

Prosper



Issue 111 June 2024

Welcome to June's 's edition of the PROSPER newsletter, designed to keep you updated with the progress of the PROSPER programme.

Promoting Safer Provision of care for Every Resident.

The Essex Care Sector Awards 2024

We are delighted to announce the Essex Care Sector Awards. 'The Prosper's' are back for 2024. Celebrating the best of care in Essex demonstrated through innovation, achievement, and outstanding contribution. The Awards, hosted by Essex County Council are open to all Residential Care Homes, Nursing Homes, Domiciliary Care Agencies, Supported Living services and Day Centres, that deliver a care service to Adults in Essex County Council's Local Authority area. The Criteria for each award and the nomination form can be found on the Care provider hub website:

<https://www.essexproviderhub.org/quality/qualityinnovation-team/essex-care-sector-awards-2024/>

The nomination window opened on Monday 3rd June 2024 and closes at 5pm Friday 2nd August 2024. All nominations must be emailed to theprospers@essex.gov.uk So get your 'thinking caps' on and see which of the 15 awards you might like to enter.

Those shortlisted will be invited to the Awards Ceremony on the evening of 4th December 2024, at the Chelmsford City Racecourse

Enquiries to 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

Answer to last month's riddle was of course:
A Clock

Well done to all at **Glendale, Dudbrook House, Sunflower Hamlet and Welshwood Manor** who answered the riddle correctly.

This month's riddle is...

What begins with an 'e' and only contains one letter?

Answer in next month's newsletter

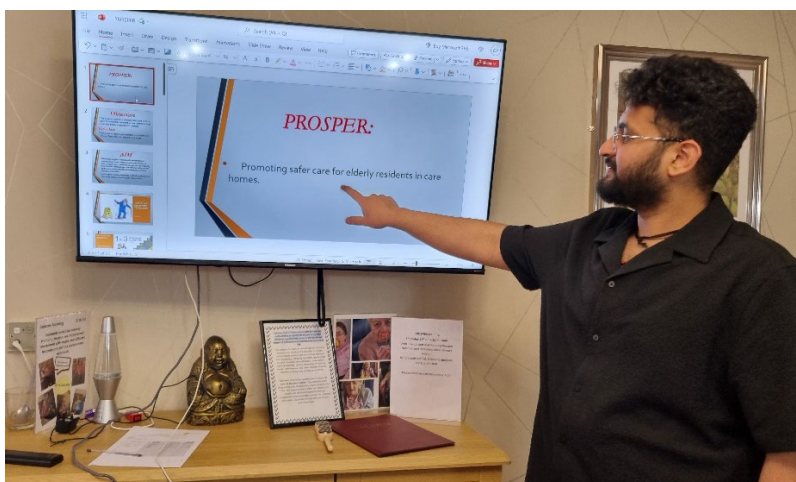


Prosper



Issue 111 June 2024

Prosper Champion shares his knowledge.



Frank Foster's **PROSPER** Champion Yash Patel attended our **Prosper** Champions study day in February, he then created a presentation to share the knowledge he had learnt. Yash has since delivered two training sessions to his colleagues including staff from laundry, activity, housekeeping and care to help embed **PROSPER** throughout the home. A few residents also choose to join the sessions.

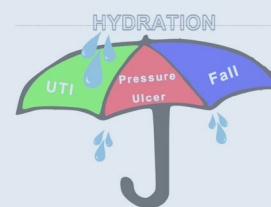
Well done to Yash for reflecting on the knowledge he had gained at Champions day and distributing to his colleagues, a great example of a **PROSPER** Champion, we look forward to seeing Yash again at our next round of Champions study days in the autumn.

Are you a **PROSPER** Champion? Would you like to share with us how you help to embed **PROSPER** methodology within your home? Or are you interested in becoming a **PROSPER** champion?

if so please discuss with your home manager or **PROSPER** lead. Plus your **Prosper** Support Officer would be happy to support you in your new role.

Keeping residents Hydrated

Now that summer is approaching it is really important to keep your residents and yourselves well hydrated. Remember that good hydration can help protect residents from falls, urinary tract infections and pressure ulcers.



If you would like some ideas on how to boost hydration and some fun games, visit our Prosper toolkit at <https://www.essexproviderhub.org/quality/quality-innovation-team/prosper/prosper-toolkits/>



Prosper



Issue 111 June 2024

Positive effects of decaffeinated drinks

You may remember back in the Jan 2022 Newsletter, Marmora Residential Care Home, Clacton, had been looking at ways of improving the quality and pattern of their residents' sleep. They found offering and encouraging residents to choose a de-cafeinated drink in the afternoons and evenings had a dramatic effect on several residents' ability to get to sleep and length of sleep.

The home instantly noticed several residents, who are normally awake during the night, going to bed earlier and sleeping better. Not having to get up in the night for the toilet has seen a reduction in night-time falls, and residents seem brighter and more engaged during the day due to a good night's sleep.

Using a personalised care approach for residents at high risk of falls, Marmora have also changed the size of cups some residents' use. For one resident who really enjoys their hot drinks and would have many in a day and then be up a lot at night, the home changed the cup from a mug to a small cup and saucer, thus reducing the amount of caffeine but still enabling the resident to sit and enjoy the same number of hot drinks they wanted. Furthermore, offering this resident de-cafeinated drinks has improved her sleep quality massively.

Another resident who was not always going to bed or would wake at 3am and would then be awake for the day, now regularly goes to bed and sleeps until 6-7am. Which has massively improved their energy, mood, and activity levels during the daytimes.

There has also now been a study completed by Care England and Stow Health Care which shows the positive effects this can have. If you want to find out more, please follow the link:

https://stowhealthcare.co.uk/wp-content/uploads/2024/04/Decaffeination-and-Falls-Prevention_Final_Online.pdf

Want to go Caffeine free just remember!

Keep these useful tips in mind:

Be careful of caffeine withdrawal symptoms. This may happen from withdrawing the caffeine too quickly, so slowly reduce the caffeine intake over several weeks.

Make sure to ask your resident if they are happy to swap to Decaf, as it is their choice. If they are not keen, you could suggest maybe doing a taste test to see if they can taste the difference etc.

Did you know?

Typically, a mug holds approximately **240–350ml** whereas an average cup and saucer holds **230–280ml**



Prosper



Issue 111 June 2024

Friends who became neighbours – story of Eileen and Joyce

Our story Part 4. Written by Natasha Dark

Eileen sat in her cozy room at Mundy House, her fingers gently tracing the faded photo of her and Joyce by the seaside. Memories flooded her mind of a time long ago when they were young and carefree. Suddenly, a familiar laugh echoed through the room, and Eileen's heart skipped a beat. Could it be? She turned, her eyes widening in disbelief. There, in the doorway, stood Joyce, her once vibrant hair now silver but her smile just as bright.

"Joyce!" Eileen's voice trembled with emotion as she rushed over to embrace her dearest friend.

"Ooh, Eileen, it's been too long," Joyce said, her voice a soft hum of comfort as they held each other tight.

As they sat down together, reminiscing about their shared past, the room filled with the sounds of their laughter and shared stories, a symphony of nostalgia.

"With you here, it's like we never left each other's side," Eileen whispered, a tear glistening in her eye.

Joyce squeezed her hand in response, a silent promise of unbreakable friendship.

As they watched the sun set on another day at Mundy House, they knew that they were exactly where they were supposed to be, together, living their best lives, and making memories that would last a lifetime.



Mundy House Short Stories

The short story on the left is one of a series of short stories written by Mundy House deputy manager Natasha Dark based on some of the home's residents' experiences. Some of the stories have been added to the home's Facebook page.

When I asked Natasha what had inspired her to compose these stories, she replied "with regards to me getting to write the stories. I first came to start writing these stories because of the residents and their determination and journey through their life. Which inspired me to write about them". Natasha continued "I have already written 5 short stories, and everyone has a different journey/story to tell. And I thought it would be nice to share these with others".

Prosper



Issue 111 June 2024

Manning's Methodology Corner

Using a Completed Driver Diagrams

In recent newsletters I have been explaining the process of completing a **Driver Diagram**. Today I am giving some ideas of how a completed **Driver Diagram** can become a quality improvement resource.

Remember that a **Driver Diagram** has three columns, your **SMART Aim** in the left-hand column, **Primary Drivers** in the middle column, and **Secondary Drivers** in the right-hand column.

Once completed, it is the **Secondary Drivers** (right-hand column) you need to look at. This column will have a list of elements that feed directly into your **Primary Drivers**, and there will probably be many of these elements that you feel are functioning well in your home already. However, there will almost certainly be some elements that, if you are being honest, you could improve. And it is these elements that you need to plan to improve to achieve your chosen **SMART Aim**.

For example if your **Driver Diagram** is in relation to falls prevention, you may look at your **Secondary Drivers**, and be confident that your environment is in good order and tidy already, and that your risk assessments etc. are personalised, up to date and being adhered to. However, you may see something about resident's footwear or staff training in the right-hand column, and believe that these areas could be improved. You could then devise a plan to try and improve these areas using a **Plan, Do, Study, Act** cycle, which I will discuss next month.

As always, your **PROSPER** support officer is always happy to support you to facilitate this process, email Prosper@essex.gov.uk

Driver Diagrams Summary

A **Driver Diagram** is an excellent tool to look at your processes, and what is working well or not.

Link your **Driver Diagram** to your chosen **SMART Aim** and enter that in the left-hand box.

Include all processes (Drivers) etc. in your **Driver Diagram**, not just those that you feel need improving.

Involve a diverse range of job roles when completing your **Driver Diagram**.

There are no right or wrong suggestions in completing your **Driver Diagram**.

Look down the list of **Secondary Drivers** for elements you could improve in an attempt to achieve your **SMART aim**.

Prosper



Issue 111 June 2024

Celebrating Success

Ridgewell Care home in Holland on Sea have been proudly celebrating the accomplishments of two members of staff. Idemudia Martins Osa and Ayesha Umar have both recently completed their master's degrees.

Martins has been studying for a Master of Science in Data Science, advanced training in statistical modelling, machine learning, big data technologies, data mining, and programming for data analysis.

Whilst Ayesha has completed a master's in psychology, her studies included exploring how people's minds and behaviours interrelate and what kind of disorders individuals might develop and how.

Martins is using his data knowledge to assist the home with their **PROSPER** methodology and Ayesha is looking forward to using what she has learnt to help support residents.

The manager, staff and residents are all extremely proud of both members of staff and their great achievements and held a celebratory party for them.

Well done Martins and Ayesha.



OT Bitesize sessions launched.

Our Senior Occupational Therapist Caroline Robinson has now launched her programme of OT virtual bitesize sessions for 2024/25.

This year there are six different workshops being offered:

Falls prevention part 1

Falls prevention part 2

Seating and sleeping positioning - keep it symmetrical.

How to unlock meaningful activity

Safer handling: part 1

Safer handling: part 2

All sessions will be repeated five times throughout the year.

Full details can be found by following this link:

<https://www.essexproviderhub.org/quality/quality-innovation-team/current-programme-of-training-and-events/>

Prosper



Issue 111 June 2024

Poetry Corner

We end again this month with another poem from our regular contributor, Sue Smith, Home Manager at Cherry Wood Grange. Sue explained that their home has been buying Alexas for many residents at Cherry Wood Grange, which have been placed all around the communal areas of home. The other day a resident told Sue how much she loved her Alexa, saying 'It's a clever little device'. This triggered Sue's poem this month.

Alexa

As soon as the music starts to **play** my body gains rhythm and I begin to **sway**.

I close my eyes and hear the **beat**. It makes me clap my hands and tap my **feet**.

I remember the words they are in my **head**. I listen to the tunes as I lay in my **bed**.

The songs trigger memories and I start to **sing**, oh isn't music a special **thing**.

My eyesight is poor, so I rely on **sound**, my heart skips a beat whenever music is **around**.

It's lovely that you sing to **me**, they say you're just an Alexa, but you mean so much to **me**.

We only had a wireless when I was **young**, we'd sit round it together and then songs were **sung**.

My family love music and so do **I**, but some of the songs make me **cry**. However, some of the songs I'm happy to **hear**, they feel my heart full of **cheer**.

Alexa gives me music that warms my heart and **soul**, I can take it with me wherever I **go**.

So when I say Alexa play my song **list**, I'm listening to tunes feeling joy, and I'm full of **bliss**.

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