

Prosper



Issue 136 August 2026

Welcome to August'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.

Prosper Community of Practice

Our Prosper Community of Practice is making a comeback! After a couple of years break. The Community of Practice is a great way of getting homes on the project to come together and share how their Prosper Journey is going. No matter if you are a long-standing home on the project or just starting out this is a great way to learn and share with others and find out about any key updates about Prosper or the wider Quality innovation Team.

The Event will be taking place on:

Date: Tuesday 20th October 2026

Venue: Hamptons Sport & Leisure, Chelmsford, CM2 9FH

The agenda for the event is still be finalised but will have the following sessions taking place:

- **Our Prosper Journey – Guest Speakers from homes on the project**
- **Update on guidance around Sexual Safety**
- **Methodology Round Robin**

Invites will be sent out within the coming weeks, if you would like to attend the event you can book spaces by emailing

Prosper@essex.gov.uk



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:

Lighthouse

Well done to all at **Longmead Court and Stambridge Meadows** who answered the riddle correctly.

This month's riddle is...

**People rake me up,
toss me in a pile,
then jump right in
with a happy smile.
What am I?**



Answer in next month's newsletter

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Falls Prevention Week

21st to 25th September 2026

Falls is one of the main focuses of PROSPER and we are promoting Falls prevention week to give you some ideas to trial in your homes.

Here are a few of the ideas Prosper homes have found to help reduce the number of falls in their home. Not all will work with every resident but worth considering as a PDSA cycle. Tried something else? Let us know by emailing Prosper@essex.gov.uk

- Introducing a Falls checklist – In some cases, by going through the checklist it has highlighted the need for onward referrals (Parkinson's, Physio, OT).
- Remember Footwear, Ferrules and Frames – does footwear fit properly, are Ferrules worn and need replacing, are the right frames being used, are they at the right height. See the 3F's poster.
- Good Slipper Guides can help relatives to buy the most suitable footwear for their loved ones.
- Measure Resident's Feet – one home had someone come in and measure all the resident's feet and found they were all wearing a different size to what they should be.
- Pimp My Zimmer – decorate those walking frames, helps identify who they belong to and encourages residents to use them.
- Light My Night – Smart lightbulbs, light the way to the toilet at night times with sensor lightbulbs or fluorescent tape around light switches.
- Lazer Sensor Beams/ In bed/chair sensor mats work well for those residents who get up in the night and fall or step over floor sensor mats

Hearing Checks- when were your resident's ears last syringed, a build up of wax could cause balance issues.

Eye Checks – are their glasses still suitable, have they just had a new pair and having trouble adjusting to the new prescription? Are the glasses theirs?

Medication Review – when was the last review? Is medication making them more prone to falls? Ask the GP for a review.

Hydration – dehydration can cause light headiness and make someone dizzy. Find different ways to increase Hydration – Hydration games, Hydration stations, signs saying drinks are free!

Caffeine – research has shown switching to Decaffeinated drinks can reduce falls, improve sleep, reduce anxiety, and have a positive effect on mood.

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Psychological and Emotional Impact of Falls.

This month we would like you all to think about the psychological and emotional impact falls can have on residents. This can include:

- Fear of falling
- Anxiety
- Withdrawal
- Lack of confidence

These can result in further physical decline, depression, social isolation, and feelings of helplessness. All of which can severely impact someone's emotional wellbeing. If someone has recently experienced a fall, consider their emotional wellbeing for a while after and try and increase their confidence where you can.

Tips to help someone with anxiety following a fall.

The NHS website [Falls - NHS \(www.nhs.uk\)](https://www.nhs.uk) has some useful advice on overcoming anxiety following a fall. These tips can easily be adapted to supporting someone in a residential setting.

- Identify why you're falling and take action to reduce risk.
- Decide on a plan for getting help if you should fall.
- Talk to someone about your fears and anxiety.
- Set small achievable goals to help you feel more confident again.
- Keep active! Strengthen those leg and ankle muscles
- Practice relaxation techniques

Talking and listening to someone's concerns about falling and their feelings can go a long way to helping them feel safe and confident mobilising.

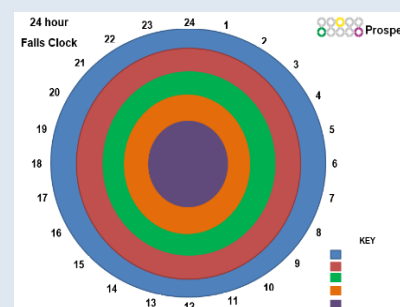
Prosper Toolkit

There are many tools in the Prosper Toolkit that can help support someone following a fall and preventing further falls. These include:

- Environment Checklist
- 24 Hour Falls Clock
- Fall checklist
- PDSA forms
- Tumbles leaflet
- Posters including 3fs and good slipper guide

The toolkit can be downloaded on the provider hub.

www.essexproviderhub.org



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Falls Prevention – Muscle Deterioration

Prolonged sitting and periods of inactivity can result in a 3% loss of muscle mass per day, whilst three weeks of bed rest can result in reduced strength equivalent to 30 years of aging. Because of the increased inactivity and subsequent reduction in muscle strength and balance during the initial lockdown period in 2020, Public Health England has predicted that 110,000 more older adults will have at least one fall per year.

It is known that muscle and bone mass ordinarily peak around the age of 30, and then decreases between 3% and 8% per decade, so to attempt to keep that deterioration nearer 3% than 8% it is vital that your residents, often frail and already at a higher risk of falling, are encouraged to participate in some form of physical activity for muscle and bone strength.

We know lots of you have group activity sessions, which are great. But it is equally important to also encourage those that do not ordinarily attend group activity sessions to exercise.

A resource produced by the Royal College of Occupational Therapists which you may find useful can be accessed via this link

www.pkc.gov.uk/media/42488/Living-Well-Through-Activity-in-Care-Homes/pdf/Unit2-Care-home-staff-resources.

Often ideas for activities can evolve from small beginnings. You may remember an article where we told you about the 'Walking Club' at Mundy House. This initiative had grown from a staff member encouraging a resident who was reluctant to leave her room, to join them in a walk around the home. Over the following weeks other residents asked if they could join in too, and this organically evolved into a group of residents regularly walking around the home together which is still ongoing today.

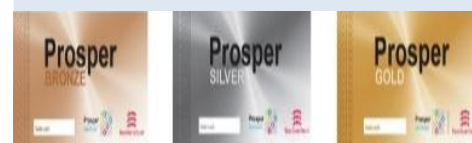
Prosper Accreditation

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
**Brewster House and
Humfrey Lodge**
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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Methodology Corner

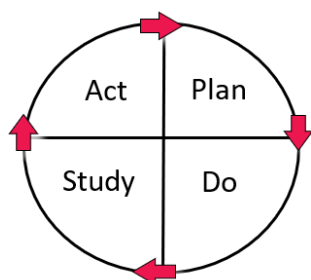
Plan Do Study Act

In the last few newsletters, we have been discussing **Driver Diagrams**; how to create them, and how to use them in your quality improvement work. All completed **Driver Diagrams** should be saved for future reference and should remain 'live' documents that can be added to at any time.

Today we are going to start discussing how you can take one of the **Secondary Drivers** from your **Driver Diagram** and test a small change of process within that **Secondary Driver** using a **Plan, Do, Study, Act (PDSA)** cycle.

A **PDSA** cycle is a structured method of testing out a small change in any process to see if it leads to an improvement. Remember that your **Driver Diagram** and subsequent **PDSA** cycles will all be linked to the original **SMART Aim** that has been set for your home.

We are probably all going through a **PDSA** process without realising in our everyday lives whenever we try something new. However consciously using the process will give any ideas for improvement you have a more structured implementation, giving you more chance of seeing whether it is making a difference, so consequently worth pursuing, or whether slight 'tweaks' may be required. Or, in fact, whether it is not really improving things at all, and should be ceased. Whichever of these outcome occurs, it is really useful information.



Top Tips for Conducting a Plan Do Study Act Cycle

Keep the change small initially - you may want to implement the change in just a small part of the **home** to start with and then roll it out if it is successful.

Spend time thoroughly planning your intervention - it would be easy in the initial enthusiasm to want to rush straight in and change things, but it is best to take time to plan. Make sure everyone knows exactly what is expected of them.

Learn from the process – if any task is not completed as planned, investigate what the barriers were that stopped it happening.

An unsuccessful **PDSA** cycle is not a failure; there is still lots to learn from it. Plus, you are eliminating things that do not work.

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Poetry Corner

Once again, our regular contributor Sue Smith, Manager at Cherry Wood Grange, has sent us a poem to end this month's newsletter. Once a month Sue holds a captain's table and invite new residents or offer residents that would like to have a lunch time meal with her. They chat and discuss meals and memories and have quality time together.

The Captain's Table

Come, pull up a chair, there's a place just for YOU, where friendships are made and laughter shines THROUGH.

New faces arrive with stories to SHARE, new & old friends are welcome with kindness and CARE.

Around the table we gather as ONE, Sharing good food, banter & plenty of FUN.

Three lovely courses, prepared with such PRIDE, served by our wonderful chef Tom who smiles by our SIDE.

A glass raised in friendship, be it wine with a CHEER, or a soft drink, holding conversations that are meaningful & memories so DEAR .

Favourite meals are discovered with DELIGHT, making each visit to the captain's table feel warm, appetising, and RIGHT.

We learn about families, adventures, dreams, and GOALS, the wonderful moments we treasure and HOLD.

Every memory shared is a treasure to KEEP, the connections at the captain's table are heartfelt and DEEP.

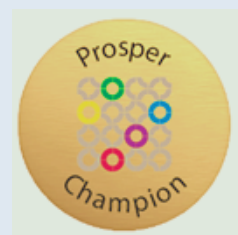
At Cherry Wood every resident's voice has a PLACE, every smile is welcomed, every story EMBRACED.

For the Captain's Table is so much more than a MEAL It's friendship, belonging, and helping hearts HEAL. So, here's to the memories we're yet to CREATE, Sue our home manager just wants you to feel happy when you dine & your meal times to be GREAT.

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