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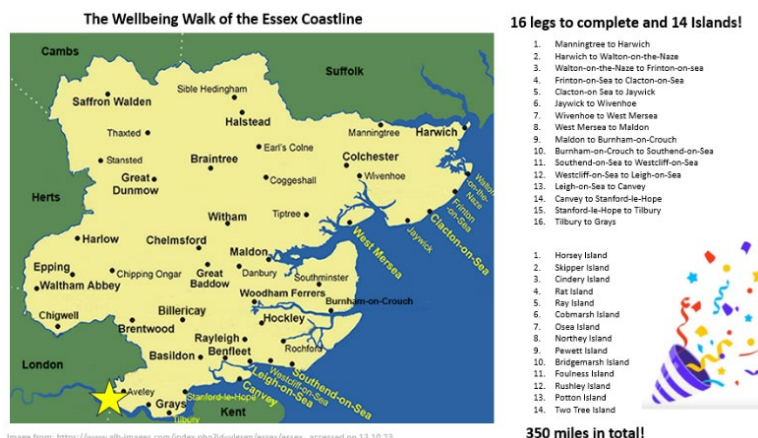
Issue 110 May 2024

Welcome to May'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.

Wellbeing Walk of Essex 2024

13th - 17th May

The Wellbeing Walk was created for care home staff, residents, and relatives to walk, run, wheel, drive to another care home for refreshments and activities together with the host home. We set up a target of trying to walk the Essex Coastline (virtually) which is a total of 350 miles.



Leg of journey	From/to destination	Distance	Island hopper	Island name	Distance round
1	Manningtree to Harwich	15 miles	1	Horsey Island's	5.5 miles
2	Harwich to Walton-on-the-Naze	35 miles	2	Skipper Island	2 miles
3	Walton-on-the-Naze to Frinton-on-sea	1.5 miles	3	Cindery Island	2 miles
4	Frinton-on-sea to Clacton-on-sea	5 miles	4	Rat Island	1 mile
5	Clacton-on-sea to Jaywick	2 miles	5	Ray Island	3.5 miles
6	Jaywick to Wivenhoe	30 miles	6	Cobmarsh Island	1 mile
7	Wivenhoe to West Mersea	37.5 miles	7	Osea Island	3 miles
8	West Mersea to Maldon	30 miles	8	Northey Island	3 miles
9	Maldon to Burnham-on-Crouch	41 miles	9	Pewett Island	1.5 miles
10	Burnham-on-Crouch to Southend-on-Sea	56 miles	10	Bridgemarsh Island	8 miles
11	Southend-on-Sea to Westcliff-on-Sea	1.5 miles	11	Foulness Island	22 miles
12	Westcliff-on-Sea to Leigh-on-Sea	2 miles	12	Rushley Island	2 miles
13	Leigh-on-Sea to Canvey	14 miles	13	Potton Island	5 miles
14	Canvey to Stanford-le-Hope	8 miles	14	Two Tree Island	3 miles
15	Stanford-le-Hope to Tilbury	6.5 miles			
16	Tilbury to Grays	3 miles			
Total		288	Total		62

Distances measured using:
<https://www.freemaptools.com/measure-distance.htm>

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 **The Letter N**

Well done to all at **Glendale and The Lodge** who answered the riddle correctly

This month's riddle is...

What has hands, but can't clap?

Answer in next month's newsletter



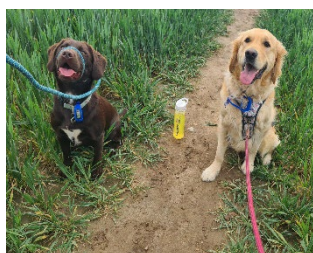
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Wellbeing Walk 2024 continued

Throughout the week 18 Care Homes travelled 388 miles! Staff and residents have walked, wheeled, scooted, rode bikes, driven, took the bus and were even joined by babies and dogs. They have visited local garden centres, visited Duxford, went to Southend for a day out, they have visited other homes for sing-alongs and refreshments and joined other homes at local parks. Some homes went all out with balloons, banners and even high vis jackets on their walks so they would be noticed, and this meant there were a lot of locals in the area, stopping and asking what they were up to, which meant the walk was spread word of mouth around the county.



Importance of Physical Activity

Older adults should do some type of physical activity every day.

It can help to improve their health, and reduce the risk of heart disease, pressure ulcers and even strokes.

Adults over the age of 65 should

Aim to be physically active every day, even if it is just light activity.

Do activities that improve strength, balance and flexibility on at least 2 days of the week.

Reduce time spent sitting or lying down.



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Tendring Wellbeing Event

In Clacton there are a number of homes near to each other so Prosper organised an event at the Princes Theatre, where care home residents and staff could all come together as part of the walk, and have a fun afternoon of games, refreshments and a chance to interact with a number of different residents and staff from different homes. The event took place on the 15th May and saw 5 local homes come together, there were over 50 Staff, Residents and some family members who attended the event. All the homes walked some residents to the theatre including a home that is situated in Holland on Sea. The overall event went well with all the residents, staff and relatives stating how much fun they had, and we had multiple residents ask if we would be doing another event like this soon. The home managers in attendance also stated they would take part if we were to hold another event like this and thanked us for a lovely afternoon.



The Oaks Great Bentley

The Oaks Care home in Great Bentley are in a semi-rural location and unable to attend the Wellbeing event in Clacton. The home was contacted, by their Prosper support officer, to see if they would be interested in a walk around the block with some of their residents and members of the Prosper and Quality Innovation team. They were greeted by 7 staff and 6 residents who joined them for a walk round the block, it was a lovely sunny day and several residents enjoyed feeling the sun on their face, with lots of conversations about dogs' people have had and admiring the gardens and houses as we walked round.



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Frank Foster House Manager runs half Marathon for charity.

Nicolas Kee Mew, the dedicated Home Manager of Frank Foster House care home, in Theydon Bois, led the way through the streets of London on the 7th April 2024, as he took on the challenge of the Half Marathon for Independent Age. The residents and staff of Frank Foster House rallied together, demonstrating their unwavering support and commitment to raising funds for Independent Age, a charity devoted to enriching the lives of older people across the UK.

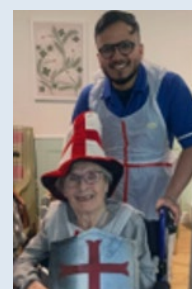


His leadership and enthusiasm inspired the entire Frank Foster House community, fostering a sense of unity and purpose as they worked tirelessly to make a meaningful impact.

"The opportunity to participate in the Half Marathon for the 14th time, raising funds for Independent Age was both a personal challenge and a profound privilege," shared Nicolas Kee Mew. "To have the support of the residents and staff of Frank Foster House was truly humbling. Together, we embarked on this journey not only to raise funds but also to champion the dignity and well-being of older individuals in our society." Congratulations to Nicolas on a very impressive 14th half marathon and raising funds for a very deserving charity.

Dudbrook House Celebrates St George's Day

Dudbrook House has sent us photos of their staff members and residents celebrating St George's Day. Staff member Lauren said, "we had a great day "slaying the dragon" whilst enjoying English treats".



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Manning's Methodology Corner

Driver Diagrams (cont)

In the last newsletter I introduced **Driver Diagrams** as a resource that can be used to look at all the processes that are essential to enable you to meet your **SMART Aim**. You can then decide what is already working well, and which processes you feel could be improved. This month I want to look more closely at **Primary** and **Secondary Drivers**.

Firstly, a **Driver Diagram** is best completed with a group of people conducting a 'brainstorm' session. You can use post-it notes if you wish, or just have people shouting thoughts out. Either way a **Driver Diagram** template (see April 2024 Newsletter) is an ideal way to record your thoughts.

Primary Drivers (middle column) are processes or factors that are essential in giving you the best possible chance of achieving your **SMART Aim**. Whilst **Secondary Drivers** are individual factors that lead into the processes or factors in your **Primary Driver** column.

So for example, if your **SMART Aim** was about Falls reduction, you may feel a good environment is essential, so this would be a **Primary Driver**. Then the individual factors that lead to a good environment, flooring, lighting, lay out of furniture, tidiness, etc. would all be **Secondary Drivers**. Or you may feel it is essential to have good, effective Risk Assessments in place (**Primary Driver**). So the Risk Assessments would need to be personalised, up to date, accessible, easy to understand, etc. (**Secondary Driver**).

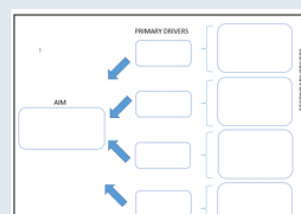
I appreciate this can sound a bit complicated, but give it a go, you may be surprised at how effective it is. And remember our **PROSPER** support officers are always happy to come to your care home and support you with completing a **Driver Diagram**.

Provider Quality Innovation

PROSPER Toolkit Driver Diagrams

If you find yourself completely stuck, there are actually completed **Driver Diagrams** in the online **PROSPER Toolkit** (<https://www.essexproviderhub.org/quality/quality-innovation-team/prosper/prosper-toolkits/>) for all three areas (falls, UTIs and Pressure Ulcers).

However, I would encourage you to try from scratch first using a blank template. This will enable your completed **Driver Diagram** to be more relevant for your own home and its circumstances. Additionally, by creating a completely new **Driver Diagram** there is always the potential to come up with new ideas.



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Dementia Carousel

The Prosper OP team have been working on a new experience, initially created by a Student OT who was on placement in the Provider Quality Innovation team and is drawn upon national research. The Prosper team have been testing the training with a focus group made up of Care home managers and staff and we are now ready to launch the experience, which aims to provide Care Staff with a hands-on understanding of the challenges individuals with dementia face daily.

It will take staff through a series of experiential booths, designed to create cognitive challenges, confusion, and sensory overload, giving a person with a healthy brain empathy towards what a person with Dementia may feel and experience.

The experience is about evoking an emotional response which will provide empathy when caring for a person with dementia.

The Seven booths of the carousel are:

- Orientation Booth
- Memory Maze
- Communication Carousel
- Sensory Overload Café
- Puzzle Odyssey
- Spatial Perception
- Empathy Lounge

The first sessions are on the 16th & 17th July at Colchester Football Stadium. The whole experience lasts 3hrs and there are several timeslots across the day at 9.15am, 10.15am, 11.15am, 12.15pm and 1.15pm. Please be aware spaces are limited to 4 Staff per home and cannot all be on one session.

To book please email prosper@essex.gov.uk

Dementia Resources

on the Essex Provider Hub

There is a new Dementia resource section on the Essex provider Hub which has a range of information and resources to support individuals caring for someone with dementia.

This includes videos which Care staff may find helpful as part of their training.

To explore please see
[Dementia | Provider Hub | Essex \(essexproviderhub.org\)](#)



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Poetry Corner

This month's poem was created by Sue Smith, Manager at Cherry Wood Grange.

Namaste Care

We are all wanting the best for **YOU** so we are using Namaste a special **TOOL!**

Explore the five senses relax and have **FUN** there is something for **EVERYONE!**

Bowing our heads in respect and with **CARE!** Namaste is for all to love & **SHARE!**

Sight, with light and hearing new **SOUNDS**, smelling different fragrances all **AROUND**

Taste different food made with so much **LOVE**, holding hands without a **GLOVE!**

Breathing with relaxation clear your **MIND**, feeling a calm that you don't normally **FIND!**

Close your eyes get your body and **SOUL** to reach a harmony ... feel your tension **GO!**

Take time to rest and **EMBRACE**, Remember your life is a journey not a **RACE!**

Namaste is an experience that will leave you wanted **MORE!** All five senses for us to **EXPLORE**

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