

# Prosper

Issue Ninety Five February 2023



**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.**

## Essex Care Sector Awards 2023: The Prosper!

We are delighted to announce the Essex Care Sector Awards are back for 2023. Celebrating the best of care in Essex demonstrated through innovation, achievement, and outstanding contribution. The Awards, hosted by Essex County Council and NHS Integrated Care Board's (ICB) are open to all Residential Care Homes, Nursing Homes, Domiciliary Care Agencies, Supported Living services and Day Centres, who deliver a care service to Adults in Essex County Council's Local Authority area.

Criteria for each award was sent out at the beginning of February and the nomination window is now open and will close on the 31<sup>st</sup> March 2023.

This year there are 12 awards up for grabs. The Categories are:

- Outstanding Carer/Support Worker
- Outstanding Care Sector Nurse
- Outstanding Leadership
- Unsung Hero
- Team of the Year
- Prosper Achievement
- Making a Difference
- Diversity & Inclusion
- Digital Impact & Technology
- Sensory
- Climate Action: Towards Net Zero
- Community, Partnership & Collaboration

**Those shortlisted will be invited to the Awards Ceremony on the 6<sup>th</sup> July 2023, held at Cressing Temple Barns.**

Enquiries please email: [Theprospers@essex.gov.uk](mailto:Theprospers@essex.gov.uk)

## 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

**A Plant**

Well done to all who answered the riddle correctly

This month's riddle is...

**I am a certain type of bulb, but I don't give off any light. I can be peeled and chopped up and can be red yellow or white.**

**What am I?**

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



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## 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.

**‘A bit of fun for everyone!’**

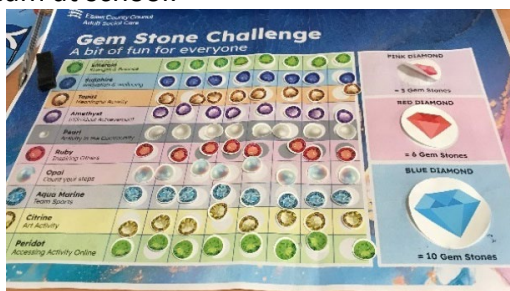
Each Gemstone represents a series of activities you will work your way to collect. The more Gemstones you have will enable you to reach the most coveted of Diamonds – the Blue Diamond!

### Parkview

**A massive Congratulations goes to** Parkview in Witham, the first home to have completed the Gemstone Challenge and received their blue diamond!

The home completed lots of different activities for the challenge.

- **Emerald** - Activities including floor basketball and boccia
- **Topaz** – Walking group taking regular walks in the park
- **Amethyst** – Residents completing tasks at the home like laying tables
- **Pearl** – Regular trips out to places like the library
- **Opal** – Using step counters and virtual walking routes
- **Aquamarine** – Getting everyone involved with using the rainbow parachute
- **Citrine** – Have a knitting club where they make scarfs etc
- **Peridot** – Use a giant I-Pad ad access different apps on it
- **Ruby** – Has a resident who leads floor netball as they used to be in a team at school.



## Congratulations

We would also like to congratulate

**The Grange** who has achieved their Pink Diamond by completing their Amethyst, Peral and Ruby Gems.

With a special mention going to their resident Donald who holds regular exercise classes for the other residents



**Woodbury Court** who has completed their Peridot and Ruby Gems

And **Freda Gunton Lodge** who has completed their Citrine Gem

Have you got a Gemstone Challenge pack and completed any of the Gems? Please make sure to email us and let us know so we can send you your certificates and feature your home in future editions!

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## Nutrition and Hydration Week

13<sup>th</sup> – 19<sup>th</sup> March 2023

Nutrition and Hydration week's mission is:

*To create a global movement that will focus energy, activity and engagement on nutrition and hydration as a fundamental element of maintaining the health and well-being for our global community.*

With the main aim of the week being around promoting the following areas:

- The 10 Key Characteristics for Good Nutritional Care
- Protected Mealtimes
- Nutrition Advocates for each health or social care setting
- The minimum standards for good nutrition in the respective settings
- Highlighting Good Nutrition and Hydration Practices
- Continued Education for professionals on good nutrition and hydration
- Plus, we would like everyone to hold a Global Tea Party event on the Wednesday of Nutrition and Hydration Week

The week is also about sharing and learning from other ideas in the industry; do not re- invent – share, learn, develop, and share it again. Saving you time, improving the nutritional care you provided and the improving the well-being of those you are caring to.

If you want to get involved in Nutrition and Hydration week they have loads of idea's, posters, and other resource available on [N&H Week | Nutrition and Hydration Week](#)

Don't forget to send us pictures and stories of your week, so we can feature them in next months edition [Prosper@essex.gov.uk](mailto:Prosper@essex.gov.uk)



## Ideas for events and activities during N&H Week

### Daily Theme ideas

- **Monday** – Big Breakfast – the most important meal of the day
- **Tuesday** – Snacky Tuesday – the value of snacks between meals and at suppertime
- **Wednesday** - Global Afternoon Tea
- **Thursday** – Thirsty Thursday
- **Friday** – Fruity Friday
- **Saturday** - Smoothie Saturday
- **Sunday** - Sundae Sunday



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## Manning's Methodology Corner Using PROSPER Processes

Following my article in January's newsletter, suggesting your home may wish to make a New Year's resolution of using Quality Improvement Methodology techniques to try and reduce falls, UTIs and pressure ulcers in their home. We were pleased to be contacted by three homes interested in engaging with PROSPER. Arrangements are now being made with these homes for one of our support officers to visit them and discuss how PROSPER could work in their homes.

There is not enough space in this column to explain PROSPER methodology in full, but to give a very brief overview, the idea is to collect monthly data around the number of falls, UTIs and pressure ulcers occurring. Converting this information into a line graph and use this to set SMART Aims for your home to work towards using such tools and techniques as PDSA cycles and Driver Diagrams to test out ideas and small changes. We would encourage the involvement of all staff in this exercise of looking for continuous improvement.



Because of the use of acronyms in methodology, it can sound more complicated than it is. But In fact, it is actually really simple, and our support officers explain all this fully.

If you would like to discuss PROSPER Methodology further, please email [Prosper@essex.gov.uk](mailto:Prosper@essex.gov.uk)

## PROSPER Dashboard Survey – we need your feedback

At PROSPER encourage care homes to strive to continually improve the service it provides for residents. However, we are also looking at how we could improve the support we provide.

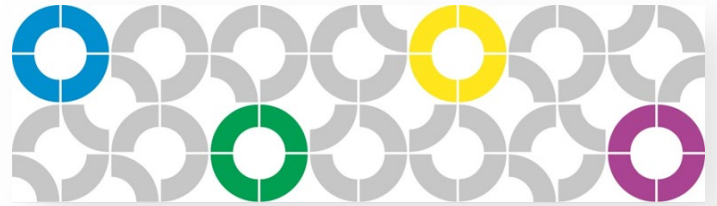
One of the main aspects of engagement with PROSPER is submitting of monthly data and receiving updated runtime dashboards, we are currently conducting an exercise to see how dashboards are used and could they be improved.

We are interested in hearing your views, regardless of whether you currently regularly input data or not. We need your feedback and ask you to complete a short survey, use the following link:

<https://forms.office.com/e/yZSwzU6VYx>

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## Poetry Corner

### Spring poem

By Sue Smith, Manager, Cherry Wood Grange

When daffodils raise their yellow head,  
I know it's time to plant my summer bed!

I'll chose plants with colour that leap up from mother earth,  
spring is the start of our summer's birth!

Cool breezes with the lighter days,  
no more smog in a winters haze!

Showers, sunrise and glorious skies,  
chicks hatching before my eyes!

Moonlight dancing on the calm blue sea,  
picnics planned for you and me!

This is what spring means to me, fun and laughter,  
and sitting under a magnolia tree!

Listening to the children as they play and giggle!  
Finding a worm and watching it wiggle!

Happy, dirty faces with smiles so bright,  
it's ok I'll give them a bath tonight!

Running, chasing on the beautiful lawn,  
this is what spring & summer brings from dusk to dawn!

## 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  
[Provider Hub | Provider Hub | Essex](#)  
[essexproviderhub.org](https://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**