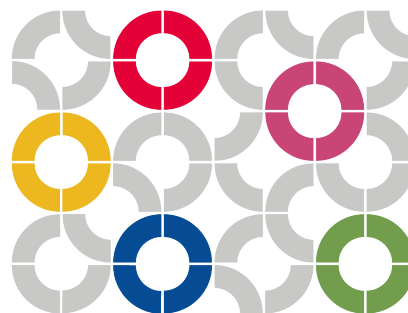


Prosper



Issue 137 September 2027

Welcome to September'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! 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 key updates on Prosper or the wider Quality innovation Team.

The Event will be taking place on:

Date: Tuesday 20th October

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

The Agenda for the morning will include:

- **Our Prosper Journey – Guest Speakers from homes on the project**
- **Methodology Round Robin: PDSA's, 5 Whys & a What, Driver Diagrams**
- **Update on guidance about Sexual Abuse**
- **Care plans & electronic recording**
- **Networking lunch**

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:

Leaves

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

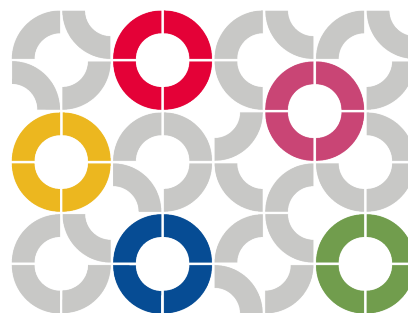
This month's riddle is...

**I hang from the roof of a cave as I sleep.
With two thin wings, I swoop and sweep.
What am I?**

Answer in next month's newsletter



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World Dignity Day

14th October 2026

Get involved in World Dignity Day and Celebrate acts of dignity in your home and share what dignity means to you.

There are many ways your home could look at supporting World Dignity Day and these could include:

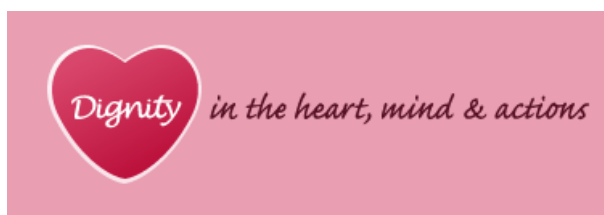
- Wearing something red to work for the day
- Hosting a coffee morning or afternoon tea,
- Creating a Dignity Tree
- Organising a treat for people receiving care
- Dancing for Dignity Event

By supporting World Dignity Day, it will:

- Remind society that Dignity is everybody's business
- Raise awareness of the importance of Dignity in all walks of life and particularly in Care and Support settings.
- Be part of a national celebration and demonstrate solidarity for the Dignity campaign.
- Ensure with thought that everyone can get involved and have fun as well as demonstrating your commitment to Dignity.

Not one already? Why not sign up to become a dignity champion!

<https://www.dignityincare.org.uk/Dignity-Champions/>



Celebrating 20 years of Dignity in Care

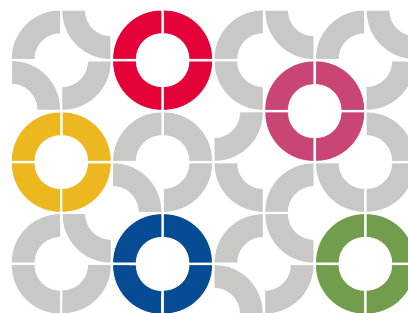
In November Dignity in Care will be celebrating 20 years of championing Dignity, compassion and Respect around the world.

As part of their 20-year celebration they have created the power of 20 initiative which is a fundraising challenge inspired by the number 20. They are asking people to take on a challenge, raise sponsorship and help us inspire even more people to become Dignity Champions.

If you would like to get involved and see what type of things you could possibly do please visit [The Power of 20 - Dignity in Care](https://www.dignityincare.org.uk/Dignity-Champions/)



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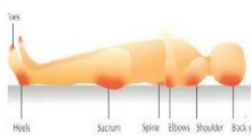
Stop Pressure Ulcers Day 2026

November 19th is National Stop Pressure Ulcers Day; this is a good opportunity to raise awareness with staff and residents of ways to reduce the risk of a pressure ulcers developing.

What can you do on National Stop the Pressure Ulcer Day?

- Wear something Red to work, highlighting the day
- Hold an educational session using the Prosper toolkit!
- Get everyone moving by holding a music and dance event.
- Have themed Afternoon Tea to help provide good Nutrition and Hydration
- Use Handy poster's to remind you about pressure ulcers, like how they form and where.
- Visit educational websites like [React To Red: Pressure Ulcer Prevention : Training resources](#)

Take your **BEST SHOT!**



B - BUTTOCKS
(ischial tuberosities)

E - ELBOWS/EARS

S - SACRUM (bottom)

T - TROCHANTERS
(Hips)

S - SPIRE/ SHOULDERS

H - HEELS

O - OCCIPITAL AREA
(back of the head)

T - TOES

What to look and feel for?

- Redness/ erythema - non-blanching when finger pressure applied
 - Pain, soreness
 - Warmer or cooler area over bony prominence
 - Boggy feeling
 - Hardened area
 - Discolouration - dark red, purple, black
 - Broken skin/ ulcer
- N.B. Document any changes & continue to monitor closely!!!

Think...

SSKIN

Pressure ulcer triggers

Does the person you are looking after have any or a combination of the following:

S	Is the person that you are caring for feeling Sick or unwell? Do they need to see the GP?
S	Does their Skin look red or sore? This is one of the first indicators of a pressure ulcer developing, especially if it is over a pressure point such as heels, buttocks and base of back
K	Is the person that you are caring for unable to Keep moving? Are they spending more time in the chair or not going to bed?
I	Has the person that you are caring for become Incontinent (skin is wet with urine or faeces) and there is no care plan in place?
N	Do they have adequate Nutrition (are they eating and drinking properly)? Reduced intake of food and drink can increase the risk of developing pressure ulcers.



HSC Public Health Agency

Did you Know?

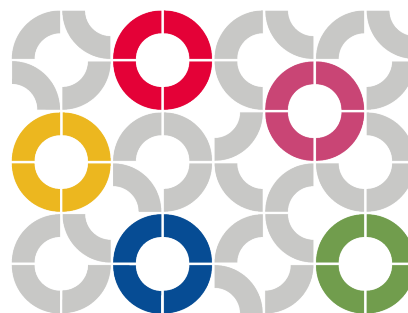
Pressure Ulcers affect around 20% of people in Nursing and Residential homes

Treating pressure ulcers costs the NHS more than £1.4 million every day!

In certain circumstances pressure ulcers can result in:
Infection/Sepsis
Pain
Amputation
Delayed discharge from hospital
Ongoing community care
Death



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Prosper Accreditation

Freda Gunton Lodge Achieves Gold

Over the Last 18 months The Prosper Team, including their lead Aliona Cerneko, has worked hard with her team of to embed Prosper at Freda Gunton Lodge, and they have finally been awarded the Gold Prosper Accreditation.

Prosper has become part of the day to day work at the home, and they have truly implemented every aspect of the QI Methodology by looking at monthly dashboards to help set the homes SMART AIMS, to completing Driver Diagrams, and running PDSA cycles, as well as throwing in some root cause analysis to make sure all bases are covered. The prosper champions have monthly prosper meetings to discuss what they will be doing, and make sure this is also a standing topic in the homes overall staff meetings, and even at individual 1:1's.

The Prosper Lead and Champions have used a number of tools and ideas from prosper that they have taken from the toolkit, newsletter and attending prosper events. They have even appointed a Resident Prosper Champion who helps decide on what areas to focus and what things will help the residents, and from this the home have created mini sessions on subjects such as pressure ulcers and oral health. These are run for residents and includes a fun quiz for them to complete.

I am sure you will all join us in congratulating Freda Gunton Lodge on achieving their Gold, and look forward to seeing what the home will continue to achieve in the foreseeable.



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

Maitland House

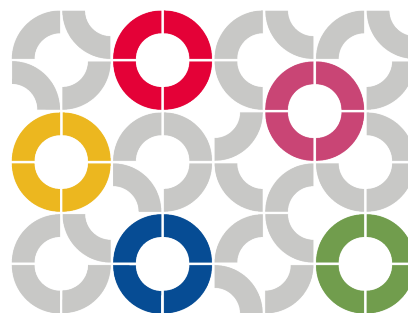
on achieving their Bronze Level.

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

Last month we introduced the concept of the **Plan, Do, Study, Act (PDSA)** cycle. This month we are going to begin looking into each element of the cycle in more detail.

Plan – Plan your intervention thoroughly before you commence. You will already know what **SMART** aim you are working towards, and what change you want to try. Some people feel it is a good idea to make a prediction of what you think the change may achieve at this point, you can then refer to this at the end of the cycle.

Make sure everyone involved knows **who** is going to do **what, where** and **when**. Also at this stage decide what data you need to collect to enable you to measure the impact of the change you have made.

Do – Implement your change and observe the impact. Make sure the required data (decided at the **Plan** stage) is collected and recorded. Note any problems or barriers that arise to hinder the change being implemented.

Study – Analyse the data that was collected. Did the change achieve your prediction (made at **Plan** stage)? Did the change actually take place? Did any unexpected barriers or problems arise? Summarise the outcomes of the change that was implemented.

Act - What are you going to do going forward? Was the change successful, are you going to adopt it? Or did it not meet your expectation, and you are going to reject it? Do you want to rerun the cycle over a larger part of your home? Or do you want to make a few slight 'tweaks' to the change and then try it again by conducting a new **PDSA** cycle? This may be particularly useful if some barriers became evident during the original cycle. What can you amend to overcome those barriers?

Plan, Do, Study, Act Worksheets

We highly recommend you complete a **Plan, Do Study Act Worksheet** for every **PDSA** cycle you conduct.

WORKSHEET: PDSA Progress Sheet

This sheet is for you to use to record your progress as you complete your PDSA plan - this worksheet is designed for you to evidence what you have done and what you have tried.

Complete this part when you have identified which driver aim you are focusing on

PLAN (What are you going to try and how?)

Complete this part as you carry out your plan. Keep notes on what happens

DO (getting on with it)

Complete this part after you have finished your testing and observations, having gathered your data and reflected on what happened. Include expected and unexpected results

STUDY (did the plan work or not?)

Record what you will use from this plan or what you will do differently next time

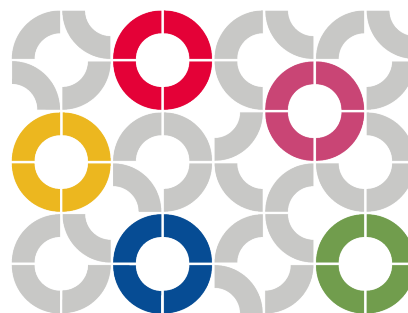
ACT (are you going to do it again or will you change anything?)

Home

Two reasons for this. Firstly, by doing this you are compiling a vast resource that anyone at the home can refer to in the future, and see what worked well, and what problems arose.

Secondly, when you have inspections and monitoring visits, these completed worksheet provide excellent evidence of the home striving for continual improvement.

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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.

CQC - Cherry Wood Grange is Ready to Shine

Over the years we've quietly grown, building a home where compassion is shown. Not for awards, nor praise in the light, But because caring for others is simply what's right. every smile shared, every comforting hand, Shows the values on which we proudly stand. From nursing and care to housekeeping too, every department plays a part in all that we do.

Our teamwork is strong, our purpose is clear, supporting each other throughout every year.

Communication, kindness, respect and trust, Delivering quality care because it's a must. The residents' voices are heard every day, their wishes and choices helping lead the way. Families feel welcome, supported and cared, Knowing their loved ones are safe because compassion is shared. So, when CQC arrive, announced at our home they'll see the dedication and the love that's grown. They'll witness a team that truly believes, in dignity, kindness, and rolling up their sleeves. We're not preparing for just one inspection day, this is how we choose to work every day.

With pride in our home and all we've achieved, In the lives we've touched and the trust we've received.

So welcome, CQC, please come through our door, we're excited to show you so much more. Cherry Wood Grange stands proud and strong, A place where people truly belong.

Together we care. Together we grow. Together we'll proudly let our quality show.

Provider Quality Innovation

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