

Prosper

Issue Ninety Seven April 2023



Welcome to April'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 Champion Study Day's

We are delighted to announce that our Prosper Champions Study days are coming back for 2023 and will be taking place in May/June. Our Prosper Champion study days are fun filled days where staff can come and refresh their knowledge on different areas of care, as well as having some fun along the way. The dates and venues are as follows:

Mid – 11th May 2023 – The County Hotel, Chelmsford, CM1 2PZ

West – 18th May 2023 – Zinc Arts, Ongar, CM5 0AD

North – 23rd May 2023 – The Princess Theatre, Clacton, CO15 1SE

North – 25th May 2023 - The Princess Theatre, Clacton, CO15 1SE

South – 15th June 2023 – Wat Tyler, Pitsea, SS16 4UH

North – 21st June 2023 – Colchester football Stadium, CO4 5UP

Agenda for the days include:

- **Prosper Pictionary – Ice Breaker**
- **Sepsis Awareness**
- **Personal Care – Including Demonstration**
- **Supporting someone who has fallen – including practical element using 4 different types of equipment (Mangar elk, Manager Camel, Raizer Chair and MacGyver Approach – Use what's at Hand)**

If you would like to book spaces, please email Prosper@essex.gov.uk with the names of attendee's and which date/venue you want to attend.

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

Rainbow

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

This month's riddle is...

**I am a type of instrument
That can be grand or upright,
I have hammers, strings, and pedals
and my keys are black and white**

What am I?

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

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Easter Fun at Southminster Residential Home

Southminster Residential home shared this lovely story about what the residents got involved with in the run up to easter.

Manager, Liz Wynn, stated “Over the last few weeks, our residents have been busy creating colourful, knitted eggs for the Easter Bunny to hang around the village of Southminster. It was wonderful to see the Residents engaged in the craft activities and enjoy being part of a community project.”



Mrs Bunny also visited each of the Residents at the home and presented them with some chocolate to enjoy, after all their hard work, which provided smiles all round.



GEMSTONE Challenge



The Gemstone challenge helps to prevent deconditioning, which is the loss of physical, psychological, and functional ability, whilst having some fun at the same time.

It is something the whole Service can get involved in. Each Gemstone represents a series of activities you will work your way to collect.

The more Gemstones you have will enable you to reach the most coveted of Diamonds – the Blue Diamond!
Would you like a Gemstone pack for your home to get involved? Then email Prosper and one will be sent out to you.

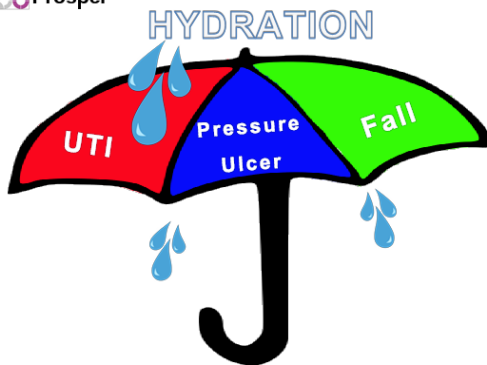
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Hydration is Key

With the weather finally warming up why not start to focus on increasing your resident's hydration and fluid intake by enjoying summer drinks and high fluid content foods in the garden and sunshine, or creating new and exciting fluid trolleys/ stations around the home.



Getting Hydration correct..... Could see a reduction in the above 3 areas.
Remember HYDRATION IS KEY!

Edensor Care Home have been busy creating a new hydration station at their home using the Montessori approach. With labelling like **Please have a drink and snack**, and **please take it for free**, as well as pictures to act as visual aids of what is on offer. They have created a bright visual area where residents can help themselves to drinks and snacks throughout the day.



Hydration game idea

Take a sip

(from The Lodge care home)

A fun, quick game that only takes 10 minutes and a good way of getting residents to finish their drinks. Making sure each resident has a drink in front of them start the game by asking 'Take a sip if you...' keeping the questions simple and easy will encourage more sips to be taken. For example, 'Take a sip if you are wearing something red'.



Lots of useful information and literature on hydration can be found in the Prosper toolkit on the Essex provider website

www.essexproviderhub.org/quality/quality-innovation-team

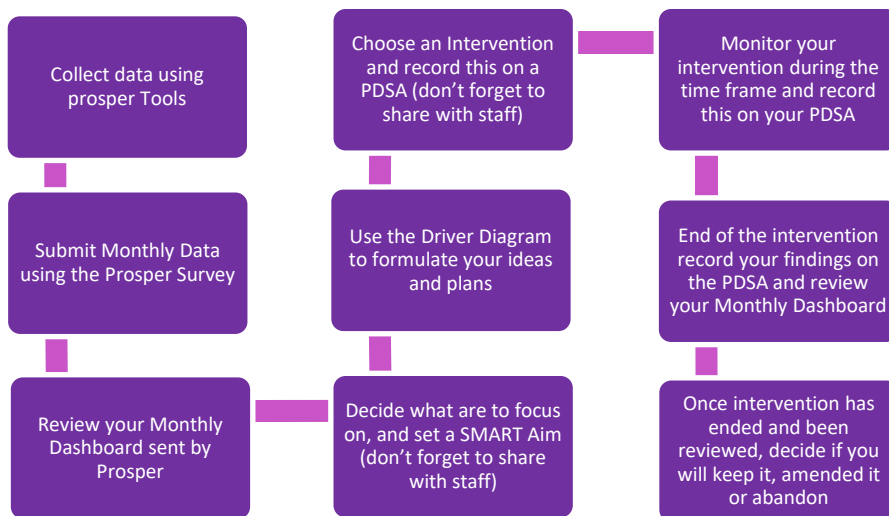
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PROSPER Workshops

PROSPER Support officers have been holding PROSPER workshops for homes who would like a refresher session about the PROSPER project. The sessions explore how the PROSPER methodology can work for your home, what tools are available to support you with your SMART aim and how recording your small acts of change can help with reflection. Follow up visits can help you keep focused and utilise tools and opportunities. All staff are welcome on these sessions, as we know the more people involved in PROSPER the more ideas and knowledge is shared and put into practise.



If you would like your support officer to visit your home and hold a PROSPER workshop.

Please contact prosper@essex.gov.uk

Prosper Skills Network Sessions

We also 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 the Prosper Project covers, to help build skills and knowledge and give subject matter champions in homes ideas and tools to help aid them.

The sessions we have on offer are:

- Falls**
- Nutrition and Hydration**
- Pressure Ulcers**
- UTI's**
- Oral Healthcare**



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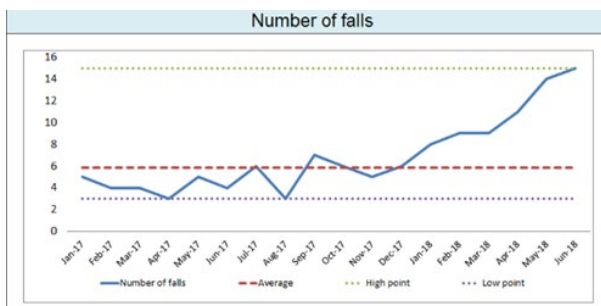
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Manning's Methodology Corner Using Dashboards to set SMART aims

Over recent months I have been discussing PROSPER Runtime dashboards, and these are an ideal tool to use when setting **SMART** aims.

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 Nov 17 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 2017. So a sensible **SMART** aim would be, **By end of 2018 falls to be no more than six per month.**

If this feels too big as a target in one go, you could split it into steps by initially setting the following **SMART** aim, **By end of September 2018 falls to be no more than 10 per month**

You could then review your progress at the end of September, 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.

PROSPER Dashboard Survey

The PROSPER Dashboard Survey which has been running for the past three months, will close at the end of April. So if you have not already done so, and would like to leave us some comments, do please log onto the survey (see below) before it closes.

Thank you to those who have already left feedback for us. Numbers have been small, and comments generally positive, so it is unlikely we will be making any major changes to the dashboards. However, we will be looking at all the comments we have received, and over the next few months, speaking to individual care homes to see if we can help them with any issues they have raised.

To complete the survey, use the following link:
<https://forms.office.com/e/yZSwzU6VYx>

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Poetry Corner

I Dream of You

By Sue Smith, Manager Cherry Wood Grange

I close my eyes and dream of you,
and the memories coming shining through

I hear your laughter and feel you're near I can't touch you,
but I feel your still here

By my side in spirit and soul,
I will love you for ever and I'll never let go

Reaching out and saying your name,
My life will never be the same

But I'll keep my promise and stay happy and true
As I know you still love me as much as I love you

Rest now in a place where you are safe,
the angels are your saving grace

No more sorrow with no regret,
only happiness from the day we met

Thank you for the lovely life we shared,
thank you for showing me how much you cared

So, until we meet once again,
I will look forward to doing it all over again

As life is a circle it never ends,
it just gets broken and needs to mend

Amen

CARE PROVIDER HUB

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

To Access the hub
Please visit the link
<https://www.essexproviderhub.org/quality/>

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

Don't forget to
wear your badge
with pride

