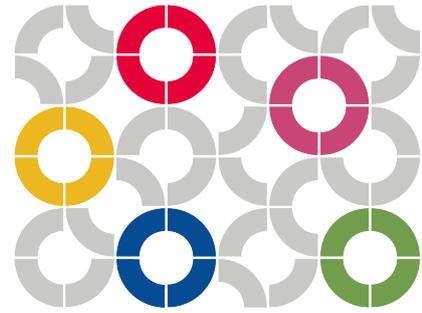


# Prosper



Issue 131 February 2026

**Welcome** to February'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.

## Champion Study Days

The Prosper team are busy planning the Summer 2026 Champion study days, as always, the days will be interactive, educational and a great opportunity to connect with other homes on the project. Save the dates:

**16th June 2026, 9.30am to 3.30pm – Colchester**

**25th June 2026, 9.30am to 3.30pm – Harlow**

**7th July 2026, 9.30am to 3.30pm – Chelmsford**

**9th July 2026, 9.30am to 3.30pm - Clacton**

The agenda is in the process of being finalised with sessions around:

- Sensory
- Nutrition/Hydration
- Dementia and Deescalation
- And more

Keep an eye on your inbox as invites will be coming out soon!



## 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 of course:

**Glasses**

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

This month's riddle is...

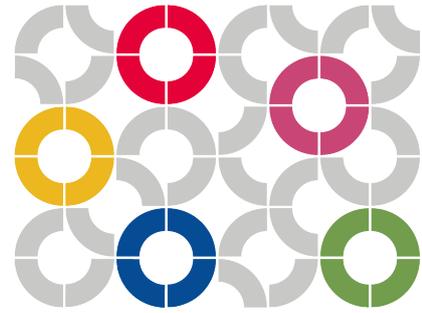
**I am a fruit, a bird and also a person**

## What am I?

Answer in next month's newsletter



# Prosper



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## Falls, Eyesight and Hearing loss

Vision and hearing impairment significantly increase the risk of falls in older adults by degrading spatial awareness, balance, and environmental perception. Sensory loss forces the brain to dedicate more resources to navigating surroundings, leaving fewer for stability. Treating these sensory declines can nearly eliminate the associated increased fall risks

### Link to Vision Loss and Falls

- **Reduced Depth Perception:** Difficulty judging distances, such as steps or curb heights.
- **Reduced Visual Field/Acuity:** Blurred vision and loss of peripheral sight make obstacles harder to spot.
- **Lighting Adjustment:** Older eyes take longer to adjust to changes in lighting (e.g., entering a dark room from a bright one).

### Link to Hearing Loss and Falls

- **Inner Ear Connection:** The inner ear houses both hearing and balance sensors; degradation in hearing often implies balance decline.
- **Reduced Spatial Awareness:** Inability to hear environmental cues (e.g., sound of footsteps, approaching objects) reduces situational awareness.
- **Increased Cognitive Load:** The brain overcompensates for poor hearing, leaving fewer mental resources for balance

### Prevention and Management

#### Regular Check-ups:

Consistent eye and hearing tests are crucial to manage age-related decline.

#### Corrective Aids:

Utilizing hearing aids and updated eyeglasses significantly reduces the likelihood of a fall.

#### Environmental Adjustments:

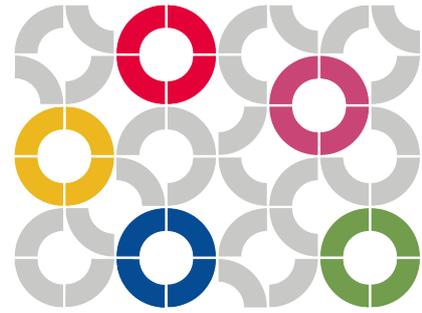
Improving home lighting and removing trip hazards can compensate for sensory deficits

### Did you know?

**Untreated hearing loss or deafness is linked to a much higher risk of getting dementia**



# Prosper



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## Water a valuable resource

The month of March sees Nutrition Hydration Week, with lots of ideas on how you can encourage your residents to keep hydrated, but have you ever considered how valuable a resource water is to our everyday lives, and have you ever thought we might one day run out of water?

Although here in the UK we have a reputation for rain drenched days, you might think we have an abundance of water, however demand for fresh water is set to increasingly outstrip supply. This creates a state of water scarcity, which has damaging environmental impacts.

Here at Prosper we have been undertaking a Water Literacy course, and it has made us think about the ways we can all save water. This doesn't mean drinking less but did you know that 22% of the water consumption in England and Wales comes from leakages, that constant dripping tap or the toilet that always has a trickle of water.

There are also less obvious indirect uses of water, often referred to as Virtual Water. Virtual water is the water that's hidden in every product we buy and encompasses all the water used to make them.

Take a cup of coffee, for example. There's probably about 250ml of water in a mug, but once you factor in the water that's used to grow and process the coffee beans, that goes up to about 143 litres!

Virtual water can also be found in our phones, our jeans, and even the food we eat. Being aware of this hidden water footprint is the first step to being more conscious of how our choices impact the world around us.

Over the coming months we will be talking more on how we can raise awareness, save water and get everyone involved! Do you have a water saving tip? Let us know at [prosper@essex.gov.uk](mailto:prosper@essex.gov.uk)

## Did you know

The average person uses approx. 150 Litres of water a day. That is the equivalent of 10 x 15L buckets of water

If you factor in our indirect water uses (our water footprint) it goes up to 4600L a day!



100g of chocolate takes 1700 litres of water to produce



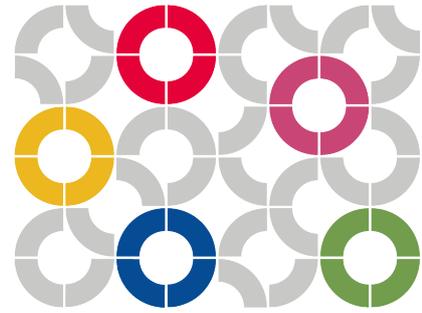
One cotton T-Shirt takes 2500 litres of water



One Pair of Jeans uses 8000 litres which is the daily drinking needs for 4750 people!

Have a go at calculating your water footprint  
<https://watercalculator.org/>

# Prosper



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## Prosper Skills Network Sessions

Did you know we have several different Skills Network Sessions we can either deliver face to face or virtually for your home.

These bitesize sessions focus on different subject matters that the Prosper Project covers and are aimed to help build/refresh skills and knowledge to staff on these areas.

Again, these sessions are a great way of introducing prosper into your home, as they go over different tools prosper has to offer around that subject matter, as well as highlighting the importance of why these areas are an important part of everyday care for residents.

The sessions we have on offer are:

**Falls**

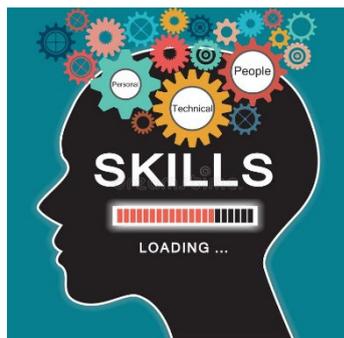
**Nutrition and Hydration**

**Pressure Ulcers**

**UTI'S**

**Oral Healthcare**

If you would like to book the skills networks for your home please contact [prosper@essex.gov.uk](mailto:prosper@essex.gov.uk)



## 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.

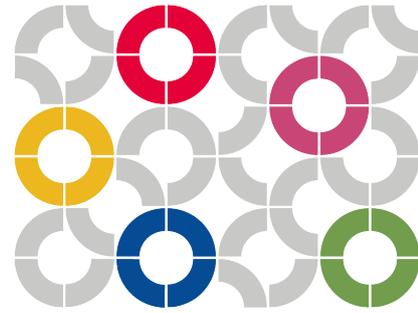
Congratulations to **Parkview** on achieving their Bronze Level.

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](#)



# Prosper



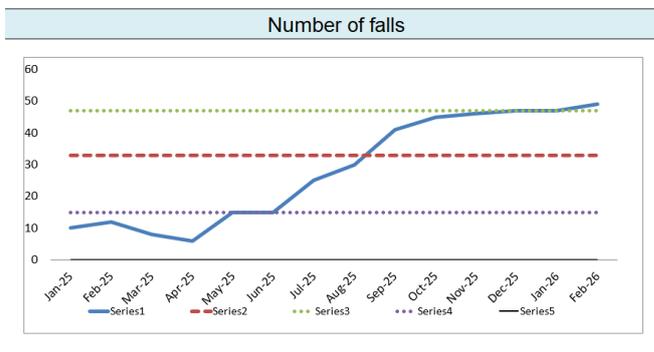
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## Methodology Corner

### Using Dashboards to set SMART aims

In January's Newsletter we encouraged care homes to engage with PROSPER methodology. An ideal place to commence this would be to use your Runtime dashboard to create a **SMART** aim.

Our Runtime Dashboards are deliberately designed to clearly show patterns and trends developing. For example, the dashboard below quite strikingly shows an upward trend in the numbers of falls occurring each month from July 2025 onwards.



In this instance it would be prudent to set a **SMART** aim to attempt to turn the curve around, so it becomes a downward trend. Probably you would want to be somewhere near the number of falls each month during the early part of 2026. A sensible **SMART** aim would be, **By end of 2026 falls to be no more than 8 per month.**

If this feels too big of a target in one go, you could split it into steps by initially setting the following **SMART** aim, **By end of July 2025 falls to be no more than 15 per month**

You could then review your progress at the end of July, and consider whether your interventions appear to be working, or whether you may need to try a different approach to reducing the number of falls occurring.

## Using the PROSPER Toolkit

The PROSPER Toolkit can be found by using the following link:

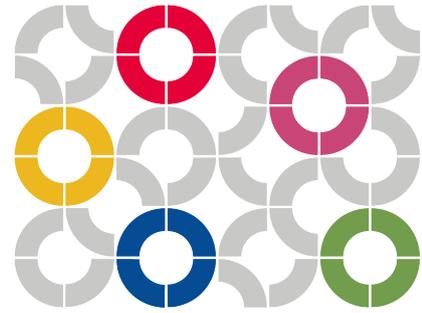
<https://www.essexproviderhub.org/quality/quality-innovation-team/prosper/prosper-toolkits/> and I would advise

using its contents when conducting quality improvement projects.

It has a lot of content, but think of it as a resource library, and use it the same as a mechanic would use his toolbox, i.e. consider what they were trying to achieve, and select the tools that would support them to do so.

So if you had set a **SMART** aim, as on the left, to reduce falls, you may want to use safety crosses and 24 hour falls clocks, along with some posters around good footwear and well maintained mobility aids.

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## Poetry Corner

Written by Sue Smith, Manager at Cherry Wood Grange

### Kindness

Kindness blooms in the smallest way, a smile shared with a helping hand each day.

It spreads like warmth in winter's chill. Touching hearts and making spirits fill.

Be kind to each other, every time, In words, in deeds, in your heart's rhythm and rhyme.

Listen close, and lend a hand, together kindness builds a better land.

With empathy and compassion so true, kindness brings people closer to you.

In kindness we find a bond so strong, a sense of love that lasts all day long.

And don't forget, be kind to yourself too, as self-love is kindness that's overdue.

Treat yourself with gentle care and grace, and let kindness shine in every place.

Be kind in all that you do as kindness will always follow you.



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