



**Welcome** to the November'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 Christmas Quiz



After the success from last years quizzes, and having many enquiries about more, we are pleased to announce that we will be doing a virtual Prosper Christmas themed quiz taking place on:

**Friday 17<sup>th</sup> December 2pm -3pm**

Like last year's quizzes, the quiz will include Christmas themed questions, a picture round, and a fun game for everyone to get involved in. The quiz will be run via Microsoft teams so you will need a device such as laptop/iPad or android device that has a microphone and camera. If you can connect to a large screen tv it will enhance the experience.

If you would like to join us email [Prosper@essex.gov.uk](mailto:Prosper@essex.gov.uk) with your homes name and the email address/es that you would like the link for the event to be sent to.

## Elf Day 2021



The Alzheimer's Society are having an Elf Day on the **3<sup>rd</sup> December**. So why not on that **Friday** (or another day that's convenient for you) dress up, unleash your inner elf and spread some festive cheer to raise money for people affected by dementia

and their families.'

For more information and to get a fundraising pack visit [www.alzheimers.org.uk/elf-day](http://www.alzheimers.org.uk/elf-day)



## 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 **Stars**

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

This month's riddle

**I am a catchy carol and a tune which likes to rhyme, I contain 12 grand gifts that come around Christmas time. What am I?**

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





## The East of England Winter Deconditioning Games

The Winter Games is about the Prevention of Deconditioning and what we mean by deconditioning is the loss of physical, psychological, and functional capacity due to inactivity. The pandemic has compounded this issue with isolation, infection control measures and restrictions on visitors to the home.

The aim of the games is to raise awareness and to make changes in practice that will help your residents to keep their functional ability for as long as possible.

As the old saying goes **if you don't use it you lose it.**

The Games officially opened on the 1<sup>st</sup> November and runs through to the 27<sup>th</sup> February and there are different categories that teams can apply each month to be awarded a Bronze, Silver or Gold medal.

We have registered 3 teams that as a system we would like care homes to be part of:

### Mid and South Essex System wide Team

#### Prosper Team

#### Find Your Active Team



We can submit applications to the Deconditioning Games for a chance to win a medal at the end of each month so please keep sending in your stories and photos and we will enter them into the Games.

If you are unsure about what team you need to enter or more details around what the different medal criteria are, then please email [Prosper@essex.gov.uk](mailto:Prosper@essex.gov.uk) and we shall send you further information.

## Medal categories

**Making a Difference** and this could include:

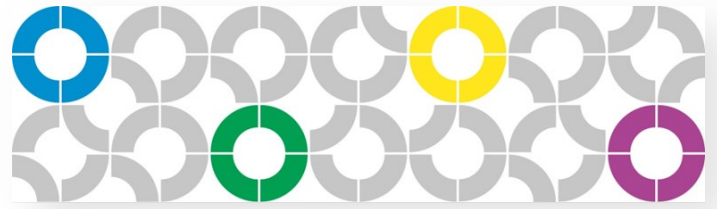
**Helping people to stay connected**  
**Improvements to nutritional care**  
**Setting or prescribing activity goals**  
**Support from volunteers**  
**Focus on continence**  
**Beating boredom**  
**Improvements to the environment**  
**Deconditioning / frailty champions**

## Supporting people to keep moving

#EndPjparalysis and #GetUpGetDressedKeepMoving.  
**The number of people up and dressed in time for lunch each day**  
**And / Or ...The number of people with an activity goal set each day**

## Supporting staff to keep active and well

**Setting goals or making a pledge**  
**Some sort of team exercise at start of /end of shift**  
**Team challenges**



## Find Your Active Event



We are currently working with Active Essex supporting their Find Your Active Campaign which aims to get people moving and more physically active, to not only support their health but their mental and social wellbeing.



We held Our first 2 'Find Your Active' workshops for care home activity & wellbeing leads in North Essex on 4<sup>th</sup> November and West Essex 24<sup>th</sup> November. The workshop sessions included ideas for activities for all abilities, whether that was just a slight movement of a sparkly pom pom, to music dance sessions, chair yoga or even a full game of Boccia, the message given was any kind of activity gives enormous benefits to residents.

The attendees at the West event had a special surprise when the East of England Deconditioning Torch arrived so they could have their picture taken with it!



As part of the workshops each home was provided with equipment that was used during the workshop and included Boccia kits, Rainbow Parachutes, Floor basketball nets and balls amongst other things.

We are excited to announce we have a further 2 workshops taking place next year on the following dates and venues:

**Friday 11<sup>th</sup> February 2022 – Wat Tyler, Basildon**

**Friday 25<sup>th</sup> February 2022 – The Hamptons, Chelmsford**

If you would like to book spaces for the upcoming workshops, please email: [Prosper@essex.gov.uk](mailto:Prosper@essex.gov.uk)

## Pedometers

As part of the deconditioning games the Mid and South CCG, have set a challenge for the homes in their area, to see how many steps both residents and staff do daily within the home.

To make it more fun they have also created a poster of different landmarks around Essex that can be used to encourage people to do as many steps as it takes in a week/a month or more to reach a destination.



Prosper have also purchased several pedometers for any homes in North and West Essex who would like to take part in this challenge and be in with the chance to win a medal in the deconditioning games, can contact [Prosper@essex.gov.uk](mailto:Prosper@essex.gov.uk)



## Halloween Fun at Rosedale Court

It appears there was some 'ghoulish' activity taking place at Rosedale Court during Halloween this year, with scary costumes being adored, some strange coloured potions being consumed, and a giant spider ready to pounce on any unsuspecting individuals who may stand underneath it 😊 However we have been assured that this was all part of the fun at the annual Halloween Party that takes place at Rosedale Court, and is always greatly anticipated by residents and staff alike.

Judging by the collage below, it seems everyone had great fun this year.

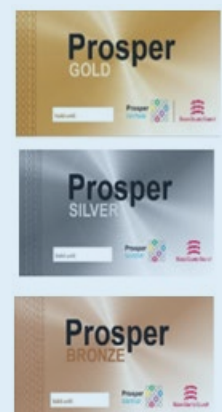


## Congratulations to Dudbrook Hall

who have recently been awarded their Bronze Accreditation in recognition of their engagement with PROSPER and their use of PROSPER Methodology in striving to reduce Falls, UTIs and Pressure Ulcers. They are now proudly displaying their Bronze Window Sticker to signify their achievement.

Information about our PROSPER accreditation scheme, and how to make an application for one of the accreditation levels can be found by using the following link

[Prosper Window Stickers | Provider Hub | Essex \(essexproviderhub.org\)](https://www.essexproviderhub.org)





## Resident's Wish Comes True

### Woodbury Court

Purely by chance during a conversation with one of the residents living at Woodbury Court, home manager Mel Oliver discovered that the resident, Christine, used to love swimming before she became unwell and needed to move into residential care. Upon further investigation Mel discovered that Christine still had her swimming costume in her bedroom.

Following some research, staff at Woodbury Court realised they could make Christine's wish come true, and Wellbeing Lead Jodie and Daisy took Christine for a swimming session at Billericay

It looks like Christine had a great time!



We have submitted Christine's story to the East of England Winter Deconditioning Games for a chance to win a Medal, fingers crossed Christine gets to stand on that podium!

If you have any stories you would like us to submit to the Deconditioning Game's please email [Prosper@essex.gov.uk](mailto:Prosper@essex.gov.uk)

## Benefits of Swimming

As well as being fun, swimming is a great way to keep fit and make friends.

Swimming is a healthy activity that you can continue for a lifetime.

Swimming is a low-impact activity that has many physical and mental health benefits.

Swimming is a good all-round activity because it:

- keeps your heart rate up but takes some of the impact stress off your body
- builds endurance, muscle strength and cardiovascular fitness
- helps you maintain a healthy weight, healthy heart and lungs
- tones muscles and builds strength
- provides an all-over body workout, as nearly all of your muscles are used during swimming.

Many local swimming pools have sessions especially for people with Dementia.



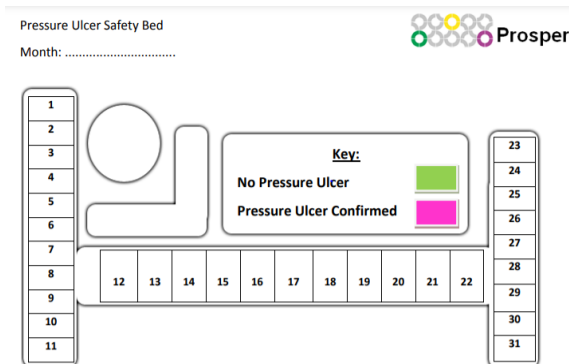
## Do you know how many Pressure Ulcers were acquired in your home last month?

The Prosper Tool Kit has many tools available to monitor, record and analyse Pressure Ulcers. Including the pressure ulcer safety crosses, trigger tool, driver diagrams and PDSA progress sheets. Downloadable Posters, informative guidance and fact sheets regarding pressure ulcer prevention can also be found on the Essex Provider hub. [Prosper Toolkits | Provider Hub | Essex \(essexproviderhub.org\)](https://www.essexproviderhub.org).

### Adapting the Toolkit

Edensor care home have been adapting the Prosper tool kit to help prevent pressure ulcers in their home. They use the pressure ulcer safety cross to monitor pressure ulcers and use the additional pressure ulcer safety bed to use for individuals who have presented with a pressure ulcer. This chart is left in the individual's room and coloured red for each day they have a pressure ulcer. This acts as a reminder to all staff that the individual still has a pressure ulcer and to follow the treatment programme in place. Personalising the safety chart like this has

seen several residents become pressure ulcer free within a few weeks, preventing the pressure ulcers from escalating and raising awareness with all staff.



We would love to hear how you have adapted the Prosper tool kit, and share ideas with other homes, let us know at [prosper@esex.gov.uk](mailto:prosper@esex.gov.uk)

## Top Tips to prevent Pressure Ulcers

- Eat a well-balanced diet
- Tell someone if you notice any skin changes
- Keep skin clean and dry
- Change position and keep moving as much as possible
- Stand up to relieve pressure if possible
- Reposition regularly
- Change position at least every 2 hours
- Use special pressure relieving mattresses and cushions if advised.
- Ensure pressure relieving equipment is in good working order.

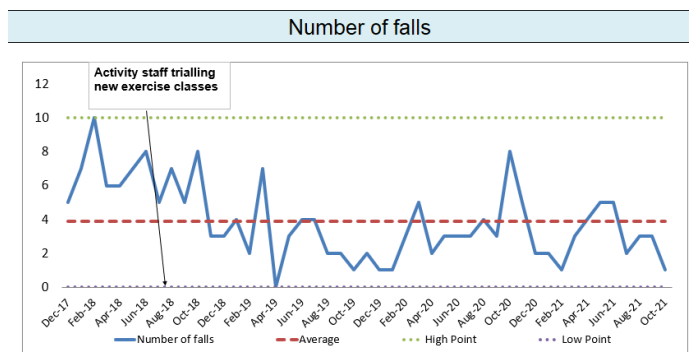




## Manning's Methodology Corner Making Good use of Runtime Dashboards

Every month we send updated runtime dashboards to all homes who have submitted data for the previous month on their PROSPER Monthly Mapping survey. Sometimes we see these displayed on notice boards in care homes, sometimes they are printed off and stored in a PROSPER folder. Other than using the dashboards to look for patterns and trends developing, we do not stipulate what homes should do with them. However, they are a resource for you to use in your quest for continual improvement, and I would like to suggest one way their usage could be enhanced.

Considering all PROSPER resource are designed to be 'easy, quick reference', which do not require someone to be a statistician to understand, a dashboard would be an ideal place to plot the beginning and end points of any initiatives you may be trialling as a Plan, Do, Study, Act (PDSA) cycle (see example below).



It would then be very quick and easy to look at the dashboard at future points to see if the initiative had made any noticeable difference to the direction the data is trending (upward, downward, or staying relatively constant). This in turn would assist any decisions you make about continuing, stopping or tweaking your trial.

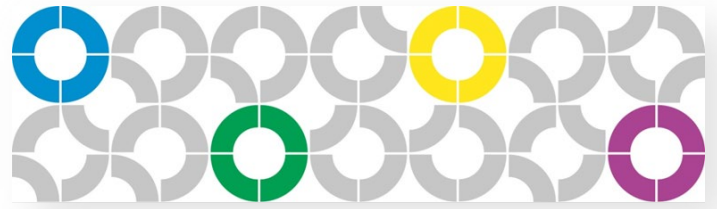
## Tweaking Dashboards

Following feedback from a few homes, we have made some small alteration on the final graph that appears on your PROSPER Runtime dashboard.

This graph was headed **'Number of Hospital Admissions as a Result of a Fall'**. However, it was highlighted that this graph had two lines on it, one for hospital admissions as a result of a fall. The other, hospital admissions for any reason. Consequently 'as a Result of a Fall' has been removed, and it is now simply headed **'Number of Hospital Admissions'**

Additionally, the two lines had been different shades of blue, but this sometimes made it hard to distinguish between them. So now hospital admissions as a result of a fall are shown in blue, whilst hospital admissions for any reason are shown by a grey line.

We hope these changes make this graph clearer to view.



## 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,

'My team over the past 18 months' ❤️

My team are fantastic let me tell you WHY!  
They helped each other when times were low and kept the standards HIGH!

❤️  
Residents become our family as we've been through so MUCH! ❤️  
Do you remember when family couldn't visit, see, or TOUCH? ❤️

My team were the main connection on behalf of so MANY! When all we could offer during lockdown was zoom & TELE! ❤️  
So, we enhanced engagement, activities, and stimulation TOO, I posted photos of loved ones on Facebook to show and comfort YOU! ❤️

We made sure there was laughter, care & FUN! ❤️  
We did are very best to look after EVERYONE! ❤️  
We gave awards and gifts in Recognition for staff that went the extra MILE!  
❤️  
Manager & Deputy will continue to give awards as we love to see staff SMILE!  
❤️

My team leader is supportive and leads on the FLOOR, she provides such good care and sooooo much MORE! ❤️  
CTL's & CARE staff are kind & caring and treat everyone with respect & tender loving CARE! ❤️ everyone is thoughtful & everyone is FAIR! ❤️

My Housekeeper, domestic, and catering team we also give top marks TOO! they keep the home clean and tidy and serve great meals for residents TOO!  
❤️

My handyman is amazing his checks were always up to DATE, he chats to all the residents & they have become his MATE! ❤️  
The well-being leads support the residents and all of the ABOVE, nothings to much trouble they say they could never give ENOUGH! ❤️

My admin team are front of house, & so busy they take the brunt from EVERYONE, but never fail to get the PCR and lateral flow testing DONE! ❤️

So, it just leaves me to say my team is FANTASTIC ..... a massive 'thank you to EVERYONE!' ❤️

## NEW CARE PROVIDER HUB

Essex County Council has recently launched their new Essex Provider Hub, which will be replacing the Living Well Essex Website.

You can find all our Prosper information and toolkit along with events and newsletters on the new hub.

To Access the new hub please use the link below:  
<https://www.essexproviderhub.org/>

## 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 you badge with pride!

