



**Welcome** to December'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.

## Christmas Anagram Quiz

Here at Prosper, we thought we would give you a little Christmas Spirit, Unwrap the letters to find the Christmas word or phrase.

- 1: ENLIST
- 2: DISPATCH DRUM GIN
- 3: DRY BAN
- 4: MANS WON
- 5: CAN CAN DYE
- 6: BADGE RINGER
- 7: MICE PINE
- 8: BLESSING KIT PAN
- 9: IVY TITAN
- 10: KING SCOT



Answers will be revealed in January's Edition of the newsletter.



## Residents Riddle?

Well done to...

**Hillhouse and Eastham**

Who both got the answer right to last month's riddle, which was: **12 Days of Christmas**

## Christmas

As you can see there is not a new riddle this month, as we thought our Christmas Quiz would keep your brains occupied.

Not to worry Residents Riddle will of course be returning in the New Year!

We would also like to take this opportunity to congratulate

## Hill House

Who are again undoubtably our 'Riddle Masters' for 2021!!





## A Look back over Prosper 2021



2021 has continued to be a challenging year for us all.

We thought this would be a great opportunity to look back at how you have still been able to come up with lots of innovative ways to have fun and continued to keep PROSPER up and running in your homes.

**January 2021**, we continued our Team of the Month initiative that was sponsored by Tesco's, who kindly donated several Hampers, that was started towards the end of 2020. With Braintree Nursing Home being the first winner of 2021



January also saw Rosedale Court showing us how they celebrated national pastry day in December, by holding a bakery class for their residents.



Lastly in January it was lovely to hear Sam Potter, Deputy Manager at The Lodge in Maldon, was award a Recognition of Service by Maldon district Council.

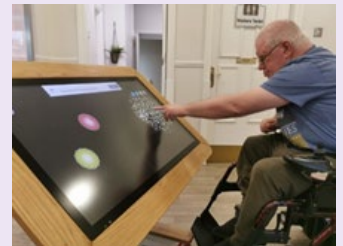
**February 2021**, Silvanva Court created a valentine communication tree to enable families to send heart felt messages, photos, and charms to their loved ones. This was greatly appreciated by the residents, as no visitors were allowed in the homes at that time.



Woodland Grove was this Month's Team of the Month.

**March 2021** saw Rosedale Court being the final winner of our Team of the Month initiative.

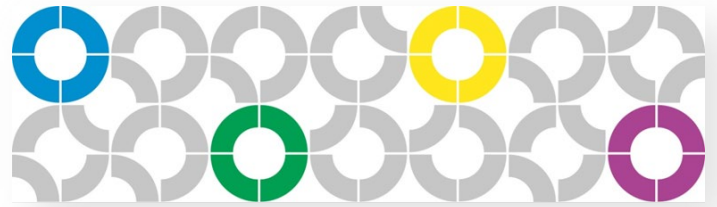
Kingsgate Nursing Home told us about their new interactive rainbow activity table, which went down really well with their residents.



We continued with our popular Prosper Quizzes with an Easter Themed quiz taking place at the end of the month.

Silvanva Court shared a poem residents had written as part of an internal competition held by Runwood homes. The theme of the poem was what Residents enjoy about Spring





**April 2021** Saw us launch our series of Prosper Skills Network sessions, with the first one having a focus on falls prevention.

Limecourt sent us photos of the residents wearing their home-made Easter Bonnets



Belmont Lodge also shared photos of the Cake bake sale for Red Nose day.

St Mary's Court joined in on the Poem fever and sent us a lovely poem their residents had written all about Positivity.

Lastly in April we launched our Prosper Guide to Quality Improvement Methodology on the Essex provider hub website.

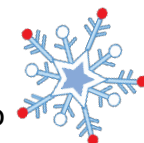


**May 2021** edition of the prosper newsletter had a focus on pressure ulcer's following on from our second Prosper Skills Network.

Silvanna Court shared their amazing achievement about how they had managed to stay pressure ulcer free for 7 weeks.



We also highlighted National Smile Month that commenced on the 17<sup>th</sup> May, championing the benefits of good Oral Health Care.



May was an exiting month for our Team as we were able to recommence our Prosper Support visits with you all, and it was lovely to be able to get out and about again.

## June 2021

Both Woodbury Court and Belmont Lodge shared how they celebrated



Nutrition and Hydration week, including a morning cream tea, homemade smoothies, fruit platters and jellies.



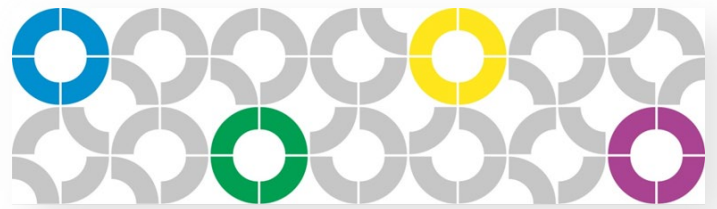
Limecourt shared the different ways they make hydration fun, including a

home-made ice cream van, and Hawaiian themed events

To end the month Parkview in Witham shared stories about how they incorporate meaningful activities in everything they do at the home.







**July 2021**, We held 2 prosper skills networks one on UTI's and the other on Nutrition and Hydration. We decided to do a focus about UTI's for this edition, which included a lot of handy reminders and highlighted our Prosper UTI Champions Profile we have to offer.

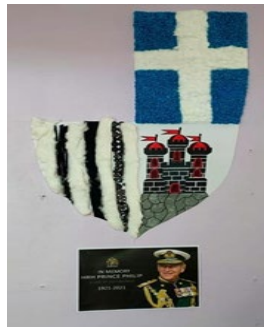


Belmont Lodge sent us pictures of how their staff and residents support national Social Care and Frontline Workers Day.



Frank Foster shared their easy read Isolation guide they had created for new residents coming into their home, who needed to isolate on arrival and ideas of what they could do to pass the time.

Edensor sent us pictures of their residents' tribute for Prince Philip, which was led by a resident who loves crafting, and in turn incorporated their Montessori training by doing activities that are meaningful



We also shared the launch of the North Social Activities hub, an idea suggested by Lisa Welsh, Manager at Marmora residential care home in Clacton. There are a total of 6 homes on the hub who meet virtually every fortnight and take it in turns to host an activity.

July also saw the return of our Prosper Community of Practice which took place virtually on the 15<sup>th</sup> and was attended by several homes, who shared their experiences of how they are still able to continue with Prosper during these difficult times.



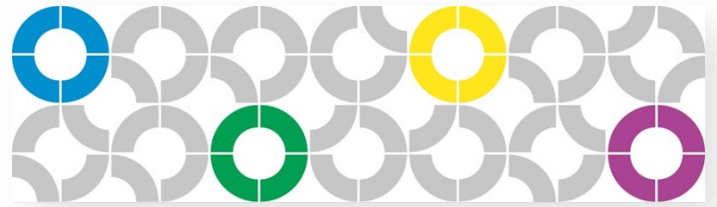
**August 2021** Saw the last of our Prosper Skills Networks with Oral Health Care being the last of the series. It was great to see how well the Skills Networks went down with everyone, we have decided to offer these sessions face to face going forward.

We also received articles from homes about different activities they have been up to during the month, which included a Car Show and how they jazzed up their Drinks trolleys to make sure residents kept hydrated during the summer months.

Lastly, we shared the launched of the NHS Hear for You campaign, which is a Mental Health and Wellbeing Service that is available for Care Staff.

Tel: 0344 257 3960





**September 2021** Tall Tree's shared the knowledge they had gained following attending the Montessori training, and how this has helped an individual resident maintain their independence when it comes to toileting, by changing their signage to be more dementia friendly and include directional arrows.



September, we heard from two homes who took advantage of the early autumn sunshine. Belmont Lodge who held their own Oomph Olympics, and Madelayne Court who held an outdoor quiz for their residents.

Parkview continuing with their meaningful activities, purchased a few MP3 players so they could create personalised playlists for residents.



September was another exciting month for the Prosper Team as we held our first Face to Face Champions Study Day since the start of the pandemic and was greatly attended.

**October 2021** Saw our second Prosper Champion Study da.



Dudbrook Hall advised they had a movie star living in their home and celebrated with their very own Oscar's celebration.

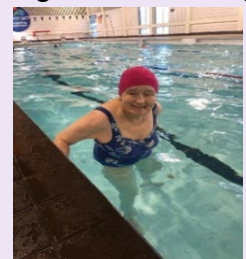


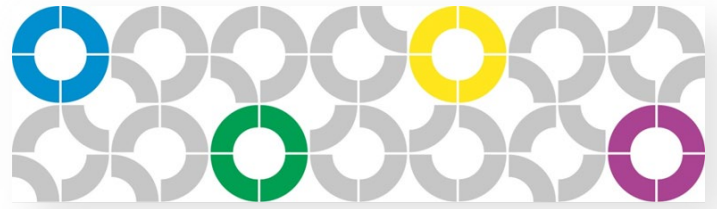
**November 2021** Proved to be a busy month. Firstly, announcing the launch of the East of England Deconditioning Games. As part of this the Mid and South CCG provided homes with pedometers and a map of Essex Landmarks to encourage people to do as many steps as they can.



November also saw the launch of our Find Your Active Workshops in partnership with Active Essex. These Workshops were created for Activity Co-ordinators and Wellbeing leads.

Woodbury Court sent us a lovely story about how they made one of their residents wishes would come true by taking her swimming.





Next was an article sent in by Rosedale Court who shared the fun they had at their Halloween party.



Lastly, we shared how Edensor in Clacton have adapted one of the Prosper Tools from the toolkit to help prevent pressure ulcers within their home. This included them using an additional Pressure Ulcer Safety Cross in individual residents' rooms, who were at a higher risk of forming a pressure ulcer.

And finally, in **December** we can announce this months Deconditioning Games Medal Winners!

- Congratulations go to:
- Marmora
- Tall Trees
- Woodbury Court
- Mistley Manor
- The Oaks



Who have all won **Silver medals** in the NHS England & Improvement East of England Winter Deconditioning Games.

The Winter Deconditioning Games aims to help prevent deconditioning and raise awareness. Deconditioning is the loss of physical, psychological and functional capacity due to inactivity and is associated with the loss of muscle mass, increased risk of falls and reduced independence.



To be in with a chance to win a medal tell us how you are supporting residents to increase physical activity and wellbeing.

## Special Mention

We couldn't end this yearly look back at Prosper without acknowledging the amazing monthly poems we have received from **Sue Smith**, Manager of **Silvana Court**.

I am sure you will all agree these have been a lovely way to end each edition of the newsletter and look forward to hopefully receiving more poems from Sue next year.

## NEW CARE PROVIDER HUB

Essex County Council has recently launched their new Essex Provider Hub, which will be replacing 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 use the link below:  
<https://www.essexproviderhub.org/>





## Christmas Wishes

From all of us at PROSPER we'd like to wish you all peace at Christmas time, and a very big **Thank You** for all your hard work in what has been yet another incredibly difficult year for you all.

You are all amazing!



From your PROSPER Team

Lesley, Rod, Imelda, Sarah, Karen,  
Echo, Natalie & Jenny



## 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](mailto:Prosper@essex.gov.uk)

Don't forget to wear your badge with pride!



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