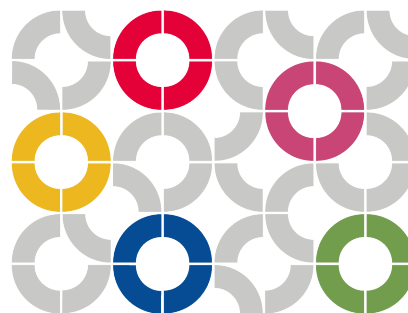


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Issue 120 March 2025

Welcome to March'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.

Champion Study Days 2025

Our Prosper Champion Study Days are back for 2025!

This round of champions days will be focusing on;

- Ecoli, Catheter Care and UTI's – delivered by the IPC teams from your area.
- Oral Healthcare – CQC expectations, assessments, how to support someone with Oral Health and the equipment to help you – delivered by Community Dental Services
- Simple Root Cause Analysis tools to help identify why something may have happened to inform your PDSA cycles.

Invites will be sent out soon, but in the meantime below are the dates and venues, so you can mark them in your calendars.

West

Thursday 5th June 2024

The Harlow Hotel, Southern Way CM18 7BA

North

Tuesday 10th June 2024

Colchester Football Stadium, United Way, Colchester CO4 5UP

Mid

Thursday 12th June 2024

Hamptons Sport & Leisure, Tydemans, Chelmsford, Essex, CM2 9FH

To book places email prosper@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

Answer to last month's riddle was of course:

T-Shirt

Well done to all at **Frank Foster** who answered the riddle correctly.

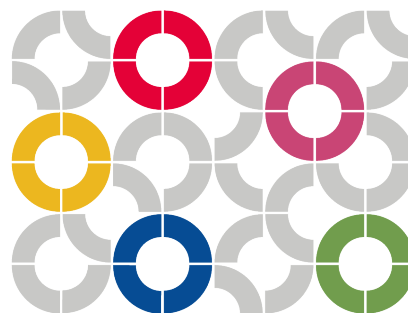
This month's riddle is...

What kind of bow can't be tied?

Answer in next month's newsletter



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Cook What You Eat – Elizabeth House

Elizabeth House has contacted us to tell us about their latest initiative 'Cook What You Eat'. Which aimed to get residents involved in home cooking and preserving their cooking skills while living in a care home.

Home receptionist Danielle McGuinness explains "All the residents made a vote on what they wanted to cook, and the majority was bread and butter pudding as it is an old-time favourite. We believe it is incredibly beneficial to promote cognitive stimulation, following steps and keeping the residents happily active. Sensory stimulation is also very important as smells and textures trigger memories and past experiences, especially for those that have limited verbal communication. It was wonderful to see everyone enjoying the session together and having that social interaction opportunity. After the baking, we all had a taste of the bread-and-butter pudding which was very delicious. This challenge brought happiness and smiles on their faces, and everyone was talking about how they used to cook for their families when they were younger".

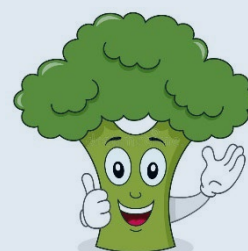


Did you know

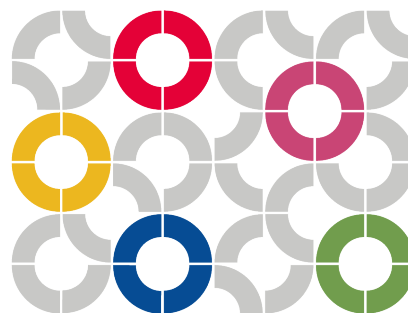
Good nutrition is crucial for maintaining the health and well-being of older adults, supporting physical and cognitive function, preventing diseases, and enhancing overall quality of life



Broccoli contains twice the vitamin C of an orange and almost as much calcium as whole milk, and the calcium is better absorbed!



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Staff Challenge at The Lodge

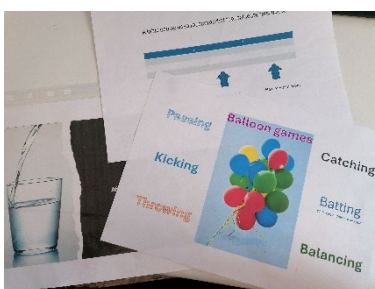
Clare Hatcher, Manager from The Lodge in Maldon wanted to get staff more involved in Prosper and what better way than with some friendly competition, which would also improve the lives of their residents at the home.

She set staff the challenge of designing and implementing a game that will either assist in aiding hydration and/or improving mobility and strength.

The staff took this challenge on with lots of enthusiasm and came up with some great idea's which were then demonstrated and gave the residents a chance to get involved with their own little award ceremony. The winner was presented with a £50 Amazon Voucher.

Games included:

- Colour Match drinking game – find 2 of the same-coloured card cups, and then get to have a drink of either that colour or of your choice.
- Balloon Games – passing, catching, balancing, kicking, batting, throwing any way you want. Whilst making sure each resident had a drink, as this would surely be thirsty work!
- Slot Machine Style Game – Spin and when you match 3 do that action which were things like take a drink or go for a walk.



Did you know

Physical inactivity is associated with 1 in 5/6 deaths

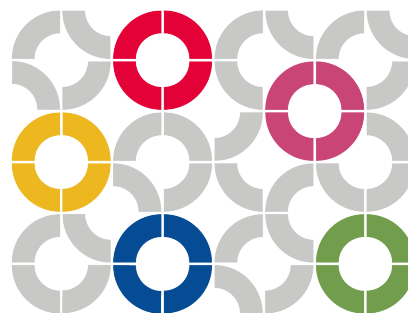
Physical inactivity costs our health and social care system 7.6 billion per year

If levels of physical inactivity doesn't change by 2030 health care costs will reach 30 billion per year

Physical activity doesn't have to be strenuous; movement is key to maintaining physical, psychological and functional ability



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Prosper Skills Network Sessions

Did you know we 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 that the Prosper Project covers and are aimed to help build/refresh skills and knowledge of staff in these areas.

Again, these sessions are a great way of introducing prosper into your home, as they go over different tools prosper has to offer on that subject matter, as well as highlighting the importance of why these areas are an important part of everyday care for residents.

The sessions we have on offer are:

Falls

Nutrition and Hydration

Pressure Ulcers

UTI's

Oral Healthcare

If you would like to book the skills networks for your home, please

Please contact prosper@essex.gov.uk



Prosper Accreditation

The Prosper accreditation is a mark of achievement and demonstrates a home's level of commitment to the PROSPER project. There are 4 levels which can be awarded.

Congratulations to
Blackthorns

on achieving their Bronze Level.

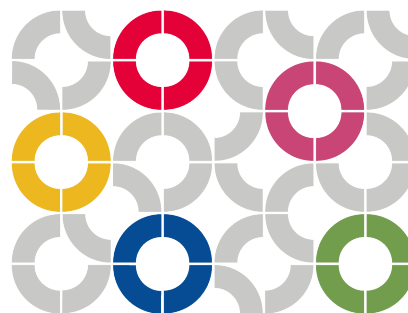


If your home is interested in applying for a level award or want to find out more about the criteria and gain access to the application form, please visit:

[Prosper Accreditation](#)



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Manning's Methodology Corner

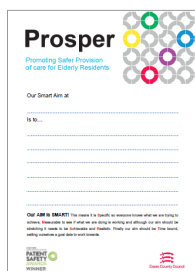
The importance of setting SMART aims

In last month's article I discussed how your runtime dashboard could be used to set **SMART aims**. This month I want to explain why it is important to set a **SMART aim** at the start of any improvement initiative.

Often if I am in a care home talking to a group of staff, as an exercise, I will show them their home's runtime dashboard and ask them what an appropriate **SMART aim** would be for the home based on the data. Regularly at this point I am giving lots of changes that could be made to improve the data, but rarely does anyone suggest a **SMART aim** first. This is totally understandable, but it is important to set a **SMART aim** first, before you start to think about what changes could be made. That way everyone will know exactly what is trying to be achieved and whether progress is being made towards it. Additionally, everyone can celebrate the success if/when a **SMART aim** is reached.

Of course, you could just have a vague statement like 'we need to try and reduce the number of falls'. But nobody will know what kind of reduction is required, or whether the goal is reached. The likelihood with the statement being open-ended, is that nothing will be taken place, because 'we will do that next week'.

We have created a **SMART aim** poster which we would encourage you to use in your home to make people aware of your goal:

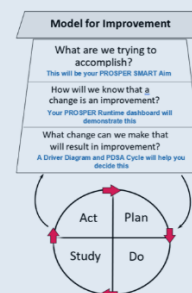


Provider Quality Innovation

Model for Improvement

Considering the article on the left, this is probably a good time to revisit the '**Model for Improvement**'.

This is the model that PROSPER Methodology is based on.

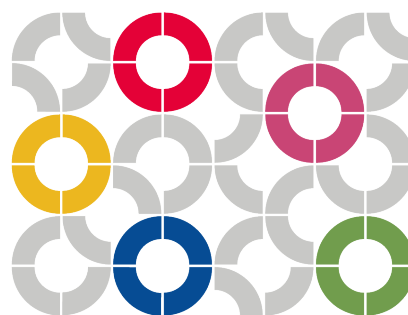


You can see from this model that if you have not set a **SMART aim** you are not answering the first of the three questions you need to ask as you work through the model.

A full explanation of PROSPER methodology can be found from this link:

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

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Poetry Corner

The very talented Sue Smith, Manager at Cherry Wood Grange as penned another poem for our newsletter.

My Walk on the Beach

As I walk along the beach I see the seagulls fly by, sweeping **LOW** then flying high into the **SKY!**

I feel the soft golden sand beneath my **FEET**, I can smell the sea air so salty and **SWEET!**

The sun is peeping through the clouds so fluffy and **LIGHT**, the rays are shining & glittering so **BRIGHT!**

I see children playing it's a beautiful sight to **SEE**, I love the views all around **ME!**

I feel the gentle breeze upon my **FACE**, I'm so grateful for such a warm **EMBRACE!**

I walk at a slow steady pace so I can take it all **IN**, across my face I have a happy **GRIN!**

As I lay my picnic on the **GROUND** the silence has fallen all **AROUND!**

This beach, so tranquil, and relaxing I really needed this **REST**, mother's nature at its **BEST!**

The sun is setting, the waves lapping so **QUIET**, I know I'm going to sleep well **TONIGHT!**

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