

How do I apply?

Being part of the programme requires commitment from you and your organisation to attend throughout the year.

If you are interested in joining the group and want more information, please contact Don Shenker, HIN Project Manager.

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myhomelife.org.uk

“My Home Life has proven a very effective means of focussing attention on the experience of those living in Care Homes whilst valuing and encouraging the efforts of those working there. Staff have found My Home Life an aid to accessing and developing best practice.”

Ranald Mair, Scottish Care

“I can’t state how much the programme has helped me personally to get to where I have got to with the hime over the past 12 months. It really has made a big difference.”

Owner-Manager, Derbyshire



The Pioneer Programme

MyHome Life is a UK-wide movement for quality of life in care homes. Working in Partnership with the Health Innovation Network (HIN), and based upon the proven Leadership Support programme delivered to over 1,000 care home managers across the UK, a bespoke Care Home Pioneer Programme is being offered to 16 care home managers across South London.

The programme offers support to care home managers to:

- Increase resilience, and less burn-out
- Advancement of skills and strategies
- Drive forward transformational change
- Embrace a calmer more relational environment to live and work
- Improve staff morale
- Improve relationships with external agencies.

In addition, the Care Home Pioneer Programme will enable these managers to continue to meet and work together with HIN to take forward innovation in their care homes into the future, whilst supporting the quality of life for staff, service-users and their families.

“Our proprietor wants to go on the MHL programme! She’s seen us grow, our confidence and the way we deal with people, it’s changed our home completely.”

Manager, Wiltshire

How does it work?

Each group comprises 16 care home managers who, over a 10-month period, are guided and supported by professional coaches and facilitators to advance their skills, engage with evidence-based, relationship-centred practice and resolve the complex everyday issues that impact upon the quality of their service.

The programme works with managers at all levels, to facilitate their personal growth as individuals and as professionals leading change. It begins with a four-day introductory workshop, followed by a series of seven monthly half-day action learning meetings and a completion day.

Action learning involves experiential learning through a continuous process of action, learning and reflection, supported by colleagues, with an intention of improving practice.

It recognises that individuals learn best when they learn with and from each other, by working on real problems and drawing on their own experiences.

The sessions are confidential to allow people to feel able to be honest and frank.

The learning, with the managers’ permission, will be shared more widely to enable community and statutory services to understand how they can better support care services deliver quality of life. In this regard, managers become part of a wider movement for social change.

“I’ve totally changed the ethos at the home from one that was predominantly task driven to one that is more focussed on what our residents want and need in the here and now - it’s not been easy but the changes have been positive for everyone.”

Manager, Plymouth