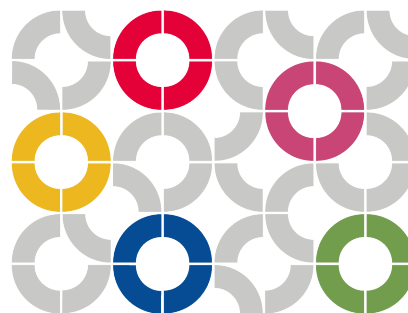


Prosper



Issue 118 January 2025

Welcome to January's edition of the PROSPER newsletter, designed to keep you updated with the progress of the PROSPER project.

Promoting Safer Provision of care for Every Resident.

Christmas Quiz

In December we gave you this game to do with your residents over the festive period. Well done to all the homes who took part. Below are the answers.

Question 1: How many presents were given in total in the 'Twelve Days of Christmas'? **364**

Question 2: How many of Rudolph's eight companion's names begin with the letter D? **3**

Question 3: What is the second line of 'I'm dreaming of a White Christmas'? **Just like the ones I used to know**

Question 4: What item is it lucky to find in a Christmas Pudding? **A Sixpence**

Question 5: Who was the author of 'A Christmas Carol'? **Charles Dickens**

Question 6: What is a female turkey called? **Hen**

Question 7: Which Christmas Hymn's second verse begins with 'O sing, Choirs of angels'? **O come all ye faithful**

Residents Riddle?

Each month we will provide a riddle for residents to solve. Please email their answers to

prosper@essex.gov.uk

This month's riddle is...

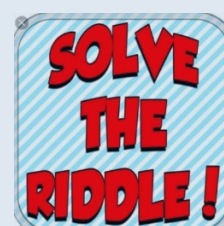
I have keys but no locks. I have space but no room. You can enter, but can't go inside. What am I?

Answer in next month's newsletter.

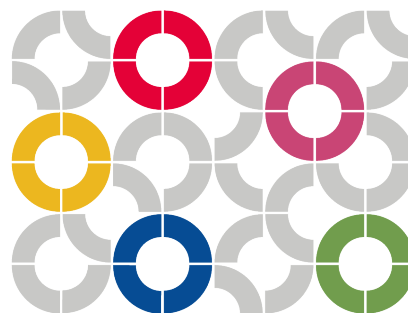
We are looking forward to seeing who will be crowned the

Riddle Master 2025

So, make sure to send us your riddle answers every month!



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UKHSA OUTBREAK REPORTING AND RESPONSE PROCESS FOR Acute Respiratory Infections

The CareOBRA Tool allows Adult Social Care settings to report new outbreaks of Acute Respiratory Infections (ARI's) including COVID-19, Influenza (flu), unidentified ARI (e.g., chest infections) and single cases of Influenza. This tool should be used only when reporting a new outbreak of acute respiratory illness.

Any updates to an ongoing outbreak should be emailed directly to eastofenglandHPT@ukhsa.gov.uk

Aim of the Care OBRA Tool

To allow adult social care settings to:

- Report their outbreaks or single cases of flu to the HPT without the need to ring or email the HPT beforehand.
- Enable the care setting to collect all the relevant information and enter it into an electronic platform at a time that suits them.
- Enables the care setting to receive a summary of the information entered the Care OBRA Tool.
- Enables the care setting to receive immediate email advice on how to manage their situation, to automatically identify the higher risk situations and therefore prioritise higher risk outbreaks for further HPT input as appropriate for the specific scenario.

The Care OBRA tool can be accessed here

<https://forms.ukhsa.gov.uk/ReportAnOutbreak>

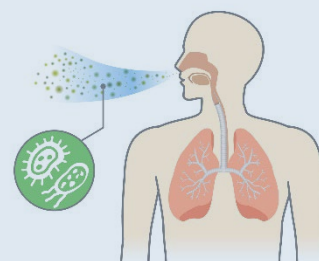
Useful Links

Below are some useful links about Acute Respiratory Infections

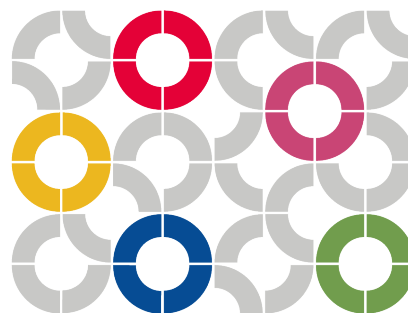
<https://forms.ukhsa.gov.uk/ReportAnOutbreak/acute-respiratory-infections-ari---covid-19-flu-or-unknown-infection-in-adult-social-care-settings>

<https://www.nhs.uk/conditions/respiratory-tract-infection/>

<https://www.gov.uk/government/publications/infection-prevention-and-control-in-adult-social-care-acute-respiratory-infection/ppe-requirements-when-caring-for-a-person-with-suspected-or-confirmed-acute-respiratory-infection-ari-text-equivalent-of-poster>



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Dignity Action Month

February is National Dignity Action Month, which gives everyone the opportunity to contribute to upholding people's rights to dignity and provide a truly memorable day for people receiving care.

The theme this year is Three Little Deeds

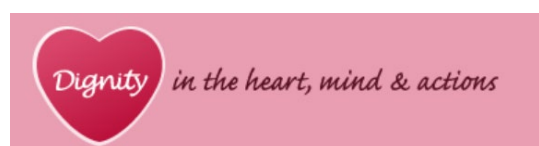
As well as organising activities we also encourage you to think of **Three Little Deeds** that would change the lives of those with whom you come into contact.

It's about using our **Heads, Hearts and Hands** to make Dignity come alive for those with whom we interact.

Your little deeds could be as simple as:

- **Greet everyone with a smile**
We all know how important a smile can be in making us feel valued and acknowledged. It's a **little deed** but can have an enormous impact.
- **Say thank you**
Again saying thank you to someone is a little deed that can make such a difference to their feelings of value
- **Stop and listen**
Take time out to really listen to someone. You may be busy but your little deed is to make them feel valued and special.

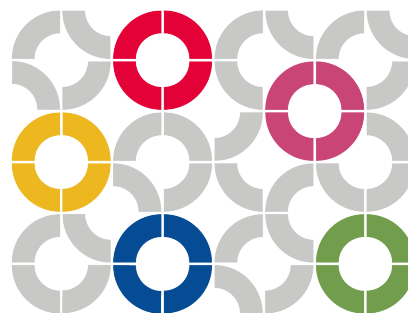
To find resources and more information to help you with planning events to help promote Dignity Action month please visit [Activity suggestions - Dignity Action Month - Events - Dignity in Care](#)



Do you pledge to follow the 10 Dignity do's?

1. Have a zero tolerance of all forms of abuse
2. Support people with the same respect you would want for yourself or a member of your family
3. Treat each person as an individual by offering a personalised service
4. Enable people to maintain the maximum possible level of independence, choice and control
5. Listen and support people to express their needs and wants
6. Respect people's right to privacy
7. Ensure people feel able to complain without fear of retribution
8. Engage with family members and carers as care partners
9. Assist people to maintain confidence and positive self-esteem
10. Act to alleviate people's loneliness and isolation.

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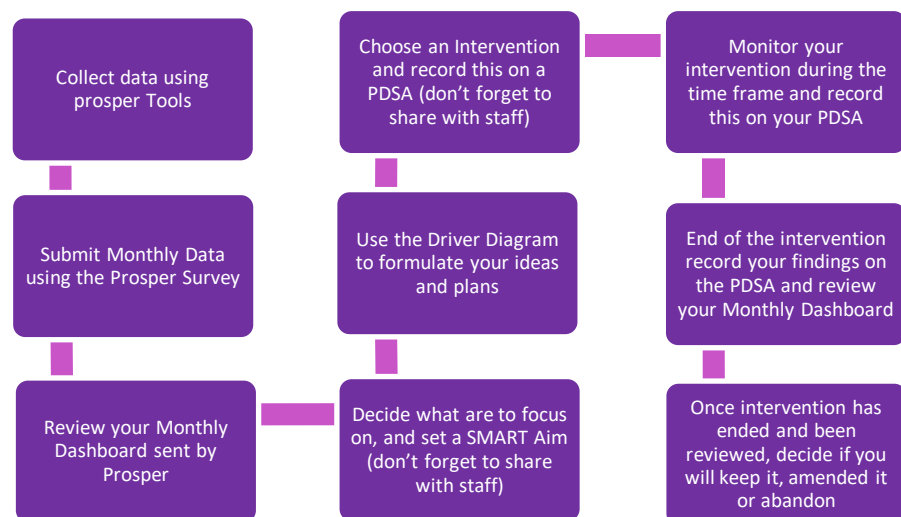


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PROSPER Workshops

Feel like you need a refresher on Prosper or are Looking at restarting Prosper in your home in 2025?

PROSPER workshops are a great session for homes who would like a refresher about the PROSPER project. The sessions explore how the PROSPER methodology can work for your home, what tools are available to support you with your SMART aim and how recording your small acts of change can help with reflection. Follow up visits can help you keep focused and utilise tools and opportunities. All staff are welcome on these sessions, as we know the more people involved in PROSPER the more ideas and knowledge is shared and put into practise.



If you would like your support officer to visit your home and hold a PROSPER workshop.

Please contact prosper@essex.gov.uk

Prosper Accreditation

The Prosper accreditation is a mark of achievement and demonstrates a home's level of commitment to the PROSPER project. There are 4 levels which can be awarded.

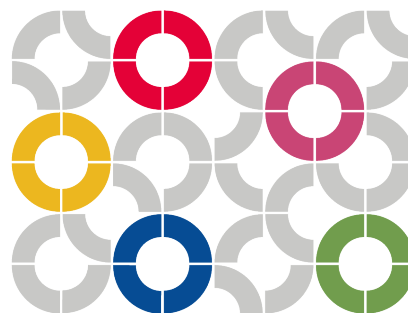
Congratulations to
Prince Edward Duke of Kent Court
on achieving their Bronze Level.

If your home is interested in applying for a level award or want to find out more about the criteria and gain access to the application form, please visit:

[Prosper Accreditation](#)



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Manning's Methodology Corner Using PROSPER Methodology

January is always seen as a time to 'take stock' and make resolutions and intentions for the coming year. If your home has been intending to engage with PROSPER methodology now would be an ideal time to 'bite the bullet' and give it a go. Our Team of PROSPER support officer would be delighted to support you with this.

We know a high number of homes consistently and regularly submit monthly data to us via their online monthly mapping surveys, and consequently receive updated runtime dashboards, which suggests they feel there is some benefit in seeing their data in line graph form. If any of these homes would like to discuss how these dashboards can be used in conjunction with other PROSPER tools and resources as part of continual improvement, email Proper@essex.gov.uk and you will be contacted by your allocated PROSPER support officer, who will offer support.

Remember that PROSPER methodology is all about looking for patterns and trends developing, and putting structure to any improvement projects you implement, making it far more likely that there will be a positive outcome from your project. Additionally, by continually submitting monthly data, and using tools such as safety crosses, 24 hours falls clock, etc. you can constantly monitor your homes performance, and detect upturns in falls, UTIs and pressure ulcers early, and implement improvement plans before they become a major issue.

Full details of PROSPER Methodology can be found using the following link: <https://www.essexproviderhub.org/quality/quality-innovation-team/prosper/prosper-methodology/>

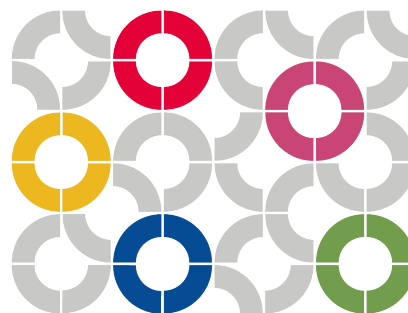
Monthly Data Surveys Updates

January is also the time when last year's pages are removed, and new pages for the coming year are added to the online PROSPER Monthly data surveys.

This involves taking the surveys offline for a short time and working through a routine of 'deleting and adding' pages and questions. This routine is incredibly repetitive, and it can be easy on occasions to miss a stage in error.

Consequently, once again we are asking you to be 'our eyes' with these surveys over the coming months, and if something does not seem correct, please either phone one of the PROSPER Team, or email Prosper@essex.gov.uk Most of these issues can be rectified easily when we know about them.

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Farewell & Congratulations

Our Prosper Support Officer, Sarah Cadge is saying farewell to us all at Prosper as she embarks upon new and exciting challenges. Sarah has been with Prosper right from it's start back in 2014 and has played a pivotal role in helping us shape Prosper into what it is today.

Sarah will be very much missed by us all in the Prosper team and I'm sure by the homes she has supported over the years, we wish her all the best in her new role and next chapter in her career.

Poetry Corner

Shining bright New Year by Sue Smith, Cherry Wood Grange.

Happiness, laughter with giggles and fun!
New year wishes for everyone!
A fresh new start with more memories to make,
let 2025 be fantastic and great!

Just do your best in all that you do,
be kind to others faithful and true!
Enjoy the four seasons coming your way,
embrace in life every day!

Take time out from time to time,
chilling & relaxing is so sublime!
Do something special that you love to do,
find a hobby, just for you!

Reflect on your achievements and reach for your goal!
Don't let others tell you No!
Happy New Year and enjoy the future ahead,
and remember all the things you've said!

Reach for the sun & stars that are shining bright,
and everything will be alright!

Provider Quality Innovation

Done Something New and Exciting?

Do you have a top tip, an amazing new idea to share or an event that is different to any other and would like it published in the newsletter?

**Don't forget to
wear your badge
with pride!**



Prosper Contact

Would you like a prosper support visit, or can't find something you are looking for on the provider hub then email

Prosper@essex.gov.uk