

# Prosper



Issue 117 December 2024

**Welcome** to November'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.

## Christmas Quiz

The Prosper team thought we would give you a little Christmas Spirit, by setting some festive questions for you all to enjoy.

**Question 1:** How many presents were given in total in the 'Twelve Days of Christmas'?

**Question 2:** How many of Rudolph's eight companion's names begin with the letter D?

**Question 3:** What is the second line of 'I'm dreaming of a White Christmas'?

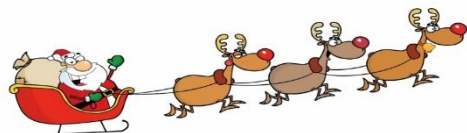
**Question 4:** What item is it lucky to find in a Christmas Pudding?

**Question 5:** Who was the author of 'A Christmas Carol'?

**Question 6:** What is a female turkey called?

**Question 7:** Which Christmas Hymn's second verse begins with 'O sing, Choirs of angels'?

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



## Residents Riddle

The answer to November's Riddle was

### Christmas Lights

Well done to everyone who got the answer right

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

## Glendale

Who are undoubtedly our 'Riddle Masters' for 2024!!



# Prosper



Issue 117 December 2024

## January

2024 saw the start of PROSPER's 10 years anniversary, and we used the January newsletter to highlight some of the events we had planned for the coming year, including '10 Years' Community of Practice, dates for the Spring Champions Study Days, and a Wellbeing Walk planned for May 2025.

In January we also congratulated **Freda Gunton Lodge** and **Belmont Lodge** on attaining their PROSPER Bronze level accreditation.



## February

February issue saw us 'firm up' details for the Champions study days and the 10 years Community of Practice celebrations.

Additionally we highlighted that Nutrition and Hydration week was coming up in March, and made some suggestions for 'daily themes' that can be used to engage with the initiative.

## March

**Belmont Lodge** and **Cherry Wood Grange** told us how they had celebrated Nutrition and Hydration week,



**Howard Lodge** told us about a fun 5 day event they had organised based on the television show 'I'm a Celebrity, Get Me Out of Here', calling it 'I'm a Carer, Get Me Out of Here', including AM challengers and PM trials.



March also saw us announce the 15 categories for **The Essex Care Sector Awards 2024**, which this year included an award for **PROSPER Home of the Year**.

The awards took place in December 2024.

In this edition of the newsletter we also highlighted the upcoming RideLondon-Essex 2024 Three Day Challenge.



# Prosper

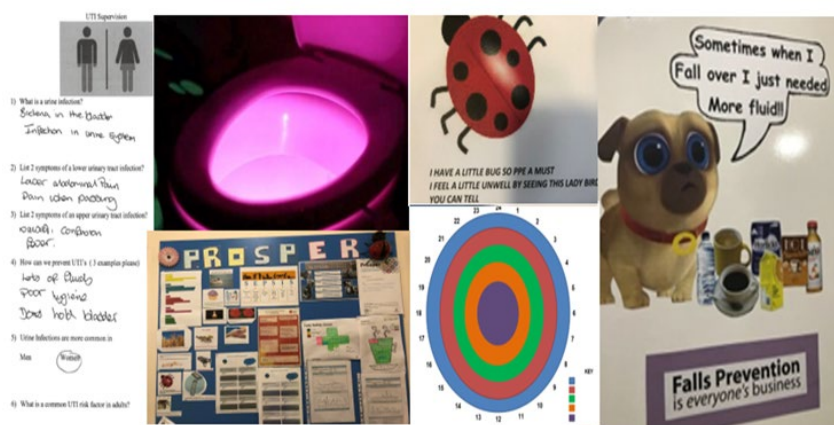


Issue 117 December 2024

## April

Our 10 Years Celebration Community of Practice took place at Colchester Community Stadium on 18<sup>th</sup> April, and it was lovely to see so many people we have met throughout our 10 year journey.

During the event we looked back over some of the large and small initiatives that have developed from the programme.



We welcomed five guest speakers, all of whom had been home managers during the initial two year PROSPER project. Whilst some are still engaging with PROSPER, it was good to learn that those that have left Essex, or moved on to other roles, are all continuing to promote the 'PROSPER ethos'.



Provider Quality Innovation

## May

In the May issue of the Newsletter we reported on the Wellbeing Walk of Essex 2024, which had been planned to try and complete a distant equal to the Essex Coastline which is 350 miles.

We reported that between them, 18 care homes had travelled a distance of 388 miles visiting a diverse range of places including Duxford, Southend Sea front and local garden centres.

A number of homes in the Clacton area had all met at Princes Theatre for an afternoon of fun and games.





# Prosper

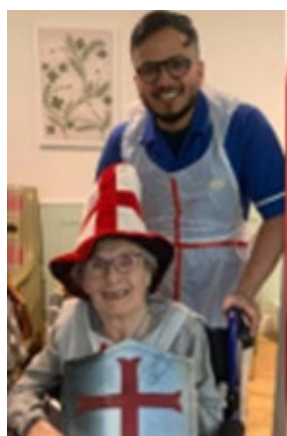


Issue 117 December 2024

In May we also reported how **Frank Foster House** home manager **Nicolas Kee Mew**, had ran a half marathon through the streets of London raising money for the charity Independent Age.



Dudbrook House sent us photos showing how they had celebrated St George's Day the previous month.



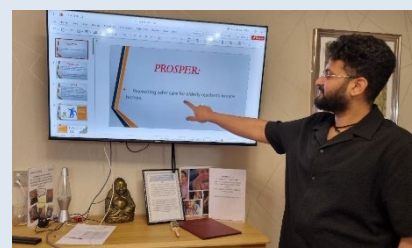
Furthermore, in a 'busy' issue, we gave the first indication of a new initiative our team was developing, **The Dementia Carousel**, which we were offering care home staff the opportunity to experience in July.

We also highlighted other new dementia resources that were now available through the Essex Provider Hub website.

## June

### Frank Fosters Champion

Yash Patel created a presentation to share the knowledge he learnt regarding Prosper after attending a champion study day. This presentation was delivered to different staff and even some of the residents within the home.



**Mundy House** shared a beautiful story about how 2 of their residents who've been friends for years are now neighbours in the home. This was part of a series of stories the Deputy Manager at Mundy House was writing about their different residents.



# Prosper



Issue 117 December 2024

**Ridgewell House** celebrated not one but two members of their staff who have recently completed a master's Degree's in different subjects.



## July

St Marks kept their Residents Hydrated by having the local Ice Cream Van visit the home.



July also saw the start of our intervention series where we went back through what homes had done on Prosper over the years. July's issue was about Falls and highlighted idea's such as, the good slipper guide, Pimp my Zimmer, and Light your Night.

**Runwood** shared their residents had been involved in making art for 2 exhibitions that were taking place in Colchester and Harlow Libraries



**Dudbrook House** granted a residents wish of revisiting the Kenneth Moore Theatre in Ilford that he actually help create, telling the member of staff the reason there is 365 chairs is because he wanted one for each day of the year.



## August

Our Intervention Series looked at UTI's and show cased the different PDSA's home had tried over the years including, See Pink Think Drink, UTI Supervision quiz and even UTI Crosswords that were created for residents.





# Prosper



Issue 117 December 2024

**Howard Lodge** sent us photos of their new Namaste Day Garden they had created using the Namaste philosophy of 'compassionate care with meaningful activity in a dedicated peaceful environment together with a loving touch'.

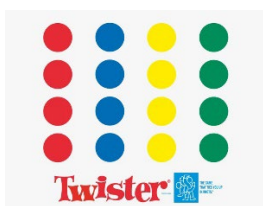


## September

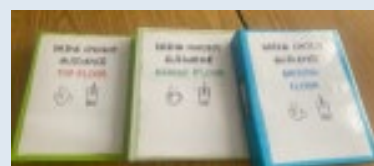
**Cherrywood Grange** were featured on the BBC's One Show. Where they took some of their residents to the seaside to meet with School Children and be Beach Explorers for the day.



Hydration was the focus of our Intervention series which included idea's home have created to boost hydration around their home including creating Hydration stations and playing hydration games, which includes seeing traditional games being amended to include drinks and promote the importance of Hydration.



**Edensor Nursing home** also show cased how the newly Drink Choices forms that had been created by the Prosper team, had been working really well in their home. With a folder being completed on each of their floors, showing what drinks each of their residents preferred including choice of cup and strength of drink.



## October

We held our 10 Year Celebratory Champion Study Days around the County and saw 77 staff join us from 23 Care/Nursing Homes at the different events. These were fun filled mornings looking at the key area's prosper focuses on.

**'The sessions were fun to engage in but also extremely informative.'**

# Prosper



Issue 117 December 2024

The last of our intervention series focused on Pressure Ulcer's and the Idea's/PDSA's homes had created including The time to Turn chart, and how homes use the Prosper Compact Mirrors and blanchers to help with their Pressure Ulcer Prevention in the homes.



**Eastham** were awarded their Prosper Bronze Accreditation, and the home manager is excited to start working towards their silver accreditation in 2025



## November

We used this edition of the newsletter to remind homes of everything we have to offer on prosper, including the online toolkit, the Prosper Accreditation scheme, to the number of different workshops we can deliver.

**Loganberry Lodge** were awarded their Silver Accreditation, the Care Manager has done an amazing job in introducing Prosper at Loganberry Lodge over the past 12 months, and is now focused on achieving the prestigious Gold Accreditation in 2025



Provider Quality Innovation

## December



The annual Essex Care Sector Awards was held on 4<sup>th</sup> December at Chelmsford City Racecourse, and we would like to take this opportunity to congratulate the homes who were shortlisted for Prosper Home of the Year.

Well done to **Mundy House** and **Freda Gunton Lodge** on their Commended.

Congratulations to **Belmont Lodge** who were awarded a Highly Commended, and finally the winner of Prosper Home of the Year goes to **Loganberry Lodge!**

Fantastic achievement!



# Prosper



Issue 117 December 2024

Throughout 2024 the talented Sue Smith, home manager of Cherry Wood Grange, has entertained us with a poem every month. To end the year she has composed a verse about the switching on of the Christmas lights at Cherry Wood Grange, which was carried out by her grandson Kaden.

## Christmas Poem by Sue Smith

It's Christmas time at CHERRY WOOD we've invited family, friends and the NEIGHBOURHOOD! 🎄

Snow machines, waffles and entertainment throughout the NIGHT 🎄

And very special guest called Kaden to turn on the LIGHT! 🎄

Mulled wine and hot mince pies with treats GALORE! everyone rejoicing and dancing, calling out for MORE! 🎄

Carole singing and having FUN wishing joy, peace and harmony to EVERYONE! 🎄

The stars are shining up ABOVE as we filled the air with Christmas LOVE! 🎄

Residents and the teams have gathered TOGETHER embracing the chilly winter WEATHER! 🎄

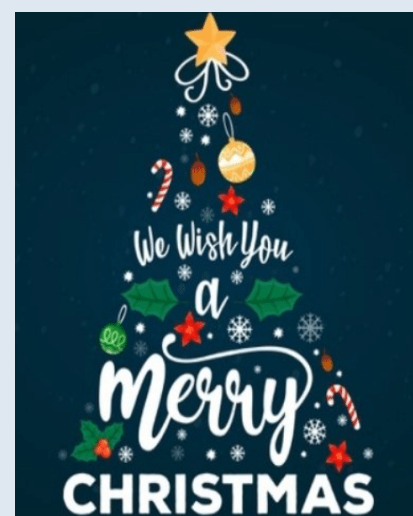
The Christmas trees decorated by ALL shining brightly and so TALL 🎄

Jingle bells and candles burning BRIGHT, as we say thank you 'Chery Wood' for this party TONIGHT! 🎄

Merry Christmas!!! 🎄🎄🎄



## Festive wishes!



As this is our last newsletter of 2024, from all of us in the Prosper Team we would like to thank you for all your hard work over the year and we have enjoyed meeting you at our training and events.

We wish you a very Happy festive season and New Year and look forward to working with you all in 2025,

**Lesley, Rod, Imelda,  
Sarah, and Karen**