

Prosper

Issue Ninety Three December 2022



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 Emoji Quiz

The Prosper team thought we would give you a little Christmas Spirit, work out the Christmas song, from the emoji.

1:



2:



3:



4:



5:



6:



Answers in Jan 2023 Newsletter

Residents Riddle?

Well done to...

Madelayne Court

Who got the answer right to last month's riddle, which was:

A Reindeer

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

Madelayne Court

Who are undoubtedly our 'Riddle Masters' for 2020!!



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A Look back over Prosper 2022

As 2022 comes to a close we thought this would be a great opportunity to look back at how you have come up with lots of innovative ways to have fun and continue to keep PROSPER up and running in your homes.

January 2022 we saw a number of homes using the pedometers supplied as part of the NHS Deconditioning Winer Games. **Eastham** told us they held a charity virtual walk to raise money for Homeless Veterans UK, whilst **The Grange** decided to do a virtual walk to their favourite place Southend on Sea. Once completed they visited Southend in their minibus for fish and chips.



We also congratulated **Brenalwood**, **Popular House** and **Helen Court** on being awarded medals as part of the NHS Deconditioning Winter Games initiative.

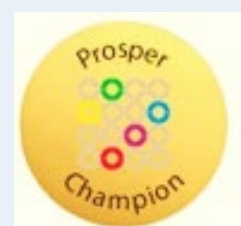
Also, in January, **Marmora** told us how residents sleep patterns had improved after being encouraged to select de-cafeinated drinks from afternoon onwards.

February 2022 we were very excited to announce the return of The Essex Care Sector Awards later in 2022 following a two-year absence.

Mundy House became the first Essex Care Home to win a Gold medal in the Deconditioning Games. Further medals were awarded to **Humfrey Lodge**, **Eastham**, **The Grange**, **Sweyne Court**, **Clifton Lodge**, **Beech House**, **Tall Trees** and **Popular House**.



March 2022 saw the continuation of face to face PROSPER Champions Study Days with an event taking place at Wat Tyler Centre in Pitsea.



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March 2022

Several homes shared how they promoted Nutrition and Hydration week. **Belmont Lodge** shared some lovely photos from a Hawaiian themed event they held. Whilst **Rosedale Court** used the event to revamp their hydration trolley.



Following a number of very successful 'Find Your Active' workshops promoting the importance of physical activity, **Lime Court** and **Rosedale Court** shared how they had been using the equipment, funded by Active Essex, to keep residents active in their care homes.



The Oral Healthcare Champion at **Edensor** told us how they had developed individual Oral Health Trays and personal care plans for all of their residents, to promote and ensure dignified oral health takes place at all times.



Cherry Wood Grange received recognition for their 'End of Life Care' by Farleigh Hospice, who formed a joint initiative with the home to promote their new 'Care Home Liaison' service.

Sweyne Court became the second Essex Care home to be awarded a Gold Medal in the 'Making a Difference' category for the Deconditioning Games.

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April 2022 saw homes around Essex tell us how they celebrated Easter. **Woodbury Court** shared how delighted residents had been to see ten chicks hatch at the home.



Cherrywood Grange carried out Easter Themed arts and crafts, and took Easter treats around the home for all the residents. Whilst at **Belmont Lodge** residents were busy making Chocolate 'Easter Nests' and creating Easter bonnets.



We also featured an article about positive culture and teamwork for care home staff. **Brenalwood** told us how their care and maintenance staff worked together to set up a 'Mobility Clinic' for checking mobility aids. And **Marmora** created fun and relaxing yoga sessions for all to enjoy.

May 2022 Woodbury

Court residents were very honoured to be invited to 'cut the ribbon' at the opening of a new Dunelm store near their care home.



Cherry Wood Grange

acknowledged their nursing staff by presenting them with a certificate to mark Nurses Day.



Howard Lodge told us how they had created a Namaste Room at their home following attendance at our Namaste care workshop earlier in the year.

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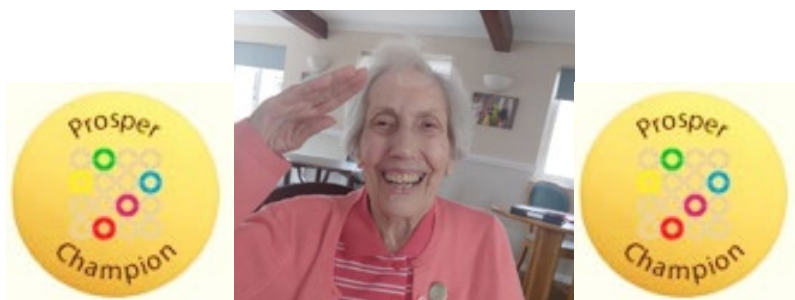


June 2022 saw our first face to face Community of Practice event for several years. It was great to see homes have the opportunity to engage with each other and the PROSPER Team.

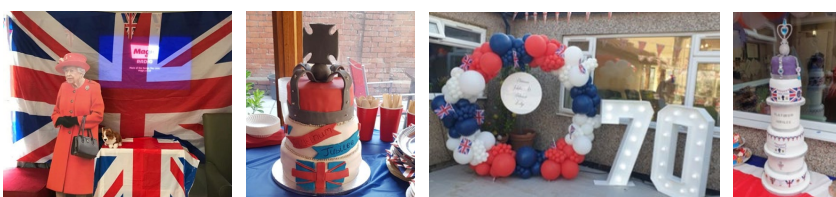
Also, in June we launched our **Gemstone Challenge**, a 'poster-based' activity initiative to encourage homes to sustain physical activities for their residents over a longer period. **'A bit of Fun for Everyone'**.



Blenheim Care home told us about their 'PROSPER resident Champion' Joan, who was working with the home's activity coordinator to increase hydration in the home.



Rosedale Court, Marmora, Silvana Court and **Woodbury Court** shared stories and pictures of their Queen's Platinum Jubilee celebrations.



July 2022 saw the much-anticipated Essex Care Sector Awards 2022 take place. The joint winners of the **'PROSPER Champion of Champions'** award were **Samantha Potter** from **The Lodge** in Maldon, and **Shammy Dube** from **Howard Lodge**. They were presented their trophies by host, Amanda Waring.



Additionally, we congratulated **Mundy House** for Highly Commended and **Dale Gould** and **Pepa Georgieva**, from Edensor with Commended

We featured **The Lodge's** fantastic hydration games and ideas for residents.

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August 2022 **Mundy House** told us about their Walking Club, which developed organically from a staff member taking one resident for a walk around the home each day for a bit of exercise. At the time of writing five residents were partaking.



Freda Gunton informed us they had 'recruited' two 'PROSPER resident Champions', both with their own unique roles in the home. One being responsible for watering the plants in the garden and around the home. The other resident being in charge of choosing and purchasing snacks and drinks for the weekends.

September 2022 we were all saddened with the passing of Queen Elizabeth II, and paid tribute in our newsletter to our longest serving monarch.

Edensor told us how they were making the most of the beautiful weather by using their newly acquired 'beach wheelchairs' to take residents down to the beach.



St Marks shared how they created an 'ice cream board' to encourage residents to choose their favourite, by cutting out pictures from actual ice cream boxes.



October 2022, we held the first three of the autumn series of PROSPER Champions Study Days.

Howard Lodge were awarded Prosper's Gold accreditation and given their window sticker in recognition of their full implementation of the PROSPER methodology.

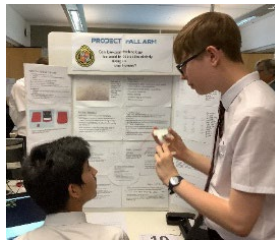
Freda Gunton Lodge updated us with their progress to completing their Gemstone Challenge.

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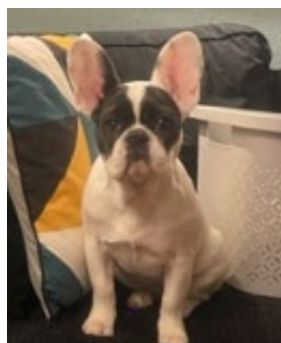
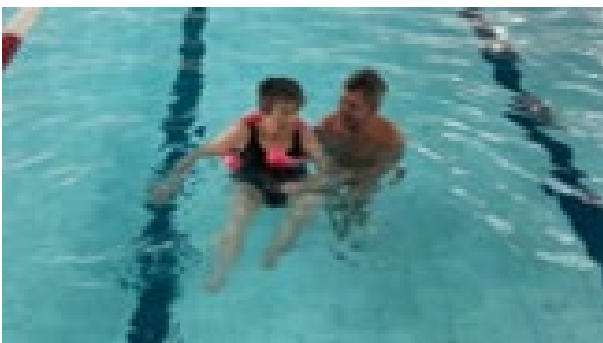


We shared an update with the progress of the students at King Edward Grammar School in Chelmsford; **KEG's Young Engineers Club**, working on the project 'Can Low-Cost Technology assist Social Care'. Our Prosper Support Office Rod Manning has been providing advice and guidance on Quality Improvement Methodology, the practicalities of care home life and residents frailty. We were delighted to learn three of the teams received national recognition for their work.



November 2022 was our Champions Day special where we gave a summary of the four sessions that took place at each event. There were 75 Prosper champions attend the days from 26 care homes.

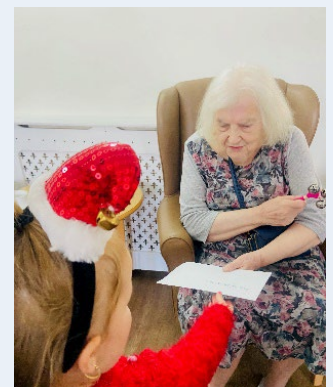
Winsford House shared two stories, one telling us about how they took one of their residents swimming, she has always been a keen swimmer. The other story was about the home manager who takes his dog into the home. Residents really enjoy making a fuss of the dog, and it seems to create a calm atmosphere in the home every time the dog visits.



December 2022 we received a lovely article from **Belmont Lodge** about their intergenerational day

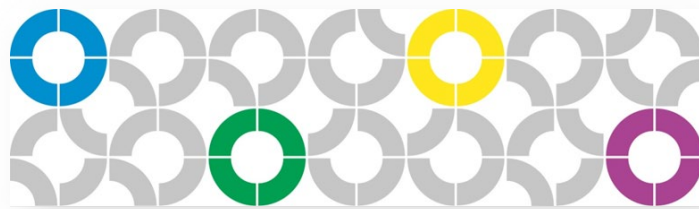


Activities co-ordinator Dawn told us "There's something special about having children in our home which makes our residents feel happy and gives them warmth. It boosts their confidence and feeling of self-worth! We all love children dancing in our intergenerational sessions. Residents can join in with singing Christmas carols and playing with the children, as well as other fun activities."



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Poetry Corner

I am sure you will agree with us just how much we have enjoyed a year of poems by the very talented Sue Smith Manager of Cherrywood Grange, and we felt it was only fitting to finish of this year's newsletter with another one of her poems.

Christmas message

By Sue Smith

It's the time of year for happiness and cheer!
But Christmas can also bring sadness and a tear!

Memories and laughter and festive fun!
But this isn't the case for everyone!

Remember those who are with us no more!
The pain hurts right to the core!

Heads bowed down as we pray to god above!
Heads held high as we send our love

Live on in them is my message to you!
Their souls live on and so must you!

So, wear your smile upon your face!
And rejoice in Christmas at your own pace!
Remember life is a journey, not a race!

Be kind in all that you do!
Not just at Christmas!
but the whole year through!

Merry Christmas, with all my love sent to you!

Festive wishes



As this is our last newsletter of 2022, from all of us in the Prosper Team we would like to thank you for all your hard work over the last 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 2023!

**Lesley, Rod, Imelda,
Sarah, Karen,**

**Echo, Natalie &
Jenny**