Essex County Council
Adult Social Care

Making the difference every day

Prosper

Issue 138 October 2026

Welcome to October'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.

Prosper Community of Practice

October saw the return of our community of practice. The event took place on the 20th October at the Hamptons in Chelmsford and welcomed a mixture of staff, home managers, deputies and seniors from 13 different Care/Nursing homes around Essex.

We started the event with presentations from 5 guest speakers from different homes talking about their prosper journey, including several initiatives they have implemented which has made a real difference within their homes. This was a great opportunity for everyone to see how Prosper can be utilised in care homes and how there is no right or wrong way to implement Prosper as shown by the people who spoke at the event. A session was held on the different methodology tools used as part of prosper, and it gave an opportunity to discuss if these were used by the homes, what difficulties they may face when trying to use the tools, as well as looking at some examples. This generated discussions with people sharing their experiences and the Prosper team further explained the tools and how they can be used. At the end of the morning we gave a couple of updates on electronic recording and new safeguarding and sexual abuse guidance.



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:
A Bat

Well done to all at who answered the riddle correctly.

This month's riddle is…

I sit in the dark and wait for a spark, then scream to the sky and leave my bright mark. What am I?

Answer in next month's newsletter



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Recruiting John as a Resident Prosper Champion

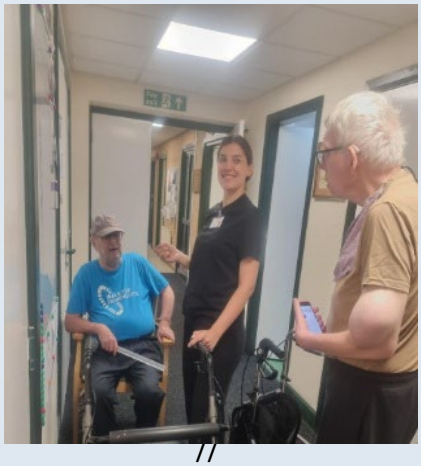
Freda Gunton Lodges Prosper Champion, Aliona Cernenko, wanted to involve residents more actively in Prosper, so they recruited John as one of the Resident Prosper Champions. There was an important reason behind this, as they wanted John to feel involved, to have something meaningful to do and to feel that he could still make contributions, rather than just being someone they provide care for, they wanted him to feel that his experience, ideas and opinions were valuable.

John has difficulties with his mobility and has experienced falls himself. Aliona felt that his own experience could help her and the team understand falls from a resident's point of view. She spoke with John and wrote down his thoughts about how he felt when moving around, the difficulties he experiences, why he thinks he falls and what he believes might help prevent falls. This was important because, as staff, they can look at risks and care plans, but do not always fully understand how a resident feels or what they experience in everyday life. By listening to John, they can learn more about the challenges he faces and consider improvements that might genuinely help him.

Since becoming involved, John has taken a real interest in Prosper. He reads the Prosper newspapers, highlights useful tips and researches information that the prosper leads can share on their Prosper boards. He is actively involved in learning and sharing ideas with others. John said, “This keeps me going.” This is what Aliona believes Prosper is also about. It is not just about reducing falls, pressure ulcers, UTIs or improving figures, it is about giving residents a voice, helping them feel valued and creating opportunities for them to remain involved in their home and their own wellbeing. John's example shows that residents can be our partners in improvement. They can help us understand problems, share ideas and contribute through their own experiences.

Resident Prosper Champion

John





More information about Prosper Champions can be found in the Prosper Toolkit on the Essex Provider Hub

www.essexproviderhub.org/quality/quality-innovation-team/prosper/prosper-toolkits/

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Falls Prevention week at Cherrywood Grange

At Cherry Wood Grange, the safety, wellbeing and independence of their residents is always at the heart of everything They do. From 21st to 25th September, they proudly promoted **Falls Prevention Week**, bringing their team together to refresh their knowledge, share best practice and explore ways to reduce the risk of falls throughout the home.

Throughout the week, they revisited staff training and guidance, reviewed care plans and risk assessments, and focused on the equipment, resources and everyday practices that can make a real difference in keeping their residents safe while supporting their independence, dignity and confidence.

One of their key initiatives was their dedicated **Falls Prevention Awareness Trolley**, which was shared across the home, giving staff easy access to a range of practical resources and equipment to support individual residents according to their needs. These included sensor lighting for toilets, non-slip slippers and socks, protective equipment, walking sticks, mobility aids, information booklets, leaflets and helpful guidance on reducing the risk of falls.

They also made use of the valuable support, resources and tools available through Prosper to strengthen their knowledge and encourage a proactive approach to falls prevention.

At Cherry Wood Grange, they recognise that falls prevention is not just about equipment and assessments; it is about empowering the team to be observant, responsive and confident in identifying potential risks, while ensuring the residents can continue to enjoy their daily lives with as much independence as possible.

Falls Prevention Week was a wonderful opportunity to reinforce the homes shared commitment to safer care, continuous learning and resident-centred practice.

At Cherry Wood Grange, every step counts!





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Mundy House Walking Club





What began with a single step in 2022 has grown into a journey filled with friendship, laughter, achievement and countless memorable moments for the residents of Mundy House. Back in 2022, Mundy House introduced its very own Walking Club, with a simple but important goal: to encourage our residents to get outdoors, enjoy some fresh air, stay active and experience the many positive benefits that come from walking together. Little did we know just how much of an impact those first few walks would have. Since then, our residents have walked many miles, explored the local area and created memories that will last far beyond the walks themselves. But the true success of the Walking Club cannot simply be measured in miles or steps. Its greatest achievement can be seen in the smiles, increased confidence, friendships and sense of accomplishment it has brought to our residents.

For many of our residents, the Walking Club has provided an opportunity to achieve something that they can genuinely feel proud of. Whether it has been completing a longer route, walking further than they did previously, joining the group for the first time or simply making the decision to get outside and take part, every achievement has been celebrated. Every step has mattered.

The benefits have been felt not only physically, but emotionally and socially too. Our walks have given residents something to look forward to and a reason to get out and about. They have encouraged people to try something new, challenge themselves and discover that they are capable of more than they may have initially thought.

Perhaps the most rewarding part of the journey has been watching those small victories become big moments of pride. A short walk can be a huge achievement.

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Strawberry Unit; 1 million Steps Challenge

Alexandra House in Harlow have shared how one of their units at the home haven taken on a big challenge for an amazing cause.

Throughout October, they are raising funds for **Alzheimer's Society** through a month-long challenge involving their residents and staff. When they emailed Prosper the home had already completed **500,000 steps** and enjoyed their first community walk to Harlow Town Centre, with several more walks planned throughout the rest of the month.

Shubham Khimavat Care Team Leader stated **"**This initiative is very meaningful to our team, as walking is part of everyday life for many residents on our dementia unit. We wanted to turn this into a positive opportunity to promote wellbeing, community inclusion and dementia awareness while raising funds for a worthwhile cause.

For us, every step is about promoting wellbeing, creating meaningful moments and supporting people affected by dementia. We are very proud of our residents and the Strawberry Unit team for making every step count!"



The Benefits of Walking

Physical Health Benefits

Heart and Circulation: Lowers blood pressure, reduces the risk of stroke and heart disease.

Bone and Joint Strength: Acts as a weight-bearing exercise to slow osteoporosis, ease arthritis pain, and maintain joint flexibility.

Mental and Cognitive Benefits

Brain Health: Supports better memory, sharpens decision-making, and lowers the long-term risk of cognitive decline and dementia.

Mood Enhancement: Triggers natural feel-good brain chemicals that ease symptoms of anxiety, stress, and depression.

Better Sleep: Helps regulate sleep cycles for deeper, more restful nights

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Methodology Corner

Plan Do Study Act

In the past two months we have been discussing **P**lan, **D**o, **S**tudy. **A**ct (**PDSA**) cycles. This month we are going to explain why **PROSPER** believes it is beneficial to use these for any changes you make for improvement.

We all subconsciously conduct **PDSA** cycles in our everyday lives, whenever we try something new, like travelling to a new location, or cooking a new recipe. We just do not think of it in terms of a **PDSA** cycle on those occasions.

However, what using a **PDSA** cycle model does is put structure into anything you try out as a change. So rather than just commencing the change, it makes you go through a thorough planning stage. This will mean all those involved will know what is expected of them during the cycle, so consequently it is more likely to happen, and be successful.

During the '**D**o and **S**tudy' phases you will be recording how things are going. What is working well, and what is not. Are there any barriers that have prevented some aspects from taking place? All this information is invaluable when you reach the '**A**ct' phase.

The '**A**ct' phase forces you to review the changes you have made. Far too often a change drifts along not achieving anything, or just 'fizzles out' and things return to how they were before. However, by using the information gathered at the '**D**o and **S**tudy' phases you can decide if your change is an improvement, which could be rolled out further. Or does it need a slight amendment to make it successful, in which case a new **PDSA** cycle will need to be conducted. Or in some cases your change may not be producing the improvement you had hoped for, in which case it needs to be shelved, and you can go 'back to the drawing board' and try a different idea.

PROSPER Philosophy

Considering the article on the left, we believe this does a good job of summing up **PROSPER'S** philosophy, in that it is trying to encourage homes to conduct their quality improvement work in a structured manner.

We want **PROSPER** to be something that everyone at the home can feel involved with, not just something that sits in the 'manager's office'.

Consequently, all our tools and resources are developed to be visual and easy to understand. Our **Runtime Dashboards** are deliberately simplistic, so it is easy to see patterns and trends developing and understand why a home may be focussing on improving a certain area. **Safety Crosses** and **24Hours Falls Clocks** are visual tools that can give an instant view of the current situation without having to do a lot of investigation.

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Poetry Corner

Once again, our regular contributor Sue Smith, Manager at Cherry Wood Grange, shared this lovely poem at the Community of Practice event and we felt this would be a great edition to this month's newsletter.

What Prosper means to me!

Prosper is more than just a name,
It's a promise, a purpose, a shared aim.
To support, to guide, to help people grow,
And give them the confidence to let their talents show!

For ten years, I've seen the difference it makes,
In the people we nurture and the journeys we take.
From the homes I once led to Cherrywood today,
Prosper has been part of my journey along the way!

At Cherrywood Grange we're a family at heart,
Where kindness and compassion are where we start.
With a team that feels valued, encouraged and strong,
We create a place where everyone belongs!

Because when we invest in our people with care,
We build stronger teams and show how much we share.
And when our team thrives, our residents shine,
That's the true meaning of care and why this work is mine!

So, Prosper means people, purpose and pride,
Knowing we're stronger when we stand side by side!

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