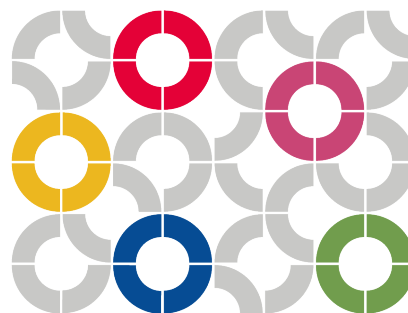


Prosper



Issue 127 October 2025

Welcome to October'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 Open Day

This month we held our first ever Prosper Open day where it was great to see 33 members of staff from 13 different providers come along and take part in all the sessions we had on offer. Staff completed the following sessions throughout the day:

Quality Improvement Methodology

SMART Aims and Driver Diagrams

Plan Do Study Act Cycles

Root Cause Analysis – 5 why's and a What

There were several stalls that had an array of prosper tools from our prosper toolkit, methodology and accreditation scheme, as well as the innovation team's Senior OT who had a stall about the different things they can offer.

To make things even more fun during the day we held a quiz for everyone to take part in during the day, with questions about the information they could find on the different display boards.

The Quizzes have been marked, and we are pleased to announce that the winner's are:

**Angela Davison – Okeley
and
Woodboro**

A prosper goodies Hamper will be making its way to you both soon!

Provider Quality Innovation

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:

Autumn

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

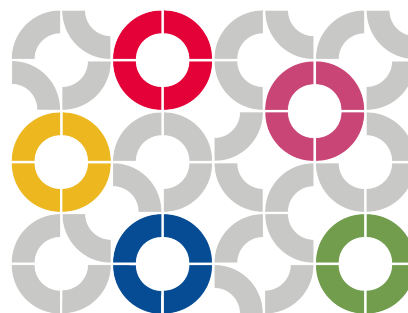
This month's riddle is...

**Oz had good ones from
the north and south
And wicked ones from
the east and west,
But flying around on a
broomstick
Is probably how I'm
known the best.
What am I?**

Answer in next month's newsletter



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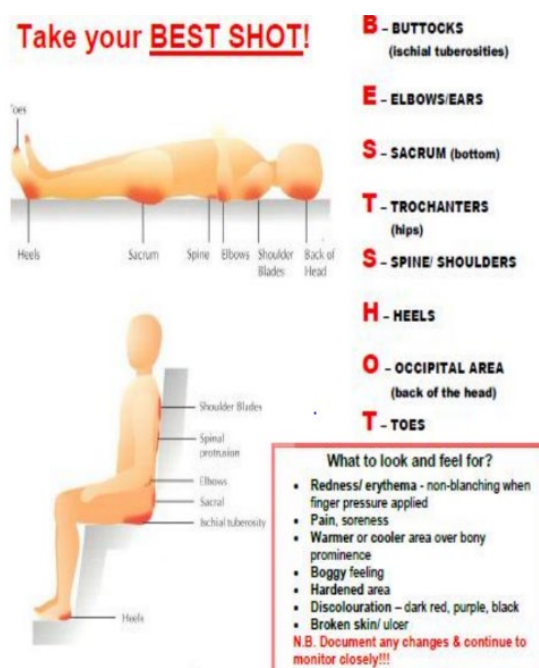
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Stop Pressure Ulcers Day 2025

November 20th is National Stop Pressure Ulcers Day; this is a good opportunity to raise awareness with staff and residents of ways to reduce the risk of a pressure ulcer developing.

What can you do on National Stop the Pressure Ulcer Day?

- Wear something Red to work, highlighting the importance of recognising the first signs of a pressure ulcer – React to Red!
- Hold an educational session using the Prosper toolkit!
- Get everyone moving by holding a music and dance event.
- Have themed Afternoon Tea to help provide good Nutrition and Hydration – Protein promotes healing and good skin integrity.
- Use Handy poster's to remind you about pressure ulcers, like how they can form and where.
- Visit educational websites like [React To Films Accompanying Resources - Download PDF Training Resource | React To](#)



The aSSKINg Framework

The popular SSKIN acronym that helps carers remember what to look for and what to do to help prevent pressure ulcers, has been given a make over and has two new letters:

A – Assess Risk

S – Skin Assessment

S – Surface

K – Keep Moving

I – Incontinence

N – Nutrition

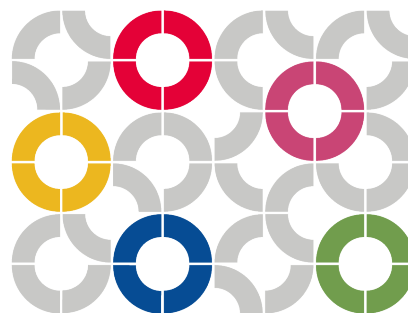
G – Give information/ Get support

To find out more in depth detail around each one please visit the link below.

[The aSSKINg Framework](#)



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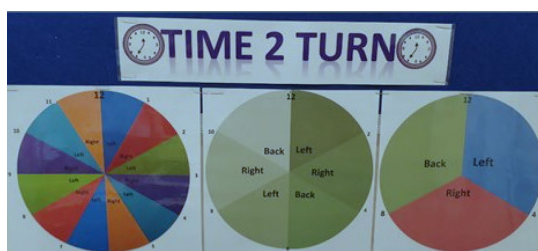


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Pressure Ulcer Ideas

Here are a few of the ideas Prosper homes have tried to help Reduce Pressure Ulcer in their homes. Not all will work with every resident but worth considering as a PDSA cycle. Tried something else? Let us know by emailing Prosper@essex.gov.uk

- **Time to Turn** – A home made these visual turn clocks to help staff know how often someone needs to be turned and in which direction. Each resident would have their own individual turn clock.



- **Dedicated Prosper Board** – Having a Prosper board purely around the prevention of Pressure ulcers, with lots of handy posters and info from the prosper toolkit to help raise awareness for both staff and visitors.



- **Using Mirrors and Blanchers** – Using the gadgets provided by prosper to look at hard to reach areas or test residents skin for early signs. The guide below is in the Prosper Toolkit.

Prosper Compact Mirror



Use the Prosper Compact Mirror to help you and your residents check pressure areas in hard-to-reach places like:

- Elbows
- Heels
- Back of the head and ears

You could even give your more capable and independent residents a mirror so they can check their own hard to reach areas with ease.

Prosper Blancher



The Prosper Blancher can help you pick up the early signs of a Pressure Ulcer:

How to use the blancher:

Press the blancher on the red, pink or darkened area. This area should go white, remove the blancher and the area should go back to the same colour as stated above within a few seconds, indicating good blood flow. If the area stays white, means damage has begun.

Prosper Accreditation

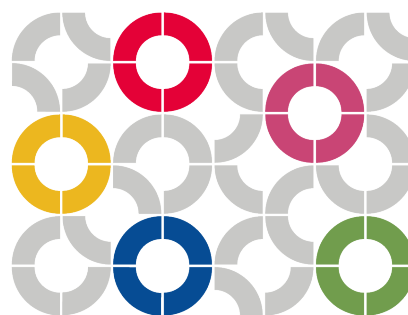
The Prosper accreditation window stickers are a mark of achievement and demonstrates a home's level of commitment to promoting the safer provision of care for every resident.

There are 4 levels which can be awarded, each level has a set of criteria which will need to be evidenced before a home is awarded that level. Each home when starting on Prosper receives their level 1 white stickers, via their Prosper support officer.

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 | Provider Hub | Essex](#)



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May be gone but not forgotten Manning's Methodology lives on!

Ask Why – Route Cause Analysis Tool

'Ask Why' is a very simple questioning process, best used immediately after an incident has occurred, and often identified a process failure.

The technique can be as simple as got two people continually asking why something has happened until the root cause of the problem has been discovered. The process should prevent the use of 'stock' answers such as 'I didn't have time' or 'He always does that'. So, for example, a conversation may go as follows

Why does this resident keep falling?	I think she is constantly exhausted
Why is she constantly exhausted?	She constantly walks around the home. She never seems to stop
Why does she constantly walk around the home?	She seems to be anxious and agitated
Why do you think she is anxious and agitated?	I think it is because she used to be a heavy smoker, but during a recent illness she couldn't smoke and is now experiencing nicotine withdrawal
Why do you think that?	She has started having the occasional cigarette again and seems a lot calmer at these times.

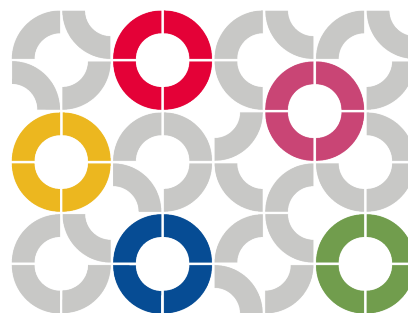
Once you have discovered the 'root cause' you could then start to investigate possible solutions to the issue. In this case it could well be other nicotine replacement therapies to help this resident cope with her anxieties. Without going through the 'Ask Why' process, it may just have been decided that this resident just constantly walked, and so consequently experienced falls.

'Ask Why' in action

There have been sessions about 'Ask Why' conducted at past Champions Study Days, and at one someone told us about a resident at their home who regularly got out of bed at night to go to the toilet. But rather than going back to bed, the resident would walk out of their room and disturb other residents.

With just this information it would be easy to think the only solution would be to put some kind of restriction in place to stop the resident getting out of bed. However, by using the 'Ask Why' technique staff at the home suggested the possibility that because it is dark at that time, the resident could just be aiming for the only light he could see (around the door to his room). And following several trials with night lights and illuminous tape (using PDSA of course), the resident will now go to the toilet in the night and return to his bed independently.

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Poetry Corner

Living Life with mental health

Poem by Sue Smith, Manager of Cherry Wood Grange

Life isn't always easy at times it can be so **TOUGH**.
It can be hard to balance the smooth with the **ROUGH**.

Reach out for help please don't suffer **ALONE**.
Send a friend a text or pick up the **PHONE**.

Sharing a problem can ease your **DESPAIR**.
There's always someone who'll show you they **CARE**.

Making that move is a brave thing to **DO**.
You'll be glad of the support, it will be a real **BREAK THROUGH**.

Others can help if you unload and speak **OUT**.
Don't worry just give a **SHOUT**.

Cry if you must don't bottle it up **INSIDE**.
Let out all your emotions don't let them **HIDE**.

Think of the positives and the negatives will **SUBSIDE**.
Remember to wear your smile and be full of self **PRIDE**.

Look at your life's future & memories and your **SUCCESS**.
Feel content knowing that you're doing your **BEST!**

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