



Welcome to March's edition of the PROSPER newsletter, the first of 2021! Designed to keep you updated with the progress of the PROSPER project.

Promoting Safer Provision of care for Every Resident.

Team of the Month!

The PROSPER Team are holding a monthly Prize Draw to acknowledge and recognise the amazing work care home staff have been doing this year. The winner is selected using a random selector app. The selection of goodies has kindly been donated by **Tesco!**



And our final winner of Team of the Month is.... Rosedale Court

The Manager at Rosedale Court Wrote: "The residents enjoy a wide variety of person centred, activities tailored to their own individual likes, skills, and ability. Our aim is to provide an environment that provokes and stimulates resident's wellbeing, which has just recently, included the Montessori methodology for those living with dementia. The concept behind the Montessori method emphasizes self-direction, through meaningful activities the goal of which provides a sense of accomplishment and purpose.



'Team Rosedale' strives daily to improve the quality of life, for those in its care, by bring meaning, joy and a sense of belonging to their lives."

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 **An Envelope.**

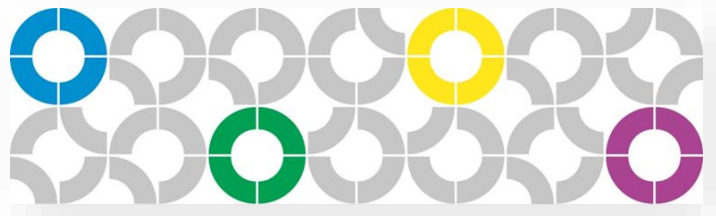
We had a great response this month and a Well done goes to the following: **Squeak House and Hill House** for answering it correctly.

This month's riddle

**The More of this
there is, the less you
see. What is it**

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





Kingsgate's Digital Rainbow Activity Table

Kingsgate Nursing home in Clacton, have been having lots of fun with their new digital rainbow activity table, engaging the residents in some brain stimulation games and puzzles the table



features games including, Brain training & Memory, Games & puzzles, Sensory & Dementia apps, Colouring & Drawing. The table is mobile so staff can take it anywhere in the building especially to those that are in bed or to quiet areas and helps

residents to enhance person-centred care and wellbeing, feel engaged and mentally active.

'For one resident who did not engage often the staff tried a few different games etc but again nothing engaged her until we found a spot the difference game and then it all changed. She was awake, alert and enjoying the activity that was in front of her, you could see her brain working and the difference was so lovely to see. This is so rewarding to see this lady go from sleeping to engaging'.



Did you Know.....

Physical activity could **prevent**



1 in 8 cases of breast cancer



1 in 8 cases of colorectal cancer



1 in 12 cases of diabetes



1 in 15 cases of heart disease



About **31 million** adults aged 50 or older are inactive, meaning they get no physical activity beyond that of daily living.

Space are still available for

The Prosper Skills Network

These will be a series of bitesize virtual sessions focusing on different subject matters the Prosper Project covers, to help build skills and knowledge and give subject matter champions in homes idea's and tools to help aid them.

To start things off our first, Prosper Skills Network is:

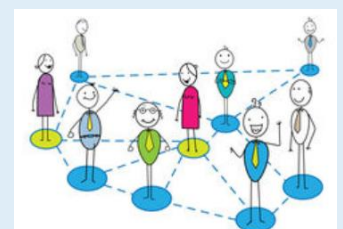
Falls Prevention

Being held virtually via Microsoft Teams on

Tuesday 13th April 2021

10am to 11.30am

To book spaces for your home please email Prosper@essex.gov.uk with the names of the people you wish to attend the event.





Love to Move Session



Sport for Confidence's Occupational Therapists and coaches would like to invite you to their **Love to Move** celebration session for staff and residents.

Join them for some movement, activity, and fun!

When: Friday 9th April – 3pm to 4pm

Where: Session will take place via Zoom

To register your home space please email:

lovetomove@sportforconfidence.com Please make sure to include the name of the home, and how many people will be attending.

Dementia and Exercise Webinar



Active Essex are pleased to offer free webinars online, as part of the: Essex Health Series

The aim of these seminars is to provide anyone who delivers sport or physical activity with the latest information on ways to support people recovering from Covid-19, how this has impacted on those most vulnerable and opportunities for the Sport, Physical Activity and Leisure sector to support residents of Essex. There will be a range of seminars over the coming weeks and months, as part of the Essex Health Series, with the next webinar taking place on:

Thursday 18th March – 9.30am – 11:00am

This session will explore the different stages of dementia and the exercise considerations for each stage, highlighting the impact that Covid-19 has had, and could continue to have, on the development of cognitive conditions.

To book your space visit:

<https://www.activeessex.org/dementia-and-exercise-webinar/>

Prosper Quizzes for staff and residents

After an amazing up take on our Easter themed quiz. We have decided to hold a quiz every month with a different theme!

Quiz Dates:

Easter Themed Quiz
Wednesday 31st March
2pm to 3pm

May Day Themed Quiz
Wednesday 5th May
2.30pm to 3.30pm

The Queen's Birthday Celebration Quiz
Wednesday 9th June
2.30pm to 3.30pm

The quiz will be held virtually via Microsoft teams

If you would like to attend please email prosper@essex.gov.uk with the email address you would like the link for the quiz to be sent to.

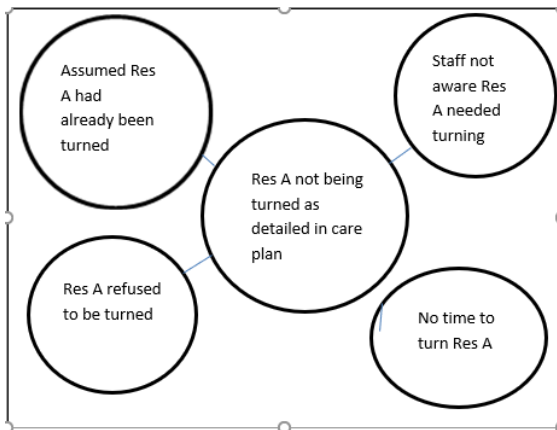




Manning's Methodology Corner Wagon Wheel (cont.)

During the past few issues of the PROSPER Newsletter I have been going through the process of creating a 'Wagon Wheel' (see below), and explaining how to analyse each 'outer cycle' to look for where gaps potential in your processes.

The past two weeks I have looked at the top two 'outer circles' and given some suggestions as to the type of questions you may need to ask yourself about your processes and where improvements could be made. You would need to follow this process for all of the 'outer circles' on the 'Wagon Wheel'



in turn. Once completed you should be left with a list of recommendations of changes you could make which could potentially improve your processes.

For example, if we look at last month's Newsletter, the list of recommendations you may draw from the top right 'outer circle' could be along these lines:

- Create a 'Turning sheet' for use in resident's room.
- Develop some kind of discreet signage that indicated this resident required regular turning.
- Have one designated staff member for each shift to be responsible for ensuring the resident is turned as per their care plan.

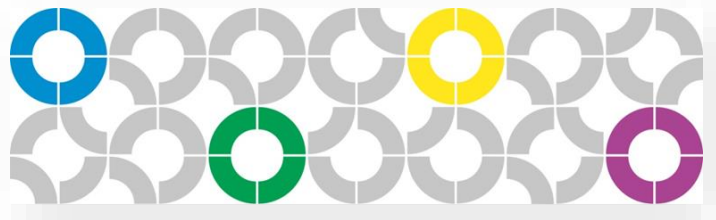
By implementing these recommendations, it would decrease the likelihood of the issue in the 'outer circle' occurring, and possibly leading to the major issue in the 'centre circle'.

Using a 'Wagon Wheel' with other Methodology Tool

Armed with your list of recommendations from your 'Wagon Wheel' investigation you can now start to decide which recommendations you are going to trial. The ideal tool to use to trial any recommendation would be the **PDSA** cycle.

It is not recommended you try and change too much all at once. It is important to be realistic with how much improvement work can take place at any one time whilst keeping staff members onboard. With just one or two changes being tried out it will be easier to see what is leading to an improvement. Behind all of this you need to constantly monitor your data on your **PROSPER Runtime Dashboard** to look for improvements, or issues developing elsewhere.

This demonstrate how all methodology tools are working with each other for improvement.



Silvanna Court's Poem



We would like to end this month's newsletter with a poem from **Sue Smith and the Residents** at **Silvanna**

Court who, together, wrote this poem for a competition run by Runwood Homes.

This morning I heard the blackbirds sing, I thought that is a clear sign of spring! 😊

The days are becoming much longer the nights are not so dark! 🌸

I really love the springtime and taking walks through the park! 🌼

Daffodils are popping up and pretty bluebells are on their way!

The Sun is shining brightly making me feel happier throughout the day! 😊

The winds have dropped the skies are blue, I am feeling more alert, how about you? 😊

Trees are budding with leaves pushing through, this will provide shade to stop the sun burning you!

Reach for your sandals & grab your shades, 😊 the children are gathering up their buckets and spades! 😊

Head for the seaside head to the shore enjoy your picnics and then go and explore!

Watch the sunset at the end of the day, ❤️ and then wake up early to watch the sunrise ❤️ to start your spring day!



<https://www.livingwellessex.org/care-provider-information-hub/>

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!



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