



Welcome to June's Jubilee 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.

Essex Care Sector Awards 2022



The Judging for the Essex Care Sector Awards has now concluded and all those who have been shortlisted for an award have been notified.

Those shortlisted have been invited to attend afternoon tea, with bubbles at:

Cressing Temple Barns, on the **8th July 2022**

Where the winners will be announced by the amazing Amanda Waring!

Keep your eyes peeled for next month's edition, where we will announce who was the winner for the Prosper Champion of Champions Award.

Lastly, I am sure you will join in with wishing Good Luck to all those up for an award!



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 the **Queen**.

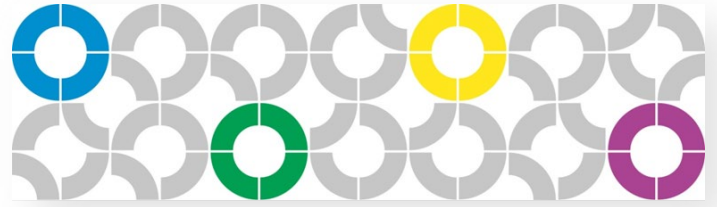
Well done to all those who entered.

This month's riddle is...

I bring music wherever I go. I keep things very cold. I have wheels. People give my driver money and he gives them treats. What am I?

Answer in next month's newsletter, with of course a new riddle for your residents to solve



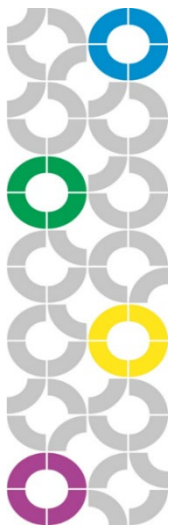


Prosper Community of Practice



In June we welcomed homes from across the county for another PROSPER community of practice. A chance for homes to get together and engage with each other and the PROSPER team.

The event, held in Chelmsford, involved round table discussions about what PROSPER means to the homes, sharing of ideas and practice. Caroline Robinson, Senior OT with the Innovation team gave an update on OT Bitesize Sessions that are available and Manual Handling Protocol. Andrew Graham, Commissioning Manager, gave an update on the success of the Prevention & Enablement Model (PEM) project, with Marmora Care home sharing their experience of PEM and the difference it has made in their home.



The PROSPER Team introduced the new idea of Resident Prosper Champions and discussed the introduction of the Gemstone challenge a new challenge for Residential care homes as part of our Find Your Active Programme of work. As well as giving an update on training sessions coming up throughout the year as part of the wider Quality Innovation programme of work.

Thank you for all those who came to the event and shared ideas and inspired others, it was lovely to see you all again in a face-to-face setting.

If you would like to know more information about how to get involved in PROSPER, PEM or to receive your Gemstone Challenge activity pack, including poster chart and stickers, please email prosper@essex.gov.uk

GEM Stone Challenge for Residential Care Homes

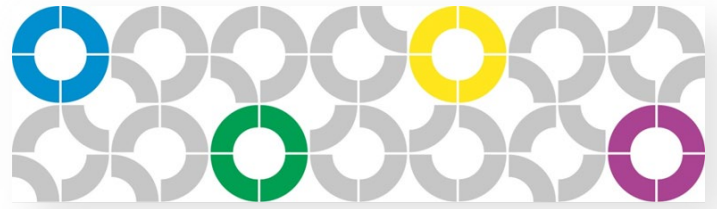


The Gem Stone challenge helps to prevent deconditioning, which is the loss of physical, psychological, and functional ability, whilst having some fun at the same time.

It is something the whole Service can get involved in. with the tag line **“A bit of fun for everyone!”**

Each Gem Stone represents a series of activities you will work your way to collect. The more Gemstones you have will enable you to reach the most coveted of Diamonds – the Blue Diamond!





PROSPER Resident Champions

We are pleased to welcome 98-year-old Joan from Blenheim Care home as our first resident PROSPER champion. Joan has been working alongside Ruth the homes activity co-ordinator and PROSPER champion to create a smart aim and driver diagram to increase hydration throughout the home. Joan's insight has been invaluable at helping the home introduce practical hydration ideas and testing out small interventions. Joan has embraced the role and is currently in the process of asking some of her friends to also become champions.



The PROSPER project encourages people from across the home in all roles to get involved and help inspire change. Staff, residents, and relatives are all welcome to become a PROSPER champion, the more the merrier. Please speak to your PROSPER

support officer if you would like support with champion roles in your home, and don't forget we even have some premade champion profiles on the different area's PROSPER covers.

If any of your residents would like to become PROSPER champions, we would love to hear from you, and we can make sure they are given their very own Prosper champions badge that they can wear with pride!

PROSPER Resident Champion Role

The role of the Prosper resident's champion could include:

Taking part in new ideas

Offer advice to the homes PROSPER champion/s and help think of ideas to reach their SMART aim.

Join in regular Champion meetings with the homes PROSPER support officer.

Help get other residents on board with new initiatives.

Have fun and make a difference.

Did you Know?

The Queen quite likes fish for breakfast and has been partial to kippers since the war years.

Kippers are low in calories, high in protein and packed with omega 3 fatty acids, which are important for good health. They are also a rich source of Vitamin D



Jubilee Fun Around the County

We are sure everyone enjoyed the celebration during the Platinum Jubilee weekend, and judging by the photos we have been sent, our care homes were no exception.



Thanks to Rosedale Court for telling us about their activity to create 'Art of Decoupage', which despite some early doubts, I think you will agree created some lovely displays.

And Marmora, Silvana Court and Woodbury Court who provided photos of their Jubilee parties, which all looked great fun.

Generations Share Memories of The Queen

Two care homes in Essex told us about a special link with local schools. **Woodbury Court** linked with **James Hornsby School**, and **Silvana Court** with **Abacus Primary School**. With the help of the Way Back Project and their Cardboard Virtual Reality headsets, Residents and Children were taken on a 'journey' back to The Queen's coronation, including street parties of the time and the 1966 World Cup.



The residents had a wonderful time reminiscing with the children and chatting about the "Olden days" and childhood memories. Both homes wanted to thank the schools for allowing these events to take place.



A Wish Come True

It has always been Cherry Wood Grange’s resident Margaret’s wish to go back and visit her childhood home in Barnet where she lived from a small baby until she left at the age of 21, when she got married and moved to her own home. She often told staff at Cherry Wood Grange that she had wonderful childhood memories at that home, and she said her only wish was to see the house for one last time.

Consequently, on 13th June Management and staff at Cherry Wood Grange made that wish come true. Margaret requested that her friend Kathy joined her.

Bex and Carl from the home took Margaret to her childhood house. she was so happy and said it was the best day ever! The gentleman that lives in the house now even come out to talk to Margaret and allowed them to take photos.



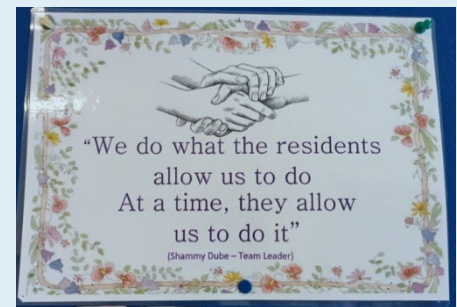
Margaret and Kathy were then taken for a lovely lunch of their choice and reflected and chatted about all Margaret’s lovely memories as a child.

Home manager, Sue Smith, said “We make wishes come true at Cherry Wood and we are thrilled we helped make this lovely lady Margaret’s day with a wish come true”

How we Care

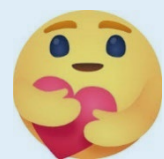
At a recent Hamlet Lead’s meeting at Howard Lodge, discussions were held of how care is given at the home.

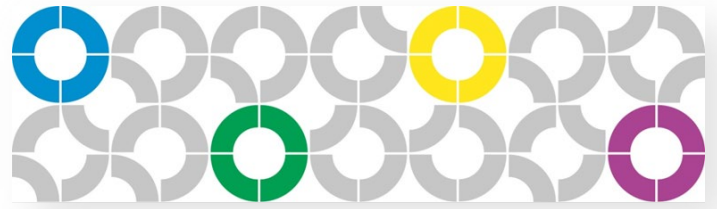
After much discussion Bluebell Hamlet Lead, Shammy Dube, came up with the following statement:



Everyone at the meeting agreed that this statement best sums up what the home is trying to achieve.

Consequently, the statement has now been made into a poster that is proudly displayed at the home as a reminder to all staff that their main task is to accommodate and fit in with their residents wishes, and not the other way round.





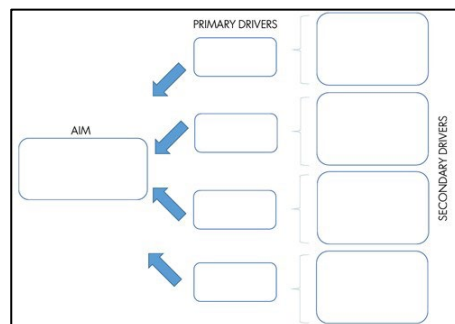
Manning’s Methodology Corner Driver Diagrams

Last month I spoke about creating **Driver Diagrams**, and how they can help highlight areas where ideas for improvement could be tried as a means of trying to achieve the home’s **SMART** Aim.

Since I wrote that article, I have had the opportunity to create **Driver Diagrams** with staff groups at two care homes. One had set a **SMART** Aim on preventing falls, the other UTIs. I was struck by the amount of conversation this process instigated, and the high number of ideas that were suggested.

Following these experiences, I want to offer some ‘Top Tips’ to follow when creating a **Driver Diagram**:

- Start with a ‘blank Canvas’ and do not be restricted by the size of paper you are using. Some **Driver Diagrams** may only have one or two ‘**Primary Drivers**’, but others will have lots.
- Complete this process with a diverse group of people, not just care staff. Domestic and maintenance staff will look at issues from a different perspective, and residents can provide invaluable insight.
- There are no right or wrong answers when creating a **Driver Diagram**. No suggestion should be dismissed out of hand.
- Include everything that needs to be in place to give you the best chance of achieving your **SMART** Aim. Not just the things you think need to be improved



Understanding Driver Diagrams

Once you have your completed **Driver Diagram**, you need to look at the list of ‘**Secondary Drivers**’ you have created for ideas of things to try and improve.

There will be lots of items on the list which you believe are working well at your home already, but there will always be some items that you believe can be improved.

For example, you may feel that availability of drink at your home is good, however highlighting to all staff the people at most risk of dehydration, so require prompting to take a drink, could be improved. You could then come up with an idea for improving this, which could then be tested using a **Plan, Do, Study, Act (PDSA)** Cycle.

You do not need to ‘overstretch’, it is best to just pick one or two ideas to test out at one time, and then tweak or change them as your **PDSA** cycle progresses



Celebrating Queen Elizabeth's Platinum Jubilee

'Poem by Sue Smith,
Manager Cherry Wood Grange

Your Majesty Queen Elizabeth born April 1926'
Such an amazing Queen with so many problems you have
FIXED!

You have Reigned for 70 years and been a true SUCCESS!
everyone agrees you really are the BEST!

You became Queen aged 25 & from that day forth you've taken
everything in your STRIDE!

When your Father King George passed away, the throne was
handed to YOU, you didn't bat an eyelid you knew exactly what
you had to DO!

You will go down in history as the most precious hard-working
QUEEN, always on duty without a fuss or a SCENE!

Your love for horses and corgis, your hobbies, I'm sure there's
MORE! your family & grandchildren you Deeply ADORE!

You lost your dear husband who always stood by your SIDE, it's
inevitable he's looking down on you now full of joy & PRIDE!

So as we celebrate your platinum JUBILEE, everyone would like
to wish you peace and HARMONY!

As you wear your crown with dignity there's nothing more to
SAY, than when you hand it over your legacy will live on DAY
after DAY!

NEW CARE PROVIDER HUB

Essex County Council has recently launched their new Essex Provider Hub, which will be replacing the care provider hub on the Living Well Essex Website. You can find all our Prosper information and toolkit along with events and newsletters on the new hub.

To Access the new hub
Please visit the link

[Provider Hub | Provider Hub | Essex \(essexproviderhub.org\)](https://www.essexproviderhub.org)

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?

Email:

Prosper@essex.gov.uk

Don't forget to wear your badge with pride

