



Welcome to February'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 so everyone has an equal chance of winning! The selection of goodies has kindly been donated by **Tesco!**



And the winner of February's Team of the Month is.... Woodland Grove



Manager at Woodland Grove Wrote: The Woodland Grove team have worked very hard to facilitate the social wellbeing of the residents. The month of November we celebrated the 104th Birthday of one of our residents. Despite Covid-19 lock

down restrictions the Woodland Grove Team managed to make it a very special day by creating a memory board dedicated to the life of the resident, organised a party and even had the Mayor visit the resident in the Garden in order to maintain social distancing. November we also opened our visiting room which has meant our residents can continue with their Summer House visiting schedule through the colder and darker nights. The Woodland Grove team have done a fantastic job of maintaining social wellbeing through the Covid-19 restrictions.

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 **A River**.

We had a great response this month and a Well done goes to the following:

Southminster and Hill House for answering it correctly.

This month's riddle

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

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





Prosper Easter Quiz



With Easter fast approaching and the success of our quiz's last year! We have decided to hold a prosper Easter themed quiz. This will take place virtually via Microsoft Teams on

Wednesday 31st March – 2pm to 3pm

If you would like to attend the quiz, please email prosper@essex.gov.uk

with the email address you would like the link for the quiz to be sent to.

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.



PREVENTION AND ENABLEMENT SHARE AND LEARN WEBINAR

Please join us to hear more about the Prevention and Enablement Model (PEM). This is a 12-month test and learn which is being delivered by a strategic partnership between Essex County Council Adult Social Care, Active Essex Essex Local Delivery Pilot and Sport for Confidence. The model aims to ensure all Essex residents have the opportunity to be active, live independently and are able to be a part of their community.

Throughout the online webinar partners will share findings, challenges and learnings from the four workstreams; Community Partnerships, Strength and Balance, Physical Activity in Occupational Therapy and Care Homes. They will discuss the past six months of the test and share why prevention has never been more important.

Friday 12th March 2021
11am-12.30pm

To register for the webinar click [here](https://www.activeessex.org/prevention-and-enablement-model-pem-share-and-learn-webinar/) or follow the link below:
<https://www.activeessex.org/prevention-and-enablement-model-pem-share-and-learn-webinar/>



To confirm your place, please kindly follow this link to sign up to the event: <https://www.activeessex.org/prevention-and-enablement-model-pem-share-and-learn-webinar/>



Love is all around

Home manager, Sue Smith, at Silvana Court sent in this lovely example of what they did to make Valentine's Day special for their residents as they couldn't see their loved ones. Sue explained: As home manager communication is very important to me and to keep everyone connected.



During a relative's zoom meeting I chaired at the end of January I asked the residents families if they would like to send heartfelt messages with photos, charms and any cards for the valentine's communication tree. The families were able to send in heartfelt messages photos and charms for their loved ones, we hung them on the tree throughout all of February and on the 14th of February Valentine's Day these were shared out with all the residents and read while we shared chocolates and a

glass of sparkling wine. 🍷

The home presented a lovely atmosphere and there was certainly lots of love in the air!

❤ Families and their loved ones were very grateful to be given the opportunity to communicate at such difficult times and more importantly the beautiful cards and photos can be kept as keepsakes for the residents.

😊 the smiles went on for miles & miles!



Is being held on
Thursday 11 March 2021

So why not get involved and spread awareness around acute Kidney Disease.

Why not get creative Grab your pens, have a colouring-in session by printing off their Kidney Pictures, and share your creation on social media or stick it in your window.



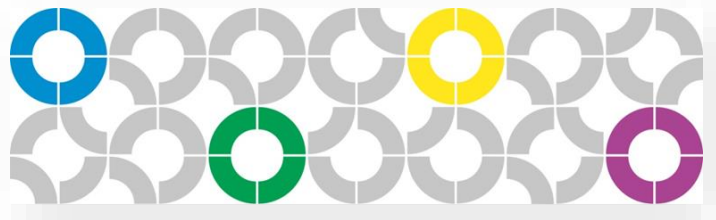
For more information and different ways, you can get involved please visit:

www.worldkidneyday.co.uk

Did you know

3 Million people in the UK have Chronic Kidney Disease





A Good night's sleep zzzzzzz

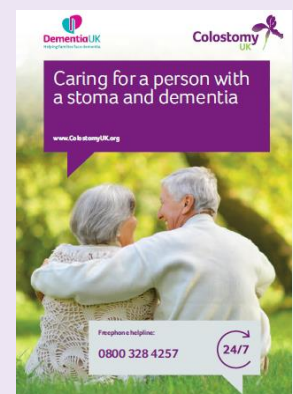


Most of us will have had the experience of staying at a hotel or a family/ friends house only to find when it comes to bedtime we cannot sleep, but why? Maybe because it's too light in the room, if you are used to black out curtains at home a little light creeping in might mean you find it difficult to nod off or perhaps it's not light enough, are you used to having a hall light or lamp on over night, or maybe your curtains open a little for the street light to shine in. Have you got enough pillows, you might like two nice, soft plump pillows but the thin worn out flat pillow doesn't provide that comfortable 'slumberland' feeling and you instead find yourself tossing and turning. What about bedding? do you like a cosy duvet or a bed neatly made with 'hospital corners', sheets tightly tucked in and blankets? For some people being 'tucked' in may provide the feeling of security but for others it may make them feel restricted and confined. Do you usually sleep with a window open a little for some fresh air? but in the hotel you find the window has a safety restrictor on it, meaning you're boiling hot and you cannot control the room temperature, any hope of a restful night's sleep are lost as you lay there fanning yourself. Perhaps you sleep in a kingsize or double bed at home but find you've got limited space to stretch out in a single bed. We all have our own bedtime routine, maybe we like a relaxing bath, to read a book in bed or have a hot cup of cocoa as part of our preparation for bed, all of these are our own personal 'prompts' and 'triggers' for sleep and without them we may find it more difficult to have a good night's sleep. So how well do you know your residents' bedtime routine and sleep prompts? Do they have a night care plan? Remember that for your residents moving into and living in a residential home may feel like that restless night you've experienced in a hotel or friends house, so worth perhaps considering some of these factors, it might help someone to settle and have a restful night's sleep and might even avoid night medication.

Stoma Care



Colostomy UK have produced two very informative booklets which are aimed at care staff supporting those with a colostomy. The first one is 'Caring for a person with a stoma' and the second 'Caring for a person with a stoma and Dementia'. The second booklet has been produced in partnership with Dementia UK. Both can be downloaded at [Caring for someone with a colostomy - Support and advice from Colostomy UK](https://www.colostomyuk.org/caring-for-someone-with-a-colostomy-support-and-advice-from-colostomy-uk)

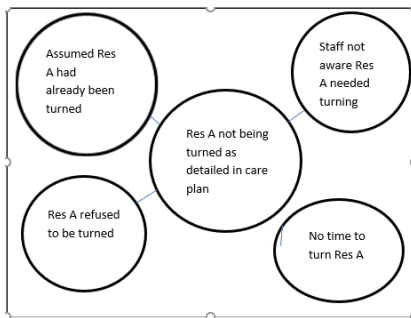




Manning's Methodology Corner Wagon Wheel (cont.)

This month I am going to continue to analyse the outer rings of the 'Wagon Wheel' below. Please remember that this 'Wagon Wheel' was created from a fictitious incident, and I am just demonstrating examples of how it can be used as part of a Root Cause Analysis Investigation. However, this tool is very versatile and can be used in a number of ways (see right).

The outer circle I want to look at this month is the top right circle which states, 'staff not aware Resident A needed turning'.



An initial thought may be that this is ridiculous, and staff would always know when a resident need to be turned regularly.

However, there may be periods

when temporary staff need to be used. How do you ensure the necessary information is easily accessible for all, including temporary staff. This information would almost certainly be in the resident's care plan, but would that be sufficient in making certain the procedure always occurred? Could something else be put in place to visually highlight that a particular resident needed to be turned regularly? Can this be done in a dignified way? All questions that need to be addressed.

Again, you may want to look at your shift change-over process, and also maybe consider whether one staff member should be given responsibility to make sure the resident is turned.

As with last month, you may decide that your current processes are good anyway, but there may be another layer that could be introduced to help prevent the same issue arising again.

Other 'Wagon Wheel' Usage

My current articles (see left) regarding the 'Wagon Wheel' are explaining how it can be used as part of a Root Cause Analysis investigation, which is its main purpose. However, it can be a useful tool at other times too.

For example, if you wanted to review your processes as part of a general review, a 'Wagon Wheel' could be a good tool to support you doing this.

If, say, you were reviewing your current medication processes, you could create a fictitious issue/problem that could occur while giving medication and put in the centre circle, and then come up with all the reasons you think that issue may occur and create outer circles for these.

Then use them to evaluate your processes in the manner I am explaining in my articles on the left, and in recent newsletters.

This works particularly well in a group session.



Poem I was a lucky one!

We thought it would end this month's edition with this heart felt poem from **Sue Smith**, the talented manager at **Silvanna Court**.

I know I was one of the lucky ONES 🍀 as I was nowhere near as bad as SOME!
when coronavirus got me it attacked my chest and LUNGS! 😞

I felt so tired and had to ISOLATE, but I was looked after and cared for by my best MATE! 🤗

I felt privileged and such RELIEF as others didn't have this, they only had loneliness, sadness, and GRIEF 🙏

COVID affects us in different WAYS and the worse come in the second WAVE!

😞 It's robbed people of their LIVES, taken mums, dads, husbands, and WIVES! 😞

It's a virus that's turned the world on its HEAD, 😞 leaving millions hanging on by a THREAD! 💎

It's real, it's here and I should KNOW,
I had coronavirus and it made me feel so LOW! 😞

So, If you're in doubt and you don't BELIEVE 😞
please think again when you see ME!

It's left my chest weak and my breathing is POOR I even struggled to
get out of the DOOR! 😞

Well I'm through it now and out the other SIDE, 😊 I've returned to work full of PRIDE! 💪

I was a lucky one as I SURVIVED!!! 😊



<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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