



**Welcome** to the April 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 Community of Practice

We are very excited to announce we are holding a face-to-face Community of Practice on the following.

**Date:** 9<sup>th</sup> June 2022

**Venue:** County Hotel, 29 Rainsford Road, Chelmsford, CM1 2PZ

**Timings:** 9:15 to 1pm

**The Community of Practice is an opportunity for home managers and/or PROSPER leads to network with their counterparts from other homes engaged with the project.**

Invites and agenda for the event will be sent from the Prosper Inbox within the next couple of weeks, so make sure to keep an eye out as spaces are limited.

## Something New and Exciting

The Prosper team have been busy working with the wider innovation team and OT on a new and exciting challenge that is not far in the horizon.

With a tag line: **A bit of fun for everyone!**

We can't wait to be able to share more details of this gem of a challenge, the launch is due to take place in early July, so keep your eyes peeled!



## 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 **Book**

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

This month's riddle is...

## What building has the most stories?

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





## Easter Fun at Essex Care Homes Woodbury Court

Residents at Woodbury Court enjoyed a magical few days, over the Easter weekend, watching their chicks hatch. Residents were delighted to welcome ten chicks into their home, just in time for their Easter celebrations. The team thought it would be a wonderful experience for residents to see first-hand the chicks hatch from their eggs. The incubator was put in one of the home's social areas, and residents sat together eagerly watching as the chicks hatched one by one. By Easter weekend, all ten chicks had hatched and from this week, residents have been able to hold them.

Home Manager, Mel Oliver commented: "Everyone at Woodbury Court was so excited to see the chicks hatch and some residents even stayed up watching and waiting. At Woodbury Court, we love to create and share in truly magical moments for residents, and this really was a great treat for us all. The residents are looking forward to handling and caring for the chicks and watching them grow."



Woodbury's Court's parent company Runwood Homes' Dignity theme of the month focuses on 'New Beginnings'. The opportunity to watch new life enter the world, and to see the chicks thrive and grow all within their home is a wonderful reflection and celebration of this theme for the residents.

## Cherrywood Grange

At Cherrywood Grange fun packed Easter Treats and Refreshments trollies were created to go round to all residents at the home offering flowers, easter eggs and homemade easter cakes, along with the usual drinks and snacks



Easter arts and crafts were organised, including Easter Bonnet making, Easter Card making, and Easter Cake baking.



A special Easter church service was arranged for Easter Sunday. And Easter Eggs were provided for all residents and staff.



## Belmont Lodge

Belmont Lodge also shared how their residents prepared for the Easter celebrations firstly by the residents spending a lovely morning Home making and decorating chocolate nests cakes for Easter. They mixed all the ingredients and then added them to cupcake cases, topping each one with little mini egg decorations. So sweet and yummy too! They loved having music playing in the background while crafting the cakes, and there was plenty of group conversations and laughter too.

The Residents were also busy getting creative and making their own Easter bonnets. The residents decorated their hats with bunnies, chicks, and variety of different spring decorations. With their fabulous assortment of themed bonnets completed, the residents participated in a collective parade over the Easter weekend, to showcase their creations and select a well-deserved winner for their Easter bonnet competition. Dawn the activities co-ordinator stated “One of our ladies remembered making Easter bonnets when she was younger with her families, so she had a lovely time reminiscing about her past and getting stuck in.”



## New Dates Find Your Active Workshop

We are 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. Our 'Find Your Active' workshops for care home activity/wellbeing coordinators, aim to support them to introduce ways in which they can include physical activity with their residents.

**Date 15<sup>th</sup> June 2022**

**Timings 10am to 1pm**

**Venue: Great Bromley Village Hall, Great Bromley, Colchester, CO7 7JA**

**Date – 22<sup>nd</sup> June 2022**

**Timings 10am to 1pm**

**Venue: Hamptons Sports and Leisure, Tydemans, Chelmsford, CM2 9FH**

if you would like to book please email the names and contact details to

[Prosper@essex.gov.uk](mailto:Prosper@essex.gov.uk)



## Positive Culture in Care Homes



Many of you will know PROSPER encourages all staff to become involved in residents care and wellbeing. This includes housekeepers, kitchen staff, activity co-ordinators, receptionists, maintenance staff all being involved in residents' day to day activities. By having staff working together, supporting each other, and using good communication can help in the reduction of falls, UTI's and pressure ulcers, as well as helping to increase nutrition and hydration.

**Brenalwood care home** in Walton has embraced this idea by setting up a 'Mobility Clinic'. The staff team including maintenance staff and carers support the residents to have their mobility aids checked. The residents have also been getting involved in the process and have been helping to clean walking sticks, frames and wheelchairs. Not only is this engaging everyone in the care home and creating meaningful activities for the residents, but it is also helping to reducing falls by looking after falls prevention equipment.

Staff at **Marmora Care Home** have also been busy working as a



team to create fun, relaxing yoga sessions for staff and residents to enjoy. Using relaxing music to create a nice atmosphere and gentle exercises, yoga is now a regular activity in the home. Chair yoga has many benefits including increasing strength and balance, promoting relaxation and encouraging better breathing techniques.

We would love to hear how your staff team and residents work together and share and inspire others, please share your good practise with us at [prosper@essex.gov.uk](mailto:prosper@essex.gov.uk)



### Did you know?

There are many Benefits of a Collaborative Workplace Culture including:

**Improved Idea Generation**

**Fostering Creativity**

**Expanding Perspectives**

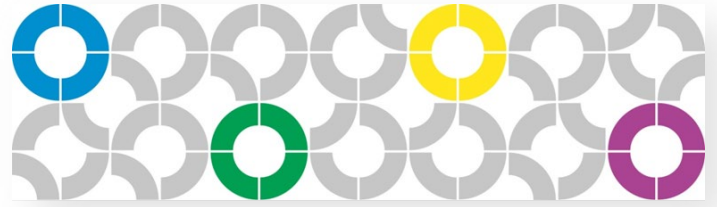
**Focusing on Strengths**

**Making work fun**

**Boosting Productivity**

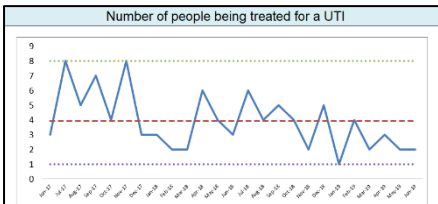
**And most importantly the making for happier residents!**





## Manning's Methodology Corner Being creative with SMART aims

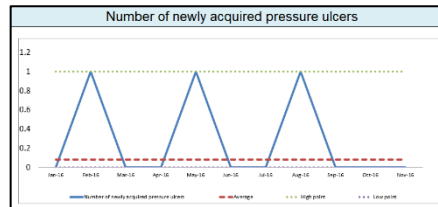
For the past two months I have been demonstrating the importance of setting a **SMART** Aim for any goal you are trying to achieve at your home. Often it is clear from your home's runtime dashboard where an upward trend is developing, and consequently an appropriate area to set a **SMART** aim for. However, occasionally it may not be so obvious, for example you may have been focussing on an area, and seen good reductions already, and feel that it would be difficult to reduce things further at this time. Or you could be at a small care home, where numbers of falls, UTIs and pressure ulcers are constantly very low anyway. In these circumstances it is still best practice to have a **SMART** aim in place, and I would like to suggest some ways you could be creative in setting a goal.



If you have seen a sustained period of improvement and reduction in your data (see left) there is nothing wrong with setting a 'containing' **SMART**

aim, where you aim to not go above your current level for say three months. If that is achieved, you could then start to consider setting a slightly more challenging **SMART** aim.

If your home is small, and your data maybe fluctuates between one per month and zero (see right), how about setting a 100 Day Challenge as a **SMART** aim.



**'Commencing 1<sup>st</sup> May 2022 we will go 100 days with no newly acquired pressure ulcers'**

You could then be creative and create a display to chart your progress.

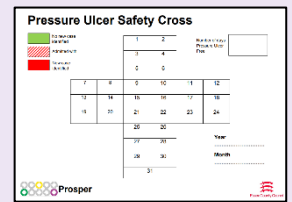
## Using PROSPER Resources to support your SMART Aim

It is always a good idea to look at which PROSPER resources could support you to achieve your **SMART** aim, and the best place to start looking is the PROSPER Toolkit web page

<https://www.essexproviderhub.org/quality/quality-innovation-team/prosper/prosper-toolkits/>

If you are attempting something like the '100-day challenge' (see left), you could always adapt one of our Safety Calendars to accommodate 100 days. Or

you could be really creative



and create an **'X Days with no Newly Acquired Pressure Ulcers'** poster, to create enthusiasm amongst everyone.

**There are also information sheets that could be used to form a display.**



## Poetry Corner

### The Weeping Willow Tree

**By Sue Smith, Home Manager at Cherry Wood Grange**

*(I was inspired to write this poem after my mum told me my late father brought and planted a Willow Tree on her birthday 30 years ago!)*

I'm sitting in the garden and what do I SEE, lots of flowers, birds and a beautiful weeping willow TREE!

This willow tree is special, it was planted just for ME, 30 years ago it was tiny, now it towers over ME!

It brings back memories through the seasons, it's a tree I ADORE, my late husband planted it, I couldn't have wished for MORE!

I've watched the willow tree grow and the leaves flickering in the SUNLIGHT, I always think of you my darling, when I say GOODNIGHT!

I feel you're still around ME, when I sit beneath the tree, the shadows and the memories fill me with GLEE!

I close my eyes and I feel you, I know your presence is THERE, this is more than just a willow tree, it takes away my DESPAIR!

Until we meet again my very true LOVE, I'll always admire the willow tree and watch the turtle DOVE!

The turtle doves nested in our special WILLOW TREE, that's just such a lovely tribute to YOU and ME! ❤️

**Do you have a talented poet/s amongst your team or residents who like to pen a poem, we'd love to feature their work so please email them to: [Prosper@essex.gov.uk](mailto:Prosper@essex.gov.uk)**

## NEW CARE PROVIDER HUB

Essex County Council has recently launched their new Essex Provider Hub, which will be replacing the care provider hub on 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 visit the link

[Provider Hub | Provider Hub | Essex \(essexproviderhub.org\)](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 your badge with pride!**

