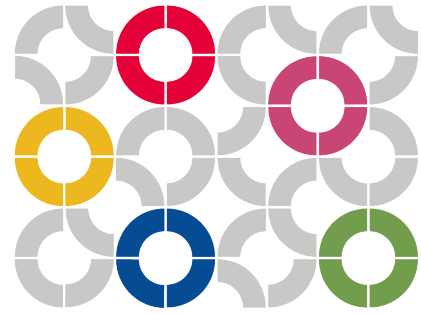


Prosper



Issue 106 January 2024

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 Songs - Missing Word Game.

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.

1: May your days be merry and **BRIGHT**, and may all your Christmases be white

2: I wish it could be Christmas **EVERYDAY**

3: He sees you when you're **SLEEPING**

4: Have yourself a merry little Christmas, let your **HEART** be light

5: Oh, the weather outside is frightful, but the **FIRE** is so delightful

6: Make my wish come true, all I want for Christmas is **YOU**

7: I'm dreaming of a **WHITE** Christmas

8: Rocking around the Christmas Tree, have a happy **HOLIDAY**

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...

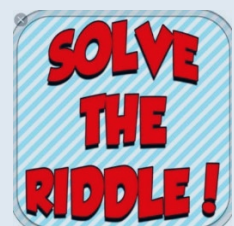
**I am easy to lift,
but hard to throw.
What am I?**

Answer in next month's newsletter.

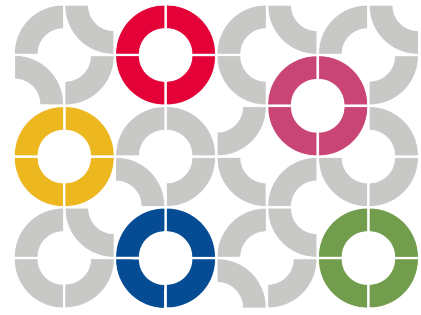
We are looking forward to seeing who will be crowned the

**Riddle Master
2024**

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



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Spring Champion Study Days 2024

We are holding our Spring Prosper Champion Study's in February and March 2024; these are half day sessions and will focus on Falls prevention. In West Essex we will also be joined by the ICB Dietician who will be giving information about the support available to care homes in the West Essex area.

To book places please email Prosper@essex.gov.uk with the session date and names attending.

Dates and venues:

West Essex - Harlow: Latton Bush Centre, Southern Way, Harlow, Essex, CM18 7BL

Date: Wednesday 7th February, 9.15am to 1pm

North East Essex - Clacton: Princes Theatre, Town Hall, Station Road, Clacton-on-Sea, CO15 1SE

Date: Tuesday 13th February 2024, 9.15am to 1:00pm

North East Essex - Clacton: Princes Theatre, Town Hall, Station Road, Clacton-on-Sea, CO15 1SE

Date Wednesday 14th February, 1:00pm to 4:30pm

North East Essex – Colchester: Colchester Football Stadium, United Way, Colchester, CO4 5UP

Date Thursday 29th February, 9.15am to 1:00pm

Mid Essex – Chelmsford: Hyland's House, London Rd, Writtle, Chelmsford CM2 8WQ

Date Thursday 7th March, 9.15am to 1:00pm

South Essex – Basildon: Wat Tyler Centre, Pitsea, Basildon, SS16 4UH

Date Thursday 14th March, 9.15am to 1:00pm

Even though they are half day sessions we will be providing refreshments including cakes and pastries!

Prosper Accreditation

The Prosper window stickers are 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 **Freda Gunton Lodge and Belmont Lodge** (below) on achieving their Bronze Level.

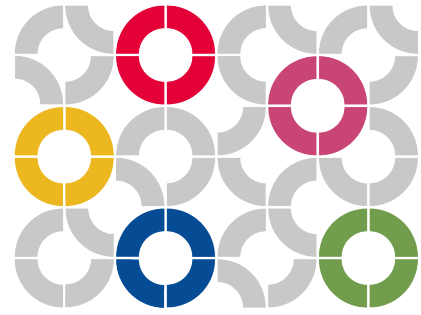


If your home is interested in applying for a level award or want to find out more about the criteria and gain access to the application form, please visit:

[Prosper Accreditation](#)



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Prosper Community of Practice

Celebrating 10 Years!



Did you know... In February Prosper is turning 10! What a better way to look back, than holding a celebratory Community of Practice for everyone to get involved in helping us celebrate this amazing achievement, without your support and work through these years we wouldn't of been able to get to this special milestone.

Date: Thursday 18th April 2024, at Colchester Football Stadium, United Way, CO4 5UP. **Time:** 9.30am to 2pm

The event will be a celebration of Prosper, looking back over the last 10 years of all the ideas and improvements care homes have implemented, demonstrating the versatility of our resources. There will be guest speakers sharing their experience of prosper and a few new ideas. To end we have organised a hot lunch, tea and cakes for all to enjoy!

To book your spaces please email Prosper@essex.gov.uk

Essex Care Sector Awards

The Essex Care Sector Awards are back for 2024 and there is a special category this year celebrating Prosper and its 10-year anniversary with a **Prosper Home of the Year** award! This year's award ceremony will take place at the Chelmsford City Racecourse on the 4th December 2024 with a evening event.

More information including the criteria and how to nominate will be announced soon!

Provider Quality Innovation

New Pressure Ulcers Guidance

Gov.uk published new guidance on 16th January 2024 on Pressure Ulcers, How to safeguard Adults.

The Guidance is about how to respond to individuals at risk of developing pressure ulcers, prevent harm where they occur and when to raise a safeguarding concern.

Access the new guidance by clicking on the below link:

[Pressure ulcers: how to safeguard adults - GOV.UK](https://www.gov.uk/guidance/pressure-ulcers-how-to-safeguard-adults)
(www.gov.uk)



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The Wellbeing Walk of Essex!

13th – 17th May 2024

Help us travel across Essex with the Care homes Wellbeing Walk of Essex. Linking Care homes in relay, to walk, run, ride the distance of the Essex Coastline which is 350 miles and meet new people whilst promoting mental, physical, and social wellbeing.



Did you know?

Essex has one of the longest coastlines of any county in England! It is further than London is to Paris!

Get Ready to Walk and have some fun!

If your home would like to take part, please email
Prosper@essex.gov.uk By 19th February 2024

Prosper Skills Network Sessions

We have several different Skills Network Sessions we can either deliver face to face or virtually for your home.

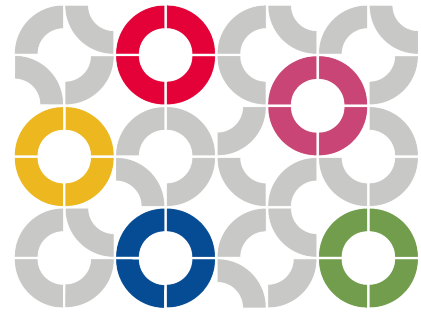
These bitesize sessions focus on different subject matters the Prosper Project covers, to help build skills and knowledge and give subject matter champions in homes ideas and tools to help aid them.

The sessions we have on offer are:

- Falls
- Nutrition and Hydration
- Pressure Ulcers
- UTI's
- Oral Healthcare



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Issue 106 January 2024

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.

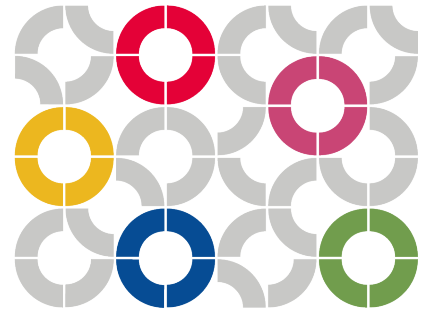
This involves taking the surveys offline for a short time and working through a routine of 'deleting and adding' pages and questions. This routine is incredibly repetitive, and it can be easy no occasions to miss a stage in error.

Consequently, once again we are asking you to be 'our eyes' with these surveys over the coming year, 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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Poetry Corner

Please find below Sue Smith, Manager at Cherry Wood Grange, latest poem.

Christmas all packed up

The Christmas season is over the presents all UNWRAPPED,
decorations taken down tidied up and PACKED!

Parents have gone back to work while children back to SCHOOL,
excitement as they do their 'show and tell' in the assembly HALL!

The weather has got colder with Jack Frost nipping at your FEET, we
begin to see the daffodils bloom, it's such a lovely TREAT!

Robin Red Breast is in the garden chirping his sweet TUNE,
A sure sign for us that spring is coming SOON!

Days are getting longer now the nights are not so DARK,
Giving family's extra time to play and for longer walks in the PARK!

Winter turning into Spring we can feel it in the AIR,
Smiling faces and happiness I can see it EVERYWHERE!

So embrace the new seasons as your year UNFOLDS
and look forward to new stories waiting to be TOLD!

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