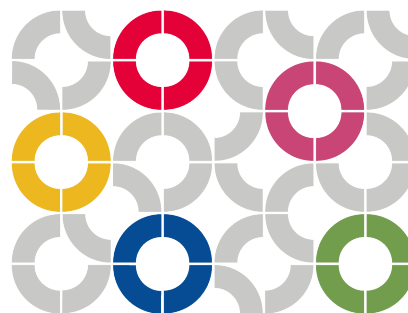


Prosper



Issue 129 December 2025

Welcome to December'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

The Prosper team thought we would give you a little Christmas Spirit, by setting some festive true or false questions for you all to enjoy.

Question 1: True or false – there were 4 ghosts in Charles Dickens' a Christmas Carol?

Question 2: True or false – there were 250 gifts given in total in the '12 days of Christmas'?

Question 3: True or false – If you're born on Christmas day, your star sign is a Sagittarius?

Question 4: True or false – The King's speech is traditionally aired at 3pm on Christmas Day?

Question 5: True or false – Santa traditionally wore a white suit until Coca Cola changed it too red?

Question 6: True or false – According to tradition your Christmas decorations should be down by New Year's Day?

Question 7: True or false – A camel is said to have carried Mary on its way to Bethlehem?

Answers will be revealed in January's Edition of the newsletter



Residents Riddle

The answer to November's Riddle was

Gingerbread Man

Well done to **Freda Gunton Lodge** and **Parkview** who got the answer right

As you can see there is not a new riddle this month, as we thought our Christmas Quiz would keep your brains occupied.

Not to worry Residents Riddle will of course be returning in the New Year!

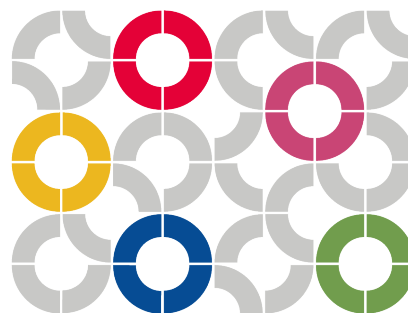
We would also like to take this opportunity to congratulate

Cheviots

Who are undoubtedly our 'Riddle Masters' for 2025!!



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Issue 129 December 2025

Look back of Prosper 2025

January

We congratulated **Prince Edwards Duke of Kent Court** on achieving their Bronze Prosper Accreditation, which was a lovely way to start the year.



We were sad to say goodbye to one of our prosper support officers Sarah Cadge who had been part of Prosper since it started back in 2014!

February

February issue saw us 'firm up' details for Our Spring Champions study days.

Additionally, we highlighted that Nutrition and Hydration week was coming up in March and made some suggestions for 'daily themes' that can be used to engage with the initiative.

Cherrywood Grange were excited to achieve their silver accreditation and were busy planning the next steps to achieving gold!



Frankfoster were also pleased to be awarded their bronze accreditation.



March

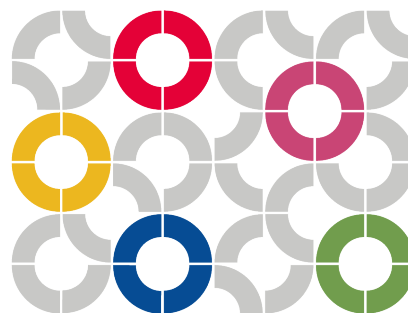
Elizabeth House told us about their new initiative 'Cook What You Eat'. Which aimed to get residents involved in home cooking and preserving their cooking skills while living in a care home.



The Lodge shared their staff challenge of designing and implementing a game that will either assist in aiding hydration and/or improving mobility.



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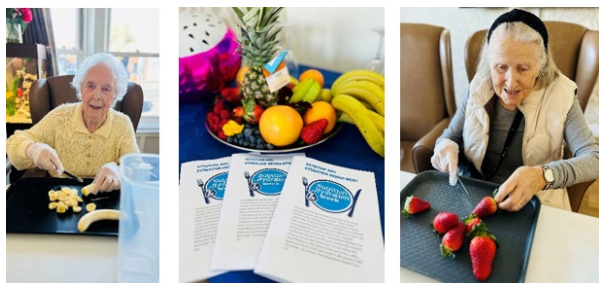
Issue 129 December 2025

Blackthorns celebrated achieving their Bronze Application.



April

Belmont lodge shared how they got all their residents involved in Nutrition hydration week, by holding a fun day of smoothie making.



We congratulated **Eastham** on being awarded their silver accreditation, they were excited to get working on what needed to be implemented to achieve their gold.



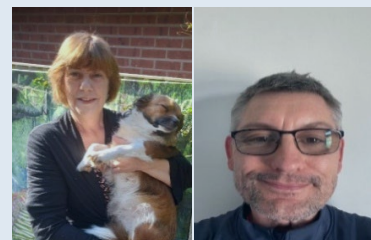
Provider Quality Innovation

April was also the month we said goodbye to another one of our prosper officer's this time it was Rod Manning who again had been a part of Prosper for many years. We were sad to see him go but wished him all the best on his retirement.

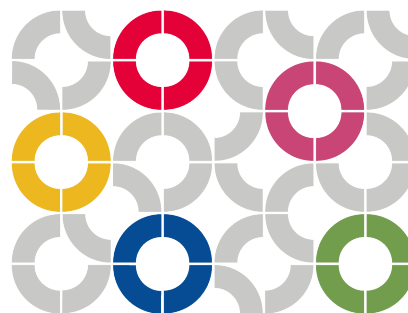


May

We welcomed 2 new members to the prosper Team Theresa Lawrance and Jamie Hepburn, who between them have a lot of experience within the Care Sector.



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Issue 129 December 2025

May also saw a lot of homes around Essex celebrating the 80th anniversary of VE Day.

We had stories and pictures sent in from **Joseph Nursing**, **Frank Foster** and **Belmont Lodge** about how they celebrated this special day with their residents, from 1940's inspired afternoon teas to street parties and live singers to name a few.



The Prosper champions at **Freda Gunton Lodge** where thrilled to receive their silver accreditation after working hard for a year implementing Prosper at their home.



Loganberry Lodge achieved their Gold Prosper Accreditation! With their deputy manager Oana leading the project and seeing the difference it can make she stated within the home application **"Thanks to the continued guidance of our Support Officer and the enthusiasm of our staff, PROSPER remains a core part of our culture at Loganberry Lodge — driving teamwork, innovation, and positive outcomes for everyone who lives and works here"**

Provider Quality Innovation

June

June's edition of the prosper newsletter was a Champions Day special after we held 3 different days around the county.

The staff who attended these events attended sessions on:

Root Cause analysis: 5 Whys and a what

E. Coli, Catheter Care and UTI's

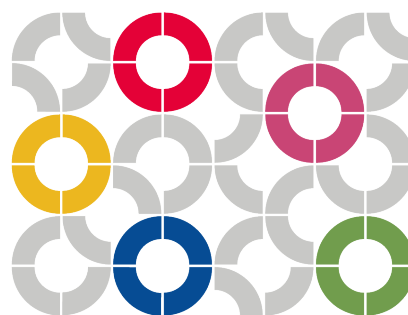
Oral Health Care

We also reintroduced our Gemstone Challenge which helps with preventing deconditioning



The Gemstone challenge can be found in the Prosper Toolkit on the Essex Provider Hub

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Issue 129 December 2025

July

We shared how we had been approached by musician Mike Aremu, who for his 50th Birthday, wanted to give 50 free performances to Older People in Care Homes to celebrate, and how these had been bringing joy to the homes he had already visited.



In July we saw not one, but two homes be awarded different levels of the prosper accreditation. First up was **Mundy House** a home who have been on the project for years and worked hard to imbed Prosper within their home. They were awarded their Silver Accreditation. Next up was **Cheviots nursing home** who had worked hard over 18 months to implement prosper and the QI methodology in their home to enable them to achieve their Gold Prosper Accreditation!



August

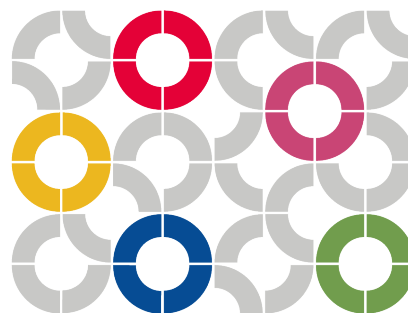
We shared **Cherrywood Granges** amazing signage system they use at the home as a visual aid for staff to know certain things about a resident like if they have a bug, or are high risk of falls etc.



Next we had a lovely article from **Eastham** who transformed an outdoor space into a thriving wildlife sanctuary. Through an inspiring community project, they've created a sustainable garden using entirely recycled materials, giving new life to everyday items while providing a haven for local wildlife.



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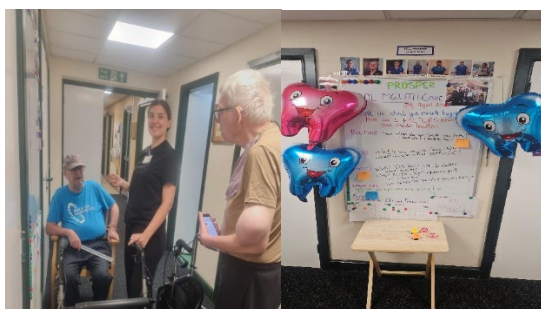
Issue 129 December 2025

We congratulated **Hargrave House** who received their Veteran Friendly Framework Accreditation. The home signed up to the VFF and worked to reach the eight standards required to meet the accreditation level.



September

Residents at **Freda Gunton Lodge** helped staff update the homes prosper board around the latest area the home were going to focus on. They found useful information on the topic and even helped with the board's layout, so it looked appealing to all.



Dudbrook house was the latest home to be awarded a Prosper accreditation and were thrilled to achieve their silver accreditation by embedding prosper throughout their home. They are now focused on working towards the latest stage of the accreditation Gold!



October

In this month's edition we mentioned about how we held our first ever Prosper Open day where it was great to see 33 members of staff from 13 different providers come along and take part in all the sessions we had on offer. Staff completed the following sessions throughout the day:

Quality Improvement Methodology

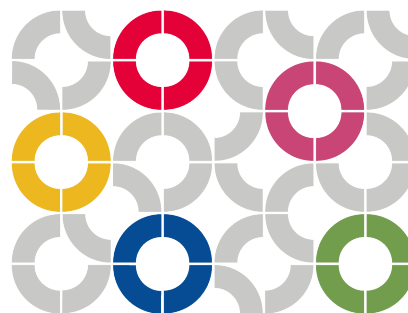
SMART Aims and Driver Diagrams

Plan Do Study Act Cycles

Root Cause Analysis – 5 why's and a What

we also promoted national Stop Pressure ulcer day by doing a couple of articles around different things the homes could do to raise awareness during the day, as well as what tools we have within our toolkit that could help and different ideas homes had created to help reduce pressure ulcers.

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Issue 129 December 2025

November

Cherrywood grange shared with us how they celebrated National Stop Pressure ulcer day, by decorating their tea trolley with lots of information and speaking to both residents and visitors on the importance of reducing pressure ulcers.



We shared a new form that **Larchwood** had created; to help reduce the amount of printing they had to do every month and making it more economically friendly. The form they created was combining all 3 safety crosses into one.

Lastly **Kilkee Lodge** were the next home to be awarded their Veteran friendly framework accreditation, and this is now displayed proudly in the entrance of their home!

December

The last two homes this year to be award a Prosper Accreditation are The Lodge in Maldon who were very recently awarded their Bronze Accreditation, and Eastham who you may remember further up being awarded their silver, have ended the year reaching their gold accreditation after working hard all year towards this achievement.



Provider Quality Innovation



The annual Essex Care Sector Awards was held on 5th December at Chelmsford City Racecourse, and we would like to take this opportunity to congratulate the homes who were shortlisted a Prosper Award.

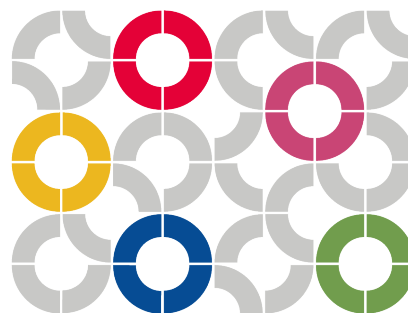
Well done to **Larchwood, Eastham and Cherrywood Grange** on their Commended.

Congratulations to **Mundy House and Freda Gunton Lodge** who were awarded a Highly Commended, and finally the winner of the Prosper Award 2025 goes to **Cheviots Nursing Home**

Fantastic achievement!



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Issue 129 December 2025

Throughout 2025 the talented Sue Smith, home manager of Cherry Wood Grange, has entertained us with a poem every month. So it felt only right to end the Year with her Latest Poem called **Cherrywood Christmas**

Let's start with a Christmas cheer!

With muled wine or a cherry wood beer! ❤️

BBC Essex turning on the lights!

Oh, just look at these festive sights!

Children and penguins having a treat!

Oh, my goodness it's just so sweet!

Christmas is coming that's for sure!

At cherry wood we will give you so much more!

Snow machines and backdrop too!

To capture memories to last all year through!

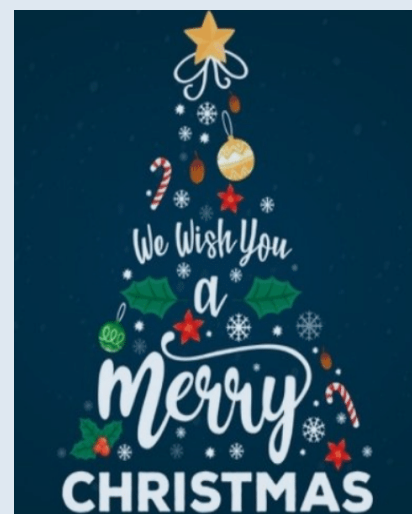
Rejoice together and let's say a prayer, for those past and present to show we care!

Happy Christmas wishes to everyone! we hope you have lots of fun!



Provider Quality Innovation

Festive wishes!



As this is our last newsletter of 2025, from all of us in the Prosper Team we would like to thank you for all your hard work over the year and we have enjoyed meeting you at our training and events.

We wish you a very Happy festive season and New Year and look forward to working with you all in 2026,

**Lesley, Imelda,
Karen, Theresa and
Jamie**