



**Welcome** to the September 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 Window Stickers

The Prosper window stickers are a mark of achievement and demonstrates a home's level of commitment to promoting the safer provision of care for every resident. There are 4 levels which can be awarded, each level has a set of criteria which will need to be evidenced before a home is awarded that level. Each home will soon receive their level 1 white stickers, via their Prosper support officer.

Congratulations to:

**Silvanna Court** and **Marmora** who have both recently achieved their Bronze level window sticker award.



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: <https://www.livingwellessex.org/quality/quality-innovation/prosper/prosper-window-stickers/>



## Residents Riddle?

Each month we will provide a riddle for residents to solve. Please email their answers to [prosper@essex.gov.uk](mailto:prosper@essex.gov.uk)

Answer to last month's riddle was **Book**

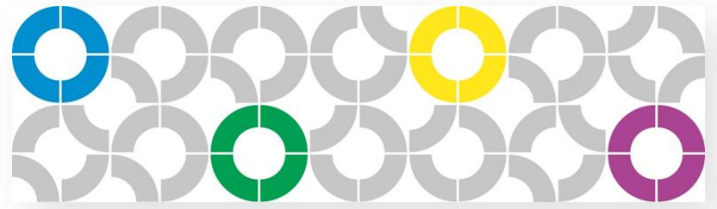
We had lots of responses this month and a Well done goes to **Hill House** for answering it correctly.

This month's riddle

**I have branches,  
but no fruit,  
trunk or leaves.  
What am I?**

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





## Montessori in action

**Tall Tree's Nursing Home in Colchester** attended the six part Montessori for Ageing and Dementia training, and have since implemented the ethos into their home with some encouraging outcomes for their residents.

The manager, Alice Banda, stated "since the training we have started to use yellow signage around the home for different things, and this has really made a difference" This includes using signs and changing the language on them to prompt residents to



do things for themselves, for instance a sign with 'please read these books' above a pile of books or 'please help to clean and dust' by a trolley of cleaning materials. They have found residents now engage more in meaningful activity, using the areas set up around the home where previously they would have walked by not taking an interest. Alice also said the signage has really help one resident who was always calling out to use the toilet,

and even though the staff would guide and show her where it was, she would still call out. They decided to trial yellow toilet signage which included arrows pointing the way to the toilet and put these in the corridors from the resident's bedroom and the lounge to the bathroom. This resident no longer calls out and can independently take themselves to the bathroom and has seen a reduction in Urinary Tract Infections (UTI's).



Alice told us she really values everything she has learnt from the Montessori training, and it has made a real difference at their home.

## Meaningful Activities at Parkview

**Parkview** in Witham sent us these pictures of 2 of their residents who absolutely love music. The home decided to buy them some MP3 players and load them up with their favourite songs, so they can listen to them whenever they want, and I am sure you will agree both look very happy with their new gadgets!



## Did you know

**music engages areas of the brain which are involved with paying attention and updating events in our memory.**

Visit Playlist for Life for more ideas on how to create a meaningful playlist:

[www.playlistforlife.org.uk](http://www.playlistforlife.org.uk)



## Belmont Lodge Olympics!

Dawn Harrison, Activity Coordinator at Belmont Lodge, recently held the Belmont 'Oomph! Olympics'. she explained "In preparation for the competition, we got creative by making opening ceremony props and memorabilia with a wonderful homemade torch crafted and passed around to open the games.

Swimming, Gymnastics, Court Games and Beach Games were organised across the four weeks with outstanding participation from residents, staff and community groups too. There have been many memorable moments with the activities evoking sporting memories and stories along the way.



The fun and games concluded with a beach themed closing ceremony.

Effort and achievement were recognised with awards and participation certificates and they finished off by sharing a delicious Olympic themed cake.

All in all, the games have been a huge success with our residents, even taking a meaningful trip down memory lane.

. 🏆 Go Team Belmont Lodge 🏆

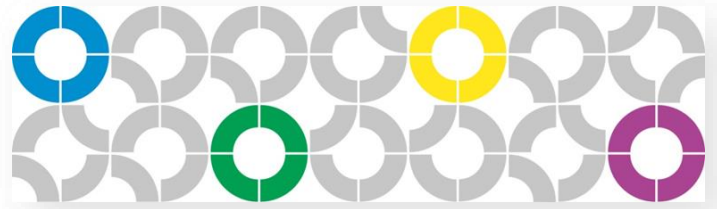
## Quizzing in the sun at Madelayne Court

The Wellbeing staff at Madelayne Court took full advantage of the late summer sunshine by organising a quiz for the residents in their garden area.

They played 'Spot the Difference', Word Searches. And Pub Quizzes, whilst also enjoying tea and biscuits in the sun. Staff members said they really enjoyed seeing residents helping each other with the puzzles.

A Thoroughly enjoyable morning was had by all who attended.





## Manning's Methodology Corner

### A PDSA that does not improve Quality, is not a Failure

There is a saying within quality improvement methodology which goes '*Not every change will lead to an improvement, but every improvement will be a change*'. And it is always worth remembering this when you are testing any change using the **Plan, Do, Study, Act** cycle.

It is almost certain that not everything you try will lead to an improvement, but this does not mean that you have been wasting your time. By showing that something does not work, you will be able to eliminate that from your immediate plans (although it is worth remembering that what works for one resident, may not work for another). Additionally, if you also complete a PDSA worksheet for everything you try, you are building a resource that can be referred to in the future and creating evidence to show that your home is aware of the areas that could be improved and are trying things to do so.

Another good thing about using the **PDSA** cycle to test ideas is that it prompts you to review at the end of the test (**Act**). So if something has not led to an improvement you may want to consider 'tweaking' it and retrying your idea, rather than discarding it completely.

Finally, I want to remind you of the quote on the right, which we regularly show during methodology training sessions.

After Thomas Edison's seven hundredth unsuccessful attempt to invent electric light, he was asked by a New York Times reporter, "How does it feel to have failed seven hundred times?"

**He responded, "I have not failed seven hundred times. I have not failed once. I have succeeded in proving that those seven hundred ways will not work. When I have eliminated the ways that will not work, I will find the way that will work."**

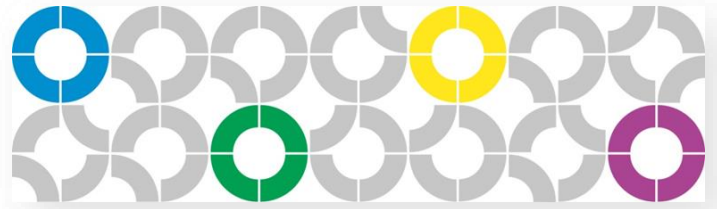
## Refreshing PROSPER

We fully appreciate during the past eighteen months or so, most care homes have found it difficult to maintain focus and momentum on their PROSPER work, and for most of that period none of our team could visit homes to offer support. Consequently, several homes are now asking for a 'PROSPER Refresher'.

Following on from the success of our virtual 'PROSPER Skills Network' events earlier this year, we have now amended these sessions so they can be delivered, by your Prosper Support Officer, to small groups of staff within your own homes.

The sessions can be tailored to fit whatever area the home wants to focus on and would be an ideal starting point for any staff you have that may not be familiar with PROSPER methodology.

To book a refresher session at your home, email [Prosper@essex.gov.uk](mailto:Prosper@essex.gov.uk)



## Silvana Court's Poem

It wouldn't be right to end this month's edition any other way, another amazing poem written by the Manager at Silvana Court Sue Smith, who was asked to write a poem for Runwood Homes Dementia conference.

### 'I say things I shouldn't!'

I say things I shouldn't as my mind isn't quite the SAME! I ask myself over and over ....am I going INSANE? 😞  
I say happy ANNIVERSARY when it's happy BIRTHDAY I should say! 😞

I call you the wrong name as names all seem the same!  
I ask you a question over and over AGAIN! I do try to get it right I don't mean to be a PAIN! 😞 I lose my train of thoughts and my words get STUCK, I say silly things like sausages and DUCK!

I wake when I should sleep!! and sleep when I should be AWAKE! I hear you shout oh mother for crying out SAKE!

What are you doing why are you acting so MAD! you are different mother; this really is so SAD! 😞

MUM You're not like you used to be, once so sharp and with your mind so ALERT! 😞 Where are you mother? I'm feeling lost, lonely, and HURT!! 😞

Oh son, please don't be angry I just can't remember MUCH, I'm all mixed up and muddled and feeling out of TOUCH! 😞

I sometimes know who you ARE and who I used to BE .... but I'm no longer that person as Dementia has taken over ME! 😞

The conference was a great opportunity for all the Runwood homes in the South of Essex to meet up and share ideas and projects in their homes. Social stimulation for people living with dementia was discussed and it was clear from feedback that music has a positive and instant impact for everyone and lifts the spirits.



<https://www.livingwellessex.org/care-provider-information-hub/>

## 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](mailto:Prosper@essex.gov.uk)

**Don't forget to wear your badge with pride!**



**Follow us on Twitter**



@ProsperHF