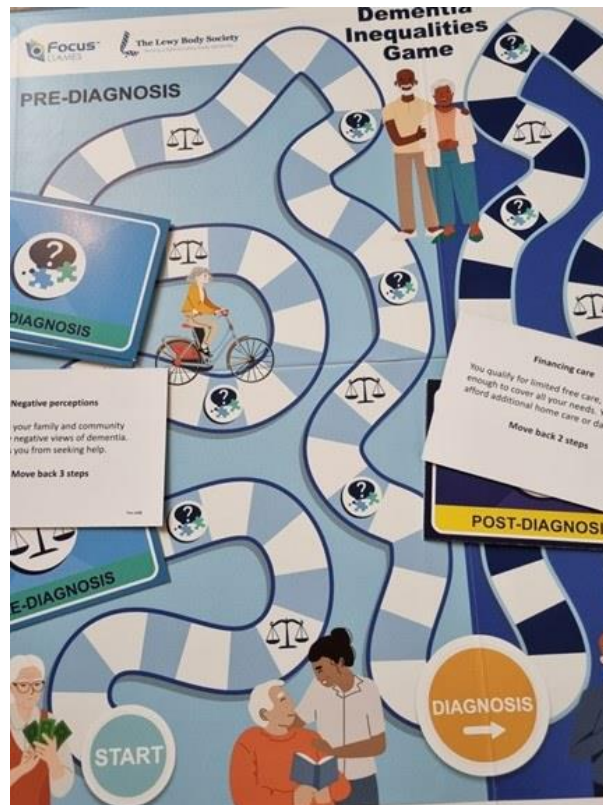
As mentioned above ENRICH Scotland is working with researchers from the **University of Liverpool** to support a study evaluating the impact of playing the "**Dementia Inequalities Game**" on knowledge about dementia and related inequalities. Specifically, these workshops aim to assess whether the game 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.scot¹⁰ if interested.

¹⁰<mailto:tay.enrichscotland@nhs.scot>



CRISIS and DEMENTIA; a Rich Voices study

Lindsay Kinnaird (researcher at the **University of Edinburgh**) and **Sam Adler** (a medical student at the **University of Glasgow**) have been reviewing the literature on defining a "crisis" for people with dementia. In preparation for a grant application aimed at supporting people living with dementia. Lindsay and Sam would like to share their findings and find out if these resonate with the lived experiences of people who have encountered crises first-hand.

Many people with dementia, and their carers, have suffered a crisis at some stage, occasionally this results in admission to a care home so Lindsay and Sam would like to invite staff and family members to a **meeting on the 8th of September at 2pm** at the **University of Edinburgh**. If you would like to attend please contact us at tay.enrichscotland@nhs.scot



Recent published papers and blogs.

ARTICLES

Dementia in care homes: increasing the diagnosis rate among undiagnosed residents¹¹ an important topic to all care homes published in **RCN's Nursing Older People**.

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



¹¹<https://journals.rcni.com/nursing-older-people/evidence-and-practice/dementia-in-care-homes-increasing-the-diagnosis-rate-among-undiagnosed-residents-nop.2023.e1435/full>

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

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

RICH Voices



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

You'll see above the "**setting the scene**" webinar is now available to watch at <https://open.spotify.com/show/5Yxs2LuE1yxxQIXqtaZRKI> with **Claire** and **Karen** as speakers.

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 interesting fact...

Patatakiphobia is the fear of chips or crisps.

.... an elderly man was asked why he was using two giant French fries as walking sticks and he replied "they're McCains"



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>