

Welcome to the August 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 Champion Study Days



The Prosper team are excited to announce we are in the process of organising 2 Prosper Champion Study Days which will be face to face at a venue!

We are working very hard to ensure safety measures are in place to reduce the risk and exposure to Covid - 19 and have produced a document outlining these measures which will be sent out with the invites. We are holding 2 Study Days and the number of attendee's has been reduced to minimise risk, the events will be held:

Date: Thursday 30th September

**Venue: Colchester Football Stadium, United Way,
Colchester, CO4 5UP**

Date: Thursday 7th October

**Venue: Hamptons Sports and Leisure Centre, Tydemans
Great Baddow, Chelmsford, CM2 9FH**

Keep your eyes peeled for invites sent to your inbox very soon.



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 **Stairs**

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

This month's riddle

What has words, but never speaks?

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





Car Show at Silvana Court

Silvana Court had an amazing and unusual activity for not just their residents, but relatives and staff recently by arranging a car show at their home. There were 22 different types of sports cars with a wide range from classical to new, catering for everyone's tastes.

They also had music and refreshments on the go to give it that car show vibe, and everyone who was involved had a fantastic time, which I am sure you will be able to see from the pictures below.



Hydration at Parkview

Parkview in Witham are always looking at different ways to keep their residents nice and hydrated, and sent us this picture of their drinks trolley recently, as you can see it had different juices and lots of different types of fruit for the residents to try. Don't forget fruit it a great source of fluid for those residents who may not like to drink too much!

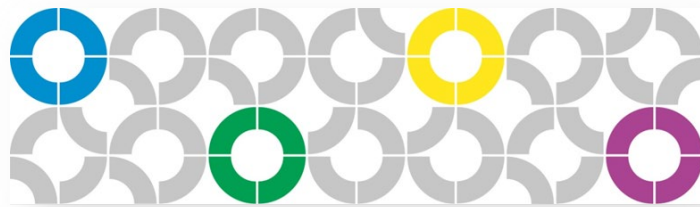


Prosper Notice Boards and Infection Control

A handy reminder if your home has a Prosper notice board; To comply with Infection Prevention Control measures make sure any documents, posters etc are either laminated, in poly pockets or in a protective display case, this will ensure everything can be effectively cleaned and wiped down regularly. When putting things up on displays or around the home, please do not use Sellotape as this can impede effective cleaning, with germs and bacteria getting stuck on the edges and behind the tape.

Pressure Ulcer Safeguarding Protocols

to find out more please visit: <https://www.gov.uk/government/publications/pressure-ulcers-safeguarding-adults-protocol>



Here for You

At our recent virtual Community of Practice event Dr Leon Fletcher-Tomenius gave an overview of the 'Here for You' initiative currently being provided jointly by Essex Partnership University NHS Foundation Trust and Hertfordshire Partnership University NHS Foundation Trust.

'Here for You' is a mental health and wellbeing service available to any Essex or Hertfordshire health or social care worker struggling with the direct or indirect impact of the Covid-19 pandemic.

In his presentation Dr Leon Fletcher-Tomenius explained how he had initially been working with two care homes in Essex, and following an initial visit, provided the homes with small face to face group sessions, training around understanding and coping with stress and anxiety and Individual assessments with onward referrals to IAPT services in some cases. Following this, further group and/or individual sessions can be arranged as appropriate.

After initially reporting feelings of grief and loss, fear and anxiety, and not feeling able to cope, the scheme has received very positive feedback from people who have used it.

Dr Leon Fletcher-Tomenius is very keen to talk to anyone who feel they may benefit from the 'Here for You' service, either individually or as a care home. He can be contacted directly by emailing leon.fletcher-tomenius@nhs.net



Comments given to 'Here for you'

I didn't think I had anything to say until I started talking, and then everything unravelled

It was like being on a desert island with a hurricane ripping through it. There was nowhere to go

I saw people suffering the pain of separation from their loved ones, of loss without the chance to say "goodbye" and the impulse to just keep going, because this is what we do

The 'Here for You' team also provide a programme of Webinars. Please see attached flyer with this month's newsletter for Burnout Webinar on 9th September 2021, and visit 'Here for You' website.

www.hereforyou.info



Manning's Methodology Corner

Using Quality Improvement Methodology is Simple 😊

One of the biggest challenges we face in our PROSPER Team is convincing people that, despite its name, Quality Improvement Methodology is actually very straightforward and simple. In fact anyone who has attended one of our virtual PROSPER Skills Network events will know we try to demonstrate that and you are probably using Quality Improvement Methodology all the time in your care homes, as well as in your everyday life.

Whenever something new is tried, you are almost certainly subconsciously going through the stages of a **PDSA** cycle. This could be something as simple as traveling to a new location. Prior to the journey you will most probably decide your route and what time you will leave (**Plan**). You would then make the journey at your planned time (**Do**). During the journey you will be thinking about how long it has taken, areas it may be better to avoid, etc. (**Study**). If you had to make the journey again would you take the same route? Travel at a similar time? Use the same mode of transport? (**Act**)

We are often told that unfortunately a home has not had time to do any 'PROSPER work', but are then told about some new initiative, e.g. Highlighting residents at higher risk of falls and supplying new equipment for them, that has been introduced at the home. We then point out that this is 'PROSPER work' and what is actual happening is a **Plan, Do, Study, Act** cycle is being conducted.

At PROSPER what we are trying to do is make sure that firstly, improvement initiatives are introduced in a structured manner in the areas they are needed, and secondly that you are evidencing the good work you are doing.

Stages of PROSPER Methodology

Collecting and Analysing Data

- By using your Runtime dashboards you are making sure your energies are being channelled on the areas that would benefit from improvement.

Setting a SMART aim – By doing this everyone will know what the home is trying to achieve.

Create a Driver Diagram – This is a structure way of conducting a 'Brainstorm' session. Allowing everyone to have some input, and to decide which initiatives to trial.

Conduct a PDSA cycle – This structures a trial and ensures everyone knows what is expected of them. It also allows for the initiative to be reviewed and maybe 'tweaked' at the end of the cycle. It also provides evidence to CQC of what you have tried.

Continually review and repeat the above process.



Silvanna 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 Silvanna Court Sue Smith, who read this poem at the sing your heart out sing-concert for Runwood Homes

Sing your heart out

Sing your heart out together with us! ❤️

We love to sing from morning to dusk! ❤️

Altogether are songs mean so much more! ❤️

Singing our hearts out, with songs galore! ❤️

We all love music it makes us feel so alive! ❤️

we can rock and roll and do the jive! ❤️

Singing out loud and using our voices! ❤️

Sharing songs and our choices! ❤️

One for all, and all for one! ❤️

Singing together is just great fun! ❤️

Let's raise the roof singing songs we like! ❤️

Singing so loud we don't need a mic! ❤️

Runwood homes united and being one big team! ❤️

Singing together will be such a dream! ❤️



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

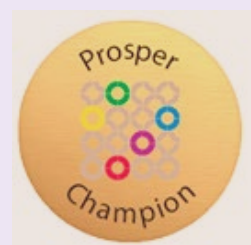
Done Something New and Exciting?

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

Don't forget to wear your badge with pride!



Follow us on Twitter



@ProsperHF