

Welcome to January's edition of the PROSPER newsletter, the first of 2022! Designed to keep you updated with the progress of the PROSPER project.

Promoting Safer Provision of care for Every Resident.

Prosper Festive Christmas Hamper Prize Draw



Marks Farm Braintree again kindly donated 5 hampers, in December to help us spread Christmas Spirit and recognise the challenging year you have all had.

A prize draw was held to win one of the hampers for your hard-working staff to enjoy! All you had to do was send us an email to say you would like to enter.



Each home whom entered was given a number, and we used a random number generator app to choose the lucky 5 winners! Congratulations go to:

Marmora, Parkview, Limecourt, Sweyne Court and **Okeley** who were the lucky winners, and had their lovely hampers delivered by the prosper team just in time for Christmas!



We would like to say a massive Thank You to **Tesco Marks Farm Braintree**, who continue to support us every year in helping to recognise all the hard work you all do!

Residents Riddle?

Each month we will provide a riddle for residents to solve. Please email their answers to prosper@essex.gov.uk

This month's riddle is...

I follow you all the time and copy your every move, but you can't touch me or catch me.

What am I?

Answer in next month's newsletter.

We are looking forward to seeing who will be crowned the

Riddle Master 2022

So, make sure to send us your riddle answers every month!





Using Pedometers to make a difference

As part of the NHS East of England Deconditioning Games, several homes in Essex were given Pedometers to keep track, help promote and get residents physically active in Care Homes.



Eastham Care Home are holding a Charity Virtual Walk-athon to raise funds for Homeless Veterans UK. Their plan is to walk from Land's End to John O'Groats in 60 Days and are using the pedometers to help achieve their aim!



The **Grange Care Home** have also been taking part in the deconditioning games and the manager told us "During our monthly residents meeting I explained what the deconditioning games was and we talked about activities we would be able to do together. We decided to do a virtual walk to our favorite place Southend on sea. We looked at the map and found



out that it is 12.9miles to Southend and is 27,024 steps. We do our exercises every day and try and walk as much as we can to get our steps up. I have booked the transport for the end of January so we can celebrate our achievement by going for tea on



Southend Sea front. We will be able to drive the actual distance so we can really see our achievement".

Deconditioning Games Medal Winners!

Congratulations go to:

Brenalwood

Who won a Silver Medal

Poplar House

Helen Court

Who both won Bronze Medals

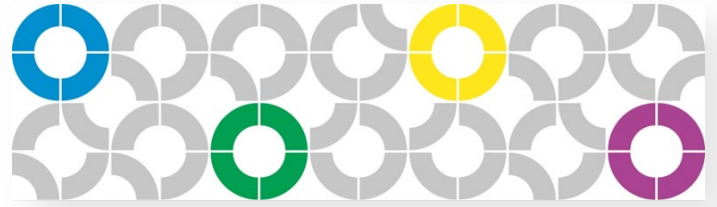
The NHS Winter Deconditioning Games aims to help prevent deconditioning and raise awareness.

Deconditioning is the loss of physical, psychological and functional capacity due to inactivity and is associated with the loss of muscle mass, increased risk of falls and reduced independence.

To be in with a chance to win a medal tell us how you are supporting residents to increase physical activity and wellbeing.

Want to know more about the NHS England & East of England Winter Deconditioning Games or enter your home please email

Prosper@essex.gov.uk



Positive effects of decaffeinated drinks

Marmora Residential Care Home, Clacton, have been looking at ways of improving the quality and pattern of their resident's sleep. They have found by offering and encouraging residents to choose a de-caffeinated drink in the afternoons and evenings this has had dramatic effects on several residents' ability to get to sleep and length of sleep.

The home instantly noticed several residents, who are normally awake during the night, going to bed earlier and sleeping better. Not having to get up in the night for the toilet has seen a reduction in night-time falls, and residents seem brighter and more engaged during the day due to a good night's sleep.

Using a personalised care approach for residents at high risk of falls, Marmora have also changed the size of cups some residents have. For one resident who really enjoys their hot drinks and would have many in a day and then be up a lot at night, the home changed the cup from a mug to a small cup and saucer, thus reducing the amount of caffeine but still enabling the resident to sit and enjoy the same number of hot drinks they wanted. Further offering the resident de-caffeinated drinks has improved her sleep quality massively.

For another resident who was not always going to bed or would wake at 3am and be awake for the day now regularly goes to bed and sleeps until 6-7am. Which has massively improved their energy, mood, and activity levels during the daytimes.

Marmora have also been using the PROSPER PDSA forms to record and monitor these small interventions. Fantastic outcomes for their residents and all from introducing de-caffeinated drinks to their menu.

Have you thought about offering decaffeinated drink choices in your home? Use the Prosper PDSA form to record the effects it has.

Did you know?

Typically, a mug holds approximately **240–350ml** whereas an average cup and saucer holds **230-280ml**

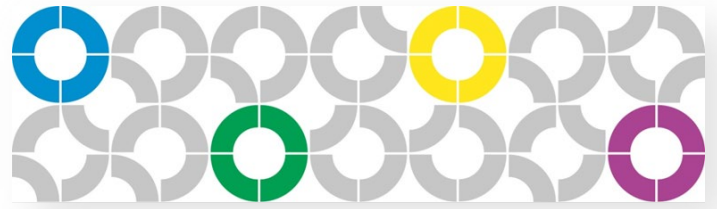


Too much caffeine can lead to increased anxiety, agitation, trouble sleeping, restlessness, increased heart rate, changes in mood amongst others

Decaf drink options can include:

- Ovaltine
- Hot chocolate
- Decaf Tea
- Decaf Coffee
- Squash
- Milk shakes
- Smoothies





Prosper Community of Practice

We held our virtual Community of Practice on the 13th January 2022, the first of the Year! It was lovely to see Prosper Champions and share the different things you have all been doing as part of Prosper.

We were joined by Caroline Robinson, the Provider Quality Team's OT who gave a short talk about Deconditioning and the effects of Long Covid for both staff and residents.

We shared a useful example of a Driver Diagram for improving Oral Health Care and talked about the initiative My Best Brush which has been rolled out in South Essex and is soon coming to North Essex. The principle behind My Best Brush is to colour code toothbrushes according to the amount of support a person needs with their Oral Healthcare by using a Green, Amber or Red toothbrush, or if someone has a particular kind of brush you could put a toothbrush sign above the sink to show how much support they need.

If you would like a copy of the Driver Diagram or more details about My Best Brush, including oral health care plans and printable posters to advertise please email

Prosper@essex.gov.uk

The morning was finished off with a session by Amanda Waring who talked about her Self-Care and Recovery sessions for care staff and managers. We have sessions running through February and March, please see the dates opposite and details of how to book.

Self-Care and Recovery with Amanda Waring

Staff sessions

1st March - 09:30 – 11:00
15th March - 4:00 – 15:30
23rd March - 14:00 – 15:30

Manager's session

1st February - 09:30 – 11:00
21st February - 14:00 – 15:30
11th March - 09:30 – 11:00

Follow up session for those who have previously attended

8th February - 09:30 – 11:00
2nd March - 14:00 – 15:30
18th March - 09:30 – 11:00
29th March - 09:30 – 11:00

To book email quality.innovation@essex.gov.uk



We know life is stressful right now. We are

here for you

0344 257 3960 24/7

hereforyou@nhs.net



Dignity Action Day



1st February is National Dignity Action Day, which gives everyone the opportunity to contribute to upholding people's rights to dignity and provide a truly memorable day for people receiving care.

This year Dignity Action are encouraging everyone across the country to **wear red** on **Dignity Action Day**, however you can choose any day in February to hold an event to help spread awareness around Dignity, for example a Valentine Tea, or create a Dignity Tree to make someone's wish come true. You could also get some ideas from the website, where you'll also find additional resources to help you with your event

[Dignity Action Day Ideas - Dignity Action Day - Events - Dignity in Care](#)

They are also holding a web event on **17th February**, this time the **focus will be on advance care planning**, ensuring everyone thinks about end of life in a positive and dignified manner and in time. Please keep checking the website for more details about this event, and how you sign up.

By supporting Dignity Action Day, it will:

- Raise awareness of the importance of Dignity in Care
- Provide someone with an extra special day
- Demonstrate that everybody in the community has a role to play in upholding Dignity in Care
- Remind the public that staff have a right to be treated with dignity and respect too.



Social Activities Hub

The Social Activity Hub in Clacton enjoyed a festive floristry session in the run up to Christmas. With a floristry tutor providing guidance and advice the residents of several homes enjoyed creating festive flower arrangements in jars. With the flowers being artificial the creations continue to be enjoyed.

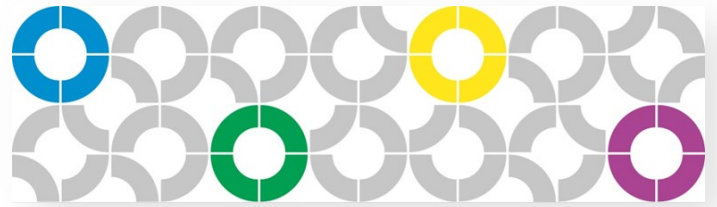
Jodie, the activity co-ordinator at The Oaks care home, said the residents 'absolutely loved it and the displays were used on the tables for Christmas dinner'



Join a Social Activity Hub

If you would like to be part of a social activity hub and link up with other homes, fortnightly for some fun and games, please email Prosper@essex.gov.uk.

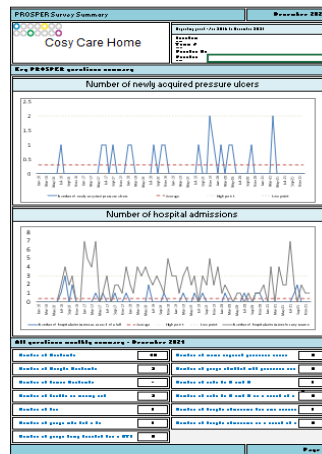
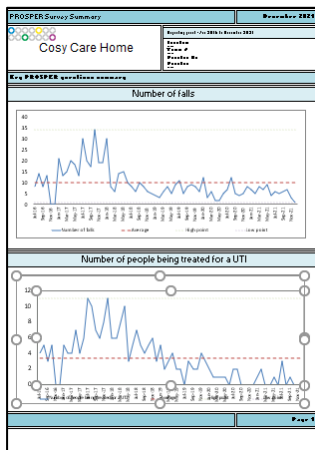
These are Hosted by activity co-ordinators and care staff within the home.



Manning's Methodology Corner The Importance of collecting data

As we enter another New Year and Covid-19 continues to have a big impact on how care homes are able to function, it continues to be difficult to sustain momentum with the use of PROSPER Methodology. However, although care homes may not be prioritising such things as conducting and recording **Plan, Do, Study, Act** cycles at this present time, I would strongly encourage all homes to continue to collect data in some form during this period.

Naturally I would recommend inputting regular monthly data onto your online PROSPER monthly data survey, for which you will receive in return your updated Runtime dashboard (see below). However, we are aware that some care providers may be using their own system to record data.



By continuing to collect and analyse data, you are making sure trends continue to be noticed promptly, even when staff have other priorities to focus on, plus you are also creating an excellent baseline for use when hopefully later in the year things become calmer, and you can focus more on quality improvement projects again.

Updated Surveys

The Monthly Mapping Data tool has now been updated to include months for 2022 entries.

If you want to backdate your data the last six months of 2021 are still there, don't worry any data you have previously input we have on your Monthly Dashboard Runtime charts.

Sometimes when updating things can go a little astray.

Consequently we are asking you all to be 'our eyes' during the coming year, and if you notice something that doesn't seem correct on your surveys, for example you may find a page with no questions on it, please let us know, either by phoning one of our support officers, or emailing Prosper@essex.gov.uk

All these issues can be easily rectified.



Poetry Corner

Another great poem from Sue Smith, we look forward to more poems throughout the year. If you have a talented poet amongst your team or residents who like to pen a poem, we'd love to feature their work.

Diet poem!

I have been on a diet I'll have you KNOW! 🙌
It's been pretty hard but the weights coming off SLOW! 😊

I see others eating chocolates cakes and BREAD! 🙈
I close my eyes and shake my HEAD! 🤪🌀

The smell of roast potatoes drives me INSANE!
Will I ever be the SAME! 😬

Then I look in the mirror and see my bum is not so LARGE!
It's the small changes like swapping butter for MARGE! 😬

I've pulled & wiggled and fitted in my JEANS! It helped that I
gave up Sausage mash and BEANS! 😬

My blouses now sit nice across my CHEST!
So I no longer have to wear VEST 😊

Even my feet have slimmed right DOWN!
I can walk in heels without wearing a FROWN 🙄

My tummy is smaller so that's a good SIGN!
So I'm going to stay on this diet of MINE! 😊

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 under the Quality tile.

<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

**on't forget to wear
you badge with
pride!**

