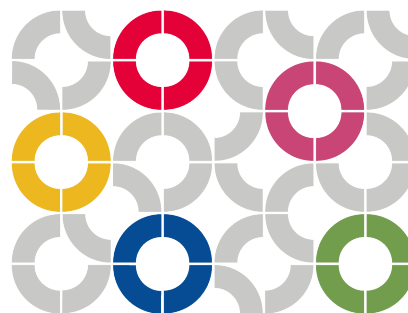


Prosper



Issue 124 July 2025

Welcome to July's edition of the PROSPER newsletter, designed to keep you updated with the progress of the PROSPER project.
Promoting **S**afer **P**rovision of care for **E**very **R**esident.

50 for 50

We were recently approached by musician Mike Aremu, who for his 50th Birthday, wanted to give 50 free performances to Older People in Care Homes to celebrate. Mike is an international musician who plays the Saxophone and has so far completed 12 performances, and these have been received well by residents and staff in the homes.



Home manager from Redbond Lodge Raquel Cruz spoke about two individuals who do not usually engage with music or activities, one lady was blowing kisses to Mike whilst he played and despite her very limited mobility, she was determined to get up so with support of staff She was able to stand so she could 'dance/sway to the music. Another resident, a gentleman who is extremely hard of hearing and rarely responds became extremely engaged with a beaming smile and shaking and swaying to the vibrant tunes. Mike's performance was certainly so much more than a few tunes, it was truly immensely powerful.

A wonderful example of giving back to the community, we can't thank Mike enough for his generosity and time.

Provider Quality Innovation

Residents Riddle?

Each month we will provide a riddle for residents to solve. Please email their answers to prosper@essex.gov.uk

Answer to last month's riddle was of course:
Watermelon

Well done to all at **Dudbrook House**, who answered the riddle correctly.

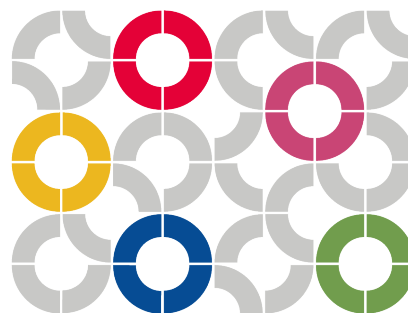
This month's riddle is...

I'm a letter of the alphabet and I'm the biggest thing on the planet. What am I?

Answer in next month's newsletter



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Prosper Accreditation

Cheviot Nursing Home Achieves Gold

Over the Last 18 months Prosper Lead Sarah Ellis has worked hard with her team of Prosper Champions to embed Prosper at Cheviots, and they have finally been awarded the Gold Prosper Accreditation.

Prosper has become part of the day to day work at the home, and they have truly implemented every aspect of the QI Methodology by looking at monthly dashboards to help set the homes SMART Aims, to completing Driver Diagrams, and running PDSA cycles, as well as throwing in some root cause analysis to make sure all bases are covered.

The prosper champions have monthly prosper meetings to discuss what they will be doing, and make sure this is also a standing topic in the homes overall staff meetings, and even staffs individual 1:1's.

The Prosper Lead and Champions have used a number of tools and ideas from prosper that they have taken from the toolkit, newsletter and attending prosper events. They have even created new tools like an Oral Health Champions Checklist using the template of the other champion checklists, just one of the many ideas they have created and used.

I am sure you will all join us in congratulating Cheviots on achieving their Gold, and look forward to seeing what the home will continue to achieve in the foreseeable.



Provider Quality Innovation

Silver Awarded to Mundy House

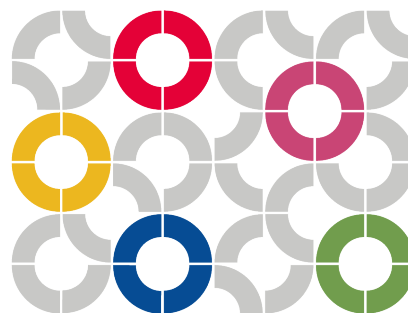
The homes dedicated Prosper Champions were really excited to be awarded their Prosper Silver Accreditation this month.

The Manager has worked hard to get Prosper Champions set up in the home, and they have really got prosper up and running. They have done really well introducing the methodology and other aspects of prosper in the last 12 months.

The champions are now empowered and excited to work towards achieving their gold accreditation over the next 6 months. Well Done on achieving your Silver and we look forward to receiving your Gold accreditation in the future.



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Congratulations to Frank Foster House – Winners of the Dementia Care Team Award

Congratulations to Frank Foster house who were presented with the 'Dementia Care Team Award' at this year's National Dementia Care Awards in London.



The team were delighted to be presented their award from Angela Rippon, former newsreader, writer and journalist. Nicolas Kee Mew, Home Manager at Frank Foster expressed how thrilled the entire team was to receive this distinguished recognition. Nicolas commented: "This incredible achievement reflects the passion, dedication, and commitment of our entire team in delivering the highest standard of person-centred care to individuals living with dementia. We are immensely proud of this recognition and what it represents. A heartfelt thank you to every single person who has supported us on this journey, too many to name individually! We are especially grateful to our residents, their families, and the wider multidisciplinary team. This award is for you too and made possible because of you."

Well done to everyone at Frank Foster house.



Provider Quality Innovation

Skills for Care

A new eLearning module has been designed for adult social care professionals, focused on how we can all take everyday measures to prevent illness, protect health and promote wellbeing.

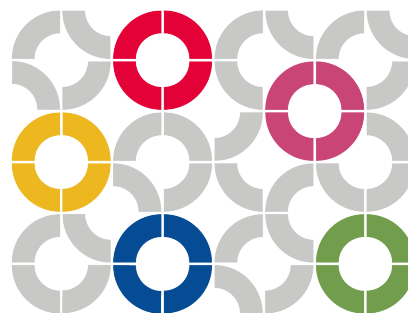
'Prevent', 'protect' and 'promote' are often described as the 'three Ps of public health', and adult social care professionals play a key role in leading on these.

The module offers practical guidance on integrating public health approaches into your daily work, with key topics including:

- preventing illness
- protecting health
- promoting wellbeing
- mental health
- healthy aging.

To find out more please visit <https://www.skillsforcare.org.uk/news-and-events/blogs/how-we-can-lead-on-everyday-health-measures>

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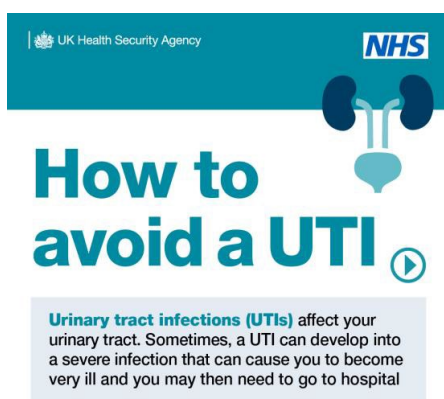
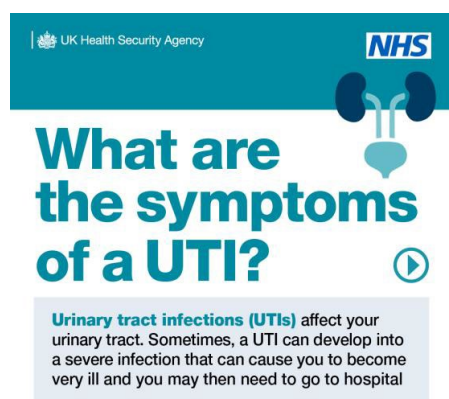
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NHS England UTI Toolkit

NHS England have recently published a useful Document about UTI prevention and awareness in older people toolkit.

Urinary tract infections affect the urinary tract, including the bladder (cystitis), urethra (urethritis) or kidneys (kidney infection). UTIs and catheter associated UTIs are one of the leading causes of E. coli and Gram-negative bloodstream infections and are a significant cause of death and serious illness leading to hospitalisation, especially amongst the older population. UTIs may be treated with antibiotics, but they are not always needed.

This joint [communications toolkit](#) produced by the UK Health Security Agency (UKHSA) and NHS England can be used to target older adults (65 years +), who are at higher risk of the impacts of urinary tract infections, to raise awareness of UTI prevention, symptom recognition and treatment, including advice on how and when to seek help. It contains key messages, background information, social media assets statistics and useful links including posters, videos and so much more.



The UKHSA and NHS England UTI toolkit can be found on the Care provider hub in the UTI section of the [Prosper Toolkit](#)

Provider Quality Innovation

Prosper Toolkit: New Sensory Section

A new section has been added to the Prosper toolkit on the Essex Provider hub.

The new section is about Sensory – Sight and Hearing loss.

The link in the section will take you to ECL's care home resource for residents with sight and hearing loss page. Where you will find lot of useful videos and resources.

Did you know

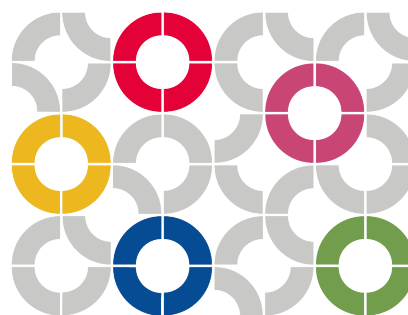
ECL also offer training to care and nursing homes.



1 in 6 people in the UK are affected by some level of hearing loss.



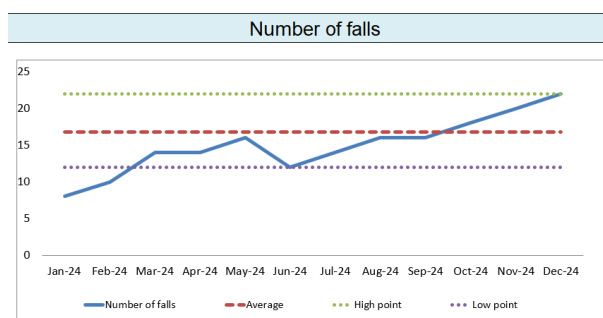
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Manning's Methodology

Last month 'Manning's Methodology Corner' went 'Back to basics' and started to explain how the runtime dashboards we create from the monthly data you submit is an important element for use in quality improvement methodology. This month I want to continue this by giving some hints to how your dashboards can be used to set SMART aims. PROSPER runtime dashboards are an excellent tool in detecting and demonstrating trends in the number of falls, UTIs and/or pressure ulcers occurring each month.



The graph above clearly demonstrates that following a relatively stable period of falls per month, an upward trend developed from June onwards. In this instance it would be appropriate to set a SMART aim to try and turn the trend around. Two possible ways of doing this would be to either set a SMART aim to the middle of 2025, when you would probably want to be down to the previous levels of falls per month.

SMART Aim – By June 2025 falls to be no more than six per month.

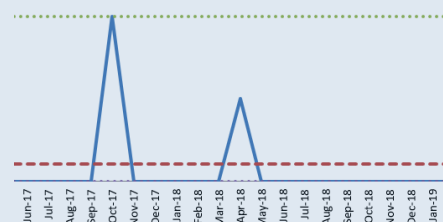
Alternatively, if you felt this may be too challenging, you could split the period in two, which would allow you to 'take stock' after three months.

SMART Aim – By end of March 2025 falls to be no more than 12 per month.

If this was achieved, it would have turned the trend around. You could then decide whether to continue to aim for six by end of June.

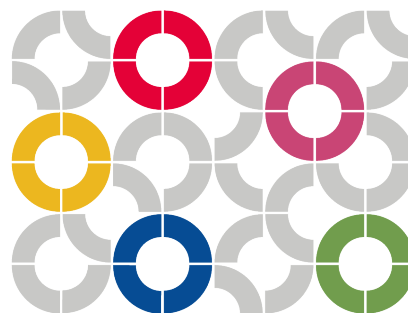
Peaks on Dashboards

One of the good aspects of a runtime dashboard is that it shows trends over a period of time. However, data can sometimes create what is known as a 'peak' (see below)



'Peaks' may be caused for several reasons; there may have been an infection in the home, or a respite resident having frequent falls. So, whilst you would want to be aware of a 'peak', and give some thought as to why it occurred, it would not be advisable to set a SMART aim based on a 'peak'. It is only if the data remains high, or continue to rise, that it becomes a trend, and a SMART aim should be set.

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Poetry Corner

Leadership Poem by Sue Smith, Manager of Cherry Wood Grange

To be a good leader, you'd have to have been a good follower FIRST,
collecting sound advice and forgetting the WORST!
Treating everyone you meet with respect and CARE, showing kindness
and always being FAIR!

Setting out your expectations with a reasonable balance for ALL,
including yourself in everything and remembering to stand TALL!
Having the skills to listen and understanding all your TEAMS, being
part of their journey and their DREAMS!

Making tough decisions and doing your absolute BEST! Remember to
take 'time out' to have a proper REST!

Accepting criticism, as its part of your ROLE, being a great leader at
times can take its TOLL!

However, remain positive in all that you DO! Always show integrity,
this will help you get THROUGH!
Promote good standards and keep them HIGH! ... aim for higher with
your team and reach for the SKY!

Share your team's achievements and always give PRAISE, good
working ethics will be sure to RAISE!
Rejoice in your efforts and share the SUCCESS, let your team know
they are the very BEST!

Honest leadership is so powerful when leading your STAFF, enjoy it
and ensure you don't make it a TASK!
A great leader empowers others and helps them on their WAY, you will
know if you've cracked it because your staff will want to STAY!

Leadership is an asset when others continue to
FOLLOW.....yesterday.... today....and TOMORROW!
So, embrace in your leadership skills and be very PROUD, because you
are that leader that stands out in a CROWD!

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