

Prosper

Issue Ninety Four January 2023



Welcome to January's edition of the PROSPER newsletter, the first of 2023! Designed to keep you updated with the progress of the PROSPER project.

Promoting Safer Provision of care for Every Resident.

Christmas Emoji Quiz

Last month we set this fun Christmas Quiz for you and your residents to enjoy. Well done to everyone who took part! Let have a look at what the answer's were to each emoji

1:  **Driving Home for Christmas**

2:  **Fairytale of New York**

3:  **Mistletoe and Wine**

4:  **Silent Night**

5:  **Little Drummer Boy**

6:  **Frosty the Snowman**

Residents Riddle?

Each month we will provide a riddle for residents to solve. Please email their answers to prosper@essex.gov.uk

This month's riddle is...

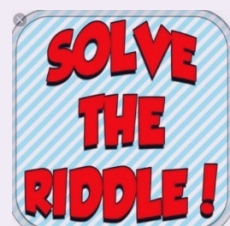
**You bury me when I am alive and dig me up when I die.
What am I?**

Answer in next month's newsletter.

We are looking forward to seeing who will be crowned the

Riddle Master 2022

So, make sure to send us your riddle answers every month!



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Visual Hydration boards

St Mark's Care home in Clacton recently shared with us how they created visual hydration menu boards. They created the boards after attending our Prosper Champion Study day and wanted to look at different ways they could increase hydration in their home.

The Manager tasked the Activities Co-ordinator Maxine with creating the boards, Maxine decided to do 2 different boards. One was a board with an arrange of different Winter Style drinks the home has on offer for the residents. This included both hand drawn pictures and packing from actual drinks and other colourful decorations to make it look as appealing as possible. This board was then put in the Lounge in a spot where all residents would be able to see it.

The second board had a smaller selection of drinks and would be used on the drinks round. Maxine wanted to make this board as fun and attractive as possible, so decide to draw a lady's face including wool for the hair, and then the drinks drawn underneath and attached ribbon so this could be worn like a tabard. Maxine advised "The board has gone down exceptionally well with the residents, and they all love the lady as it makes them chuckle when they see her coming. It has given them something to talk about and they like that they can visually see what drinks are available, so they are able to choose what it is they want to drink".



Find Your Active Workshops for residential care

We are pleased to announce we have 2 new workshops as part of our Find Your Active work for care homes. Workshops include Essex Cricket with chair and table cricket, First Steps Dance group on seated and standing dance moves and Move it or Lose it with exercises using bands. The aim of the workshops is to help you to improve residents' physical, psychological and functional ability with a bit a fun.

Dates & venues

Thursday 2nd March 2023,
9.45am to 1.30pm.
Great Bromley Village Hall,
Great Bromley, CO7 7JA

Thursday 9th March 2023,
9.45am to 1.30pm.
Hamptons Sports and
Leisure Centre, Chelmsford,
CM2 9FH

To book email
Prosper@essex.gov.uk

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Essex Care Sector Awards 2023: The Prosper!

We are delighted to announce the Essex Care Sector Awards are back for 2023. Celebrating the best of care in Essex demonstrated through innovation, achievement, and outstanding contribution. The Awards, hosted by Essex County Council and NHS Integrated Care Board's (ICB) are open to all Residential Care Homes, Nursing Homes, Domiciliary Care Agencies, Supported Living services and Day Centres, who deliver a care service to Adults in Essex County Council's Local Authority area.

Criteria for each award will be sent out at the beginning of February and the nomination window will open on the 20th February 2023, closing on the 31st March 2023. In the meantime, get your thinking caps on and see which of the 12 awards you might like to enter.

The Categories are:

- Outstanding Carer/Support Worker
- Outstanding Care Sector Nurse
- Outstanding Leadership
- Unsung Hero
- Team of the Year
- Prosper Achievement
- Making a Difference
- Diversity & Inclusion
- Digital Impact & Technology
- Sensory
- Climate Action: Towards Net Zero
- Community, Partnership & Collaboration

Those shortlisted will be invited to the Awards Ceremony on the 6th July 2023, held at Cressing Temple Barns.

Enquiries: Theprospers@essex.gov.uk

In Essex County Council we have a priority to focus on Climate Action and we will be adopting a climate friendly approach in the planning and delivery of the Essex Care Sector Awards this year.

GEMSTONE Challenge



The Gemstone challenge helps to prevent deconditioning, which is the loss of physical, psychological, and functional ability, whilst having some fun at the same time.

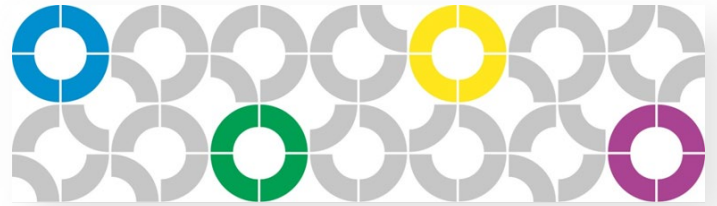
It is something the whole Service can get involved in. Each Gemstone represents a series of activities you will work your way to collect.

The more Gemstones you have will enable you to reach the most coveted of Diamonds – the Blue Diamond!

Would you like a Gemstone pack for your home to get involved? Then email Prosper and one will be sent out to you.

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Dignity Action Day

The 1st February is National Dignity Action Day, which gives everyone the opportunity to contribute to upholding people's rights to dignity and provide a truly memorable day for people receiving care.

There are many ways your home could look at supporting Dignity Action Day and these could include:

- Wearing something red to work for the day
- Hosting a coffee morning or afternoon tea,
- Creating a Digni Tree
- Organising a treat for people receiving care

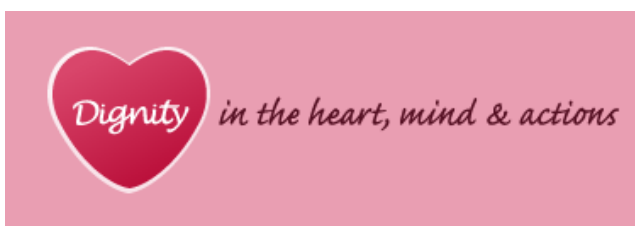
To find resources and more information to help you with your event Dignity Action Day Ideas at [Dignity Action Day resource pack - Latest Resources - Resources - Dignity in Care](#)

By supporting Dignity Action Day, it will:

- Raise awareness of the importance of Dignity in Care
- Provide someone with an extra special day
- Demonstrate that everybody in the community has a role to play in upholding Dignity in Care
- Remind the public that staff have a right to be treated with dignity and respect too.

Sign up to become a dignity

champion <https://www.dignityincare.org.uk/Dignity-Champions/>



Dignity Champion's

Do you pledge to follow the 10 Dignity do's?

1. Have a zero tolerance of all forms of abuse
2. Support people with the same respect you would want for yourself or a member of your family
3. Treat each person as an individual by offering a personalised service
4. Enable people to maintain the maximum possible level of independence, choice and control
5. Listen and support people to express their needs and wants
6. Respect people's right to privacy
7. Ensure people feel able to complain without fear of retribution
8. Engage with family members and carers as care partners
9. Assist people to maintain confidence and positive self-esteem
10. Act to alleviate people's loneliness and isolation.

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Manning's Methodology Corner

That Time of Year (1)

The start of any new year is always a time when people are making resolutions and changes to their lives, and if your home is not currently using Quality Improvement (QI) Methodology routinely in their processes, this could be a good time to make a commitment to focus on using QI techniques to see if that can reduce falls, UTIs and/or pressure ulcers in your home.

We appreciate that initially it may seem like this would be creating extra work for yourselves, but if it is successful, and incidents are reduced, it will actually have the effect of saving time and reducing the workload. Often it is beneficial to take a step back and look at an issue, rather than just carrying on the same as always. A bit like chopping down trees with a blunt axe, where it would be far better to stop and sharpen the axe, rather than just struggling along with a blunt axe.

Naturally we in the PROSPER Team would encourage you to use PROSPER processes and resources. Most of the resources and Tools in our Toolkit (<https://www.essexproviderhub.org/quality/quality-innovation-team/prosper/prosper-toolkits/>) are intended to be visual, easy to use and understand.

Although PROSPER does recommend a process when using PROSPER Methodology, <https://www.essexproviderhub.org/quality/quality-innovation-team/prosper/prosper-methodology/>, it is not prescriptive. And as PROSPER support officers, we will support you to find a way of making PROSPER work for your home.

If you would like to make 'focussing on using PROSPER Methodology' a New Year resolution for your home, email Prosper@essex.gov.uk for our support.

That Time of Year (2)

As always at this time of year, we have been busy during the past couple of months making amendments to the online PROSPER Monthly Data surveys, adding new pages for 2023, and deleting some of the 2022 pages (although we have left the pages for the second half of 2022).

I am sure I have said in previous years, but this task is very repetitive, and it would be very easy to miss a step-in error. So, as in previous years, we are asking you to be 'our eyes' with the alterations we have made. If you do notice anything 'not quite right' with your online survey, for example there may be a month, or a question missing, or duplicated, please let us know. Most things are very easily rectified.

If you would like more information about submitting monthly data and receiving Runtime Dashboards, email Prosper@essex.gov.uk

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Poem Corner

It is only right for us to start off our 2023 Newsletter with a Poem from the very talented Home Manager of Cherrywood Grange Sue Smith

Ralph the puppy dog

“Along come a puppy dog so cute & SWEET
he follows me everywhere and loves laying by me FEET!
He is as soft as a teddy and as fluffy as can BE,
I’m glad I found him or did he find ME?!?
A lovely puppy I share with my DAUGHTER,
she tells me how much food to dish up along with his WATER!
We have an agreement and it’s working really WELL,
Just look at the photos as you can TELL!
He comes to the Cherry Wood to see my fantastic TEAM,
he really is a little DREAM!
Our dear residents adore him and make a FUSS,
Ralph is truly loved by all of US!!”



CARE PROVIDER HUB

You can find all our Prosper information and toolkit along with events and newsletters on the Care provider hub.

To Access the hub
Please visit the link

www.essexproviderhub.org/quality/quality-innovation-team/

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

