

Welcome to the March 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 2022 The Prosper's



We are very excited to announce The Essex Care Sector Awards are back for 2022!

The Awards are open to all care providers who provide a service to Adults in the Essex County Council Local Authority area, those shortlisted will be invited to a glittering Award Ceremony on **Friday 8th July at Cressing Temple Barns**, where you will be treated to an afternoon tea with Prosecco and the winners will be announced by the amazing Amanda Waring!

This year we have 8 Categories up for grabs which are:



- ❖ Outstanding Carer/Support Worker
- ❖ Unsung Hero
- ❖ Outstanding Leadership
- ❖ Team of the Year
- ❖ Prosper Champion of Champions
- ❖ Dementia Care
- ❖ Activities and Wellbeing
- ❖ Making a Difference

Nominations opened on Tuesday 1st March 2022 and close on Thursday 14th April at 5pm! Each award will be judged by an independent Judging panel made up of Health and Social care professionals. Providers will be notified in late May/early June if they have been successfully shortlisted for an award! So good luck to you all, and make sure to enter lots of categories! We can't wait to see all the amazing work we know you already do, down on paper for other professionals to see!

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 **Kangaroo**

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

This month's riddle is...

What has a spine, but no bones??

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





Belmont Lodge Nutrition-Hydration Week 2022

Belmont Lodge sent us some lovely photos from the event they held to help celebrate Nutrition-Hydration Week 2022

The Activities Co-ordinator Dawn Harrison stated "We started our special event with a themed Nutrition & hydration station with an array of fresh fruit 🍉 fortified smoothie, hot chocolate, different flavoured fortified jelly's, mousses, and delicious cakes

🍰 Residents enjoyed their day by sampling purée banoffee pie's, purée cheeses cakes, a selection of jellies and different flavoured mousses, which also include sugar free options for their diabetic residents."

Dawn also went on to advise that Nutrition & Hydration week is all about highlighting and creating a global movement that will reinforce and focus, energy, activity, and engagement around Nutrition & Hydration and is an important part of the quality of care for residents. What a wonderful day they have enjoyed



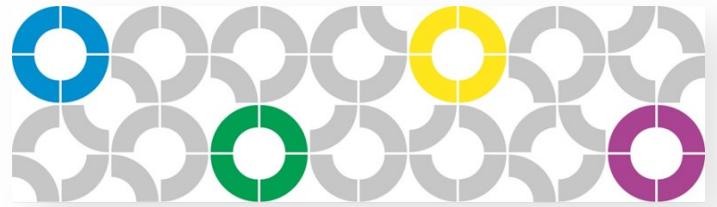
Rosedale Court Hydration Week Celebrations

Rosedale Court also got involved and used Nutrition and Hydration Week to revamp their hydration trolley with lots of different 'high fluid' fruits and drinks. Additionally, they set a few 'posers' as they took the trolley round to their residents to try and make the experience more interactive for everyone involved.

Home manager Ade Makinde said, "We encourage residents to drink as much as possible every day as well as reminding staff about the importance of hydration".



**Remember
Hydration is Key!**



Homes having fun with 'Find your Active' Equipment

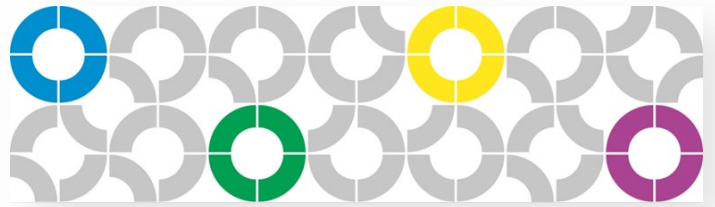
It has been great to see so many homes tell us about the difference the recent '**find your active**' workshops and equipment we supplied has had on daily activities, but also the social interaction between the residents in their homes.

Activities Co-ordinator Sarah Meachen at **Lime Court** advised "Using this equipment has made such a positive impact on the residents. It is great for social interaction bringing everyone together for a fun activity, with the equipment being so colourful and eye catching. There was particular interest recently in one of our activities with the rainbow ribbons and residents enjoyed making patterns and moving along to the music with them. The Boccia set has also proved great fun and there has been lots of friendly competitiveness amongst teams. The basketball net and sensory textured balls are also popular and a fun way to keep the residents active and exercise."

Activities Co-ordinator, Edwina Catt from **Rosedale Court**, echoed the comments that Lime Court has said and advised residents have been enjoying making the most of the equipment supplied.

After an amazing turnout at the events we held with Active Essex, we are excited to announce there will be more Find Your Active workshops later this year. So, if you missed out on these sessions first time round, not to worry just keep your eyes peeled on your inboxes for new dates and venues coming soon!





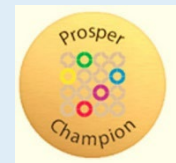
Oral Health Care

The Oral Health Care champion at **Edensor** care home has been very busy implementing different ideas to encourage and support residents with their Oral Health Care. Offering dignity and comfort of a clean, refreshed mouth for residents who are nil by mouth, they have created an individual oral health care tray with all the items needed to provide oral health care for each resident. Each tray includes items required to clean and refresh resident's mouth, including a 360 toothbrush, glycerin swab sticks and low fluoride toothpaste. Alongside the tray are clear instructions for all staff to follow on how to use the items correctly. The home have also established a routine of including residents who require assisted mouth care in the homes drinks round, by offering them a mouth swab to refresh their mouths in place of a beverage. The champion has been using the PROSPER PDSA sheet to record and monitor these interventions. This has encouraged reflection of the initiatives and inspired some further ideas including an oral health care safety cross for each resident to monitor when teeth are being cleaned.



There are lots of Oral Health tools in the Prosper toolkit to help support an Oral Health Care champion to promote good oral health care. These include a weekly check list to monitor health care being delivered and a personal oral health care record, which acts as a visual aid for all staff and ensures the whole mouth is cleaned regularly. All tools can be found at the provider hub in the Prosper section.

Become a Prosper Oral Health Care Champion.



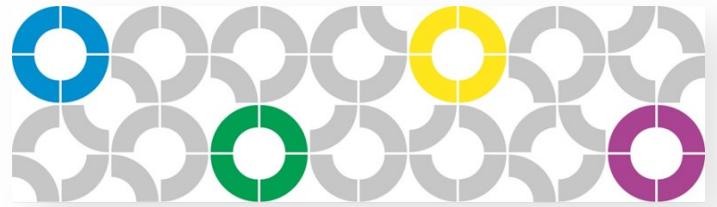
A champion is someone who takes the lead on Promoting Good Oral Healthcare in the home.

Someone who is passionate about wanting to make a difference to the quality of resident's lives. They are happy to share best practice and educate other members of staff on Oral Healthcare.

Willing to look for new ideas on improving Oral Healthcare and link be the link with Dentists. Happy to undertake training or attending events to help them in their role.

Community Dental Services are wanting to support the creation of Oral Health Care Champions and offer training and information. To find out more visit

[Social Care Training - Community Dental Services](#)



End of Life Care Recognised at Cherry Wood Grange

The team at Cherry Wood Grange is very proud of the 'End of Life' care they provide to their residents when the time comes and is honoured to be part of an initiative which has seen them link with Farleigh Hospice.

The partnership with Farleigh Hospice Care Home Support gives the Cherry Wood Grange team access to expert support and guidance from the hospice's skilled team as well as a variety of specialist training.

The home was particularly honoured when they were approached by Farleigh Hospice to use Cherry Wood Grange as an example of best practice during the promotion of their new 'Care Home Liaison' service.

Director of Nursing, Joanne Savidge, was filmed with team members during interviews and discussions around best practices. Home manager, Sue Smith said "It's great that Cherry



Wood Grange has been recognised for our outstanding end of life care practices and it is so rewarding to be working alongside the professional and caring Farleigh Hospice Team".

Deconditioning Games Medal Winners!

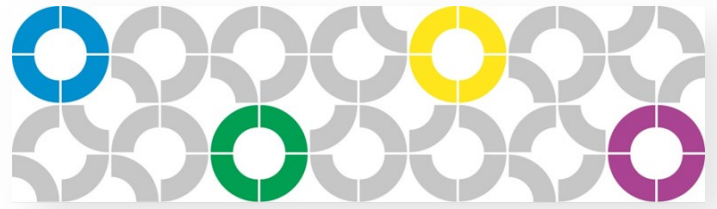
We are pleased to announce the following home has won a medal this month!

Congratulations goes to:

Sweyne Court – Gold - under the **Making a Difference** Category after being award a Silver Medal in January 2022.

The home was able to demonstrate continued changes that have been embedded into their home and a real focus on individual residents. This has had positive effects on the residents' wellbeing but has also helped with increased activity levels including strength and balance, which has then evidenced by there being a reduction of Falls at the home.





Manning's Methodology Corner

Setting SMART aims

Last month I spoke about the potential need to conduct some 'deeper' analysis when you see a trend developing on your Runtime dashboard. Once you have completed your analysis it is highly recommendable to set a SMART Aim so that everyone knows what you are trying to achieve.

The need for a SMART aim is often questioned, however there is lots of evidence that a goal is far more likely to be met if a SMART aim has been set rather than something vague.

Smart – Who, What, Where, When

Measurable – Numeric Goals

Achievable – within your influence

Realistic/Relevant – to stakeholders and organisation

Timebound – by when

When a strong SMART aim is set everyone knows what you are trying to achieve and by when.

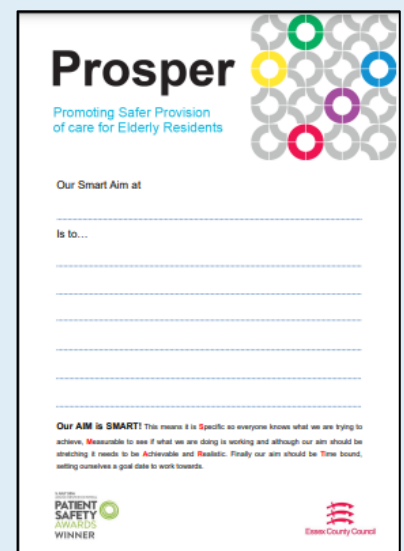
Strong SMART Aim – By end of July 2022 there will be no more than eight falls per month within the home.

Weak aim (not SMART) – We will try and reduce the number of falls occurring in the home.

Remember that although your SMART aim needs to be stretching, it does also need to be realistic and something that people believe can be achieved. It may well be worth considering setting a series of smaller SMART aims as part of progressing towards an overarching bigger goal. Additionally, if an end point is not put on your aim it is unlikely anything will ever begin; it will continually be put off until tomorrow.....

SMART Aim Poster

We have created a SMART aim poster for you to display what SMART aim you are currently working towards in your home.



This poster can be downloaded here

<https://www.essexproviderhub.org/media/iv2aqa0b/prosper-smart-aim-a3-poster-2017.pdf>

and will allow everyone to know exactly what the home is trying to achieve and by when.

Additionally, by displaying this information hopefully there will be greater enthusiasm in reaching the goal.



Poetry Corner

Spring is in the air

By Sue Smith, Home Manager at Cherry Wood Grange

I can feel spring it's in the AIR, blossom and bulbs Blooming
EVERYWHERE! The grass is growing, soon it will need to be
CUT, I'll have to get the mower out of the hut!

The smell of fresh grass is a pure DELIGHT, I told you spring is
coming and I'm certainly RIGHT! Days are getting longer, the sun
much higher in the SKY I'm watching chicks flee the nest and
start to FLY!

I can see children skipping off to SCHOOL, taking off their coats
they're not needed at ALL! The trees are bursting full leaves, I
can hear the humming of the bumblebees!

The streams are glowing in the golden SUNLIGHT, it really is a
beautiful SIGHT!! I love this time of year I have to SAY, my
favourite month being the month of MAY!

Let's enjoy the smells & feel the fresh AIR and go for a dip in the
sea if you DARE!

Embrace the spring, knowing summer is on the WAY, I am
wishing you all happiness day after DAY!



**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

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.essex.gov.uk/provider-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 you badge
with pride!**

